

EATING DISORDERS AND TRENDING POPULATIONS

*Presenters: Alissa Baum, Psy.D., Dana Barack, Psy.D., &
Heather Silversmith RD, LD/N*

**Friday, November 21, 2014 ♦ 8:30 a.m. – 12:00 p.m.
Fort Lauderdale, Florida**

Often misunderstood, eating disorders are not merely a “vanity” disease, but rather involve a complex combination of psychological, sociological, and biological factors that form a “perfect storm” of risk factors that produce a disease with the highest mortality rate of any mental illness. This workshop will provide mental health practitioners with information regarding eating disorders in the Jewish community, the relationship between gender dysphoria and eating disorders, and eating disorder in middle aged individuals.

Feasting and Fasting: Eating Disorders in the Jewish Community will discuss the importance of clinicians being able to understand and recognize the difference between pathology and tradition and discuss how clinicians incorporate rituals and observance into the treatment process in working with Jewish clients.

Eating Disorders Among Individuals with Gender Dysphoria will discuss the incongruence between the assigned biological sex and the desired sex in gender dysphoric individuals that lead this population to evaluate their own body more negatively than non-transgender persons.

Eating Disorders and the Middle Aged Population will explore the several societal reasons why this trend of middle aged individuals developing eating disorders. Social and economic stressors are impacting the middle aged in various ways, prompting them to find maladaptive coping skills such as eating disorders.

ABOUT THE PRESENTERS

Alissa Baum, Psy.D. is a primary therapist at the Renfrew Center, in Coconut Creek, Florida. She received her doctorate in psychology from Nova Southeastern University, and completed her undergraduate degree at the University of Florida. Dr. Baum specializes in the treatment of eating disorders and other woman's issues, including trauma and substance abuse, and is on the Jewish Women's Initiative steering committee at The Renfrew Center.

Dana Barack, Psy.D. is a post-doctoral resident at the Renfrew Center, in Coconut Creek, Florida. She received her doctorate in psychology from Nova Southeastern University, and undergraduate school at the University of Florida. Dr. Barak specializes in the treatment of eating disorders and other woman's issues.

Heather Silversmith RD, LD/N is a registered dietitian who has been affiliated with the Renfrew Center for 15 years. She has worked with patients in all levels of care including outpatient and residential treatment. Ms. Silversmith has honed her skills as an eating disorders specialist over many years, and continues to do so with this very challenging population. Most recently, Ms. Silversmith became the exercise coordinator at The Renfrew Center in Coconut Creek, assisting patients with the challenges of behaviors of both food and exercise, creating a more integrative approach to eating disorder recovery.

PROGRAM OBJECTIVES

Participants will be able to:

- Describe the levels of observance that exist in the Jewish religion
- Explain how the culture and observance of Judaism lends itself to disordered eating patterns and body image dissatisfaction.
- Apply innovative strategies to blend rituals and traditions into the treatment process for use with Jewish clients.
- List DSM-5 criteria for Gender Dysphoria
- Discuss explanations as to why Gender Dysphoria may be a risk factor for developing eating disorders
- Compare differences in eating disorder symptom use between male to female (MtF) and female to male (FtM) individuals with Gender Dysphoria
- Describe the impact of gender reassignment surgery on body image disturbance
- Analyze some of the unique stressors impacting the middle aged population today
- Discuss the physical and emotional ramifications of middle aged women leading to disordered eating behaviors
- List some of the warning signs of eating disorders in middle aged women
- Explain why the middle aged population tends to be "flying under the radar" as the new face of eating disorders

PROGRAM AGENDA

- 8:00 a.m. – 8:30 a.m. Registration and refreshments
- 8:30 a.m. – 9:00 a.m. Welcome/Introduction of The Renfrew Center (*Dr. Deborah Radzwill*)
- 9:00 a.m. – 10:00 a.m. Eating Disorders and Mid-Life (*Heather Silversmith*)
- 10:00 a.m. – 11:00 a.m. Eating Disorders and the Orthodox Community (*Dr. Alissa Baum*)
- 11:00 a.m. – 12:00 a.m. Eating Disorders and Gender Dysphoria (*Dr. Dana Barack*)

PROGRAM LOCATION

Nova Southeastern University
Carl DeSantis Bldg. (Huizenga School of Business and Entrepreneurship)
Knight Auditorium – Room 1124
3301 College Avenue
Fort Lauderdale, Florida 33314

For maps and directions to Nova Southeastern University's main campus in Ft. Lauderdale, please visit our web site at <http://www.nova.edu/cwis/campusmaps/maincampus.html>. Telephone directions to the main campus are available 24 hours a day by calling (954) 262-1563.

For additional information on continuing education policies, please visit our web site at <http://cps.nova.edu/programs/continuingeducation/workshops.html>

CONTINUING EDUCATION INFORMATION

Psychologists: Nova Southeastern University's Center for Psychological Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

Clinical social workers, mental health counselors, and marriage and family therapists: Nova Southeastern University's Center for Psychological Studies is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/15.

School psychologists: Nova Southeastern University's Center for Psychological Studies is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/15.

Nova Southeastern University's Center for Psychological Studies is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

Professional counselors: Nova Southeastern University's Center for Psychological Studies is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Provider #4548, Exp. 04/30/15.

All mental health professionals will receive 3 continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

ABOUT THE SPONSOR

Nova Southeastern University's **Center for Psychological Studies** is dedicated to providing the highest quality education to its students, superior mental health care services to the community, and research contributions to the mental health sciences. The center offers two doctoral programs (Ph.D. and Psy.D.) in clinical psychology and two predoctoral internship programs. The center offers master's programs in mental health counseling, school counseling, counseling (online), forensic psychology (online), and general psychology (online). The center also offers a specialist (Psy.S.) program and doctoral (Psy.D.) program in school psychology.

NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

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The Center for Psychological Studies Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The Center for Psychological Studies Doctor of Psychology (Psy.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The Center for Psychological Studies Psychology Services Center Predoctoral Internship Program is accredited by the Commission on Accreditation of the American Psychological Association. Questions related to the programs' accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, D.C., 20002-4242, Phone: (202) 336-5979, Email: apaaccred@apa.org, Web: www.apa.org/ed/accreditation. Additionally, the Center for Psychological Studies sponsors the South Florida Consortium Internship Program, which is a member in good standing of the Association of Psychology Postdoctoral and Internship Centers (APPIC). The center's master's degree program in school counseling and specialist and doctoral programs in school psychology are approved by the Florida Department of Education. In addition, the specialist program in school psychology holds the designation of National Recognition by the National Association of School Psychologists (NASP). The Center for Psychological Studies offers two programs, (1) the M.S. in School Counseling and (2) the Psy.S. in School Psychology, for practitioners in P-12 schools that have been accredited by the National Council for Accreditation of Teacher Education (NCATE). The accreditation for these programs is awarded to the university through the Fischler School of Education as follows: The Fischler School of Education at Nova Southeastern University is accredited by the National Council for Accreditation of Teacher Education (NCATE), www.ncate.org. This accreditation covers initial teacher preparation programs and advanced educator preparation programs at all university locations and online. However, the accreditation does not include individual education courses that the institution offers to P-12 educators for professional development, relicensure, or other purposes.

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Registration Form
EATING DISORDERS AND TRENDING POPULATIONS
Friday, November 21, 2014

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CITY: _____ STATE: _____ ZIP: _____

TELEPHONE (work): _____ TELEPHONE (home): _____

EMAIL ADDRESS: _____

Please email me about future workshops: yes no

CHECK ALL THAT APPLY:

psychologist school psychologist mental health counselor

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other _____

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faculty adjunct faculty part-time core faculty full-time staff

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WORKSHOP FEES:

Advanced Registration (*by November 12*) **Regular/On-Site Registration** (*after November 12*)

\$45.00

\$60.00

check/money order payable to Nova Southeastern University

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MAIL CHECKS TO:

Nova Southeastern University
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Fort Lauderdale, Florida 33314-7796

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