

It's Not About the Food: Understanding and Treating Eating Disorders and Disordered Eating

Morning Program

Judith Brisman, Ph.D., CEDS, will describe how the effective treatment of eating disorders often requires a mix of behavioral intervention within a psychoanalytic framework where the “disowned” part of the patient becomes known. A comprehensive definition of various eating disorders, risk factors, treatment issues, the role of the family and transference/countertransference considerations will be addressed.

Theresa Kinsella, MS, RD, will describe the essential differences between disordered eating and healthy diet lifestyles, including the clinical strategies useful in responding to our “diet culture”. The assessment and treatment of symptomatic eating behaviors, how to help clients develop a healthy relationship with food, and how to know when a referral to an eating disorder specialist is needed will be presented.

Afternoon Program

Three clinical case vignettes will be presented and discussed with a question and answer period following.

Conference Schedule

Registration:	8:30–9:00 am
Morning Program:	9:00 am–12:00 noon
Lunch:	12:00 noon–1:00 pm
Afternoon Program:	1:00–3:00 pm

Conference Location

Renaissance Hotel

80 West Red Oak Lane, West Harrison, NY 10604
(Hotel is fully accessible.)
Telephone: 914-694-5400
MetroNorth / White Plains (fully accessible; taxis available)

Conference Committee

Ann Rose Simon (chairperson), Irene Studwell (co-chair), Ann Crane, Bilha Goldberg, Constance Haslett, Wendy Kaiser, Carol Mahlstedt, Andrea Smith

Our Keynote Speakers

Judith Brisman, Ph.D., CEDS, is a renowned expert in the field of eating disorders, as well as a sought-after supervisor, speaker and consultant. A founder of the Eating Disorder Resource Center in NYC, she is the author of *Surviving an Eating Disorder*, on the editorial board of *Eating Disorders: The Journal of Treatment and Intervention* and a faculty member at the William Alanson White Institute.

Theresa Kinsella, MS, RD, is an esteemed expert on the nutritional aspects of eating disorders, intuitive eating, sports nutrition, and bariatric surgery. She currently serves as a consultant to NASA and has previously served on the faculty at Weill Cornell Medical Center. Ms. Kinsella sees clients in NYC and the Washington, DC, metro area.

Clinical Presentations

Jean Petrucelli, Ph.D., is a clinical psychologist and psychoanalyst, supervisor, teaching faculty and Director and Co-Founder of the Eating Disorders, Compulsions and Addictions Service at The William Alanson White Institute. She is also Associate Professor at NYU Post-Doc and Associate Editor of the journal *Contemporary Psychology* and an editor of 5 books on eating disorders. Dr. Petrucelli has a private practice in NYC.

Chaim Bromberg, Ph.D., is a psychologist and psychoanalyst in private practice in Harrison, NY. He is Co-Director of the LQP program and teaching faculty at The Manhattan Institute for Psychoanalysis, visiting faculty at WCSPP and Albert Einstein College of Medicine, and voluntary faculty at Weill-Cornell Medical College.

Heidi Knoll, LCSW, is on the faculty at WCSPP, voluntary faculty at Westchester Medical Center and a psychoanalyst in private practice for psychotherapy and supervision in Westchester County.

Conference Fees:

By November 1, 2018

- Registration (mail, online).....\$160.00
- Psychoanalytic Candidates/Retirees.....\$105.00

After November 1 until November 12, 2018

- Registration (mail, online).....\$175.00

After November 12, 2018

- At the door (space permitting).....\$185.00

Above fees include continental breakfast, lunch and payment for CE hours.

3 Ways to Register:

- ◆ **Online at wcspp.org**
- ◆ **At the door** (cash/check or credit; space permitting)
- ◆ **By mail:** Mail this form and check (payable to WCSPP) to

WCSPP
468 Rosedale Avenue
White Plains, NY 10605

Name _____

I am requesting CE Credits (circle) Yes No

I am (circle): NY SW CT SW LMFT LMHC LCAT
Psychologist LP

Street _____

City/State/Zip _____

Phone _____

Email _____

Cancellation Policy:
Requests for a refund **MUST**
be received by email or letter
by **October 31** for full refund,
less a \$50 processing fee.





ABOUT THIS CONFERENCE: Eating disorders are serious, often complex, potentially life-threatening disorders that affect people of every age, gender, race, and socioeconomic group. They often begin with irregular or disordered eating patterns but are treatable when detected early. How, when, and in what ways the family intervenes is often vital for successful outcomes. At this conference, we will explore the etiology, signs and symptoms, and treatment of Anorexia Nervosa, Bulimia Nervosa and Binge-Eating Disorders, as well as how the “disowned self” needs to be understood in the treatment.

The importance of comprehensive evaluation, medical stabilization, behavioral and familial interventions, and the role of the nutritionist will be elaborated as critical elements in the treatment. Moreover, clinical vignettes will help us understand how to best help children

and teens who are struggling with disordered eating or specific eating disorders, as well as parents of children with an active or potential eating disorder.

Learning Objectives—Participants will be able to:

1. Design a behavioral intervention to reduce disordered eating while addressing the psychological reasons for the symptoms;
2. Implement a specific strategy for allowing weight restoration in the anorexic patient;
3. Identify risk factors for eating disorders and symptomatic behaviors that need to be addressed; and
4. Define the concept of dissociation and at least one dimension of the theory related to its use in clinical work with patients with bulimia.

Who Should Attend: Psychiatrists, psychologists, social workers, mental health and school professionals, nurses, teachers, graduate students.

Continuing Education—5 CE hours

NYS Mental Health Practitioners: WCSPP is recognized by the NY State Education Department’s State Board of Mental Health Practitioners as an approved provider of Continuing Education for Licensed Clinical Social Workers #SW-0063, Licensed Psychoanalysts #P-0027, Licensed Marriage and Family Therapists #MFT-0040, Licensed Mental Health Counselors #MHC-0075, and Licensed Creative Arts Therapists #CAT-0028.

CT Social Workers: Approval pending from NASW-CT for 5 continuing education contact hours.

Psychologists: WCSPP is co-sponsoring this program with the Westchester Center of Psychological Education (WCPE). WCPE maintains responsibility for the CE program and is approved by APA to offer CE credits for psychologists. **If requesting CE’s, a completed evaluation must be submitted online through Survey Monkey at the end of the conference.**



WCSPP
WESTCHESTER CENTER
FOR THE STUDY OF
PSYCHOANALYSIS &
PSYCHOTHERAPY
Creating Opportunities Since 1974

Westchester Center for the Study of
Psychoanalysis and Psychotherapy
468 Rosedale Avenue
White Plains, NY 10605

NONPROFIT ORG
U.S. POSTAGE PAID
WHITE PLAINS, NY
PERMIT NO. 20

OR CURRENT RESIDENT

Saturday, November 17, 2018
It’s Not About the Food:
Understanding and Treating
Eating Disorders
and Disordered Eating



WCSPP
WESTCHESTER CENTER
FOR THE STUDY OF
PSYCHOANALYSIS &
PSYCHOTHERAPY

WCSPP ANNUAL CONFERENCE 2018

It’s Not About the Food:
Understanding and Treating
Eating Disorders
and Disordered Eating

Saturday, November 17, 2018
8:30 AM – 3:00 PM

Renaissance Hotel
80 West Red Oak Lane • West Harrison, NY



Distinguished Keynote Speakers

Judith Brisman, Ph.D., CEDS

*“When Actions Speak Louder Than Words:
A New Understanding of the Psychodynamic
Treatment of Eating Disorders”*

Theresa Kinsella, MS, RD

*“Healthy Choices or Disordered Eating:
What to Know and How to Treat”*

5 CE Hours