2018 iaedp™ Symposium Uniquely Addresses Treatment for Women with Eating Disorders – How to Break Through with Strength and Courage

As women continue to make cultural breakthroughs throughout the U.S., the 32nd annual iaedp™ Symposium will offer unique research that addresses women and women of color, their unique challenges with eating disorders and tailored ways not only to treat and cope with the disease, but also to provide the strength needed to overcome eating disorder addiction.

PEKIN, Ill. (PRWEB) January 24, 2018 -- As women continue to make cultural breakthroughs throughout the U.S., the 32nd annual iaedp™ Symposium will offer unique research that addresses women and women of color, their unique challenges with eating disorders and tailored ways not only to treat and cope with the disease, but also to provide the strength needed to overcome eating disorder addiction.

The 2018 iaedp™ Symposium will be held March 22 – 25 at the Omni at ChampionsGate in Orlando, Florida. Registration information can be found by visiting iaedp.com.

The presentation, “African-American Women, Trauma, and Coping: Are We Eating Because We’re Hungry, or Because Something’s Eating Us?”, will examine eating disorders in African-American women from the perspective of coping, self-care and survival following trauma, in addition to viewing eating disorders in this group as they relate to appearance and identity. Presenters also will share information from some of the latest research about eating disorders in African-Americans and discuss integrative health care strategies to heal the mind, body and soul of these clients who present with food and body image issues associated with trauma.

The team of professionals leading the discussion include primary presenter and Co-Chair of iaedp™ African-American Eating Disorder Professionals Committee (AAEDP), Charlynn Small, PhD, CEDS, a licensed clinical psychologist at the University of Richmond’s Counseling and Psychological Services Center in Virginia, and co-presenters Mazella Fuller, PhD, LCSW, CEDS, Co-Chair AAEDP, Clinical Associate on staff at Counseling and Psychological Services of Duke University and Carolyn Coker Ross, MD, MPH, member of iaedp™ AAEDP, an internationally known author, speaker, and expert in the field of eating disorders, obesity and addictions.

Another presentation specifically addressing women of color at this year’s Symposium is “Special Considerations in the Assessment and Treatment of Eating Disorders in Women of Color,” which will provide an overview of the literature relating to eating disorders in women of color by addressing prevalence rates, unique risk factors, assessment tools and special treatment considerations and interventions. The presentation will primarily focus on African American, Caribbean Black, Asian-American and Latin-American women and will aim to enhance the cultural competence of clinicians treating women of color with eating disorders.

The research will be provided by primary presenter, Thaimi Fina, MSEd, LMHC, who regularly treats women with eating disorders and has special experience treating multicultural clients with complex eating disorders and co-occurring conditions.

A third workshop developed specifically to address women and eating disorders and showcased at this year’s iaedp™ Symposium is “E.Ducation Through Musical Theater: Measuring the Impact of “What’s Eating Katie?” at UMass Amherst.” Originally created as a musical, "What's Eating Katie?", written by psychologist Dina Zeckhausen, PhD, tells the story of a young woman’s descent into an eating disorder during her college
freshman year. In 2017, University of Massachusetts Amherst Public Health major, Katherine Leddy, produced, co-directed and acted in the show. She conducted research throughout the project, exploring the effectiveness of the show in educating an audience and cast about eating disorders.

This workshop will include discussions by Zeckhausen and Leddy about the development and production of the show, the study results and how to successfully reproduce an impactful show. Leddy, who graduated from University of Massachusetts Amherst in 2017 with a degree in Public Health and Journalism, will serve as primary presenter. Co-presenter, Dr. Zeckhausen, is a clinical psychologist in private practice and founded the non-profit Eating Disorders Information Network in 1996, developing eating disorder prevention programs for students, faculty, parents and coaches.

About the iaedp™ Foundation: Since 1985, the International Association of Eating Disorders Professionals has provided education and training standards to an international and multidisciplinary group of various healthcare treatment providers and helping professions. The Presidents Council provides leadership to the organization and includes: Center for Change; Eating Recovery Center; Green Mountain at Fox Run; Laureate Eating Disorders Program; La Ventana Treatment Programs; McCallum Place Eating Disorder Centers; Monte Nido & Affiliates; Pine Grove Women's Center; Remuda Ranch at the Meadows; Rogers Behavioral Health; Rosewood Centers for Eating Disorders; Selah House; The Renfrew Center; Timberline Knolls; and Veritas Collaborative.

The iaedp™ Foundation proudly announces the supporting sponsors for the 2018 iaedp™ Symposium:

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