

# Virtual Conference

## 2023 Eating Disorder Network Virtual Conference

TWO DATES – ONLINE

Thursday

March 16 & 23, 2023

12:30 p.m. – 2:00 p.m. EST

via ZOOM



zoom

Virtual Conference



Please register online at  
[camcmed.net/dimensions.com](https://camcmed.net/dimensions.com)



Jointly provided by:



Institute for  
Academic Medicine  
Vandalia Health



West Virginia University  
SCHOOL OF MEDICINE  
CHARLESTON CAMPUS

WVU DECC

DISORDERED EATING  
CENTER OF CHARLESTON



# Program overview

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The West Virginia Eating Disorder Network was developed in the summer of 2013 to provide a forum for providers of all disciplines to better understand and treat the complex challenges faced by clients with eating disorders. This conference is designed to review state-of-the-art clinical concepts and treatment considerations for individuals with disordered eating. It will also provide ample time for networking with other providers and treatment centers. Health providers including Psychiatrists, Psychologists, Licensed Professional Counselors, Social Workers, Nurses, Registered Dietitians, Addiction Counselors and other interested professionals and students are invited to attend. There are no prerequisites.

**Jointly provided by:**  
CAMC Institute for Academic Medicine and The West Virginia Eating Disorder Network

# Registration

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## Registration Fee:

- |  |                   |
|--|-------------------|
| <b>All Non-CAMC / WVU /<br/>Vandalia Health participants</b> | \$25 each program |
| <b>Residents/Students</b>                                    | No Charge         |

You may register online at <https://camcmed.netdimensions.com>





# Accreditation



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by the WJUDECC and CAMC Institute for Academic Medicine. CAMC Institute for Academic Medicine is jointly accredited by the Accreditation Council for Continuing

Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

**Physicians** – CAMC Institute for Academic Medicine designates this virtual live activity for a maximum of 1.5 AMA PRA Category I credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in this activity.

**Nurses** – CAMC Institute for Academic Medicine is an approved provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This offering has been approved for 4 contact hours. (JA0026-26-23-530)



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

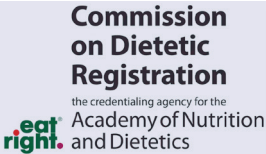
**Psychology** – 1.5 Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of

Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs

**LPC** – The CAMC Institute for Academic Medicine is an approved provider by the West Virginia Board of Examiners in Counseling for LPC continuing education. This program is approved for 1.5 LPC contact hours. Approved Provider # 603



# Accreditation



**Dietitians** – Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU).

If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU). RD' and DTRs are to select activity type 102 in their Activity Log. Performance Indicator selection is at the learner's discretion.

**Social Work** – CAMC Institute for Academic Medicine is an approved provider of continuing education by the West Virginia Board of Social Work Examiners. This program has been approved for 1.5 hours of social work credit. Approval number #490045.

**Addiction/Prevention** – CAMC Institute for Academic Medicine an approved provider by the West Virginia Board for Addiction and Prevention Professionals. This program has been approved for 1,5 hours of WCBAPP credit. Provider# AP-22-100





# Program faculty and planning committee

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**Jessica Luzier, PhD, ABPP, CEDS-S**  
***Conference Chair***

Associate Professor WVU School of Medicine,  
Charleston Campus  
Clinical Director,  
WVU Disordered Eating Center of Charleston  
Charleston, WV

**Anne Kubal, PhD, CEDS-S**

Director of Clinical Training  
Eating and Recovery Center and  
Pathlight Mood and Anxiety Centers  
Chicago, IL

**Helena Sedoski, MS, RD, LD**

Eating Disorder Support Clinical Dietitian  
West Virginia University Hospitals  
Morgantown, WV





# Agenda — Thursday, March 16, 2023

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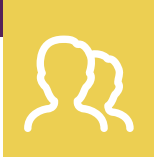
12:30 p.m. – 2:00 p.m. via Zoom

## **Diet Culture Pitfalls, Actual Nutrition Needs of Kids and Teens and How to Support Them**

**Helenia Sedoski, MS, RD, LD**

### *Learning Objectives*

- **Objective 1:**  
Learn the diet culture talk that has a negative impact and can be triggering for disordered eating
- **Objective 2:**  
Learn the basics of what kids and teens need to support their bodies, nutritionally
- **Objective 3:**  
Learn how to support kids and teens to dismiss diet culture and meet their bodies without judgment



## Presenter background

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### **Helenia Sedoski, MS, RD, LD**

**Helenia Sedoski** has been a registered dietitian for nearly 12 years. She has worked in a variety of roles from teaching to clinicals to menu modifications for daycares to help meet the guidelines. For the last 11 years she has focused on increasing her skill level in eating disorder treatment. She has also become involved in public policy by representing the West Virginia Academy of Nutrition and Dietetics as the public policy chair where she continues to advocate for increased access to appropriate eating disorder support.





# Agenda — Thursday, March 23, 2023

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12:30 p.m. – 2:00 p.m. via Zoom

## **Optimal care in eating disorder treatment: Recognizing and reconciling complex ethical issues**

**Anne Kubal, PhD, CEDS-S**

### *Learning Objectives*

- **Objective 1:**  
Identify relevant ethical principals involved in the treatment of individuals with eating disorders.
- **Objective 2:**  
Describe how specific competing ethical principles complicate ethical decision making in the treatment of eating disorders.
- **Objective 2:**  
Analyze both the potential benefit and harm of using coercive treatment techniques in the treatment of eating disorders.

### **ABSTRACT**

Eating disorders are complex, multifaceted, challenging-to-treat mental illnesses, made more challenging by patients' ambivalence about recovery. Treatment resistance is common, and outright treatment refusal is not uncommon due to the overvalued beliefs underlying the disorders. Sustained recovery is possible, yet helping patients navigate the road to recovery requires the treating clinicians to balance conflicting ethical principles, often balancing a patient's autonomy with the provision of optimal treatment. This workshop will provide an

*Continued*





## Agenda — Thursday, March 23, 2023

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overview of the of the key ethical questions and challenges inherent in providing effective treatment of eating disorders; explore how specific competing ethical principles complicate ethical decision making in the treatment of eating disorders; and help participants analyze both the potential benefit and harm of using coercive treatment techniques in the treatment of eating disorders.

The tension within and between ethical principles are at the core of ethical decision-making in eating disorder treatment because of the unique characteristics of eating disorders (Andersen, 2008). The fundamental struggle frequently centers on the definition of competence. This workshop will help clinicians explore the concept of competence applied to patients with eating disorders, examine arguments both for and against involuntary treatment when a patient’s condition is life-threatening, and explore ethics related to treatment resistance and “perceived coercion.” Some degree of treatment coercion from therapists, other treatment team members, and/or treatment programs is common (Tan, Stewart, Fitzpatrick, & Hope, 2010). Coercive pressure may be subtle or direct, as the goal is to help patients embrace the path to recovery. Ethically, any use of coercion must involve consideration of whether the short-term and long-term benefits outweigh the loss of autonomy. Despite the widespread use in the treatment of eating disorders, the consequences of “informal coercion” or “compassionate interference” have only recently begun to be studied, and the effectiveness of coercive strategies have been questioned (Matusek & Wright, 2010). A framework for working through the ethical dilemmas faced by eating disorder treatment providers in their efforts to provide optimal care will be presented to help clinicians gain a deeper understanding of formal and informal coercive treatment practices.

*Continued*



## Presenter background

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### Anne Kubal, PhD, CEDS-S

**Dr. Anne Kubal** is a Licensed Clinical Psychologist with clinical and research interests in eating disorders, non-suicidal self-injury, perfectionism, relational issues, and supervision and training. She earned her master's degree in Counseling Psychology at Northwestern University and her Ph.D. in Counseling Psychology at Michigan State University. Dr. Kubal maintains a small private practice and is the Director of Clinical Training at Eating Recovery Centers and Pathlight Mood & Anxiety Centers in Illinois. She is a member of the American Psychological Association, Academy of Eating Disorders and a member of the International Association of Eating Disorder Professionals (iaedp). Dr. Kubal is a Certified Eating Disorder Specialist and supervisor through iaedp and is the president of the Heartland iaedp Chapter. She is proud to be one of the founding members of the Heartland iaedp Chapter and has served as Student Liaison Chair, Secretary, and Vice President for the chapter in the past. Dr. Kubal has presented at national and international conferences and teaches a graduate course on the treatment of eating disorders at Northern Illinois University. She is a Health System Clinician at Northwestern University, Feinberg School of Medicine, and serves on the Intern Training Committee at Northwestern University. Dr. Kubal is passionate about training and educating others about eating disorders and body image issues. She is working on a steering committee of eating disorder professionals to establish a new division within the American Psychological Association dedicated to eating disorders and body image issues; the purpose of the proposed division is to improve education, training and dissemination of evidenced-based treatments for eating disorders among psychologists.



## Cancellations and substitutions policy

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You may cancel your registration up to 10 business days before the program and we will refund your full registration. If you need to cancel less than 10 business days prior to the program you may 1) send a substitute from your organization or 2) transfer your registration fee to another program of your choice that is scheduled within 12 months of your original event. Please note if you don't cancel and don't attend you are still responsible for payment.

## Disclosure and Mitigation

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The CAMC Institute for Academic Medicine and the WV Eating Disorder Network control the content and production of this CE activity and attempt to ensure the presentation of balanced, objective information. In accordance with the Standards for Integrity and Independence in Accredited Continuing Education established by the ACCME, faculty, abstract reviewers, paper presenters/authors, planning committee members, staff and any others involved in planning the educational content must disclose any relationship they or their co-authors have with ineligible companies which may be related to their content. The ACCME defines "relevant financial relationships" as financial relationships in any amount occurring within the past 24 months that create a conflict of interest. All presenters, planning committee and faculty have declared no financial interest with an ineligible company for this conference.



## Need more continuing education credits?

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