Eating Disorders Treatment Expert Reveals Critical Impact of Nutrition and Exercise on Body Image at 2019 iaedp™ Symposium

At the 2019 iaedp™ Symposium, the presentation, “Exercise in the Treatment of Eating Disorders: History, Holes, and Hope,” will outline recent advances in nutrition and exercise that impact understanding of the illness and its complexity for an individual who suffers with a strong desire to control his or her body shape and size.

PEKIN, Ill. (PRWEB) December 12, 2018 -- Food and exercise are among the most commonly abused aspects by sufferers of eating disorders – whether anorexia, bulimia or binge eating disorder. The role of nutrition and exercise are among the most critical components of eating disorders treatment, which typically evolves throughout the recovery process.

At the 2019 iaedp™ Symposium, the presentation, “Exercise in the Treatment of Eating Disorders: History, Holes, and Hope,” will outline recent advances in nutrition and exercise that impact understanding of the illness and its complexity for an individual who suffers with a strong desire to control his or her body shape and size.

This presentation is among more than 60 scheduled during the 2019 iaedp™ Symposium, slated for February 7-10 at the JW Marriott Desert Springs Resort in Palm Desert, California. Early registration for a limited time and host hotel information can be found by visiting iaedp.com.

During the address scheduled for opening day of the 2019 iaedp™ conference, presenter Brian Cook, PhD, addresses how exercise remains a complicated and controversial aspect of eating disorders treatment. During the nearly two-hour presentation, Dr. Cook will specifically review the history of attempts to manage exercise in eating disorders and the holes in research and clinical approaches that may be limiting understanding of exercise in eating disorders. Dr. Cook’s presentation also will include a brief review of evidence-based protocols and data supporting the use of these protocols.

According to Dr. Cook, although exercise is a well-established effective intervention for many psychological and physical health issues, it is usually overlooked as a potential adjunct to eating disorders (ED) treatment. A possibility as to why therapeutic exercise has been overlooked in ED treatment may be the potential for unsupervised, compensatory exercise performed during times of severe nutritional deficiency to exacerbate ED pathology.

Through the development of an original line of research, Dr. Cook has examined the etiological role, management, and therapeutic potential of exercise in eating disorders. His education at the Universities of Rhode Island and Florida and a NIMH post-doctoral fellowship at the Neuropsychiatric Research Institute in Fargo, North Dakota, allowed him to train under experts in the eating disorders field. This has resulted in presenting research at international conferences, chairing conference paper sessions, publications in leading journals and book chapters and a first-time keynote address at the 2017 iaedp™ Symposium.

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. MemberSHARE.iaedp.com is an iaedp™ business journal and online member resource to learn about noteworthy member achievements, continuing education webinars and U.S. and international chapter activity and events; for more information, visit MemberSHARE.
The iaedp™ Foundation’s Presidents Council, which provides organization support, includes: Center for Change; Center for Hope of the Sierras; Center For Discovery; Eating Recovery Center; Laureate Eating Disorders Program; McCallum Place Eating Disorder Centers; The Meadows Ranch; Rogers Behavioral Health; Rosewood Centers for Eating Disorders; Selah House; The Renfrew Center; Timberline Knolls; Turning Tides Eating Disorder Treatment Center; and Veritas Collaborative.

The iaedp™ Foundation proudly announces the supporting sponsors for the 2019 iaedp™ Symposium:
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More information about all aspects of iaedp and the 2019 Symposium can be found at iaedp.com.
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