

UC San Diego 4th Annual Eating Disorders Conference

Detailed Agenda: Thursday, February 27, 2020

6:00am – 7:30am

Yoga & Eating Disorders Workshop

Christine Costello, MSW, YA RYT 200 | Christin Conkle, LMFT, RYT 200 | Tiffany Nakamura, MA, NCC, LPCC, YA RYT 200

Yoga is a tool that increasingly used to increase mental well-being and eating disorder recovery is no exception. Our therapists who are also certified yoga instructors will explore how yoga can be used in conjunction with Dialectical Based Therapy (DBT) as it plays a role in mindfulness, one of the core elements.

Learning Objectives – At the conclusion of this activity, participants will be able to:

1. Describe research in yoga and mental health
 2. Construct a flow sequence for people struggling with mental health
 3. Integrate knowledge of eating disorders and mental health when practicing yoga
-

7:00am – 8:15am

Breakfast & Registration

8:15am – 8:45am

Opening Remarks

8:45am – 11:00am

Plenary: New Insights into Eating Disorder Treatment

Heather Hower, MSW, LICSW, QCSW, ACSW | Walter Kaye, MD | Guido Frank, MD | Laura Berner, PhD

Eating disorders (ED) are often chronic and deadly disorders because our treatments have limited efficacy. One barrier to developing more powerful interventions has been the poor understanding of how ED behavior is encoded in the brain. Now, recent scientific advances are providing insight into the neurobiology of ED and related anxiety, altered processing of reward and awareness of body states, and extremes of inhibitory control. This session will discuss these new constructs, and serve as a background for the presentations on Thursday afternoon and Friday, which are aimed at using such information as the basis for developing new approaches to the treatment of ED. We seek to present this information in a user-friendly format, such that clinicians can adopt to explain new constructs to patients and families.

8:45am – 9:15am

[CME] Eating Disorder Traits as Strengths

Heather Hower, MSW, LICSW, QCSW, ACSW

Research has indicated that anxiety disorders (AD) usually onset before anorexia nervosa (AN) and persist after recovery. Although these AD temperamental traits are often viewed as vulnerabilities to developing AN, within certain contexts, they may aid in recovery, and promote long-term success in life. This workshop will include professional and personal perspectives on ED, AN and AD symptoms, emerging neurobiological research, how AD traits may be utilized as strengths in AN treatment and recovery, and implications for the de-stigmatization of eating disorders.

Learning Objectives – At the conclusion of this activity, participants will be able to:

1. Discuss the associations between AN and AD temperamental traits.
 2. Describe emerging neurobiological research related to these disorders.
 3. Identify how AD traits may be utilized as strengths in AN treatment and recovery, leading to de-stigmatization.
-

9:15am – 9:45am

[CME] Insights into How Anxiety Interferes with Eating in Anorexia Nervosa

Walter Kaye, MD

Getting individuals with anorexia nervosa (AN) to eat and maintain a healthy weight tends to be a challenging struggle. For many with AN, food is associated with intense anxiety. This session will discuss new data offering understanding of mechanisms contributing to restricted eating, and new strategies targeting these mechanisms.

UC San Diego 4th Annual Eating Disorders Conference

Learning Objectives – At the conclusion of this activity, participants will be able to:

1. Discuss the various ways in which anxiety may manifest in individuals with eating disorders
 2. Describe neurobiological (brain) mechanisms that underlie anxiety in eating disorders
 3. Identify novel behavioral and medication approaches that may improve the management of anxiety in individuals with eating disorders
-

9:45am – 10:15am **Break**

10:15am – 10:45am **[CME] Brain Mechanisms that Drive Anxiety and Eating Disorder Behaviors**

Guido Frank, MD

Recent studies suggest that eating behaviors, such as extreme food restriction or binge eating, can be related to changes in how the brain processes rewarding or salient stimuli. Those changes can drive anxiety, reinforce food restriction, and thus maintain pathologic eating behavior. This presentation will highlight the dopamine brain reward circuitry, how it adapts to changes in food intake, and how medication could normalize this system and support successful psychotherapeutic interventions.

Learning Objectives – At the conclusion of this activity, participants will be able to:

1. Understand how brain reward function is altered in ED and changes the motivation to approach food.
 2. Discuss how brain changes lead to high anxiety, triggering drive for thinness and over-control with eating.
 3. Explain how medication may mitigate reward circuit alterations to improve learning and treatment engagement.
-

10:45am – 11:15am **[CME] Using the Neuroscience of Self-Control to Treat Eating Disorders**

Laura Berner, PhD

Investigations of the brain circuits involved in self-control have taught us that there are important neurobiological differences in individuals with eating disorders. This understanding of the brain-based underpinnings of anorexia and bulimia nervosa offers the promise of improving treatment. After providing an overview of brain imaging research findings focused on self-control, Dr. Berner will provide examples of how to convey this science to patients and their families and discuss how this neurobiological framework can guide novel interventions, particularly for binge eating and purging.

Learning Objectives – At the conclusion of this activity, participants will be able to:

1. Describe how alterations in self-control may be particularly important for understanding eating disorders.
 2. Identify brain circuits involved in self-control and discuss research results linking their dysfunction with eating disorder symptoms
 3. Practice and implement new strategies for bringing these concepts and findings to life in clinical care and for targeting self-control in the treatment of binge eating and purging.
-

11:15am – 12:00pm **[CME] Medical Interventions**

Kay Rhee, MD, MSc, MA

UC San Diego's inpatient medical behavioral unit is a model facility across the nation, and we are giving a glimpse in how some of the most severe cases of eating disorders are treated. This presentation will cover the latest psychopharmacology for treatment of eating disorders and introduce new approaches to the medical and behavioral management of eating disorders.

Learning Objectives – At the conclusion of this activity, participants will be able to:

1. Identify psychotropic medications used in the treatment of eating disorders.
 2. Develop plans for medical and behavioral management of eating disorders on an inpatient unit.
 3. Describe modifications of evidence-based treatments in an inpatient setting.
-

UC San Diego 4th Annual Eating Disorders Conference

12:00pm – 1:00pm	Boxed Lunch in Parterre Gardens
1:00pm – 1:40pm	[CME] ARFID: Not Your Everyday ED Treatment Jessie Menzel, PhD
	<p>This presentation will introduce new treatments and modification of Family Based Therapy and Cognitive Behavioral Therapy for patients for food phobias, restricted palettes and low hunger cues.</p> <p>Learning Objectives – At the conclusion of this activity, participants will be able to:</p> <ol style="list-style-type: none">1. Define the 3 primary ARFID behavioral phenotypes.2. Describe CBT and family-based approaches for the treatment of ARFID.3. Propose treatment plans for your patients with ARFID.
1:40pm – 2:20pm	[CME] Innovations and Advancements in DBT for Complex Eating Disorders: RO-DBT, DBT-PE for Trauma, and Emotional Exposure Leslie Anderson, PhD
	<p>Dialectical Behavior Therapy (DBT) is increasingly being used to help individuals with severe and complex eating disorder presentations. At UC San Diego, DBT is one of the primary modalities that is used to treat eating disorder symptoms. This presentation will introduce some new innovations and approaches in DBT used with trauma, emotional exposure, and overcontrolled personality styles.</p> <p>Learning Objectives – At the conclusion of this activity, participants will be able to:</p> <ol style="list-style-type: none">1. Describe the DBT model of emotions as it relates to eating disorders.2. Name 2 of the recent innovations in the DBT for ED approach.
2:20pm – 2:35pm	Break
2:35pm – 3:15pm	[CME] Temperament Based Therapy with Supports (TBT-S) Laura Hill, PhD
	<p>TBT-S is a new treatment that tailors treatment to each individual and utilizing parents, spouses, and carers in recovery. This presentation will discuss the neurobiological research behind the treatment and how this research is used to target the biological mechanisms to reduce eating disorder symptoms.</p> <p>Learning Objectives – At the conclusion of this activity, participants will be able to:</p> <ol style="list-style-type: none">1. Describe the new treatment approach, TBT-S and how it relates to other ED treatments.2. Examine the research behind TBT-S.3. Evaluate whether TBT-S would be a fit for your patients/family.
3:15pm – 4:45pm	[CME] New Treatment from Rising Stars Panel <i>Moderator: Diane Mickley, MD Trevor Steward, PhD Shirley Wang, MA Rachel Lapidus, MA Helen Burton Murray, MS Elizabeth Dougherty, MS Christina Scharmer, MA</i>
	<p>Hear from a panel of early career investigators as they discuss the latest eating disorder interventions.</p> <p>Learning Objectives – At the conclusion of this activity, participants will be able to:</p> <ol style="list-style-type: none">1. Identify clinical questions being investigated in each of 6 new research talks.2. Summarize research findings from each of 6 talks.3. Describe potential clinical applications based on research findings.
4:45pm – 5:00pm	Evaluations
5:00pm – 7:00pm	Celebration and Networking Reception & Dinner Buffet

UC San Diego 4th Annual Eating Disorders Conference

Detailed Agenda: Friday, February 28, 2020

7:45am – 8:30am **Breakfast and Registration**

8:30am – 10:00am **[CME] Medical Interventions Workshop**

Mary Ellen Trunko, MD | Emily Gray, MD | Terry Schwartz, MD | Kay Rhee, MD, MSc, MA | Tammy Maginot, PhD | Angela Fish, RD

This workshop will focus on the latest in psychopharmacology for eating disorders and comorbidities. Meet with our psychiatrists, adolescent medicine physicians, nurses, and psychologists as they use case presentations to showcase how to manage the medical complications of eating disorders on our medical inpatient unit. This full-day workshop is designed for MDs, RDs and nurses, along with clinicians working on an inpatient medical unit.

Learning Objectives – At the conclusion of this activity, participants will be able to:

1. Differentiate between various psychotropic medications.
2. Develop core processes for medical and behavioral management of a patient on an inpatient unit.
3. Recommend modifications of evidence-based behavioral treatments for an inpatient setting.

[CME] Family Therapy for Adolescent Eating Disorders

Ivan Eisler, PhD | Mima Simic, MD, MSc | Daniel LeGrange, PhD | Roxanne Rockwell, PhD

This workshop will focus on how neurobiological research is informing developments in family therapy allowing the treatment to be tailored to the specific needs of individual patients and their families. Clinical examples will be used to demonstrate single and multi-family interventions that address problems such as difficulties in engaging families, managing hostility and conflict, attending to attachment difficulties or addressing problems in moving beyond the early focus on weight gain. This full-day workshop is designed for psychologists, therapists, counsellors and other clinicians working with families.

Learning Objectives - At the conclusion of this activity, participants will be able to:

1. Describe the current modifications of family therapy.
2. Integrate family therapy and neurobiological models of adolescent anorexia nervosa.
3. Examine modifications of family therapy for complex presentations.

[CME] ARFID Workshop

Jessie Menzel, PhD | Jennifer Thomas, PhD | Kendra Becker, PhD

In this workshop, learn the basics of assessing ARFID, working with specialist providers, and implementing cognitive behavioral approaches to the treatment of ARFID. Participants will learn how to create individualized, cognitive-behavioral treatment plans and how to incorporate families and exposures into treatment. This full-day workshop is designed for psychologists, therapists, counselors, dietitians, educators, occupational therapists, and feeding specialists.

Learning Objectives - At the conclusion of this activity, participants will be able to:

1. Assess from ARFID and its phenotypes and make referrals to appropriate specialties when necessary.
2. Describe a cognitive behavioral approach to treating ARFID.
3. Select and design an exposure for ARFID symptoms.

[CME] Innovations and Advancements in DBT for Complex Eating Disorders

Milton Brown, PhD | Anne Cusack, PsyD | Julianna Gorder, PsyD

DBT is increasingly being used to help individuals with severe and complex eating disorder presentations. This workshop will provide an overview of the model as well as a focus on some of the most recent adaptations and innovations with this approach including Radically Open DBT for Anorexia, DBT-



UC San Diego 4th Annual Eating Disorders Conference

Prolonged Exposure for patients with co-occurring ED and trauma, and Informal Exposure to Emotions. This full day workshop is designed for any clinician who works with eating disorders.

Learning Objectives - At the conclusion of this activity, participants will be able to:

1. Develop exposure treatment plans based on individualized case conceptualization and core principles of therapeutic change.
2. Describe exposure interventions for a range of different primary emotions.
3. Describe common obstacles and reasons for treatment failure.
4. Understand the integrated structure of the DBT-PE protocol, specifically for patients with Eating Disorder diagnoses.
5. Identify patient readiness (or the need to discontinue) to begin trauma treatment within the course of standard DBT, specifically during the weight restoration process.
6. Discuss and alleviate clinician worries that trauma treatment will increase life threatening behaviors or client drop out rate.
7. Review the core features of overcontrol, the core differences between overcontrol and undercontrol, and understand the biosocial theory of overcontrol.
8. Review and understand the primary mechanism of change for disorders of overcontrol within the RO DBT model (social signaling)
9. Review several core differences between standard DBT and RO DBT

[CME] Temperament Based Therapy with Supports: TBT-S

Stephanie Knatz-Peck, PhD | Laura Hill, PhD | Christina Wierenga, PhD

In this workshop, we are bringing together clinicians and carers to learn how to identify an individuals' temperament and tailor eating disorder interventions to their strengths. Participants will learn how to involve parents, spouses, and carers to support recovery. This full-day workshop is designed for psychologists, therapists, dietitians, educators and carers.

Learning Objectives— At the conclusion of this activity, participants will be able to:

1. Explain the philosophy and 5 tenets upon which TBT-S is based. Learn how to identify an individuals' temperament and tailor eating disorder interventions to their strengths. Participants will learn how to involve Supports (parents, spouses, and carers, friends) to endorse recovery.
2. Describe 3 take home messages from neurobiological research findings on AN
3. Apply two TBT-S clinical tools.

10:00am – 10:15am

Break

10:15am – 12:00pm

[CME] Medical Interventions Workshop

Mary Ellen Trunko, MD | Emily Gray, MD | Terry Schwartz, MD | Kay Rhee, MD, MSc, MA | Tammy Maginot, PhD | Angela Fish, RD

[CME] Family Therapy for Adolescent Eating Disorders

Ivan Eisler, PhD | Mima Simic, MD, MSc | Roxanne Rockwell, PhD

[CME] ARFID Workshop

Jessie Menzel, PhD | Jennifer Thomas, PhD | Kendra Becker, PhD

[CME] Innovations and Advancements in DBT for Complex Eating Disorders

Milton Brown, PhD | Anne Cusack, PsyD | Julianna Gorder, PsyD

[CME] Temperament Based Therapy with Supports: TBT-S

Stephanie Knatz-Peck, PhD | Laura Hill, PhD | Christina Wierenga, PhD

Continued from above.



UC San Diego 4th Annual Eating Disorders Conference

12:00pm – 1:15pm

Buffet Lunch in Parterre Gardens

1:15pm – 2:45pm

[CME] Medical Interventions Workshop

Mary Ellen Trunko, MD | Emily Gray, MD | Terry Schwartz, MD | Kay Rhee, MD, MSc, MA | Tammy Maginot, PhD | Angela Fish, RD

[CME] Family Therapy for Adolescent Eating Disorders

Ivan Eisler, PhD | Mima Simic, MD, MSc | Roxanne Rockwell, PhD

[CME] ARFID Workshop

Jessie Menzel, PhD | Jennifer Thomas, PhD | Kendra Becker, PhD

[CME] Innovations and Advancements in DBT for Complex Eating Disorders

Milton Brown, PhD | Anne Cusack, PsyD | Julianna Gorder, PsyD

[CME] Temperament Based Therapy with Supports: TBT-S

Stephanie Knatz-Peck, PhD | Laura Hill, PhD | Christina Wierenga, PhD

Continued from above.

2:45pm – 3:00pm

Break

3:00pm – 4:15pm

[CME] Medical Interventions Workshop

Mary Ellen Trunko, MD | Emily Gray, MD | Terry Schwartz, MD | Kay Rhee, MD, MSc, MA | Tammy Maginot, PhD | Angela Fish, RD

[CME] Family Therapy for Adolescent Eating Disorders

Ivan Eisler, PhD | Mima Simic, MD, MSc | Roxanne Rockwell, PhD

[CME] ARFID Workshop

Jessie Menzel, PhD | Jennifer Thomas, PhD | Kendra Becker, PhD

[CME] Innovations and Advancements in DBT for Complex Eating Disorders

Milton Brown, PhD | Anne Cusack, PsyD | Julianna Gorder, PsyD

[CME] Temperament Based Therapy with Supports: TBT-S

Stephanie Knatz-Peck, PhD | Laura Hill, PhD | Christina Wierenga, PhD

Continued from above.

4:15pm – 4:30pm

Evaluations



UC San Diego 4th Annual Eating Disorders Conference

Add-On Days: Saturday, February 29, 2020 & Sunday, March 1, 2020

8:45am – 9:00am	Breakfast
8:30am – 10:30am	Temperament Based Therapy with Supports: TBT-S Stephanie Knatz-Peck, PhD Laura Hill, PhD Christina Wierenga, PhD Learn to identify an individuals' temperament and tailor eating disorder interventions to their strengths. Participants will learn how to involve parents, spouses, and carers to support recovery. This full-day workshop is designed for psychologists, therapists, dietitians, educators and carers. Learning Objectives – At the conclusion of this three-day* TBT-S training, participants will be able to: 1. Explain the philosophy and 5 tenets upon which TBT-S is based. Learn how to identify an individuals' temperament and tailor eating disorder interventions to their strengths. Participants will learn how to involve Supports (parents, spouses, and carers, friends) to endorse recovery. 2. Describe 3 take home messages from neurobiological research findings on AN 3. Apply 4-5 TBT-S clinical tools. 4. Apply the TBT-S Behavioral Agreement that will provide the structure of what, who and when to integrate new symptom reduction and trait expression actions with Supports in daily living over for adolescents and adults. *Three Day refers to all TBT-S related training.
10:30am – 10:45am	Break
10:45am – 12:30pm	Temperament Based Therapy with Supports: TBT-S Stephanie Knatz-Peck, PhD Laura Hill, PhD Christina Wierenga, PhD Continued from above.
12:30pm – 1:30pm	Lunch
1:30pm – 2:35pm	Temperament Based Therapy with Supports: TBT-S Stephanie Knatz-Peck, PhD Laura Hill, PhD Christina Wierenga, PhD Continued from above.
2:35pm – 2:45pm	Break
2:45pm – 4:00pm	Temperament Based Therapy with Supports: TBT-S Stephanie Knatz-Peck, PhD Laura Hill, PhD Christina Wierenga, PhD Continued from above.
