



6TH ANNUAL INTERIOR REGION EATING DISORDER FORUM

SEPTEMBER 28, 2020 TO OCTOBER 2, 2020

REGISTRATION DETAILS

This year, the 6th Annual Interior Eating Disorder Forum will be presented **virtually** over the course of one week. See below for the listing of all presentations.

Register by **September 23, 2020 at noon.**

Click on the Eventbrite link below to register:
[6th Annual Interior Region Eating Disorder Forum](#)

Choose all sessions that interest you.



**Sept. 28 0830 - 0900:
Technical Testing and Opening Remarks**

**Sept. 28 0900 - 1015:
Experience of Virtual Care at PATSED: Preliminary Empirical Findings
(Provincial Adult Tertiary Eating Disorder Program)**

Dr. Josie Geller is an Associate Professor in the Department of Psychiatry at the University of British Columbia and the Director of Research in the Eating Disorders Program at St. Paul's Hospital. Her research focuses on patient readiness for change, self-compassion, and intra and interpersonal factors that promote the delivery of patient-centered, collaborative care. Josie is currently supported by grants from the Canadian Institute for Health Research and the Michael Smith Foundation, is widely published, and is an internationally renowned speaker.

**Sept. 28 1030 - 1145:
Chaos from Coast-to-Coast: Impacts of the COVID-19 Pandemic on the Canadian Eating Disorders Community**

Ary Maharaj is a Registered Psychotherapist (Qualifying) and a graduate of the University of Toronto's Master of Education in Counselling & Psychotherapy program. He currently works as NEDIC's Outreach and Education Coordinator, where he strives to take a preventative, proactive approach to helping people with their relationship with food and weight, while buffering them from developing an eating disorder.

Emily Tam is a graduate of the University of Toronto's Master of Public Health program and a registered dietitian. She has held positions as a dietitian within community-based programs in which she provided individual counselling and group education, and has a small private practice. She has been involved with the National Eating Disorder Information Centre since 2008 and is currently part of the client support team and a special projects lead.

Sept. 28 1300 - 1415:

How Diet Culture is Ruining Your Health and Making You Feel Like Sh*t: A Guide to Myth Busting Diet Cultures Top Myths

Hannah Robinson is a Registered Dietitian who works as the program dietitian for the Provincial Adult Tertiary Specialized Eating Disorder Program at St Paul's Hospital. Her work is focused in supporting medical and nutritional stability and helping individuals regain trust with food, nutrition and their bodies. Hannah is a member of the Regional Weight Stigma Working Group which focuses on promoting the use of weight-inclusive care across local health authorities. She also volunteers with the Looking Glass Foundation where she provides online support to individuals suffering from eating disorders and disordered eating. In addition to her clinical Practice, she co-hosts the Let Us Eat Cake podcast. Hannah is passionate about helping people understand the science behind nutrition so they can break free from the confusing messages about health perpetuated by diet culture.

Ali Eberhardt is a Registered Dietitian working in the Provincial Adult Tertiary Specialized Eating Disorders Program at St. Paul's Hospital in Vancouver, BC. Ali has worked in the field of eating disorders since 2010 and for the last 7 years as the program dietitian for the Discovery/Vista program- a 12-15 week residential eating disorders program. In addition to her work at St. Paul's Hospital, she works in private practice with a focus on eating disorders and disordered eating. Recently Ali has taken on the podcasting world and is co-host of the "Let Us Eat Cake" podcast. A podcast dedicated to ditching diet culture and cutting through the misinformation around health and wellness. Ali is passionate about helping clients find a healthy, happy relationship with food and their bodies.

Sept. 29 0900 - 1015:

Lifting Up Siblings and What They Need Most

Kym Piekunka is the owner of the advocacy site KymAdvocates.com and the providing connection and resources to well siblings. In 2018, together with Bridget Whitlow, MS, LMFT, developed a survey to study how siblings were affected and shaped by growing up with a sister or brother with an eating disorder. Kym currently speaks to siblings, parents/caregivers, and clinicians to bring the sibling experience to light and develop sibling focused support systems and coping strategies. Kym is the Special Projects Coordinator for F.E.A.S.T., the co-chair for AED's Expert by Experience Committee and serves on the Scientific Program Committee.

Bridget Whitlow, MS, LMFT is a licensed psychotherapist that provides psychotherapy for adolescent and adult individuals, couples, families, and groups. Bridget has clinical expertise in the treatment of anxiety, eating disorders, obsessive-compulsive disorder, LGBTQ, and self-criticism. She is trained in multiple treatment modalities, including family-based "Maudsley" therapy, cognitive behavior therapy, exposure and response prevention, mindful self-compassion, and compassion focused therapy. Throughout her clinical training, Bridget has also been actively involved in research projects and worked as one of the lead clinicians at UCSD Eating Disorders Treatment and Research Program on a multi-site NIMH study that compared two types of family therapy for adolescents with anorexia. Since 2018, Bridget has been collaborating with Kym Piekunka to study and develop wellness resources for individuals that have a sibling experiencing an eating disorder. Bridget and Kym developed a sibling needs survey that has reached over 500 siblings around the globe and are currently creating support systems based research and their survey data.

Sept. 29 1030 - 1145:

The Role of Peer Support in Eating Disorder Recovery for Youth and Family

Terri McKinlay worked in the field of education and special education for 15 years prior to taking a medical leave of absence, which gave her the ability to become her daughter Rylee's full-time caregiver when Rylee was diagnosed with anorexia nervosa in 2011. As Rylee worked through the long recovery process, she and Terri became involved with various advocacy and policy change initiatives in the field of Youth Mental Health. Currently, Terri is working at Foundry Penticton, providing peer support for families of youth with mental health and/or substance use disorders.

Rylee McKinlay is a young adult who fought and won a 7 year battle against anorexia nervosa which began in early 2011 with the help of her family and countless medical professionals. Throughout her recovery, Rylee became involved with various advocacy and policy change initiatives alongside her mother, Terri. Rylee recently completed her Bachelor of Human Kinetics at UBCO, and is now living in Kelowna, BC teaching yoga and fitness. She also just began working in a peer support role at Foundry Penticton, where she offers services to youth living with eating disorders.

Sept. 29 1300 - 1330:

Acute Care Transitions

Presenters: TBA

This session will focus on finding the balance between medical stabilization, need for continued admission, and safe discharge. We will share information on setting goals for admission, appropriate timing of discharge, and smooth transitions back to community.

**Sept. 29 1330 - 1500:
Acute and Community Care Strategic Planning**

Mary Lamoureux is the Program Lead and Clinical Nurse Specialist for the Kelowna Eating Disorders Program since its inception in 1999. She completed her Masters of Science in Nursing @ UBC in 2002 and published her grounded theory thesis on “Recovery from Anorexia Nervosa: Becoming the Real Me” .

Mandy Kennedy is a Dietitian Professional Practice Leader based in Kamloops. She has many years of experience working with individuals with eating disorders in the acute care setting and now supports programs regionally. She has been an active member of the Eating Disorders Steering Committee for many years.

Carla Mantie is a Mental Health and Substance Use Practice Lead based in Kamloops. She has been working on regional and provincial programs and services for individuals with eating disorders for the past five years. Carla chairs the Eating Disorders Steering Committee and supports the organization of the Annual Interior Eating Disorder Forum.

**Sept. 30 0900 - 1015:
Overview of Binge Eating Disorder: Diagnosis, Epidemiology, Etiology, and Treatment**

Dr. Allan S. Kaplan MSc MD FRCP(C) is currently Senior Clinician/Scientist at the Center for Addiction and Mental Health (CAMH), and Vice Dean for Graduate and Academic Affairs and Professor of Psychiatry in the Faculty of Medicine, University of Toronto. He previously was the Chief of Clinical Research and Director of Research Training at CAMH, and Director of the Institute of Medical Science in the Faculty of Medicine. His research over the past 35 years has focused on innovative treatment approaches for eating disorders and on the neurobiology and genetics of anorexia and bulimia nervosa. He has published over 180 peer reviewed journal articles, two books, 60 book chapters and over 250 abstracts. He was the Head of the Toronto General Eating Disorder Program from 1994-2006, and was the inaugural Chair-Holder of the Loretta Anne Rogers Chair in Eating Disorders at the University Health Network, the first endowed Chair in Eating Disorders in the world. He was President of the Academy for Eating Disorders from 2001-2002, and President of the International Eating Disorder Research Society from 2005-2006. He has received federal grant support from the National Institute of Mental Health in the USA and the Canadian Institutes of Health Research in Canada.

**Sept. 30 1030 - 1145:
Overview of Avoidant/Restrictive Food Intake Disorder (ARFID)**

Tina Kochhar, Sandra Martinson, Dr. Heather Derry, and Kate Bernhardt are an inter-professional team from the Kelowna Eating Disorders Program who have worked for many years with individuals with ARFID.

**Sept. 30 1300 - 1415:
Cognitive Remediation Therapy for Eating Disorder: Reflections on Clinical Practice**

Dr. Jennifer Coelho is based at the Provincial Specialized Eating Disorders Program for Children and Adolescents at BC Children's Hospital, and holds an academic appointment at UBC (Clinical Associate Professor - Department of Psychiatry). She obtained her Ph.D. from the University of Toronto, and worked as a clinical researcher in the Netherlands and Quebec before joining the team at BC Children's Hospital in 2013. Her recent research focuses on improving treatment outcomes in youth with eating disorders, and exploring the role of body checking in the development and maintenance of eating disorder symptoms.

**Sept. 30 1430 - 1545:
Men with Eating Disorders: Deepening Our Understanding to Improve Caring**

Paul Gallant is a “gentle agitator” and independent advisor/consultant through his own Gallant HealthWorks advisory business. He helps his clients better define, agree upon and understand shared opportunities plus priorities through: strategic advising, conducting needs assessments, herding cats (aka health professionals and decision-makers), leading strategic reviews and strategic planning sessions, providing coaching and mentorship, research, project leadership, advocating, and improving relationships within and between organizations including government relations. The goal to help accelerate improvements in health and health care. He provides consultation services to various non-profits, health regions, First Nations, technology businesses, start-ups, government, professional associations, and individuals. He has worked with all health authorities in BC. His experience includes work with many eating disorders service providers and directly working with more than 1000 individuals with eating disorders through his clinical career as a recreation therapist, primarily while at St. Paul's Hospital, Vancouver (outpatients, inpatients, Discovery Program and others).

Paul holds several professional awards, research awards and community service awards and his education includes: a Master's Degree in Human Kinetics (UBC), Bachelor's Degree in Recreation Therapy (Dalhousie), numerous graduate courses in his past pursuit of a PhD in Kinesiology and MBA studies plus extensive undergraduate and graduate courses in psychology from Memorial University of Newfoundland, Dalhousie University, Chelsea School of Human Movement/Brighton Polytechnic (England), and UBC.

Oct. 1 0900 - 1015:
Eating Disorders and Autism Spectrum Disorder:
Recognizing and Responding to the Needs of Girls and Women in Eating Disorder Treatment

Sara Garner, M.Ed., RCC is a Registered Clinical Counsellor at the Regional Eating Disorders Clinic in Northern Health located in Prince George. She has been working in community mental health and addictions for over 14 years with the last 8 years specializing in eating disorders. Sara is passionate about learning and acquiring knowledge in the areas of autism and eating disorders as well as learning new and innovative ways to treat developmental trauma. Sara is a certified Emotion Focused Family Therapist and has also received training in EMDR, Somatic Experiencing and most recently Lifespan Integration Therapy.

Oct. 1 1030 - 1145:
Exercise Dependence and RED-S (Relative Energy Deficiency in Sport)

Dr. Sara Forsyth is a Sport & Exercise Medicine Physician in Vancouver, BC. She completed her MD, MSc and fellowship in Sport and Exercise Medicine at the University of British Columbia. Areas of special interest include high performance exercise medicine, female athlete health, sports endocrinology, RED-S, endurance medicine and running and triathlete health. An accomplished triathlete herself, Sara has completed multiple marathons, Ironman and Half Ironman competitions. Dr. Forsyth works with Varsity, Provincial and National level athletes in a variety of sports including track and field, cross country running, gymnastics, synchronized swimming, triathlon, cycling, BC Freestyle Ski Team, Canadian Men's National Soccer Team and is currently the Sports Medicine Lead for Canadian Women's National Volleyball team, and The Vancouver Warriors National Lacrosse Team.

Oct. 1 1300—1415:
The Use of Lifespan Integration in the Treatment of Eating Disorders

Kelly Adler has been a counsellor in the field of Eating Disorders since 2008. She has worked at BC Children's Hospital Eating Disorder Program and Fraser Health's Eating Disorder Program. Most recently Kelly is working in Reproductive Mental Health at Royal Columbian Hospital. Kelly has a private practice wherein she continues to help people with eating disorders to work through the recovery process. Kelly is certified in Lifespan Integration as well as Emotion Focussed Family Therapy.

Oct. 1 1430 - 1545:
Integrated Care for Substance Use & Eating Disorders

Elsbeth Humphreys, MSW, RSW, RCC recently completed an Addiction Social Work Fellow with the BC Centre on Substance Use. She is a certified clinician in Emotion Focused Family Therapy; Regional Coordinator of Fraser Health's Eating Disorders Programs & is also a counsellor in private practice. She is the Provincial Chair of the Eating Disorder & Substance Use working group & is on the board for the International Institute for Emotion Focused Family Therapy. Elsbeth has interests in creating integrated care for those with con-current issues, involving families in treatment and addressing weight bias & stigma in health care.

Oct. 2 0900 - 1015:
Panel: Patient and Family Voice

Presenters: TBA

This session is a panel of four patient and family partners from across the region of various ages that engage in a guided conversation about their experiences, insights, and recommendations for eating disorder services.

Oct. 2 1030 - 1145:
Introduction to our Provincial Tertiary Care Programs

Presenters: Maude Henri-Bhargava / Pavanpreet Dhothar / Kim Williams

This session will include representatives from BC Children's Hospital, St. Paul's Hospital, and Looking Glass eating disorders programs. These tertiary programs will explain their programming, referral process, and structures as well as current and future Program changes in the COVID-19 and post COVID-19 age.

Oct. 2 1300 - 1415:

Family Advocacy and FEAST (Families Empowered and Supporting Treatment for Eating Disorders)

Lisa Burns is the Treasurer on the F.E.A.S.T. Board of Directors, the Canadian representative for the Global Task Force for F.E.A.S.T., a co-founding member of International Eating Disorder Family Support, and a co-founding member of World Eating Disorders Action Day. She also serves on our Executive, Finance and Fundraising Committees. Lisa sits on the steering committee for the Canadian Eating Disorder Priority Setting Partnership and brings the family voice to the Eating Disorder and Substance Use Disorder working group, facilitated by Fraser Health Authority in British Columbia. She is recognized within the eating disorder community both by carers and clinicians, as she works alongside organizations to raise awareness, share knowledge and advocate for better, more effective treatment models and increased treatment availability in Canada.

Tara McDonnell has served as Parent Partner with her local Health Authority on their Eating Disorder Steering Committee, attends annual Provincial Eating Disorder conferences and is an Admin/Peer Support person for International Eating Disorder Family Support. In 2012, her daughter was diagnosed with anorexia at age 14. Living in a small town access to evidence-based treatment was not available. While waiting for treatment in a large city centre her daughter's health deteriorated drastically. Scared for her daughter's life and unsure what to do, she took a leap of faith and reached out publicly asking for help from others who had experience. It was immediately apparent the value in "professional by experience". Later finding online, support forums and the knowledge learned through collective experiences is what she believes made the difference in seeing her daughter through the illness and into FULL recovery. Today she gives back and continues to share experience, gives hope and empower families facing eating disorders.

Oct. 2 1415 - 1430:

Closing Remarks

See you there!!

