NEW INSIGHTS IN TREATMENT
Walter Kaye, MD | Guido Frank, MD
Understanding anxiety in eating disorders – the complex interactions between traits, learning and biology

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

EATING DISORDER TRAITS AS STRENGTHS
Heather Hower, MSW, LICSW, QCSW, ACSW
Recovered patients and their families destigmatize eating disorders and talk about using ED traits to recover

Learning Objectives – At the conclusion of this activity, participants will be able to:
1. Upon completion of the workshop, participants will be able to identify specific eating disorder traits which can be utilized as strengths in recovery
2. Participants will be able to discuss ways in which eating disorders can be destigmatized
3. Participants will be able to discuss treatments that have been developed to constructively utilize the eating disorder traits

NEW TREATMENTS FROM RISING STARS
TBD
A panel of early career investigators discussing the latest ED interventions – apply today.

ARFID: NOT YOUR EVERYDAY ED TREATMENT
Jessie Menzel, PhD | Jennifer Thomas, PhD
New treatments and modification of FBT and CBT for patients for food phobias, restricted palettes and low hunger cues

Learning Objectives – At the conclusion of this activity, participants will be able to:
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.
### DBT-PE

**TBD**

Integrating the Dialectical Behavior Therapy Prolonged Exposure protocol into your practice for patients with life-threatening behaviors who struggle with eating disorders and PTSD.

**Learning Objectives** – At the conclusion of this activity, participants will be able to:
1. Discuss the rationale behind combining DBT and PE for the treatment of trauma.
3. Describe the core procedures for DBT-PE, including *in-vivo* and imaginal exposures.

### TEMPERAMENT BASED THERAPY WITH SUPPORTS: TBT-S

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

Tailoring treatment to each individual and utilizing parents, spouses, and carers in recovery.

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

### MEDICAL INTERVENTIONS

**Mary Ellen Trunko, MD | Emily Gray, MD | Terry Schwartz, MD | Kay Rhee, MD | Tammy Maginot, PhD**

Latest psychopharmacology and approaches to the medical 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.
Choose one and take a deep dive into one of these five areas.

**Breakfast, snack breaks, and lunch are included.**

## MEDICAL INTERVENTIONS

**Mary Ellen Trunko, MD | Emily Gray, MD | Terry Schwartz, MD | Kay Rhee, MD | Tammy Maginot, PhD**

Learn about the latest in psychopharmacology for eating disorders and comorbidities. Meet with our psychiatrists, adolescent medicine physicians, nurses, and psychologists as we discuss how we 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.

## FAMILY THERAPY

**Ivan Eisler, PhD**

Join Dr. Ivan Eisler from the Maudsley Hospital in London as he leads us in a full-day workshop on the next generation of family therapy. Dr. Eisler will discuss how multi-family therapy is being modified and evolving for other diagnoses and applications.

This full-day workshop is designed for psychologists, therapists and dietitians.

**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 multi-family therapy for various symptoms and disorders.
**ARFID WORKSHOP**
Jessie Menzel, PhD | Jennifer Thomas, PhD | Kendra Becker, PhD

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.

**TEMPERAMENT BASED THERAPY WITH SUPPORTS: TBT-S**
Stephanie Knatz-Peck, PhD | Laura Hill, PhD | Christina Wierenga, PhD

Learn to identify an individual’s 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 theory behind TBT-S.
2. Utilize two TBT-S clinical tools.
3. Plan treatment interventions for your patients/family members utilizing TBT-S approaches.

**DBT-PE**
TBD

DBT-PE is an adapted protocol for Prolonged Exposure Therapy to treat trauma in patients with life-threatening behaviors and multiple co-morbidities. Learn how to integrate DBT-PE protocol into your practice for patients struggling with eating disorders and PTSD.

This full-day workshop is designed for psychologists and therapists.

Learning Objectives - At the conclusion of this activity, participants will be able to:
1. Describe the rationale behind combining DBT with PE for the treatment of trauma.
3. Implement the core procedures for DBT-PE, including in-vivo and imaginal exposures.