



3rd Annual iaedp™ International Chapter Professional Training Days
***Build A Successful Private Practice as an Eating Disorder Professional:
The Business and Clinical Foundations***

Friday & Saturday, November 19 – 20, 2021

Hosted by iaedp™ International Chapter Chair of Canada

Andrew Sofin, MA, RP, TCF, RMFT

DAY 1 Friday, November 19, 2020

10am-6pm/ET

The Business Foundation for a Successful Private Practice as an Eating Disorder Professional

*Co-Presenters: Andrew Sofin, MA, RP, TCF, RMFT and Amanda Bacchus, RSW, RP, RMFT
(Canada)*

In 2004 Andrew Sofin co-founded the Belmont Centre in Montreal, Canada, after spending many years working in the Boston area working at hospital, residential and outpatient levels of care in eating disorder treatment. He is a member of the Argyle Institute's Eating Disorder Team and iaedp International Chapter Chair for Canada. He is currently the clinical director of Eating Disorder Recovery Retreat and a co-founder of the Private Practice Consultants.

Amanda Bacchus is a registered psychotherapist, founder and director of the Vaughan Relationship Centre since 2016. The centre specializes in helping individuals, couples, and families build stronger relationships. Before opening her centre, Amanda was a solo practitioner in private practice for eight years. Amanda has worked as an Employee Assistance Program (EAP) client care coordinator, a group counsellor, and an individual therapist for several non-profit counselling agencies. Amanda is also the co-founder of Private Practice Consultant.

Eating Disorder Professionals learn about their craft and how to support their clients, but they do not learn how to navigate the business side of the practice. In this series of workshops, you will learn how to build your business from the ground up, develop your vision and get clarity on your purpose. You will learn about common fears and pitfalls around marketing and impostor syndrome. You will develop a toolbox of skills to determine the right type of office, manage finances, develop confidentiality and intake forms, and learn how to build an online profile to market your practice.

Five modules presented over the course of the day



Session Objectives

1. Develop awareness on the ins and outs of private practice
2. Create a business foundation for their private practice
3. Build a toolbox of clinical and business strategies

- Module 1. Building your foundation practice
- Module 2. Creating a Business Mindset
- Module 3. Setting Up Your Professional Office
- Module 4. Managing Finances
- Module 5. Documentation and Marketing

DAY 2 – Saturday, November 20, 2021

10am-6pm/ET

10:00am-10:30am EDT

KEYNOTE

Best practices for working with the family of an ED client: The Cognitive Interpersonal model for anorexia nervosa

Presented by Janet Treasure, PhD, FRCP, FRCPPsych, OBE (UK)

Professor Janet Treasure is a world-leading clinical and academic psychiatrist in eating disorders who works at King's College London and the South London and Maudsley Hospital. She was awarded the OBE for her work on eating disorders.

She is a fellow of the AED, Associate editor of European Eating Disorders Review. She had the Leadership Research Award, from AED and Hilde Bruch Lecture Award-2016 (University of Tübingen, Germany). She is Co-Chair of the ED Section of the European Psychiatric Association.

Eating disorders (in particular anorexia nervosa) have a great impact on caregivers (professional and non-professional) eliciting emotional reactions such as high expressed emotion and accommodating and enabling behaviors. Polarisation of these reactions lead to fragmentation in families, and splitting between services, within teams and interventions. These emotional responses and behaviours form one facet of the set of maintaining behaviours which are described in the interpersonal domain of cognitive interpersonal model in Anorexia Nervosa which explains how the symptoms to persist. Furthermore, the severity of the illness impacts negatively on social cognition deepening the isolation such that the eating disorder becomes the only friend. The surge in eating disorders during the time of lockdown and COVID 19 can be in part explained by the cognitive interpersonal model.



Session objectives:

1. Describe and learn how to conceptualize family interaction based on the cognitive interpersonal maintenance model of Anorexia Nervosa.
2. Describe and learn how to conceptualize how social factors contribute to the risk and maintenance of Anorexia Nervosa.
3. A consideration of how to target mal adaptive interpersonal processes in AN

10:30am-11:30am EDT

Integrative treatment for eating disorders and ACT

Presented by Rick Bishop, MD, CEDS, FAED, F.iaedp (USA)

Emmett Bishop, Jr., MD, FAED, F.iaedp, CEDS is a Founding Partner of the Eating Recovery Center in Denver, Colorado. He has written numerous articles, book chapters and a treatment monograph and has lectured nationally and internationally on eating disorders and their treatment. Currently serving on the Board of Directors of the International Association of Eating Disorders Professionals (iaedp), he is a past president and is chairman of the International Board Advisory committee for international development.

He is a Fellow of the Academy for Eating Disorders and has served on the Editorial Board of Eating Disorders: Journal of Treatment and Prevention. He received the iaedp CEDS Lifetime Achievement Award in 2014 and was also honored by the Eating Disorders Foundation for lifetime achievement in 2020.

This presentation will offer an integrated approach to the treatment of eating disorders from which all disciplines can profit. When the treatment team is on the same page, treatment is more impactful and effective. We discuss evidence-based elements of the Maudsley Model of Anorexia Maintenance, temperament-based therapy or trait management, and contextual behavioral science concepts that we have found helpful in the recovery from eating disorders. We will discuss one of the most important maintaining factors for eating disorders, experiential avoidance, which cuts across all diagnoses, and its monitoring. The importance of having a model of eating disorder maintenance cannot be overemphasized.

Session Objectives

1. The attendee will learn a model of eating disorder maintenance.
2. The attendee will learn the basics of integrated eating disorder treatment



3. The attendee will understand temperament-based therapy of eating disorders

11:30am- 12:30pm/ EDT

Psychotherapy in the treatment of eating disorders

Presented by Elisaveta V. Pavlova, PhD, CEDS (Bulgaria)

Elisaveta Pavlova is a Doctor in medical psychology, with more than 12 years of experience in the eating disorders (ED) and mental health fields. She is the Founder and President of the First Bulgarian Organization for Eating Disorders -Association UNIKAL since 2011, and for UNIKAL Online Institute, since October 2018. Since November 2016, she has served as the iaedp™ International Chapter Chair of Bulgaria, and from the end of 2020 as part of the International Chapter- iaedp™ as a Board Member.

Psychotherapy is one of the key several stages necessary for the process of treating eating disorders (ED) patients. There are numerous skills required from clinicians in order for psychotherapy to be effective. Regardless of the type of psychotherapy among those, significant skills are motivation and psychoeducation. In addition, among the specific cognitions for ED treatment, a crucial role plays the psychotherapy for body image.

Session Objectives

1. Explaining practical strategies for motivation at the process of ED psychotherapy
2. Presenting numerous examples of psychoeducation as an essential segment for ED treatment
3. Providing specific techniques for the modification of body image for ED patients

12:30pm BREAK

1:30pm-2:30pm EDT

***Roundtable "Wearing "two hats: The intersection of the clinical and business as an eating disorder professional"**

2:30pm-3:00pm EDT

Psychiatry in the treatment of eating disorders

Presented by Heba Essawy, MD, CEDS (Egypt)

Heba Essawy MD, CEDS., Clinical Professor of Psychiatry, Ain Shams University Hospital, Cairo, Egypt. She has been the Medical Director of the Eating Disorders Clinics, since 2013, at Institute of Psychiatry. She has practiced for 28 years, writing, lecturing, supervising and directing at



outpatient Eating Disorders clinics. Her role has expanded treatment services to include pediatric, adolescent, adult and geriatric populations.

Heba is passionate about empowering and educating parents as well as their children. She is a consultant to oasis international school, American University in Cairo, National council for childhood and motherhood. She maintains a private practice in psychotherapy and medication management in Cairo. Heba has presented extensively nationally and international conferences as well as provides campus-wide training. She has been published in academic journals and the popular media as well as contributing chapters to several books and appeared on a variety of local and national news and radio outlets. Heba is the founder president of the Egyptian Association of Eating Disorders, iaedp™ International Chapter Chair of Egypt and iaedp Designated Educational Affiliate of Egypt.

Eating disorders is a devastating problem, either anorexia nervosa, bulimia nervosa and binge eating disorder are known as the deadliest mental disorders. Men and women are frequently diagnosed in childhood or early adolescent years.

Eating disorders exhibit high comorbidity with other psychiatric disorders, most notably mood, substance use disorders and anxiety disorders and post-traumatic stress disorders. In my presentation, prevalence of psychiatric comorbidity, confounding factors between eating disorders and mental symptoms will be discussed. Lastly, I will highlight the evidence based medical treatment used in treating co-occurrence mental treatment with eating disorders in order to achieve the best and effective treatment responses.

Session Objectives

- 1) Identification of the most common forms of comorbidity with Eds that might present to the clinicians
- 2) Recognition of the confounding effects of starvation and unstable eating on either diagnosis, adverse effects and response to treatment of the comorbidity
- 3) Discuss the different pharmacological approaches for treatment of comorbid mental disorders with Eds

3:00pm BREAK

4:00pm-5:00pm EDT

Medical complications of eating disorders across the pediatric and adult spectrum

Presented by Suzanne Mac Donald, MD, FRCP(c), FAAP (Canada)



Dr. Suzanne MacDonald graduated from McGill University Medical School following a Bachelors Degree in Physiology at the same University. She did 3 years core pediatric residency training at McGill University/Montreal Children's Hospital followed by a 2 year fellowship in adolescent medicine and pediatric emergency medicine at the same site. She is an assistant professor of pediatrics in the discipline of adolescent medicine. She is an associate member of McGill's University's Institute for Health Sciences Education and the Division Educational leader(McGill Department of Pediatrics) for the division of Adolescent Medicine She spends most of her time doing clinical work and teaching.

The aim of this presentation is to educate professionals who care for patients with eating disorders in the outpatient setting and are interested in the medical aspects of eating disorders across the age spectrum and to know how their patients should be referred to a higher level of care.

Session Objectives

1. Appreciate the particular physiology of the starved patient and associated medical complications
2. Recognize how malnutrition may differentially impact children and adolescent patients versus adult patients
3. Recognize severe and potentially fatal complications of eating disorders and when to seek immediate medical help

5:00pm-6:00pm EDT

Rebuilding the Food Identity in patients with eating disorders

Presented by Rosanna Mauro de Maya, MS, CEDRD-S (Costa Rica)

Rosanna Mauro is a Registered Dietitian specializing in eating disorders, she holds a Master's Degree in Group Psychology, she is certified as an eating disorder specialist and is an iaedp authorized supervisor. Rosanna is Certified as an Integrative Coach and is also a Board-Certified Health and Wellness Coach and is currently a Mentor Supervisor of the Integrative Health and Wellness Coaching Program at the University of Arizona. She has more than 19 years of experience as a dietitian, lecturer, and professor in the field of coaching and eating disorders in Costa Rica and internationally. She is currently the President of the International Chapter of iaedp, member of the Board and of the International Board Advisory Committee. She is the co-founder and Director of Rosanna Mauro Wellness Institute in Costa Rica.

A true nutritional recovery in the patient with an eating disorder goes beyond a simple improvement in anthropometric indicators. It is a meticulous reconstruction of the food identity, in which the physical, mental, and spiritual spheres of the patient are considered and healed. In



this lecture, I will present strategies to assist the patient with an eating disorder throughout this process.

Session Objectives

1. Understand the concept of food identity and its application in the field of eating disorders.
2. Recognize strategies to help the patient with eating disorders in the reconstruction of their food identity.
3. Recognize the process of eating disorders recovery through the lens of food identity reconstruction.