



# MEMBER DIRECTORY

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## a letter from the president

**Mary Bellofatto**  
MA, LMHC, NCC, CEDS, TEP



Thank you for supporting iaedp™ with your purchase of this membership directory. On behalf of the entire Board of Directors, our sincere thanks to all the chapters, chapter leadership, and Alice Gibson for their dedication to the process of putting this project together.

I also want to thank the individuals and organizations that purchased ads in this directory.

Since 1985 iaedp™ has been dedicated to excellence in training and leadership in the field of eating disorders. We believe that iaedp™ certified members are uniquely qualified to treat patients. They have demonstrated their knowledge through a rigorous process which includes extensive and specific education, experience, supervision, and examination. It is our hope that this directory will be an excellent resource for making referrals.

Be sure and plan to attend iaedp™ Symposium 2012 in Charleston, SC, March 22-25. The theme is Through the Looking Glass: Complex Issues/Creative Solutions. The site and dates for Symposium 2013 will be revealed at Symposium 2012. For 26 consecutive years, iaedp™ has offered a conference that many attendees call "the best conference in the eating disorders field".

Plan to make attendance at the iaedp Symposium part of your training calendar each year!

## membership info

The International Association of Eating Disorders Professionals (iaedp) Foundation is well recognized for its excellence in providing first quality education and high-level training standards for professionals who treat the full spectrum of eating disorder problems. Our programs are designed by treatment professionals for treatment professionals working in therapeutic settings.

### Individual Membership Levels:

- Full Member – for professionals just entering or currently practicing within the field of eating disorders or a related discipline.
- Chapter Member – for professionals who enroll through their local chapter.
- Student Member – for students enrolled in at least 6 semester hours or currently participating in an unpaid internship. Proof of enrollment must be submitted with application.
- Retired Member – for professionals who have retired from the eating disorder field, or a related field, and are no longer practicing.

### Membership Benefits:

- Members receive discounted registration fees at the annual symposium.
- Members receive discounted core course registration fees.
- An opportunity to participate in a ceu program through ce-credits online by reviewing iaedp webinars.
- A listing in our online referral and membership directory.
- Discounted liability Insurance.
- iaedp is an excellent forum for the exchange of ideas and information in our field. We offer many forums for our members including a searchable online database, list serve, blog featuring current eating disorder news items for discussion, committees and chapters, surveys, newsletters, annual symposium.

### Group Membership Levels:

- **Academic Memberships** – for institutions of higher education that offer courses that are approved as core curriculum for iaedp certification. This membership level includes one individual membership.
- **Organizational Membership** – for those organizations dedicated to and supportive of the iaedp mission.
- **President's Council Membership** – this elite membership category is for those dedicated to and supportive of the iaedp mission. Their generosity enables iaedp to offer its member services at reasonable fees.

One of the most compelling reasons to join is the opportunity to become part of a dynamic, inclusive organization. There is a true sense of belonging and connection. We invite members to join committees and help shape the future of iaedp!

Find more information and join today online at [www.iaedp.com](http://www.iaedp.com).

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iaedp™ is a 501c3 non-profit organization

# International Association of Eating Disorders Professionals Foundation Chapters

*iaedp Chapters bring together eating disorders professionals, across all disciplines, to collaborate and inspire each another. They provide relevant educational information, networking, career enhancement and common purpose. Chapters help professional members deepen and expand their treatment expertise while promoting awareness and quality treatment for their clients.*

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*for more  
info, scan  
here with  
your phone*





# The iaedp™ Certification Process Simplified

*iaedp™ Certification enhances credibility, prestige and respect by demonstrating a commitment to self-regulation by a national entity of peers. It not only validates knowledge, education and experience, certification pushes the individual beyond satisfactory limits to criteria of excellence. It is a benchmark of professional accomplishment and personal achievement as established by a third party measure. iaedp™ Certification is a measure of professional excellence.*

It is iaedp's™ mission to promote excellence in competency assessment for professionals in the eating disorders field through offering a rigorous set of criteria for the evaluation of education, training, knowledge and experience. iaedp's™ goal is to provide professional certification that is obtainable and affordable without compromising the high level of standards necessary.

iaedp™ has designed its certification program requirements to insure its certified professionals are able to demonstrate expertise through a range of professional activities, achievements, supervised activities, and testing. Following is a step by step guide to simplify the certification process.

iaedp™ offers the Equivalency Certification for both CEDS and CEDRD for those professionals who are able to demonstrate eating disorder proficiency and expertise through a range of equivalency requirements. For more information, please see our article "Equivalency Certification" or download an application at [www.iaedp.com](http://www.iaedp.com).

\*The iaedp™ Institute offers many courses online to help you become certified as well as many other topics essential to your knowledge base to treat eating disorders. In addition, many selections from iaedp™ Symposiums are available. In a partnership with CE Credit many courses are available with continuing education units.

## Steps:

- 1 Go to [iaedp.com](http://iaedp.com). Select Certification. Print out the checklist that applies to your certification goal – CEDS, CEDRD
- 2 Check off the educational requirements that you have already met as part of your degree curriculum. If you have a question about a specific course you took that may have a different title but had similar content as a required course, email [iaedpmembers@earthlink.net](mailto:iaedpmembers@earthlink.net).
- 3 Ethics Course is required. [www.iaedp.com](http://www.iaedp.com) offers an equivalent course.
- 4 Clock hours in body image, weight and food issues refers to a 6 hour work shop. You will need to provide a CE certificate of attendance.
- 5 Complete the iaedp™ Institute\* Core Courses – Refer to "Certification: The iaedp™ Core Curriculum" article by Edward J. Cumella, Ph.D, CEDS for more detail.
- 6 Complete Case Study – Refer to "Certification: The Required Case Study" article by Edward J. Cumella, Ph.D, CEDS for more detail.
- 7 Take/pass Certification Exam available on-line (inquiries to: [iaedpmembers@earthlink.net](mailto:iaedpmembers@earthlink.net)). Passing score is good for 5 years. The Certification Committee recommends that you take the exam after completion of the Core Courses.

- 8 Keep a log of all direct ED hours you have completed in the past. Any and all direct ED patient hours are applicable including individual, family and group therapy hours. All hours must be verified and signed off by an iaedp™ Approved Supervisor. Your supervisor must be 1) an iaedp Approved Supervisor or 2) submit her/his resume to [iaedpmembers@earthlink.net](mailto:iaedpmembers@earthlink.net) for a "one time, one professional" approval to provide supervision toward iaedp Certification". It is imperative that the resume demonstrate experience and expertise in the field of eating disorders.

Supervisor documentation forms to be utilized are available on-line at [www.iaedp.com](http://www.iaedp.com) or by emailing [iaedpmembers@earthlink.net](mailto:iaedpmembers@earthlink.net)

- 9 Statement of Intent – why do you want this certification, why is it important to you, how do you plan to utilize it
- 10 Completed Application ([www.iaedp.com](http://www.iaedp.com)) with signed Ethics Statement, one passport-sized photo, \$150 fee and current iaedp™ Membership.

For more information regarding certification, please contact [iaedpmembers@earthlink.net](mailto:iaedpmembers@earthlink.net).



## what's in a name?

### Higher Education Degrees

MD	Doctor of Medicine
MPH	Masters of Public Health
MED	Masters of Education
MSW	Masters of Social Work
MA	Masters of Art
MS	Masters of Science
BA	Bachelor of Art
BS	Bachelor of Science

### Higher Education Therapeutic Degrees

MD	Doctor of Medicine (Psychiatrist)
PhD	Doctor of Philosophy (in Clinical Psychology)
PhyD/Psy.D	Doctor of Psychology (Psychologist)
LCSW	Licensed Clinical Social Worker
LMFT	Licensed Marriage and Family Therapist
RD	Registered Dietician
MFT	Marriage and Family Therapist
LPC	Licensed Professional Counselor
LMHC	Licensed Mental Health Counselors
MFC	Marriage, Family and Child Therapist

### International Association of Eating Disorders (iaedp) Certification \*

CEDS	Certified Eating Disorder Specialist
CEDRD	Certified Eating Disorder Registered Dietician

*\*Health care professionals who have met rigorous educational requirements, have accumulated minimum number of hours of qualifying work experience, have successfully passed a written examination covering the eating disorders field, have made a commitment to stay abreast of current developments in the field through Continuing Education, and have agreed to comply with the Association's Ethical Principles.*

### Nutrition, Nursing, Counseling Licensing, Certifications

RN	Registered Nurse
LVN	Licensed Vocational Nurse
LDN	Licensed Dietitian/Nutritionist
LMHC	Licensed Mental Health Counselors
LAC	Licensed Addiction Counselor
LAADC	Licensed Advanced Alcohol and Drug Counselor
CAC	Certified Addiction Counselor

### Certified Fitness Professionals

CSSD	Board Certified Specialist in Sports Dietetics
CSCS	Certified Strength & Conditioning Specialist
CPT	Certified Personal Trainer

### Major Fitness Certifying Organizations

ACE	American Council on Exercise
ACSM	American College of Sports Medicine
AFFA	Aerobic and Fitness Association of America

### Certified Alcohol & Drug Professionals

CADCA	Certified Alcohol and Drug Counselor Associate
CADC/CADC II	Certified Alcohol and Drug Counselor I/ Certified Alcohol and Drug Counselor II
CCS	Certified Clinical Supervisor
CCJP	Certified Criminal Justice Addiction Professional

### Major Addiction Professional Certifying Organization

NAADAC	Association for Addiction Professionals <i>(ea. State may have own certification association ie. CAADAC, California Association of Alcoholism and Drug Abuse Counselors)</i>
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### Certified Prevention Professional \*

CPS	Certified Prevention Specialist
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*\*Certified Under NAADAC & State Associations*

### Certified Intervention Professionals

BRI I/BRI II	Board Registered Interventionist 1/ Board Registered Interventionist 2
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### Major Interventionist Certifying Organizations

AISCB	Association of Intervention Specialist Certification Board
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### Major Holistic Health Certifying Organizations

AHMA	American Holistic Medical Association
NCCAOM	National Certification Commission for Acupuncture and Oriental Medicine
NBCE	National Board of Chiropractic Examiners
NCBTMB	National Certification Board for Therapeutic Massage and Bodywork
AAMA	American Academy of Medical Acupuncture
NBAO	National Board of Acupuncture Orthopedics

education





## DiETING Facts

Americans spend more than \$40 billion dollars a year on dieting and diet-related products.

It is estimated that 40-50% of American women are trying to lose weight at any given point and time.

Ninety-one percent of women on a college campus had dieted. 22% dieted “often” or “always.” (Kurth et al., 1995).

Researchers estimate that 40-60% of high school girls are on diets (Sardula et al., 1993; Rosen & Gross, 1987).

Forty-six percent of 9-11 year olds are sometimes or very often on diets (Gustafson-Larson & Terry, 1992).

Researchers discovered that 42% of 1st -3rd grade girls surveyed reported wanting to be thinner (Collins, 1991).

## Key Points to Help You Listen to Your Body



**The FIRST** key is being able to detect when you are hungry. If you are indeed truly hungry, and not just looking for food to cure your boredom, stress, or loneliness, then it is time to refuel.



**The SECOND** key is being able to know when you have had enough. When you begin to feel full, you will know that you have had enough to eat. The goal is to feel content--not uncomfortably stuffed but not starving either. For some people this means planning 5 or 6 smaller, well-balanced meals a day instead of 3 large meals. And remember, it takes about 20 minutes for your body to realize it's full. Also, be aware of what you are eating, eat sitting down, chew slowly, enjoy the tastes, smells, and textures of your food.



**The THIRD** key is moderation, nothing excessive. Often people hear this advice and think it means they can eat whatever they crave, all the time. Obviously, we cannot survive on potato chips or peanut-butter cookies alone. If you tried, after awhile chances are you'd probably start to crave some fresh fruit. These cravings are your body's way of helping you get the nutrients it knows you need.

## Are you a compulsive exerciser?

Signs & Symptoms to look for:

- Preoccupation with exercise; interfering with concentration and focus
- Finding time at any cost to exercise (i.e. cutting school, taking time off from work)
- Turning down social activities to avoid missing a scheduled workout
- Feeling overly anxious, guilty or angry if unable to exercise
- Exercising alone to avoid having your routine disturbed
- Food choices based on exercise; punishment for eating “bad” foods, or purging
- Lying about exercise
- Rest days from exercise are not permitted even if you're injured or ill
- Persistent desire and/or unsuccessful attempts to control or reduce exercise
- Engaging in non-purposeful or excessive exercise beyond a sensible fitness or training program (more than once a day or for long amounts of time)
- How you feel about yourself on a daily basis is based on how much exercise
- Exercise isn't fun or you're never satisfied with your physical achievements

\*\*Referenced from National Eating Disorder Association (NEDA)



# A Brief Overview of Eating Disorders

## What is an eating disorder?

Technically speaking, the “eating” in eating disorder refers to a set of eating habits, weight management practices, and attitudes about weight and body shape. The “disorder” means that the eating-related attitudes and behaviors result in (1) loss of self-control and other behavioral inefficiencies, (2) obsession, anxiety, guilt, and other forms of misery, (3) alienation from self and others, and (4) physiological imbalances which are potentially life-threatening.

## Anorexia Nervosa: self-starvation & excessive weight loss

**Symptoms include:** Refusal to maintain body weight at or above a minimally normal weight for height, body type, age, and activity level. An Intense fear of weight gain, being “fat”, feeling “fat” or overweight despite dramatic weight loss. Possible loss of menstrual periods and extreme concern with body weight and shape.

**Health Consequences of Anorexia Nervosa:** In anorexia nervosa’s cycle of self-starvation, the body is denied the essential nutrients it needs to function normally. The body is forced to slow down all processes to conserve energy, resulting in serious medical consequences. Abnormally slow heart rate and low blood pressure; raising risk for heart failure. Reduction of bone density (osteoporosis) resulting in dry and brittle bones. Muscle loss and weakness. Along with severe dehydration which may result in kidney failure. Fainting, fatigue, and overall weakness. Dry hair and skin; hair loss is common. Growth of a downy layer of hair called lanugo all over the body, including the face. It is the body’s natural effort to keep the body warm.

## Binge Eating Disorders (compulsive overeating): periods of uncontrolled, impulsive, or continuous eating to the point of uncomfortable fullness

### Symptoms include:

There is no purging but sporadic fasts, repetitive diets, and often feelings of shame or self-hatred follow binge eating. Binge eaters are often fueled by struggles with anxiety, depression, and loneliness. Weight varies for people suffering from Binge Eating Disorder.

**Health Consequences of Binge Eating Disorder:** Binge eating disorder often results in many of the same health risks associated with clinical obesity. High blood pressure, high cholesterol levels, heart disease as a result of elevated triglyceride levels, Type II diabetes mellitus and gallbladder disease.

## Bulimia Nervosa: A secretive cycle of binge eating followed by purging.

Bulimia includes eating large amounts of food (more than most people would eat in one meal) in short periods of time. They get rid of the food and calories through vomiting, laxative abuse, or over-exercising.

**Symptoms include:** Repeated episodes of bingeing and purging, feeling uncomfortably full and out of control during a binge. Purging after a binge may include self-induced vomiting, laxatives, diet pills and/or diuretics, excessive exercise, or fasting. Frequent dieting and extreme concern with body weight and shape.

**Health Consequences of Bulimia Nervosa:** The recurrent binge-and-purge cycles of bulimia can affect the entire digestive system, can lead to electrolyte, chemical imbalances in the body that affect the heart and other major organ functions. Electrolyte imbalances that can lead to irregular heartbeats, possibly heart failure and death. Electrolyte imbalance is caused by dehydration and loss of potassium, sodium and chloride from the body as a result of purging behaviors. There is a potential for gastric rupture during periods of bingeing, inflammation and possible rupture of the esophagus from frequent vomiting. Tooth decay and staining from stomach acids released during vomiting. Chronic irregular bowel movements and constipation from laxative abuse as well as peptic ulcers and pancreatitis.

## Other Eating Disorders: Includes varying combinations of the signs and symptoms of anorexia, bulimia, binge eating disorder and/or compulsive or over-exercising.

These behaviors can often times be labeled as EDNOS (Eating Disorders Not Otherwise Specified) and may not be clinically considered a full syndrome eating disorder. However, all eating disorders can lead to serious emotional and physical problems, have life-threatening consequences for females and males and require a professional treatment team. A treatment team can consist of: MD and/or Psychiatrist, preferably with an ED specialization, CEDS, Psychotherapist, RD, ED Group, Yoga &/or body-image specific art/expressive therapy.

## Searching For Treatment and/or Putting Together A Treatment Team?

### Questions To Consider

- ✓ How much experience in ED treatment?
- ✓ What is their approach to treatment?
- ✓ Is emotional connection a main focus?
- ✓ Is treatment provided between sessions?
- ✓ Is the treatment team involved?
- ✓ Is medication an option and is it discussed?
- ✓ How available is the provider?
- ✓ Are there support groups involved?
- ✓ Does the provider take insurance?
- ✓ Is there a commitment to long-term plans?
- ✓ Is the office accessible to the client?
- ✓ Is the client comfortable with the provider?
- ✓ Is there encouragement to share feelings?

# books, guides & references

## General Eating Disorder Books

Anatomy of a Food Addiction: The Brain Chemistry of Overeating: An Effective Program to Overcome Compulsive Eating  
A. Katherine

Anatomy of Anorexia - S. Levenkron

Andrea's Voice: Silenced by Bulimia: Her Story and Her Mother's Journey Through Grief Toward Understanding  
D. Smeltzer, C. Costin, & A. Smeltzer

Anorexia Nervosa: A Guide to Recovery  
L. Hall & M. Ostroff

The Beginner's Guide to ED Recovery  
N. Kolodny

Big Fat Lies: The Truth about Your Weight and Your Health - G. Gaesser

The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating - C. Coker Ross

Binge No More: Your Guide to Overcoming Disordered Eating with Other - J. Nash

Body Betrayed, The: A Deeper Understanding of Women, Eating Disorders and Treatment - K. Zerbe

Body Wars: Making Peace with Women's Bodies - M. Maine

Break Free From Emotional Eating - G. Roth

Bulimia: A Guide to Recovery - L. Hall & L. Cohn

Bulimia: A Guide for Family and Friends  
R. Sherman & R. Thompson

Crave: Why You Binge Eat and How to Stop - C. M. Bulik

The Eating Disorders Sourcebook : A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders - C. Costin

Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling - A. Johnson

The Exercise Balance: What's Too Much, What's Too Little, and What's Just Right For You! - P. Powers & R. Thompson

Exposing the Demon: the true nature of an eating disorder and what you can do to defeat it - A. Hall

Father Hunger: Fathers, Daughters, and the Pursuit of Thinness - M. Maine & C. Johnson

French Toast for Breakfast: Declaring Peace with Emotional Eating - M. Cohen

Gaining: The Truth About Life After Eating Disorders - A. Liu

Goodbye ED, Hello Me: Recover from Your Eating Disorder and Fall in Love with life - J. Schaefer

How Did This Happen? A Practical Guide to Understanding Eating Disorders - for Coaches, Parents and Teachers

Intuitive Eating: A Revolutionary Program That Works - E. Tribole & E. Resch

It's Not About the Weight: Attacking Eating Disorders from the Inside Out - S. Mendelsohn

Journeys: True Stories of Hope and Recovery From Those Who Have Lived Through an Eating Disorder  
Methodist Hospital Eating Disorders Institute

Life Beyond Your Eating Disorder: Reclaim Yourself, Regain Your Health, Recover for Good - J. Kandel

Life Without ED: How One Woman Declared Independence from Her Eating Disorder and How You Can Too -J. Schaefer & T. Rutledge

Making Weight: Men's Conflicts with Food, Weight and Shape - A. Anderson, L. Cohn, & T. Holbrook

This Mean Disease: Growing Up in the Shadow of My Mother's Anorexia Nervosa  
D. Becker

Overcoming Binge Eating - C. Fairburn

Overcoming Overeating: How to Break the Diet/Binge Cycle and Live a Healthier, More Satisfying Life - J. Hirschman & C. Hunter

The Religion of Thinness: Satisfying the Spiritual Hungers Behind Women's Obsession with Food and Weight - M. Lelwica

The Rules of "Normal" Eating: A Commonsense Approach for Dieters, Overeaters, Undereaters, Emotional Eaters, and Everyone in Between! - K. Koenig

The Secret Language of Eating Disorders: How You Can Understand and Work to Cure Anorexia and Bulimia - P. Claude-Pierre

A Starving Madness: Tales of Hunger, Hope & Healing in Psychotherapy - J. Rabinor

Surviving an Eating Disorder: Strategies for Family and Friends - M. Siegel, J. Brisman, & M. Weinschel

Talking to Eating Disorders: Simple Ways to Support Someone With Anorexia, Bulimia, Binge Eating, Or Body Image Issues  
J. Heaton & C. Strauss

Unlocking the Golden Cage: An Intimate Biography of Hilde Bruch - J. Bruch & S. Yudofsky

Why She Feels Fat: Understanding Your Loved One's Eating Disorder and How You Can Help - J. McShane & T. Paulson

Women Food and God: An Unexpected Path to Almost Everything - G. Roth

Your Dieting Daughter...Is She Starving For Attention? - C. Costin

100 Questions and Answers About Eating Disorders - C. Costin

## Specific Books For Children, Parents, Adolescents & Young Adults

Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back -S. Cutts

Because I Feel Fat: Helping the Ones You Love Deal with an Eating Disorder  
T. Paulson & J. McShane

Conquering Eating Disorders: How Family Communication Heals -S. Cooper & P. Norton

Distorted: How a Mother and Daughter Unraveled the Truth, the Lies, and the Realities of an Eating Disorder  
L. Benson & T. Benson

Eating With Your Anorexic: How My Child Recovered Through Family-Based Treatment and Yours Can Too - L. Collins

Fed Up: College Students and Eating Problems - C. Baker

Food Fight: A Guide to Eating Disorders for Preteens and Their Parents  
J. Bode

Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too! - K. Kater

Help Your Teenager Beat an Eating Disorder  
J. Lock & D. le Grange

No Body's Perfect: Stories bt Teens about Body Image, Self-Acceptance and the Search for Identity - K. Kirberger

The Parent's Guide to Eating Disorders: Supporting Self-Esteem, Healthy Eating, and Positive Body Image at Home  
M. Herrin & N. Matsumoto

Perk! The Story of a Teenager with Bulimia - L. Hall

Preventing Childhood Eating Problems: A Practical, Positive Approach to Raising Kids Free of Food and Weight Conflicts - J. Hirschmann & L. Zaphiropoulos

Shapesville - A. Mills

When Your Child Has an Eating Disorder: A Step-By-Step Workbook for Parents and Other Caregivers - A. Natenshon

### **Books For Self-Esteem, Family & Connection (Mind & Body Connection)**

The Joyful Family: Meaningful Activities and Heartfelt Celebrations for Connecting With the Ones You Love - J. Dacey & L. Weygint

New Games For The Whole Family- D. LeFevre

Self Esteem Tools for Recovery  
L. Hall & L. Cohn

The 10 Greatest Gifts I Give My Children: Parenting from the Heart -S. Vannoy

365 Ways to Raise Great Kids!- S. Ellison & B. Barnett

Workbooks & Experiential Therapy Tools For Food, Feelings & Body- Esteem

Art Therapies & Clients with Eating Disorders- D. Dokter

Bodylove: Learning to Like Our Looks and Ourselves- A Practical Guide for Women  
R. Freedman

Desperately Seeking Self: An Inner Guidebook for People with Eating Problems-V. Fodor

The Don't Diet Live-It! Workbook: Healing Food, Weight and Body Issues  
A. Wachter & M. Marcus

Drawing From Within - L. Hinz

Eating Disorders: Providing Effective Recreational Therapy Intervention  
D.Miller & L. Jake

The Food & Feelings Workbook: A Full Course Meal on Emotional Health -K. Koenig

More Than Just A Meal - S. Makin

The Overcoming Bulimia Workbook: Your Comprehensive, Step-By-Step Guide to Recovery - R. McCabe, T. McFarlane, & M. Olmstead

Real Kids Come In All Sizes: Ten Essential Lessons to Build Your Child's Body Esteem -K. Kater

Regaining Your Self: Breaking Free From the Eating Disorder Identity: A Bold New Approach - I. Sacker & S. Buff

Self Esteem Comes in All Sizes: How to Be Happy and Healthy at Your Natural Weight - C. Johnson & G. Foster

*\* Many of these books are available at GURZE.com for iaedp.com Bookstore website*

### **Resources, Organizations For Treatment, Family, Prevention & Professionals**

ACTH: A Chance to Heal  
Achancetoheal.org (215) 885-2420

AED: Academy for Eating Disorders  
aedweb.org (847) 498-4274

Alliance for Eating Disorder Awareness  
allianceforeatingdisorders.com (866) 662-1235

ADA: American Dietetic Association  
eatright.org

Andrea's Voice  
andreasvoice.org

ANAD: National Association of Anorexia Nervosa & Associated Disorders ANAD.  
org (630) 577-1333  
BEDA: Binge Eating Disorder Association  
Bedaonline.com (443) 597-0066

Thebodypositive- thebodypositive.org

BodyImageHealth.org- Bodyimagehealth.org

CSAB: Center for the Study of Anorexia and Bulimia - Csabnyc.org (212) 333-3444

CSWD: Council on Size & Weight Discrimination, Inc.  
cswd.org (845) 679-1209

CTS: Creative Therapy Store  
creativetherapystore.com (800) 648-8857

EDEN: Eating Disorders & Education Network - edenclub.org  
Eating Disorders Anonymous  
eatingdisordersanonymous.org

Eating Disorders Coalition for Research, Policy and Action  
Eatingdisordercoalition.org  
(202) 543-9570

EDIN: Eating Disorders Information Network  
Myedin.org (404) 816-EDIN (3346)

EDRC: Eating Disorders Resource Center  
edrcsv.org (408) 559-5593

The Elisa Project  
Theelisaproject.org (214) 369-5222

EmpoweredParents - empoweredparents.com

F.E.A.S.T.- Families Empowered and Supporting Treatment of Eating Disorders  
Feast-ed.org (540) 227-8518

Food Addicts in Recovery Anonymous  
foodaddicts.org (781) 932-6300

Gurze Books  
gurze.com (800) 765-7533

IAEDP: International Association of Eating Disorder Professionals  
iaedp.com (800) 800-8126

Joshua Children's Foundation  
joshuachildrensfoundation.org

Lifelines Foundation For Eating Disorders  
lfd.org (254) 420-3947, (254) 631-3812

Men Get Eating Disorders Too  
Mengetedstoo.co.uk/contact 0845 634-1414

MEDA: Multi-Service Eating Disorders Association, Inc.  
Medainc.org (617) 558-1881

N.A.M.E.D.: National Association for Males with Eating Disorders, Inc.  
namedinc.org (877) 780-0080

NEDSP: The National Eating Disorders Screening Program  
Mentalhealthscreening.org (781) 239-0071

NEDA: National Eating Disorder Association  
Nationaleatingdisorders.org (206) 382-3587

OA: Overeaters Anonymous  
Oa.org (505) 891-2664  
Something Fishy  
something-fishy.com (866) 690-7239  
Child Recovered Through Family-Based Treatment and Yours Can Too - L. Collins

Fed Up: College Students and Eating Problems - C. Baker

Food Fight: A Guide to Eating Disorders for Preteens and Their Parents  
J. Bode

Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too! - K. Kater

Help Your Teenager Beat an Eating Disorder - J. Lock & D. le Grange

No Body's Perfect: Stories bt Teens about Body Image, Self-Acceptance and the Search for Identity - K. Kirberger

The Parent's Guide to Eating Disorders: Supporting Self-Esteem, Healthy Eating, and Positive Body Image at Home  
M. Herrin & N. Matsumoto

Perk! The Story of a Teenager with Bulimia - L. Hall

Preventing Childhood Eating Problems: A Practical, Positive Approach to Raising Kids Free of Food and Weight Conflicts - J. Hirschmann & L. Zaphiropoulos

Shapesville - A. Mills

When Your Child Has an Eating Disorder: A Step-By-Step Workbook for Parents and Other Caregivers - A. Natenshon

### **Books For Self-Esteem, Family & Connection (Mind & Body Connection)**

The Joyful Family: Meaningful Activities and Heartfelt Celebrations for Connecting With the Ones You Love - J. Dacey & L. Weygint

New Games For The Whole Family- D. LeFevre

Self Esteem Tools for Recovery  
L. Hall & L. Cohn

The 10 Greatest Gifts I Give My Children: Parenting from the Heart -S. Vannoy

365 Ways to Raise Great Kids!- S. Ellison & B. Barnett

Workbooks & Experiential Therapy Tools For Food, Feelings & Body- Esteem

Art Therapies & Clients with Eating Disorders- D. Dokter

Bodylove: Learning to Like Our Looks and Ourselves- A Practical Guide for Women  
R. Freedman

Desperately Seeking Self: An Inner Guidebook for People with Eating Problems-V. Fodor

The Don't Diet Live-It! Workbook: Healing Food, Weight and Body Issues  
A. Wachter & M. Marcus

Drawing From Within - L. Hinz

Eating Disorders: Providing Effective Recreational Therapy Intervention  
D.Miller & L. Jake

The Food & Feelings Workbook: A Full Course Meal on Emotional Health -K. Koenig

More Than Just A Meal - S. Makin

The Overcoming Bulimia Workbook: Your Comprehensive, Step-By-Step Guide to Recovery - R. McCabe, T. McFarlane, & M. Olmstead

Real Kids Come In All Sizes: Ten Essential Lessons to Build Your Child's Body Esteem -K. Kater

Regaining Your Self: Breaking Free From the Eating Disorder Identity: A Bold New Approach - I. Sacker & S. Buff

Self Esteem Comes in All Sizes: How to Be Happy and Healthy at Your Natural Weight - C. Johnson & G. Foster

*\* Many of these books are available at GURZE.com for iaedp.com Bookstore website.*

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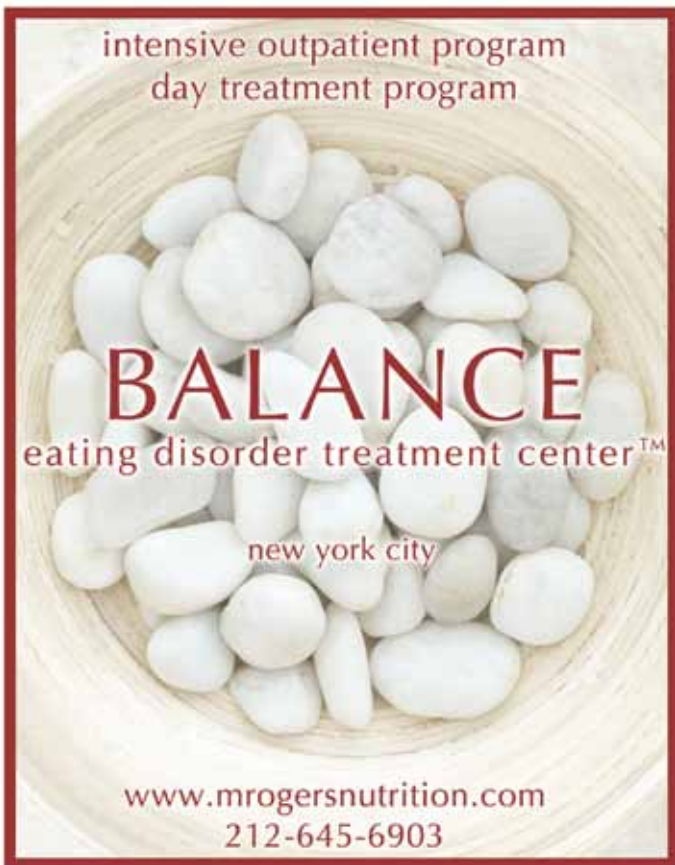
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Best known for her experiential workshops and intensives with individuals, couples, and families which promote healing from the inside out, Mary's sense of humor and ability to bring heart and hope to this dynamic process has been her hallmark. She has a private practice in Naples, Florida.

Mary has worked extensively with a number of the premiere treatment centers providing staff trainings, strategic planning, and program development. Thirty-five years of experience in the field of addictions and eating disorders as well as directing a treatment facility of 92 beds brings wisdom and extensive experience to her work with clients.

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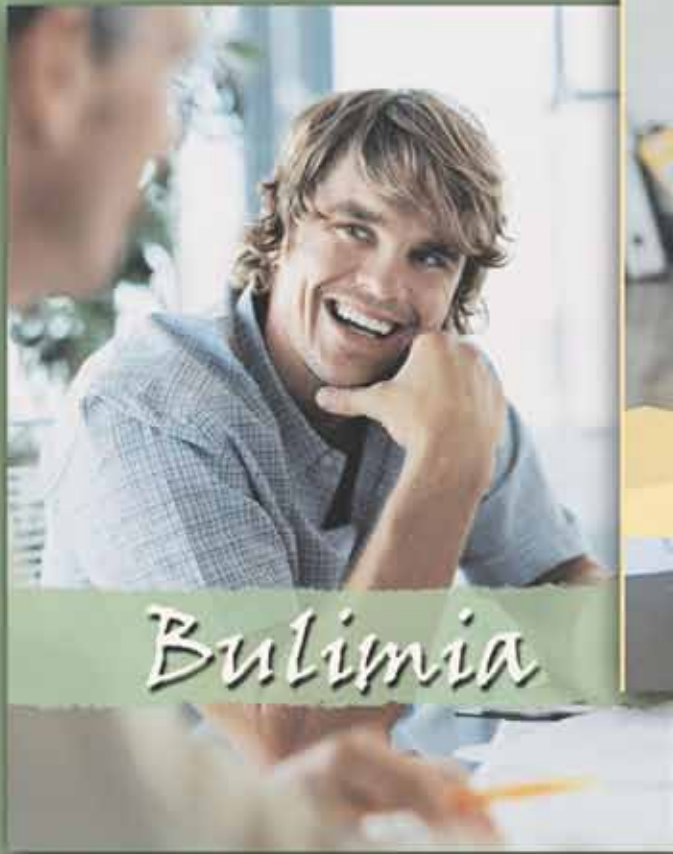
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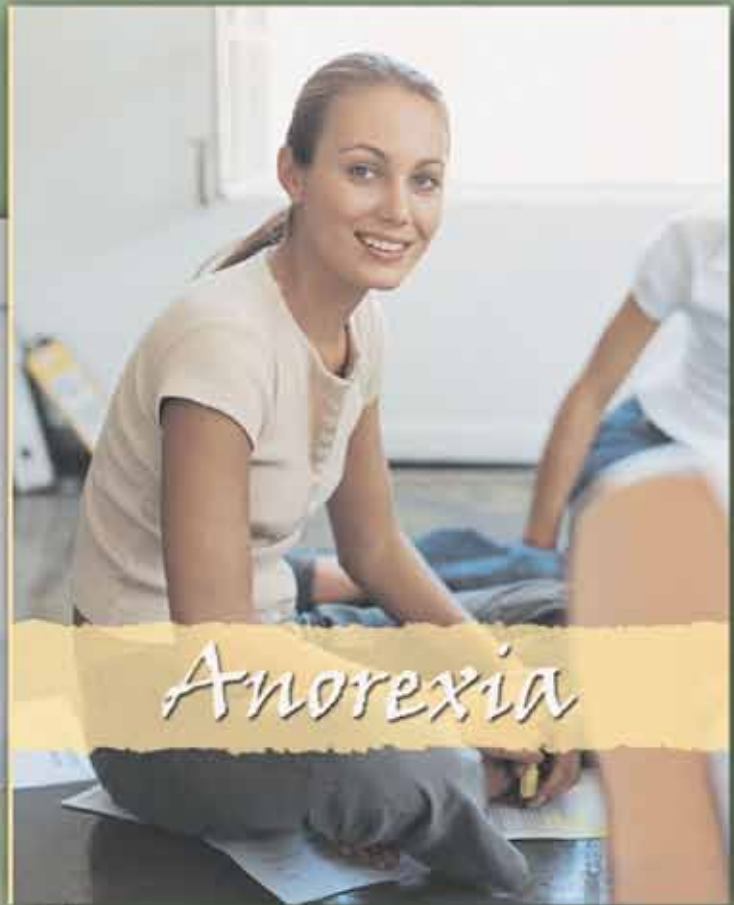


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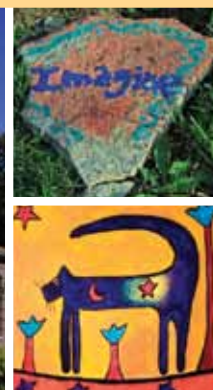
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**McCallum Place** is conveniently located in historic Webster Groves, a charming area of St. Louis that has village-like shops, restaurants, parks, and universities within walking distance. Our surroundings offer freedom to practice recovery and privacy—a combination not typically found in a treatment setting. Our programs balance **STRUCTURE** and **INDEPENDENCE**, helping individuals build the confidence and skills necessary to **LET GO** of their patterns of restrictive eating, purging, and compulsive exercise.

**TREATING ADOLESCENTS & ADULTS, FEMALES & MALES  
MEDICAL, PSYCHIATRIC, AND THERAPEUTIC TREATMENT**



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*montecatini*  
*Carlsbad, California*

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*A positive experience for recovery.*

At Montecatini we believe in treating eating disorders through mind, body and spirit. Our treatment program features residential, partial hospitalization and intensive outpatient with transitional living. Most major insurance plans are accepted and private pay payment options are offered.

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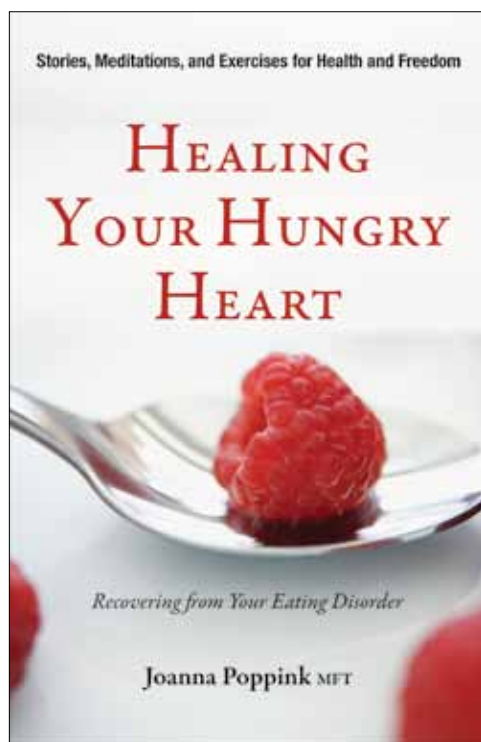
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[www.montecatinieatingdisorder.com](http://www.montecatinieatingdisorder.com)



## FREE YOURSELF FROM EMOTIONAL EATING

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“Finally—a book that speaks beyond the stereotype of eating disorders as the ‘little girl’s disease,’ reaching out to women who have lived with these devastating disorders for years, and offers practical, sound, and insightful advice on how to begin, and sustain, real recovery.”

—**Marya Hornbacher**, author of  
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*Healing Your Hungry Heart* is a comprehensive, step-by-step, recovery program that will help you face and overcome the challenges of an eating disorder. Psychotherapist Joanna Poppink shares the specific strategies, exercises, and activities that lead to recovery. Includes journaling, meditations, exercises, quizzes, and resources to support and speed the recovery process.

For anyone struggling with emotional eating, *Healing Your Hungry Heart* offers hope, understanding, and real solutions.

**Joanna Poppink, MFT**, is a licensed psychotherapist specializing in treating adults with eating disorders for 25 years. Visit her at [www.eatingdisorderrecovery.com](http://www.eatingdisorderrecovery.com).

ISBN: 978-1-57324-470-1  
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*Healthy Within is a Wellness and Integrative Center in San Diego and offers state of the art, quality, culturally sensitive treatment. We offer highly individualized care that incorporates complementary modalities.*

**Other treatments include:**

- **Intensive Outpatient Program for Eating Disorders (Anorexia and Bulimia)**
- **Weight Management Program for Children and Family**
- **Intensive Outpatient Program for Binge Eating Disorder**
- **Neurofeedback**
- **Teen Coaching**
- **Prevention Programs**
- **Mindfulness/ACT/DBT/CBT/MBSR**



**Dr. Divya Kakaiya**, the founder and clinical supervisor of *Healthy Within*, has been treating eating disorders in San Diego since 1985.

[www.healthywithin.com](http://www.healthywithin.com)

858-622-0221

*We understand there are reasons for your eating disorder...  
 These reasons are so powerful and hard to change  
 We hope to help you discover new reasons  
 Reasons to hope, have courage, trust...  
 We have reasons for recovery*

**Levels of Care**

- Inpatient Treatment
- Residential Treatment Center
- Partial Hospitalization Program
- Intensive Outpatient Program



**Program Features**

- Individualized Treatment
- Adolescents and Adults
- Males and Females
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# Shoreline

center for eating disorder treatment

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Extended Care Residence

*We Integrate Recovery with Life*

- Partial Hospital/Day Treatment Program
- Intensive Outpatient Program
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# Oliver-Pyatt CENTERS

RESIDENTIAL, PARTIAL HOSPITALIZATION, TRANSITIONAL LIVING, AND  
INTENSIVE OUTPATIENT PROGRAMS FOR WOMEN WITH EATING DISORDERS



*Now providing*

**TRANSITIONAL LIVING**

BRIDGING THE TRANSITION FROM  
RESIDENTIAL TREATMENT TO INDEPENDENT LIFE



With our patients' needs in mind, we developed a program that provides support in the key areas of life skill development, self care, and an overall focus on relapse prevention. We believe this gradual progression to independence allows our patients to more fully embody their recovery. As they step down from our higher levels of care, we provide supervised apartment living and ongoing clinical support at Oliver-Pyatt Centers. The Transitional Living Clinical Team develops an individualized treatment plan for each patient, offering the same compassion and attention to detail that our programs have become known for.

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[www.oliverpyattcenters.com](http://www.oliverpyattcenters.com)

# A SERIOUS PROGRAM FOR A SERIOUS ILLNESS

## ROSEWOOD CENTERS FOR EATING DISORDERS

Rosewood has been distinguished as a leader in eating disorder treatment for more than a decade. Our nationally recognized eating disorder treatment centers offer programs for men, women and adolescents in a multi-level continuum of care including: inpatient, residential, partial hospitalization with residential living, intensive outpatient and transitional living.

- State-of-the-art facilities in private, intimate settings
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  - IV's for rehydration and electrolyte balancing
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  - Feeding Tube Placements
  - Medically Supervised Detoxification
- Experienced, multi-disciplinary treatment team
- Multi-faceted treatment modalities and experiential therapies including:
  - on-site equine, ropes course and canine therapy.
- Intensive Family Program
- On-going alumni support program and aftercare follow up

For more information, call 800-845-2211  
or visit [rosewoodranch.com](http://rosewoodranch.com)

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Established 1998



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CENTERS FOR EATING DISORDERS  
ARIZONA | CALIFORNIA



# NATURE & NURTURE

Nature & Nurture is a program from Orange County Health & Psychology Associates (OCHPA) Nature & Nurture's Eating Disorder Outpatient Program (EDIOP) that provides a unique constellation of treatment programs for men, women, and adolescents struggling with anorexia, bulimia, binge eating and other associated disorders.

**For Info Or Intake Admission  
Contact Us At (949) 551-2969**

Online at [ochpa.com](http://ochpa.com) & [eatingtreatment.com](http://eatingtreatment.com)

- The programs are open to males & females, adults and adolescence
- IOP is for minimum 3 days per week, 3 hours per day
- We accept most major insurances
- Partial Hospitalization Program (PHP) is coming soon!

Our multidisciplinary team includes Psychiatrist with sub specialty in addiction, Psychologist, Nutritionist, Marriage Family Therapist, Social Workers, Occupational Therapist, and Counselors.

ORANGE COUNTY  
**Health & Psychology**  
ASSOCIATES, INC.



*I needed a place  
that understood my  
eating disorder  
AND  
my chemical  
dependency.*



**WOMEN'S CENTER**  
A PINE GROVE PROGRAM

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# *Victorian*

*of Newport Beach*

## An Eating Disorder & Chemical Dependency Treatment Center for Women



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- ~ Individualized Therapy
- ~ Intuitive Eating Methodology & 12 Step Philosophy
- ~ DBT, CBT, Art Therapy, Experiential Therapy, Psychodrama, Pilates & Yoga
- ~ Neuro-Behavioral Learning
- ~ Integrated Family Program
- ~ Stunning Newport Beach Home

### **The Patrice House**

- ~ Transitional Care Treatment Program
- ~ Customized "Step Down" Program from the Victorian

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TREATMENT PROGRAMS

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For more than 20 years...

HOPE  
HEALING  
LIFE

Remuda Ranch Programs for Eating and Anxiety Disorders has provided inpatient and residential treatment to women and girls. Hurting individuals come to us because an eating or anxiety disorder has devastated their families and nearly destroyed their own lives.

More than 10,000 patients have trusted their care to Remuda Ranch. Why? Because our treatment works.

For more information call 1-800-445-1900 or visit [www.remudaranch.com](http://www.remudaranch.com)

**While there's life, there's hope.**

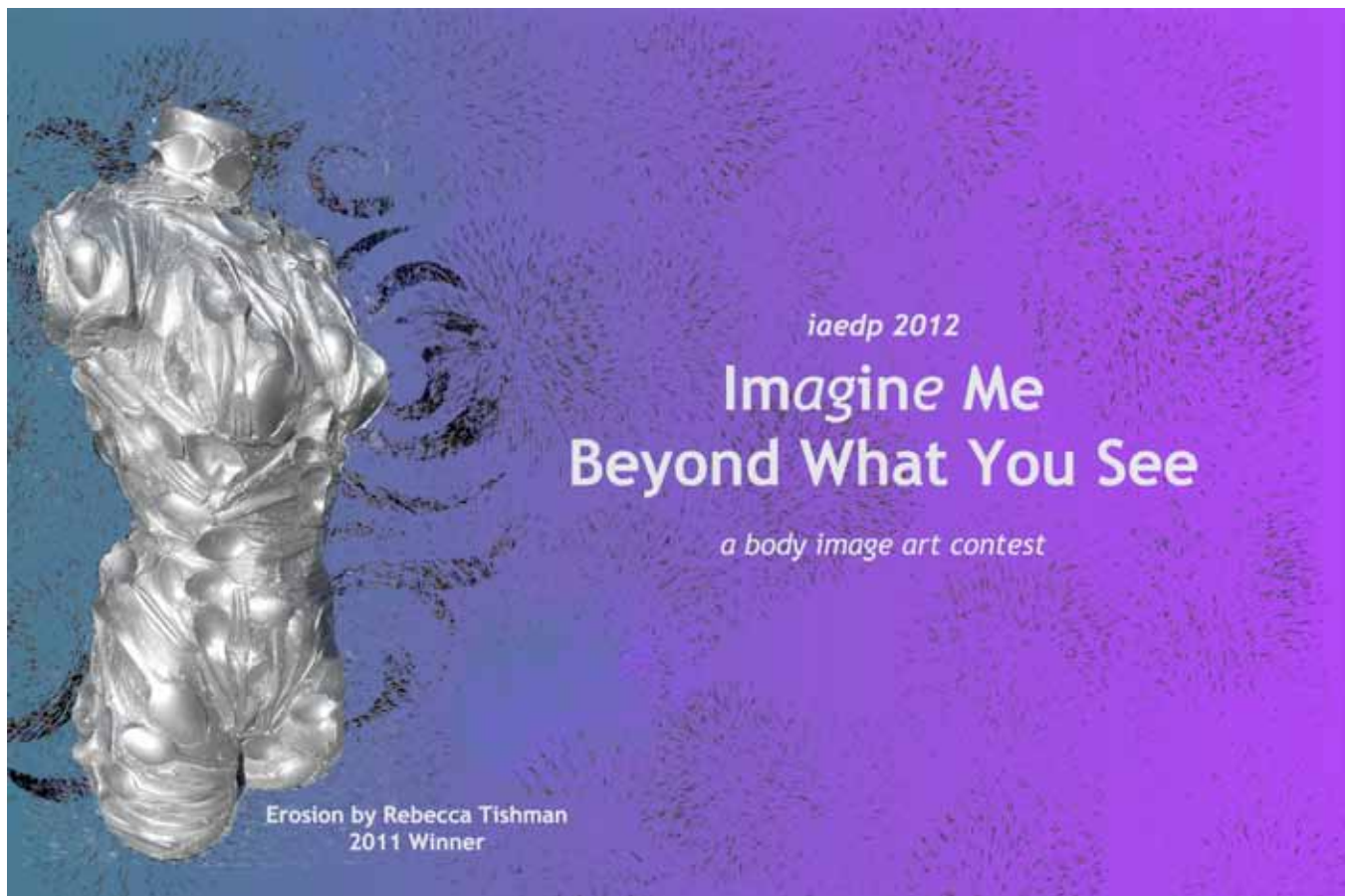


*Timberline Knolls is a residential treatment center located on 43 beautiful acres just outside Chicago, offering a nurturing environment of recovery for women ages 12 and older struggling to overcome eating disorders, substance abuse, mood disorders and co-occurring disorders. By serving with uncompromising care, relentless compassion and an unconditional joyful spirit, we help our residents help themselves in their recovery.*

Rooted in the principles of recovery and emphasizing spiritual growth, Timberline Knolls combines clinical services, education and expressive therapies to enhance the continuum of life-changing care. Striving to provide the most effective and highest quality individually tailored treatment, Timberline Knolls gives its residents hope again.

TIMBERLINE  KNOLLS

40 Timberline Drive | Lemont, Illinois 60439  
[www.timberlineknolls.com](http://www.timberlineknolls.com) | [info@timberlineknolls.com](mailto:info@timberlineknolls.com)  
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## **Imagine Me Beyond What You See**

The International Association of Eating Disorders Professionals Foundation (**iaedp**<sup>™</sup>) is proud to launch its annual body image art competition, an awareness through art campaign, held in conjunction with our Annual Symposium.

***Imagine Me Beyond What You See*** was designed to promote a healthy awareness and acceptance of body images. The mannequin art contest is open to everyone; however, **iaedp**<sup>™</sup> is expressly asking treatment centers and private practices with art therapists to work with patients to provide entries. Mannequins may be purchased online. They can be male or female forms and are available in different body shapes and sizes. Some retail stores may donate used mannequins, if asked. Mixed media may be used. (One source may be [www.onlymannequins.com](http://www.onlymannequins.com) )

The winner will be spotlighted at **iaedp**'s Annual Symposium, receive a financial award, have their artwork used in **iaedp**<sup>™</sup> promotional mailings for a year, and the winning mannequin will be auctioned at the annual symposium, with proceeds going to the **iaedp**<sup>™</sup> Foundation.

Entries must be electronically submitted to **iaedp**<sup>™</sup> using photographs in jpeg format, high (200+) resolution files for enlargement, photos must show mannequin from 4 different angles (front, back, left side, right side), and include a signed artist release . Photographic entries will be accepted beginning October 1, 2011 and the deadline for entries will be January 15, 2012.

**Details at [www.iaedp.com](http://www.iaedp.com)**

# The Bella Vita<sup>®</sup>



*Personalized • Structured • Ongoing • Integrated • Cost Effective*

The Bella Vita treatment team is led by Dr. Patricia Pitts, a nationally renowned expert in the treatment of eating disorders. Offered here is a multifaceted approach to healing eating disorders such as anorexia nervosa, bulimia nervosa, binge eating disorder and exercise addiction. Our program also addresses co-occurring disorders such as chemical dependency and other underlying issues.

The Bella Vita provides Residential Care, Transitional Living, Partial Hospitalization and Intensive Outpatient Programs and Outpatient Services. The treatment is individualized to integrate the mind, body and spirit for transformational shifts. Our goal is to have our patients return to their families and communities with increased awareness and self esteem. Equipped with new coping skills and a personal, professional, and community support network, they will have the foundation to lead a beautiful life.

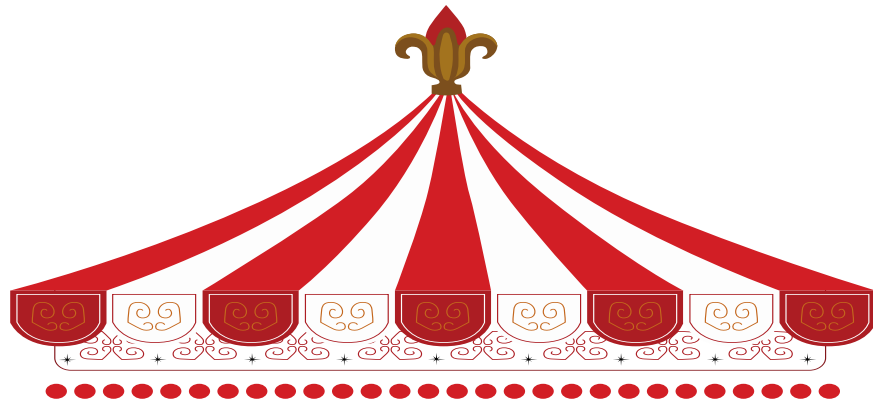
*Several locations throughout  
San Fernando Valley and Los Angeles County*

24/7 Intake Line: 818.585.1775

~ [www.thebellavita.com](http://www.thebellavita.com) ~

*I am a beautiful life ~*





# Care for Your Soul

## CAROUSEL TRANSITIONAL LIVING FOR EATING DISORDERS

*Carousel Homes are uniquely owned and operated by Terry Eagan, MD and Dawn Theodore, MA, MFT, who offer over 30 years experience in working with individuals who struggle with eating disorders and chemical dependency. Their personal involvement make Carousel a wonderful place.*

[www.eatingdisordersLA.com](http://www.eatingdisordersLA.com)

800-362-6295



# We Can Help You Find Direction & Hope.

We realize that making the decision to seek residential treatment for an eating disorder can be extremely emotional and stressful. We are here to support you by guiding your efforts to find the best care for your circumstances. Discovery is JCAHO accredited, state licensed and has several treatment centers throughout California and Washington.

A preferred treatment provider since 1997, Discovery is contracted with a number of insurance providers and may obtain a single case agreement should your insurance require it. We are available to support you twenty-four hours a day, seven days a week.

## CENTER FOR DISCOVERY

Treating girls and boys ages 10-19  
Anorexia · Bulimia · Binge Eating  
and Other Co-Existing Disorders

## OCEANAIRE

Treating women 18 and over  
Anorexia · Bulimia · Binge Eating  
Co-Existing Chemical Dependency  
and other disorders

Discovery's Eating Disorder programs utilize a family systems approach combined with an intensive "hands" on nutrition program, comprehensive medical assessment, personally tailored behavioral interventions, and a caring home like environment to support re-nourishment and long term recovery. Treatment settings are intimate with no more than 6 patients at any given time.

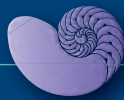
## BODY ACCEPTANCE IS...

a large part of treatment at CFD and Oceanaire.  
This artwork encourages the acceptance of oneself while allowing individual expression.



CENTER FOR  
DISCOVERY

*Adolescent Eating Disorders*



OCEANAIRE

*Eating Disorder Treatment for Women*

[www.centerfordiscovery.com](http://www.centerfordiscovery.com) · [www.oceanaire-ed.com](http://www.oceanaire-ed.com)

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JCAHO ACCREDITED



## Treatment Unique As Each Individual.




Eating disorders can manifest from a combination of biological, psychological and/or social issues. At the Eating Disorder Center of Denver, we specialize in the treatment of dual diagnoses and personalize a treatment plan for each patient. We follow the proven and effective bio-psycho-social-spiritual model of therapy that focuses on treating the “whole” person. Our experienced team of multi-disciplinary treatment professionals help patients develop lifelong skills that improve their personal awareness, health and wellbeing.


For more information or to schedule an assessment, contact us today at 303-771-0861 or 1-866-771-0861.



Your Life Worth Healing

Find us online: [www.EDCDenver.com](http://www.EDCDenver.com)

 [Twitter.com/EDCDenver](https://twitter.com/EDCDenver)

 [Facebook: Eating Disorder Center of Denver](https://www.facebook.com/EatingDisorderCenterofDenver)



# Menninger®

*Personalizing the science of mental health*  
Houston, Texas

## Eating disorders track ideal for patients with dual disorders

Menninger specializes in quality, comprehensive assessments and treatment for adults and adolescents. Most of our patients experience co-occurring disorders.

Our eating disorders track provides evaluation, treatment and support for adults and teens with a co-existing eating disorder or resurfacing eating-disordered behaviors.

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iaedp *Symposium 2012*  
*Through the Looking Glass:*  
*Complex Issues/Creative Solutions*

Charleston Marriott  
Charleston, South Carolina  
March 22-25, 2012

*We invite you to join us at our 26<sup>th</sup> annual conference! Each year the symposium delights attendees and we are confident that Symposium 2012 will be even more inspiring!*

*Symposium 2012 will focus on the many phases of the eating disordered client's journey-- from denial and resistance to treatment and, ultimately, to recovery. The full spectrum from disordered eating to life threatening medical complications requires skills in intervention, assessment, treatment, and relapse prevention. Treatment providers from all disciplines are challenged to creatively convert the ongoing research, brain imaging, and treatment updates on eating disorders into meaningful protocols for their work with these complex disorders.*

*Full of traditional Southern charm and hospitality, with numerous antebellum houses and other notable colonial structures, countless charming streets full of history, guided walking and horse-drawn tours, a tropical climate, many pretty gardens and a host of tourist attractions, Charleston is a particularly compelling city. The golden light, the patina on historic dwellings, and the ever-changing sea—the Charleston area provides incredible inspiration for the local artists featured in the many galleries. Golf and tennis enthusiasts will discover greens and courts that have garnered rave reviews from Tennis Magazine and Golf Digest. All of this and a conference designed to exceed your expectation! Be part of the excitement!*

**Program Details, Exhibit Information, and Registration**  
**[www.iaedp.com](http://www.iaedp.com)**