



# BEDA

## 2011 National Conference

March 31-April 2, 2011

Firesky Resort and Spa, Scottsdale, AZ

*Coming into the Light:*

*Strategies and Hope for Recovery  
in BED and Associated Conditions*

[www.bedaonline.com/2011conference](http://www.bedaonline.com/2011conference)

### NEW THIS YEAR:

BEDA continues building its community for those in or seeking recovery with a track dedicated to individuals and their loved ones living with binge eating disorder, compulsive/emotional eating, and food addiction. See agenda for details.

### KEYNOTE SPEAKERS



**Jess Weiner**

You Are The One  
You've Been Waiting For



**B. Timothy Walsh, MD**

Binge Eating Disorder: Current  
Status and Looking Ahead



**Chenese Lewis**

Joint Panel: No More Silence,  
No More Stigma! How Telling  
Our Stories Can Help Others

### BEDA AMBASSADOR

### ADDITIONAL LEARNING OPPORTUNITY!

**An IFS Approach to Binge Eating Disorder** (Approved for 6 CEUs)

March 31st · 8:00 am – 3:30 pm.

**Mark Schwartz, ScD, Theresa Chestnut, MSW, LCSW, and Richard Schwartz, PhD**

Registration is in addition to regular conference fees and available only to conference registrants.



# REGISTRATION

Please choose the appropriate rate and print all information.

Registration is available online at [www.bedaonline.com/2011conference](http://www.bedaonline.com/2011conference).

- One form per registrant please
- Registration includes all meals/sessions/panels/presentation materials included on the agenda as of the first day of the conference. Cash bar available during "Meet & Greet Reception."
- Professional Learning Adjunct Session requires separate registration (check box below)

## Member Rates (Please circle your rate)

Before February 25, 2011			As of February 26, 2011		
Full Conference	One Day Only (Friday or Saturday)	Students*	Full Conference	One Day Only (Friday or Saturday)	Students*
\$349	\$240	\$275	\$399	\$265	\$325

\*Students must provide proof of student status (current student ID or registration) upon check in at the conference.

## Non-Member Rates (Please circle your rate)

Before February 25, 2011			As of February 26, 2011		
Full Conference	One Day Only (Friday or Saturday)	Students*	Full Conference	One Day Only (Friday or Saturday)	Students*
\$399	\$290	\$325	\$449	\$315	\$375

\*Students must provide proof of student status (current student ID or registration) upon check in at the conference.

**YES! I want to attend the Professional Learning Adjunct Session: "An IFS Approach to Binge Eating Disorder"** (check box to attend – registration amount is in addition to regular conference rates)

\$125.00 (member and non-member rate)

**Special Needs:**  
 Dietary  Disability  
 We will contact you to discuss your individual needs.

TOTAL \$ \_\_\_\_\_

PLEASE PRINT CLEARLY

Name and Credentials \_\_\_\_\_

Name (as you would like it to appear on name tag) \_\_\_\_\_

Organization (as you would like it to appear on name tag) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Country \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_ Fax Number \_\_\_\_\_

Email Address (required for registration) \_\_\_\_\_

## Payment Information (please check)

Check# (payable to BEDA) \_\_\_\_\_ Card:  American Express  Mastercard  Visa

Card Number \_\_\_\_\_ VCode (3 or 4 digit number on back of card-front for AMEX) \_\_\_\_\_ Expiration Date \_\_\_\_\_

Name of Cardholder (please print neatly) \_\_\_\_\_ Signature \_\_\_\_\_

Card Billing Address \_\_\_\_\_

City \_\_\_\_\_ State/Country \_\_\_\_\_ Zip Code \_\_\_\_\_

Please mail or fax completed form and payment to:

BEDA c/o Special D Events, 1229 South Washington Ave., Royal Oak, MI 48067

Fax: (248)336-8610

## Questions:

Tina Jackman or Carol Galle,  
 BEDA Conference Managers  
 Phone: (248)336-8613 or via email  
 at [tjackman@specialdevents.com](mailto:tjackman@specialdevents.com)

# Choose from two tracks:

## For treatment providers:

- Learn about the latest advances in research and clinical practices
- Increase knowledge and sharpen skills for working with BED and associated conditions
- Network with peers advocating recognition, prevention, treatment, and recovery to the healthcare community, policy makers, and general public

## For affected individuals and families/friends:

- Learn how to navigate treatment, manage associated health conditions, and advocate against weight bias
- Hear discussions about how the “war on obesity” influences identifying, treating, and recovering from eating disorders
- Understand the family’s role in prevention, treatment, and recovery
- Hear inspirational recovery stories

# 2011 BEDA National Conference Schedule

## Thursday, March 31

7:00 – 8:30 am Pre-Conference  
Session Registration

7:00 – 8:00 am Pre-Conference  
Session Continental Breakfast

8:00 – 3:30 pm **Pre-Conference Session**

### An Internal Family Systems Approach to Binge Eating Disorder

Mark Schwartz, ScD · Theresa Chestnut, LCSW  
Dick Schwartz, PhD  
Please see online at [www.bedaonline.com](http://www.bedaonline.com) for more information or to register.

1:00 – 7:00 pm Conference Registration

5:00 – 5:15 pm **Conference Welcome & Introductions**  
*Chenese Lewis  
BEDA Ambassador & Spokesperson*

5:15 – 6:00 pm **General Session/Keynote**  
*You Are The One You've Been Waiting For: Sharing Your Story for Social Change*  
*Jess Weiner*

6:00 – 7:00 pm **Meet & Greet Reception/Book Signing**

## Friday, April 1

7:00 – 10:00 am Registration

6:30 – 8:00 am Continental Breakfast

8:00 – 8:15 am **Welcome**  
*Trisha Rubin, LCSW  
BEDA President*

8:15 – 9:00 am **General Session/Keynote**  
*Binge Eating Disorder: Current Status and Looking Ahead*  
*B. Tim Walsh, MD*

9:15 – 10:00 am **Concurrent Sessions**  
**Treatment Providers**  
**The Neurochemistry of a Binge: Linking Psychotherapy to the Biology of the Brain**  
*Ralph E. Carson, PhD, BHS*

**Individuals/Family & Friends**  
**From Consuming Secret to Mindful Recovery: Practical Tools for People with BED and the People Who Love Them**  
*Ellen Shuman*

10:00 – 10:30 am Refreshment Break & Exhibits

10:30 – 11:15 am **Concurrent Sessions**  
**Treatment Providers**  
**Mindfulness in the Treatment of Binge Eating: Lessons from Research and Practice**  
*Janna L. Fikkan, PhD  
Ruth Q. Wolever, PhD  
Sofia Rydin-Gray, PhD*

**Individuals/Family & Friends**  
**Emotional Triggers that Exacerbate Binge Eating**  
*Debra Weinberg, MS*

11:30 – 12:15 pm **Concurrent Sessions**  
**Treatment Providers**  
**Nutrition Counseling Interventions for Patients with BED and Type II Diabetes or Insulin Resistance**  
*Reba Sloan, MPH, LRD, FAED*

**Individuals/Family & Friends**  
**Health as a Value versus Size as a Goal: Re-framing the "Right-Size/Wrong-Size" Paradigm to Promote Healthy Body Image, Eating, Fitness and Weight in Children, Teens and Adults**  
*Kathy Kater, LICSW*

12:15 – 1:30 pm Lunch & Exhibits

1:30 – 2:15 pm **Treatment Providers**

**Individuals/Family & Friends**

2:30 – 3:15 **Individuals/Family & Friends**

**Individuals/Family & Friends**

3:15 – 3:45 pm Refreshment Break & Exhibits

3:45 – 4:30 pm **Treatment Providers**

**Individuals/Family & Friends**

4:30 – 5:30 **Treatment Providers**

**Individuals/Family & Friends**

## Saturday, April 2

6:30 – 9:00 am Registration

7:00 – 8:30 am **Breakfast Panel: No More Silence, No More Stigma! How Telling Our Stories Can Help Others**  
*Sunny Gold  
Author & Deputy Editor, Redbook  
Chenese Lewis  
Spokesperson & Advocate  
Amy Pershing, LCSW, ASW  
Clinical Director, the Bodywise BED Program  
Bronwyn Marmo  
Associate Producer, The Inner Weigh™, Success Coach, Speaker  
Jess Weiner  
Author & Self-Esteem Ambassador*

8:45 – 9:30 am **Concurrent Sessions**  
**Treatment Providers**  
**"Resistance to Change" in BED Treatment: Understanding Entrenched Behavior as a Sign of Strength**  
*Amy Pershing, LMSW, ACSW*

**Individuals/Family & Friends**  
**What About Me? How to Take Care of Yourself While Caring for a Loved One with BED and Associated Conditions**  
*Esther Kane, MSW*

9:45 – 10:30 am **Concurrent Sessions**  
**Treatment Providers**  
**Countertransference, Transference and the Therapeutic Alliance: Essential Dynamic Tools for the Treatment of BED**  
*Judith Banker, MA, LLP, FAED*

**Individuals/Family & Friends**  
**Binge Eating Disorder and the Primary Care Setting**  
*Ramona Seidel, MD*

10:30 – 11:00 am

11:00 – 11:45 am **Treatment Providers**

**Individuals/Family & Friends**

11:45 – 12:30 pm **Treatment Providers**

**Individuals/Family & Friends**

12:30 – 1:45 pm

1:45 – 2:30 pm **Treatment Providers**

**Individuals/Family & Friends**

2:30 – 2:45 pm

### Advocacy Session & Panel Discussion

2:45 – 3:30 pm **From Darkness into Light: Discovering Hope and Effective Change Through Eating Disorders Advocacy**  
*Kitty Westin, MA, LP  
Jeanine Cogan, PhD  
Kathleen McDonald*

3:30 – 4:15 pm

**Damage Control! Finding Common Pathways to Address Obesity Concerns while Preventing Eating Disorders and Weight Bias: A Guide for Clinicians and Advocates**  
*Wendy Oliver-Pyatt, MD, FAED*

4:15 – 4:30 pm

4:30 – 5:15 pm

**Panel Discussion: Eating Disorders, Weight Bias, Low Self-Esteem, Bullying and "The War on Obesity;" Where Do We Go From Here?**  
*Moderator: Chenese Lewis  
Deb Burgard, PhD  
Body Positive  
Jeanine Cogan, PhD  
Eating Disorders Coalition  
Sunny Gold  
Author & Deputy Editor, Redbook  
Wendy Oliver-Pyatt, MD, FAED  
Author & Founder, Oliver-Pyatt Centers  
Bronwyn Marmo  
Associate Producer, The Inner Weigh™, Success Coach, Speaker*

5:15 – 5:30 pm

**Final Thoughts and Wrap-Up**  
*Chevese Turner*



Binge Eating Disorder Association  
550M Ritchie Highway, #271  
Severna Park, MD 21146

*Coming into the Light:  
Strategies and Hope for Recovery  
in BED and Associated Conditions*

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**Early bird conference and hotel rates end soon. Register NOW!**

## CONFERENCE INFORMATION

### Firesky Resort & Spa

4925 N. Scottsdale Road  
Scottsdale, AZ 85251  
Reservations: (800) 528-7867  
Hotel: (480) 945-7666  
Fax: (480) 946-4056

### General Information and Questions

BEDA c/o Special D Events  
Tina Jackman or Carol Galle  
BEDA Conference Managers  
Phone: (248) 336-8613/Fax: (248) 336-8610  
Email: [tjackman@specialdevents.com](mailto:tjackman@specialdevents.com)

### Room Rate and Reservations

BEDA has secured special room rates of \$179/night. Please mention the **Binge Eating Disorder Association** to receive the group discounted rate.

Reserve a room online  
at the BEDA discount rate  
at <http://tinyurl.com/2dwvs8f>.

In the event that attendance exceeds room availability, please contact BEDA c/o Special D Events at (248)336-8613 and ask for Tina Jackman or Carol Galle.

### Transportation

The recommended closest airport is the Phoenix Sky Harbor International Airport (PHX). The hotel is a 20 minute cab or car ride from the airport. Shuttles to/from the airport are NOT provided by the hotel.

### Registration Information

Conference registration includes all meals/sessions/panels/social functions included on the agenda as of the first day of the conference. At this time we have not determined whether presentations will be available for purchase post-conference.

### Refunds

Conference refunds can be provided on or before March 25, 2011, minus a \$50 administrative processing fee. For requests, please submit an electronic request to contact Tina Jackman at [tjackman@specialdevents.com](mailto:tjackman@specialdevents.com)

### Continuing Education

As of this publication, the 2011 BEDA National Conference is approved for 12 CEU's for both Licensed Clinical Social Workers and Licensed Clinical Professional Counselors. We have applied for CEU's for both Psychologists and Licensed Clinical Marriage and Family Therapists and will post information on our website [www.bedaonline.com/2011conference](http://www.bedaonline.com/2011conference) as it becomes available.

All attendees will receive a certificate of attendance, presenter biographies, and presentation learning objectives for each session to submit to their respective accrediting organizations for credit. Please contact BEDA conference managers Tina Jackman or Carol Galle with questions at (248)336-8613 or via email at [tjackman@specialdevents.com](mailto:tjackman@specialdevents.com).

### Sponsors & Exhibitors

BEDA would like to express gratitude to its 2011 National Conference sponsors and exhibitors. Please check our registration website for the most recent sponsor/exhibitor information at <https://www.eiseverywhere.com/ehome/index.php?eventid=14118&abid=19732&>

For sponsorship information, please contact Cara Brue at (443) 534-4517 or via email at [cara.brue@bedaonline.com](mailto:cara.brue@bedaonline.com).

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