

# Capitalizing on an Evolving Evidence Base

6<sup>th</sup> Biennial EDAC-ATAC Conference  
October 12-13, 2018

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Ottawa Marriott Downtown  
Ottawa, Ontario





Dear Colleagues and Friends,

Welcome and Bienvenue! On behalf of the EDAC Board of Directors and the Conference Planning Committee, it is our pleasure to welcome you to the EDAC-ATAC 2018 Conference in Ottawa!

The 6th Biennial National Conference, promises to deliver on the organization's mandate: i) to educate each other regarding best practice, ii) to encourage sharing of information amongst providers, iii) to provide a reflective and responsive approach in the provision of care amongst providers, and iv) to stimulate and support research in the field of eating disorders.

The Board of Directors and Conference Planning Committee have worked tirelessly over the last 18 months to deliver an extremely enriching program that we think has something for everyone! This year's conference was planned around a central theme: "*Capitalizing on an Evolving Evidence Base*" to distinguish the advancements in the field since our last meeting. Our keynotes and plenaries will delve into various facets of eating disorder care and research to provide delegates with updates in areas that pertain to therapy, biological advances, the integration of those with lived experience into research planning and priority setting, as well as policy and treatment-specific advances.

We would like to acknowledge and express our sincere appreciation to our sponsors and donors who have helped make it possible for us to offer you this opportunity to liaise, learn and exchange with one another over the next two days.

EDAC-ATAC member sections (Intensive Group Treatment, Occupational Therapy, Nutrition, Students, Emotion Focused Family Therapy, Family Based Therapy and Private Practice) were established to formalize the goal of networking Canadian interdisciplinary colleagues. We encourage you to attend the section meetings, which will be held during lunch hour on each day of the conference. Better yet, please become active in an existing section or, with the help of our Board, launch a new section of interest to you!

In our efforts to conserve resources and improve participants' access to conference proceedings and content, the program syllabus, presentation material, and evaluation forms are available electronically for iOS and Android devices through our partnership with Dynamic Labs who have developed an app for the conference purposes (EDAC-ATAC 2018 app in Google Play and Apple App stores). Please approach conference volunteers for assistance if you experience any difficulties in utilizing this mobile application, or to request a printed syllabus if this is what you prefer.

We hope that this conference will serve as a platform for clinicians, administrators, researchers, advocates and service providers to assemble, network and learn. This is also an opportunity to be creative and collaborative as we move forward with advancements in the field of eating disorders.

We hope you will enjoy this year's conference and also take some time to visit our capital city of Ottawa and enjoy its beautiful buildings, rivers, history and culture. We also encourage delegates to participate in the "Flash your Badge" program, which provides delegates with access to discounts and special offers at participating attractions, tours and restaurants. There is no registration required to utilize this program – delegates can simply present their badge at participating retailers to receive the advertised discount. The link for this program can be found in the conference app.

Thank you to our presenters, program and planning committees, volunteers and our conference registrants for their enthusiasm and help to make this conference possible. Finally, a special thanks to our Board of Directors, EDAC-ATAC staff, and, especially our Conference Planning Committee for their exceptional work and dedication. Without them none of this would happen. Enjoy!

With warmly wishes,

Dorita Shemie, SW, MSW  
President of EDAC-ATAC

Mark Norris, MD, FRCPC  
Conference Chair, Ottawa 2018 EDAC-ATAC Conference

Minister of Health



Ministre de la Santé

Ottawa, Canada K1A 0K9

**Message from the Minister of Health  
6<sup>th</sup> Biennial Eating Disorders Association of Canada Conference  
"Capitalizing on an Evolving Evidence Base"**

I am pleased to welcome delegates from across the country to Ottawa and to the 6<sup>th</sup> Biennial Eating Disorders Association of Canada Conference. As you know, people of all genders, ages, sexual orientations and backgrounds can develop eating disorders in their lifetime. The key to preventing eating disorders is having a solid foundation of mental wellbeing. This includes developing healthy relationships, good coping skills, positive self-esteem and self-confidence, and having a strong support system in place.

Promoting mental wellbeing and preventing mental illness, including eating disorders, are important priorities for the Government of Canada. We are working with partners on a range of programs and initiatives related to mental wellbeing, including addressing the risk factors for eating disorders and removing stigma, which prevents many people from seeking help. The Government of Canada has invested \$5 billion in funding over 10 years to support provinces and territories in improving access to timely, appropriate and cost-effective mental health services for Canadians. This investment is expected to result in better access to, and shortened wait times for, mental health support for Canadians, including children and youth under the age of 25.

In addition, through the Canadian Institutes of Health Research, we invested almost \$3.5 million in research into eating disorders between 2013-14 and 2016-17. Medical professionals are now using the research findings to inform the services and treatments they provide to patients living with these conditions as well as their families.

Eating disorders are complex mental illnesses and addressing their causes is a long-term endeavour that requires collaboration across all sectors. I commend the Eating Disorders Association of Canada for bringing together stakeholders from across Canada to share information and best practices on this important issue.

I wish you a productive and successful conference.

A handwritten signature in blue ink, reading "Ginette Petitpas Taylor".

The Honourable Ginette Petitpas Taylor, P.C., M.P.

Canada

Minister of Health



Ministre de la Santé

Ottawa, Canada K1A 0K9

**Salutations de la ministre de la Santé**  
**Sixième conférence biennale de l'Association des troubles alimentaires du Canada**  
**« Capitalizing on an Evolving Evidence Base »**

Délégués de partout au pays, c'est avec plaisir que je vous souhaite la bienvenue à Ottawa pour la 6<sup>e</sup> conférence biennale de l'Association des troubles alimentaires du Canada. Comme vous le savez, les personnes de tous les sexes, de tous les âges, de toutes les orientations sexuelles et de tous les milieux peuvent développer des troubles alimentaires au cours de leur vie. La prévention de ces troubles passe par des assises solides en matière de bien-être mental. Il faut, entre autres, nouer des relations saines, acquérir de bonnes capacités d'adaptation, développer une estime de soi et une confiance en soi positives et se doter d'un bon réseau de soutien.

La promotion du bien-être mental et la prévention des maladies mentales, comme les troubles alimentaires, sont de grandes priorités pour le gouvernement du Canada. Nous collaborons avec des partenaires à divers programmes et initiatives en matière de bien-être mental, qui traitent notamment des facteurs de risque des troubles alimentaires et qui visent à éliminer la stigmatisation, un obstacle qui empêche bien des gens de chercher de l'aide. Le gouvernement du Canada a investi 5 milliards de dollars sur 10 ans pour aider les provinces et les territoires à offrir aux Canadiens des services de santé mentale plus opportuns, plus appropriés et plus rentables. Ainsi, les Canadiens, notamment les enfants et les jeunes de moins de 25 ans, auront un meilleur accès aux services de soutien en santé mentale et attendront moins longtemps pour les obtenir.

En outre, nous avons investi près de 3,5 millions de dollars dans la recherche sur les troubles alimentaires de 2013-2014 à 2016-2017 par l'intermédiaire des Instituts de recherche en santé du Canada. Les professionnels de la santé se servent maintenant des résultats de recherche pour orienter les services et les traitements qu'ils offrent aux patients souffrant de ces troubles et le soutien qu'ils donnent à leurs familles.

Les troubles alimentaires sont des problèmes de santé mentale complexes, et s'attaquer à leurs causes constitue une action à long terme qui nécessite la collaboration de tous les secteurs. Je félicite l'Association des troubles alimentaires du Canada d'avoir offert aux acteurs de partout au Canada l'occasion de mettre en commun leurs renseignements et leurs pratiques exemplaires qui se rapportent à cet important enjeu.

Je vous souhaite une conférence des plus productives et réussies.

L'honorable Ginette Petitpas Taylor, C.P., députée

Canada



**Jim Watson**  
Mayor/Maire

**Office of the Mayor**  
City of Ottawa

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On behalf of Members of Ottawa City Council, it is my distinct pleasure to extend a warm welcome to all those participating in the **6<sup>th</sup> Biennial Eating Disorders Association of Canada Conference**, taking place at the Ottawa Marriott Downtown from October 12<sup>th</sup> to 13<sup>th</sup> 2018.

I am delighted that Ottawa has been selected as the venue of choice for this biennial meeting, providing a valuable forum for eating disorders professionals, specialists and other stakeholders from across Canada to convene under the theme *Capitalizing on an Evolving Evidence Base*. Delegates will also have the opportunity to network, collaborate and learn more about eating disorders pertaining to children, youth, adults, and their caregivers' experiences, in addition to neuroimaging and neurostimulation relating to this topic.

As Head of Council, I want also to acknowledge the EDAC, keynote speakers, sponsors and facilitators for dedicating efforts, expertise and resources to the successful organization of this educational gathering.

As Mayor of the host city, I invite visitors to explore the newly expanded Ottawa Art Gallery, Ottawa Sports Hall of Fame in the Heritage Building of City Hall, as well as the revitalized Lansdowne park, its restored heritage pavilions, and the new TD Place, home of the Ottawa REDBLACKS CFL team, and Ottawa Fury FC United Soccer League team.

Allow me to convey my best wishes to the participants for a productive and rewarding assembly, as well as to the visitors for a most enjoyable stay in Ottawa.

Sincerely,

Je souhaite la plus cordiale bienvenue, au nom des membres du Conseil municipal d'Ottawa, à tous les participants à la **6<sup>e</sup> conférence biennale de l'Association des troubles alimentaires du Canada** qui se déroule à l'hôtel Marriott situé au centre-ville d'Ottawa les 12 et 13 octobre 2018.

Je suis ravi qu'Ottawa ait été choisie pour cette rencontre biennale, qui offre aux professionnels et aux spécialistes des troubles alimentaires ainsi qu'aux autres parties prenantes de partout au Canada une occasion précieuse de se réunir sur le thème *Tirer parti des données probantes émergentes (Capitalizing on an Evolving Evidence Base)*. Les participants pourront aussi réseauter, collaborer et en apprendre davantage sur les troubles alimentaires qui touchent les enfants, les jeunes et les adultes, sur les expériences vécues par leurs aidants, et sur la neuro-imagerie et la neurostimulation relatives à ce sujet.

En tant que chef du Conseil, je tiens à remercier l'ATAC, les conférenciers d'honneur, les commanditaires et les animateurs qui ont consacré leurs efforts, leur savoir-faire et leurs ressources au succès de cette rencontre éducative.

À titre de maire de la ville hôte, j'invite les visiteurs à découvrir la Galerie d'art d'Ottawa tout récemment agrandie, le Temple de la renommée des sports d'Ottawa, situé dans l'édifice historique de l'hôtel de ville, ainsi que le parc Lansdowne, qui a récemment fait peau neuve, et ses édifices patrimoniaux restaurés, de même que la nouvelle Place TD, domicile du ROUGE et NOIR d'Ottawa, équipe de la Ligue canadienne de football, et du Fury FC d'Ottawa, équipe de la United Soccer League.

Je souhaite aux participants une conférence fructueuse et enrichissante, et aux visiteurs un séjour des plus agréables à Ottawa.

Meilleures salutations.

Jim Watson, Mayor/Maire



## WELCOME TO OTTAWA!

On behalf of Ottawa Tourism, we extend to you a warm welcome to our beautiful city. Ottawa is incredibly proud to host the 6th Biennial Eating Disorders Association of Canada Conference.

As Canada's capital, Ottawa is home to Parliament Hill, the Rideau Canal (a UNESCO World Heritage Site) and many national museums. Whether it's taking part in outdoor activities, learning more about Canada's history and culture, shopping, indulging in local culinary offerings or participating in one of our many vibrant festivals, you'll never be at a loss of things to do here.

To find out what's on while you're here—or to plan your next visit—be sure to check out [www.ottawatourism.ca](http://www.ottawatourism.ca) and be sure to share your experiences with us on social media using the hashtag **#MyOttawa**. We hope that your time in Ottawa is productive and fulfilling.

Enjoy your visit to Ottawa and we sincerely hope we have the pleasure of welcoming you back soon!

**Michael Crockett**  
President & CEO - Président-directeur général

## BIENVENUE À OTTAWA!

Au nom de Tourisme Ottawa, nous tenons à vous souhaiter la bienvenue dans notre belle ville. Ottawa est très fière d'accueillir la 6e conférence biennale de l'Association des troubles de l'alimentation du Canada.

À Ottawa, la capitale du Canada, vous trouverez la Colline du Parlement, le canal Rideau (un lieu historique du patrimoine mondial de l'UNESCO) et de nombreux musées nationaux. Durant votre séjour, vous aurez l'embarras du choix, que vous souhaitiez vous adonner à des activités de plein air, découvrir la culture et l'histoire du Canada, faire du magasinage, découvrir la cuisine locale ou assister à des festivals animés.

Découvrez les événements qui se déroulent à Ottawa pendant votre séjour ou préparez votre prochaine visite en consultant [www.tourismeottawa.ca](http://www.tourismeottawa.ca). Et n'oubliez pas de partager vos expériences avec nous sur les médias sociaux avec **#MonOttawa**. Nous espérons que vous passerez à Ottawa des moments productifs et enrichissants.

Nous vous souhaitons un excellent séjour à Ottawa et espérons vous accueillir de nouveau très bientôt!

 @Ottawa\_Tourism | @TourismeOttawa

 @OttawaTourism

 VisitOttawa

## EDAC-ATAC

<b>About Us</b>	Established in 2008, the Eating Disorders Association of Canada - Association des Troubles Alimentaires du Canada (EDAC-ATAC) is an organization of professionals in the field of eating disorders and related areas. The mandate of EDAC-ATAC is to best serve the needs of those whose lives are impacted by eating disorders.	
<b>EDAC-ATAC Board of Directors</b>	<p><b>PRESIDENT</b> Dorita Shemie, MSW (Montreal QC)</p> <p><b>PRESIDENT-ELECT</b> Cheryl Aubie, PhD (Halifax NS)</p> <p><b>PAST-PRESIDENT</b> Josie Geller, PhD (Vancouver BC)</p>	<p><b>SECRETARY-TREASURER</b> Kim Williams, MA (Vancouver BC)</p> <p><b>DIRECTOR-AT-LARGE</b> Nicole Obeid, PhD (Ottawa ON)</p> <p><b>DIRECTOR-AT-LARGE</b> Lea Thaer, PhD (Montreal QC)</p>
<b>EDAC-ATAC Staff</b>	<p><b>ADMINISTRATIVE ASSISTANT</b> Denise LeBlanc (Halifax NS)</p>	<p><b>COMMUNICATION COORDINATOR</b> Eileen Lam (Toronto ON)</p>
<b>Contact Us</b>	<p>EDAC-ATAC c/o Cheryl Aubie Eating Disorders Clinic 5909 Veterans Memorial Lane Abbie J. Lane Bldg., Suite 3005 Halifax NS B3H 2E2 <a href="http://www.edac-atac.ca">www.edac-atac.ca</a></p>	
<b>Become a Member</b>	<p>EDAC-ATAC is a registered not-for-profit organization. We invite interdisciplinary care providers and those involved in the research of eating disorders to join our national peers in strengthening this new and first ever Canadian association of eating disorder professionals. Visit <a href="http://www.edac-atac.ca/become-a-member/">http://www.edac-atac.ca/become-a-member/</a> for more information and to activate membership.</p>	

## General Information

<b>Conference Objectives</b>	<ul style="list-style-type: none"> <li>• To discuss current evidence-based approaches in the field of eating disorders.</li> <li>• To describe and discuss program evaluation approaches and findings across treatment programs.</li> <li>• To describe recent advances in eating disorder research.</li> <li>• To describe effective treatments that can be offered efficiently to patients with eating disorders.</li> </ul>
<b>Continuing Medical Education</b>	<p>This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the University of Ottawa’s Office of Continuing Professional Development. You may claim a maximum of 11.75 hours (credits are automatically calculated). This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the University of Ottawa’s Office of Continuing Professional Development for up to 11.75 Mainpro+ credits. An official letter will be distributed to attendees who signed up for these credits after the conclusion of the conference.</p>

<b>Conference Mobile App</b>	Search and download the app EDAC-ATAC from the Google Play Store or Apple App Store. Allow notifications to receive in-app messages from conference organizers.
<b>Evaluation</b>	Delegates are asked to complete an evaluation for all keynote and plenary sessions, for each workshop and paper session attended, and one for the conference as a whole. Evaluations must be completed to receive CME credit. Please provide us your feedback by tapping the “feedback icon” on the mobile application or by filling out available paper feedback forms. An evaluation box will be set up at the registration table.
<b>Hotel Information</b>	Ottawa Marriott Downtown 100 Kent Street, Ottawa ON K1P 5R7 (613) 238-1122 <a href="https://www.marriott.com/hotels/travel/yowmc-ottawa-marriott-hotel/">https://www.marriott.com/hotels/travel/yowmc-ottawa-marriott-hotel/</a>
<b>Parking</b>	On-site parking, fee: \$23 CAD daily + 13% tax Valet parking, fee: \$29 CAD daily + 13% tax Enter Kent or Queen St, GREEN SECTION P1&P2, Height restriction 1.8 m (6 ft), includes In/Out privileges
<b>Badges and Admittance</b>	Conference attendees must wear their name badge to gain admission to the keynote addresses, paper sessions, workshops, meals and the evening reception.
<b>Conference Etiquette</b>	<ul style="list-style-type: none"> <li>• We are pleased to offer a smoke-free environment. We ask for your cooperation in refraining from wearing scented products in consideration of others.</li> <li>• All wireless devices should be turned off or set to vibrate during sessions.</li> <li>• There will be no paging of participants. Individuals wishing to contact conference attendees should leave a message at the hotel’s registration desk. Please turn on Push Notification on the app to receive updates and announcements.</li> </ul>
<b>Coat Check</b>	Coat check is available in the Salon Alta Vista on the 2 <sup>nd</sup> floor.
<b>Exhibitors</b>	Displays will be set up on the second floor. Please refer to Page 23 for a complete list of exhibitors.



## Program at a Glance

### Friday, October 12, 2018

08:00 – 08:45	Registration Begins/Breakfast	Alta Vista/Victoria North
08:45 – 09:00	Welcome	Victoria North
09:00 – 10:15	Keynote Address I: Dr. Blake Woodside	Victoria North
10:15 – 10:45	Nutrition Break	Victoria North
10:45 – 12:15	Paper Session I (concurrent sessions)	See Program
12:15 – 13:15	Lunch/Section Meetings	Victoria North/See Program
13:15 – 14:45	Workshop Session I (concurrent sessions)	See Program
14:45 – 15:15	Nutrition Break	Victoria North
15:15 – 16:45	Workshop Session II (concurrent sessions)	See Program
16:45 – 17:00	Wrap Up Day 1 Scientific Program	Victoria North
18:00 – 20:00	Evening Reception	Summit (29 <sup>th</sup> Floor)

### Saturday, October 13, 2018

08:00 – 08:45	Breakfast	Victoria North
08:45 – 09:00	Welcome and Housekeeping	Victoria North
09:00 – 10:15	Keynote Address II: Dr. Lucene Wisniewski	Victoria North
10:15 – 10:45	Nutrition Break/Posters (presenters available)	Victoria North/Carleton-Capital
10:45 – 11:30	Plenary I: Dr. Nicole Obeid	Victoria North
11:30 – 12:45	Paper Session II (concurrent sessions)	See Program
12:45 – 13:45	Lunch/Section Meetings	Victoria North/See Program
13:45 – 15:15	Workshop Session III (concurrent sessions)	See Program
15:15 – 15:45	Nutrition Break/Posters	Victoria North/Carleton-Capital
15:45 – 17:00	Plenary II: Dr. Ian Manion	Victoria North
17:00 – 17:15	Closing Remarks/Evaluations	Victoria North

## Ottawa Marriott Downtown

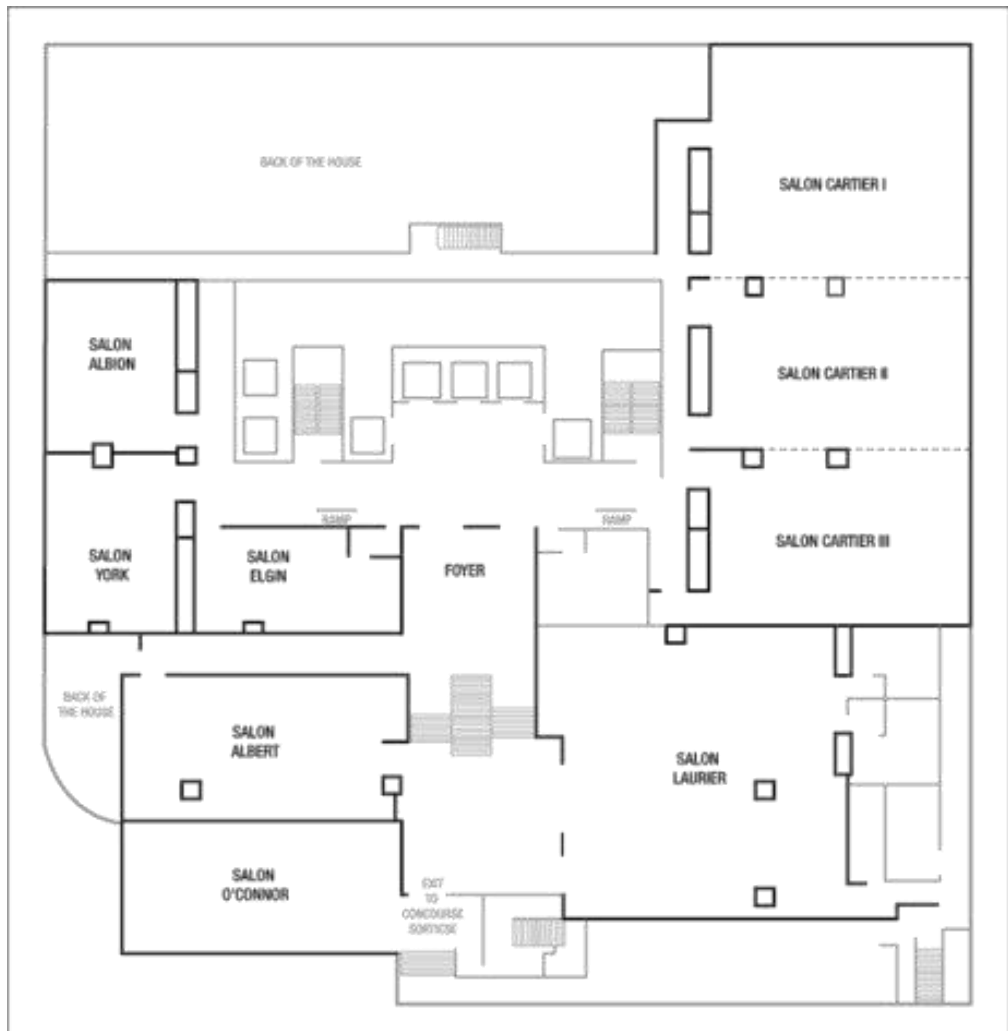


Located in the heart of Canada's capital city, our modern hotel in vibrant Ottawa blends style, preferred amenities and an unparalleled location. Moments from Parliament Hill and the Rideau Canal, as well as the world-famous National Gallery of Canada, our hotel boasts beautifully designed rooms and suites. Stay connected with complimentary Wi-Fi, and ensure a sound night's sleep on pillowtop bedding. Wake each morning to premium bath amenities and a Keurig™ coffee maker, or visit the onsite Starbucks® to begin your day. After exploring Ottawa or business meetings, enjoy contemporary American fare and a cocktail at "Spin" Kitchen & Bar, our hotel's acclaimed restaurant. Unwind in our indoor pool, or keep your workout routine in the fitness centre. Hold a business meeting or special event in Ottawa at our hotel, offering 26 sophisticated event venues, which includes our one-of-a-kind, revolving Summit space and a magnificent ballroom.

### Lower Level

Salon Albert

Salon York



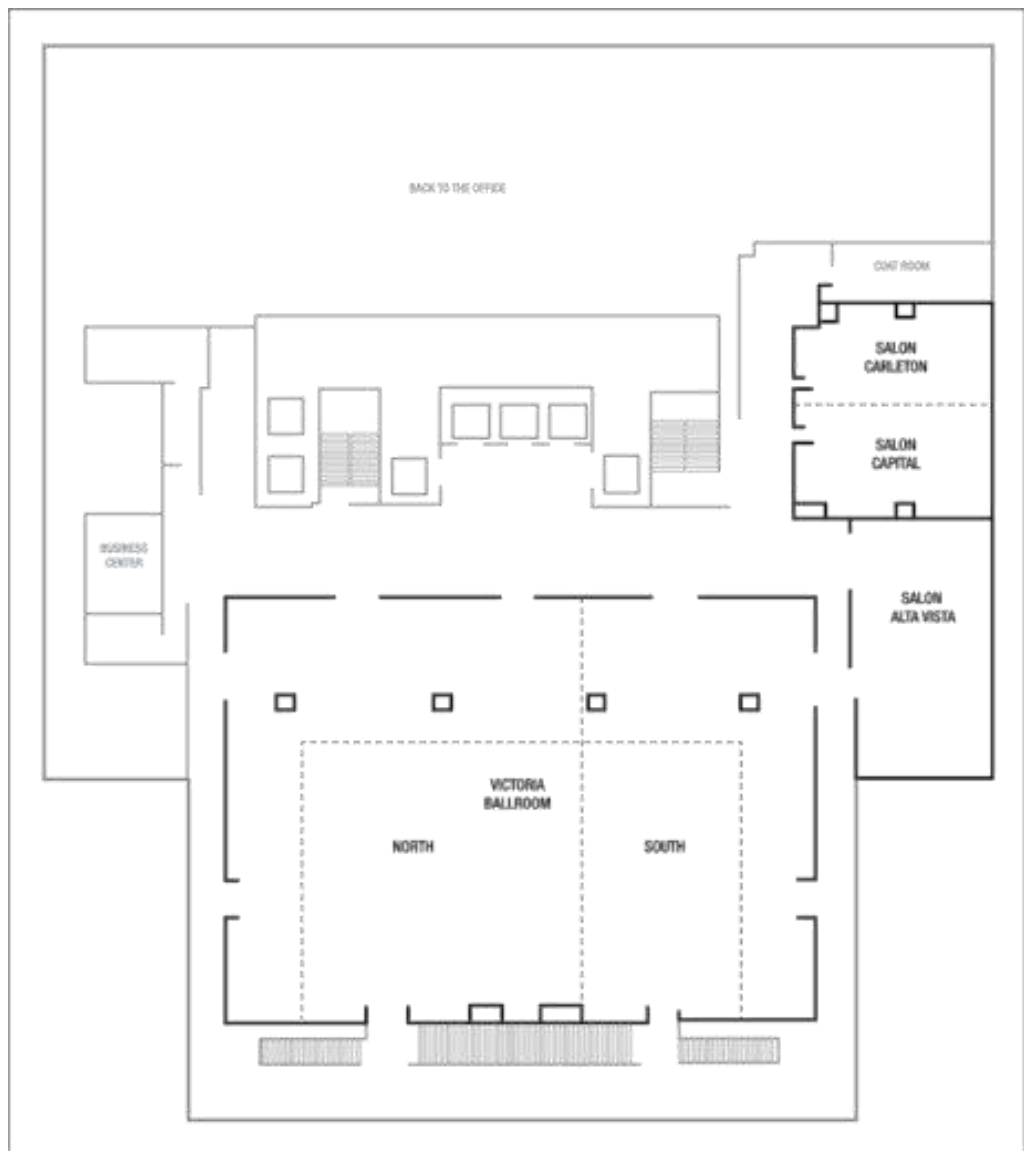
2nd Floor

Salon Alta Vista

Salon Capital

Salon Carleton

Victoria Ballroom North & South

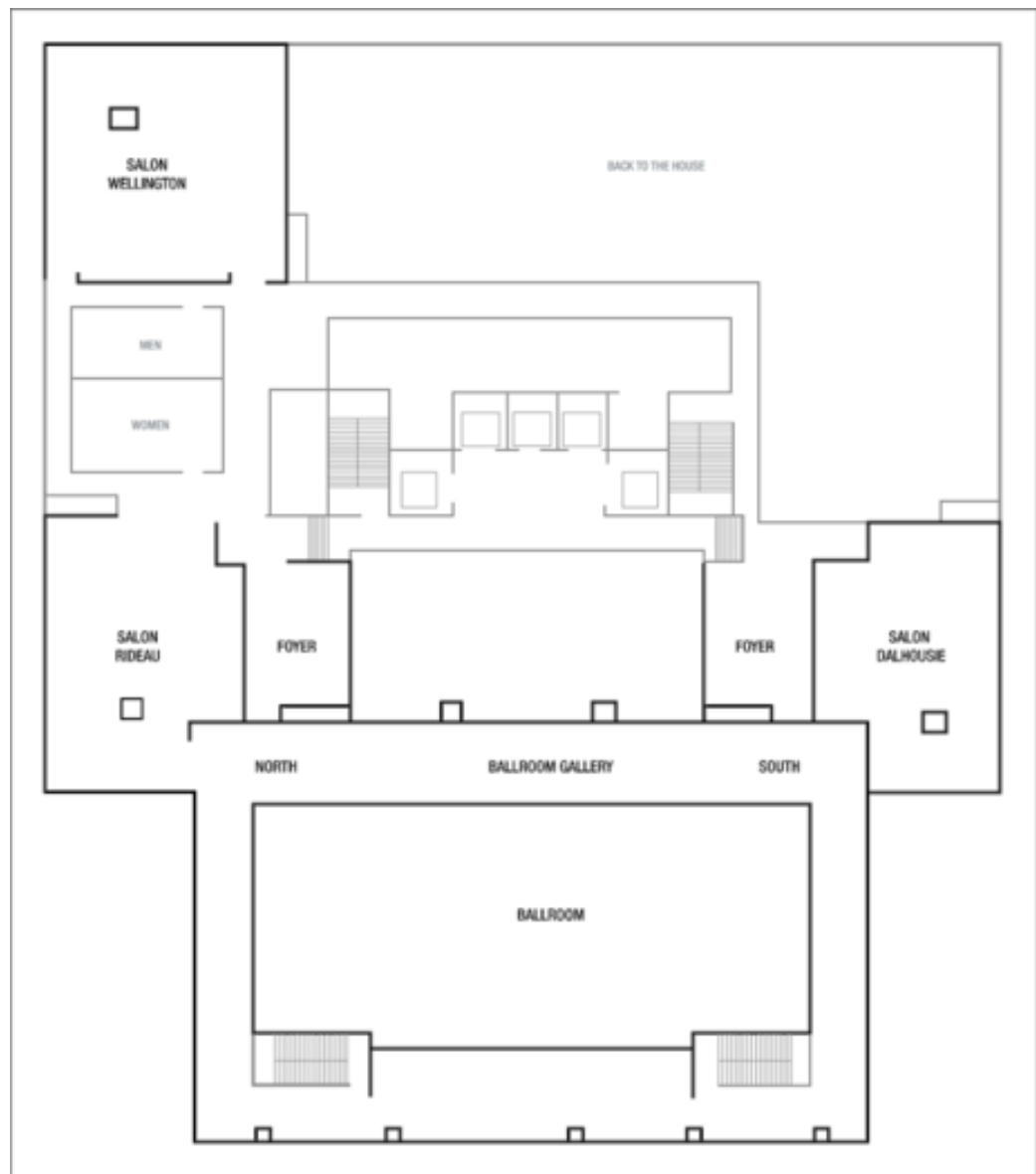


3rd Floor

Salon Dalhousie

Salon Rideau

Salon Wellington



**Day 1 – Friday, October 12, 2018**

08:00 – 08:45 **Registration and Continental Breakfast** (Salon Alta Vista/Victoria North – 2<sup>nd</sup> floor)

08:45 – 09:00 **Welcome** (Victoria North – 2<sup>nd</sup> floor)

**Dorita Shemie**, MSW, President, EDAC-ATAC

**Josie Geller**, PhD, Past President, EDAC-ATAC

09:00 – 10:15 **Keynote Address I** (Victoria North – 2<sup>nd</sup> floor)

**A1. What Neuroimaging and Neurostimulation Can Tell Us About the Psychology of Eating Disorders**

**Blake Woodside**, MD, FRCPC, Toronto General Hospital, Toronto ON

10:15 – 10:45 **Nutrition Break** (Victoria North – 2<sup>nd</sup> floor)

10:45 – 12:15 **Paper Session I**

Track I: Adult (Salon Carleton-Salon Capital – 2<sup>nd</sup> floor)

**C1. Evolving methods for enhancing Canadian men’s engagement in specialized outpatient assessment and treatment of an eating disorder: Description of a designated track for men**

**Brad A MacNeil**, PhD, George Mason University, Fairfax VA USA

**C2. Long-Term Follow-up of an Emotion-Focused Family Therapy Workshop: A Mixed Methods Study**

**Adele Lafrance**, PhD, Laurentian University, Sudbury ON

**Patricia Nash**, MEd, Eating Disorder Foundation of Newfoundland and Labrador, St. John’s NL

**Cathy Skinner**, Eating Disorder Foundation of Newfoundland and Labrador, St. John’s NL

**C3. Efficacy of the ECHO Approach for Patients with Eating Disorders and their Carers**

**Sarrah Ali**, BSc, Nova Scotia Health Authority, Halifax NS

**C4. PTSD Predicts Dropout/Premature Termination from Day Hospital Treatment for Bulimia Nervosa and OSFED**

**Kathryn Trottier**, PhD, University Health Network, Toronto ON

Track II: Child/Youth (Salon Wellington – 3<sup>rd</sup> floor)

**C5. The Mediating Role of Low Self-Esteem and Negative Mood in the Associations Between Adolescents’ Perceptions of the Quality of Interpersonal Relationships and Eating Disorder Symptom Severity**

**Jade Pelletier Brochu**, PhD Candidate, Montreal University, Montreal QC

**Dominique Meilleur**, PhD, Montreal University, Montreal QC

**C6. Mediating Effect of Illness Perception and Psychological Distress on the Link Between Caregiving Experience and Expressed Emotion of Parents of Hospitalized Adolescents with Anorexia Nervosa at Early Stage of the Illness**

**Soline Blondin**, PhD, Université de Montréal, Montreal QC

**Dominique Meilleur**, PhD, Université de Montréal, Montreal QC

**C7. The Role of Sex and Gender in Pediatric Eating Disorders: Symptom Presentation and Treatment Outcome in Male and Female Youth**

Jennifer S Coelho, PhD, BC Children's Hospital, Vancouver BC

**C8. Understanding Avoidant Restrictive Food Intake Disorder in Children and Youth: A Canadian Surveillance Study**

Debra Katzman, MD, FRCPC, The Hospital for Sick Children, Toronto ON

Track III: Community (Salon Rideau – 3<sup>rd</sup> floor)

**C9. A Tertiary-Care/Primary-Care Partnership Aimed at Improving Care for People with Eating Disorders**

Lea Thaler, PhD, Douglas University Institute, Montreal QC

**C10. What Does it Take to Make Patient-Directed Care a Reality?**

Andrea LaMarre, PhD, University of Guelph, Guelph ON

**C11. Current Practices in Assigning Patients to Level of Care using the Short Treatment Allocation Tool for Eating Disorders (STATED)**

Josie Geller, PhD, St. Paul's Hospital, Vancouver BC

Track IV: Biology (Salon Dalhousie – 3<sup>rd</sup> floor)

**C13. A Longitudinal, Epigenome-Wide Study of DNA Methylation in Anorexia Nervosa: Results in Actively Ill, Partially Weight Restored, Long-Term Remitted, and Non-Eating-Disordered Women**

Howard Steiger, PhD, Douglas University Institute, Verdun QC

**C14. Preliminary Evidence for the Off-Label Treatment of Bulimia Nervosa with Psychostimulants: Six Case Reports**

Laura Dixon, BSc, Nova Scotia Health Authority, Halifax NS

**C15. Pharmacogenetics: Can it Explain the Lack of Evidence for the Use of Medications in Eating Disorders?**

Leora Pinhas, MD, FRCPC, University of Toronto, Toronto ON

**C16. Visual Scanning Behaviour: A Potential Biological Marker for Diagnosis (and Recovery) in Eating Disorders?**

Leora Pinhas, MD, FRCPC, University of Toronto, Toronto ON

12:15 – 13:15 **Lunch** (provided) (Victoria North – 2<sup>nd</sup> floor)

**Section Meetings I** - Please gather your lunch and proceed to your meeting room

Intensive Group Therapy (IGT) (Salon Rideau – 3<sup>rd</sup> floor)

13:15 – 14:45 **Workshop Session I**

**D1. Adding Exposure with Response Prevention (ERP) to your Evidence-Based Toolkit for Addressing Ritualistic Behaviours in Eating Disorders** (Salon Carleton-Salon Capital – 2<sup>nd</sup> floor)

Brad A MacNeil, PhD, George Mason University, Fairfax VA USA

- D2. Emotion-Focused Family-Based Treatment: An Integrative Model to Improve Eating Disorder Outcomes for Treatment Non-Responders** (Salon Wellington – 3<sup>rd</sup> floor)  
 Gina Dimitropoulos, PhD, University of Calgary, Calgary AB  
 Adele Lafrance, PhD, Laurentian University, Sudbury ON  
 Renee Rienecke, PhD, Medical University of South Carolina, Charleston SC
- D3. The Clinical Implications for Dietitians of the Changes in DSM-5 Criteria for Eating Disorders** (Salon Rideau – 3<sup>rd</sup> floor)  
 Susan Osher, MSc, RD, CEDRD, Toronto ON
- D4. Self-Compassion and Barriers to Self-Compassion: Research Update and Applications to Body Image Work in Eating Disorders Treatment** (Victoria North – 2<sup>nd</sup> floor)  
 Suja Srikameswaran, PhD, St. Paul's Hospital, Vancouver BC  
 Josie Geller, PhD, St. Paul's Hospital, Vancouver BC
- D5. Applying Family Based Treatment (FBT) into Practice: A Capacity Building Model** (Salon Dalhousie – 3<sup>rd</sup> floor)  
 Jessica Wournell, BScN, IWK Health Centre, Halifax NS  
 Herb Orlik, MD, FRCPC, IWK Health Centre, Halifax NS  
 Kate MacPhee, BSc AHN, IWK Health Centre, Halifax NS  
 Brynn Kelly, PhD, IWK Health Centre, Halifax NS
- D6. Using Program Evaluation Data, Patient Feedback and Clinical Expertise to Revise a Treatment Program: The TGH Experience** (Salon Albert – lower level)  
 Marion P Olmsted, PhD, University Health Network, Toronto ON  
 Kathryn Trottier, PhD, University Health Network, Toronto ON
- D7. Implementing Dialectical Behaviour Therapy (DBT) within an Intensive Pediatric Eating Disorders Program: Clinical Challenges and Practical Considerations** (Salon York – lower level)  
 Cheryl Webb, MSW, McMaster University, Hamilton ON  
 Jennifer Couturier, MD, FRCPC, McMaster University, Hamilton ON
- 14:45 – 15:15 **Nutrition Break** (Victoria North – 2<sup>nd</sup> floor)
- 15:15 – 16:45 **Workshop Session II**
- D8. Maximizing Engagement and Motivation for Change in Eating Disorder Treatment: The Importance of Autonomy Support** (Victoria North – 2<sup>nd</sup> floor)  
 Howard Steiger, PhD, Douglas University Institute, Montreal QC  
 Lea Thaler, PhD, Douglas University Institute, Montreal QC  
 Chloé Paquin-Hodge, PhD, Douglas University Institute, Montreal QC
- D9. ARFID Adjuncts: Tailoring Treatment Beyond the Diagnosis** (Salon Carleton-Salon Capital – 2<sup>nd</sup> floor)  
 Holly Agostino, MD, FRCPC, Montreal Children's Hospital, Montreal QC  
 Peggy Alcindor, PDt, Montreal Children's Hospital, Montreal QC  
 Jason Bond, MD, FRCPC, Montreal Children's Hospital, Montreal QC

- D10. After the Workup: A Multidisciplinary Approach to Treating Pediatric Eating Disorder Patients with Somatic Symptoms** (Salon Wellington – 3<sup>rd</sup> floor)  
 Cathleen Steinegger, MD, The Hospital for Sick Children, Toronto ON  
 Seena Grewal, MD, FRCPC, The Hospital for Sick Children, Toronto ON  
 Jaimie Kennedy, BSc, The Hospital for Sick Children, Toronto ON
- D11. Signalling Matters: Radically Open-Dialectical Behaviour Therapy (RO-DBT) for Disorders of Overcontrol** (Salon Rideau – 3<sup>rd</sup> floor)  
 Sharon Zister, MSW, RSW, Private Practice, Toronto ON
- D12. Addressing the Gap in Adult Eating Disorder Nutritional Recovery: Transitioning Patients from Intensive Treatment to Home** (Salon Dalhousie – 3<sup>rd</sup> floor)  
 Ali Eberhardt, BSc FNH Dietetics, St. Paul's Hospital, Vancouver BC  
 Nicole O'Byrne, BSc FNH Dietetics, IOC Diploma Sports Nutrition, ISAK Level 1, St. Paul's Hospital, Vancouver BC
- D13. The Role of Registered Dietitians in Family Based Treatment for Adolescents with Eating Disorders: Lessons Learned from Community to Tertiary Care Settings Across Canada** (Salon Albert – lower level)  
 Gina Dimitropoulos, PhD, University of Calgary, Calgary AB  
 Barbara Beach, PhD, BC Children's Hospital, Vancouver BC  
 Jadine Cairns, MSc, BC Children's Hospital, Vancouver BC  
 Susan Osher, MSc, RD, CEDRD, Toronto ON  
 Jennifer Scarborough, MSW, Canadian Mental Health Association, Waterloo-Wellington ON  
 Tara Slemko, MSc, Alberta Children's Hospital, Calgary AB  
 Blake Woodside, MD, FRCPC, Toronto General Hospital, Toronto ON
- D14. Co-Design in Eating Disorder Treatment: Can We Accept Our Patients as Part of the Crew and Not Just the Passengers?** (Salon York – lower level)  
 Leora Pinhas, MD, FRCPC, University of Toronto, Toronto ON

16:45 – 17:00 **Wrap Up Day 1 Scientific Program** (Victoria North – 2<sup>nd</sup> floor)

18:00 – 20:00 **Entertainment, Reception, Social Networking** (all registered attendees welcome)  
 (Summit – 29<sup>th</sup> floor)

## **Day 2 – Saturday, October 13, 2018**

08:00 – 08:45 **Continental Breakfast** (Victoria North - 2<sup>nd</sup> floor)

08:45 – 09:00 **Welcome and Housekeeping** (Victoria North – 2<sup>nd</sup> floor)  
**Mark L Norris**, MD, FRCPC, Conference Chair, EDAC-ATAC Ottawa 2018

09:00 – 10:15 **Keynote Address II** (Victoria North – 2<sup>nd</sup> floor)

- A2. Where Angels Fear to Tread: When Your ED Client is Engaging in Behaviors that Interfere with Treatment**  
 Lucene Wisniewski, PhD, FAED, Center for Evidence Based Treatment, Ohio & Case Western Reserve University, Cleveland OH USA



10:15 – 10:45 **Nutrition Break** (Victoria North – 2<sup>nd</sup> floor)

**Posters** - presenters should be present for discussion (Salon Carleton-Salon Capital – 2<sup>nd</sup> floor)

10:45 – 11:30 **Plenary I** (Victoria North – 2<sup>nd</sup> floor)

**B1. Canadian Eating Disorder Priority Setting Partnership: A Collaborative Journey to Build Shared Research Priorities**

Nicole Obeid, PhD, Children's Hospital of Eastern Ontario, Ottawa ON

11:30 – 12:45 **Paper Session II**

Track I: Adult (Salon Dalhousie – 3<sup>rd</sup> floor)

**C17. Preliminary Findings on Patient Treatment Expectations at a Canadian Outpatient Eating Disorders Program**

Brad A MacNeil, PhD, George Mason University, Fairfax VA USA

**C18. Self-Efficacy as a Predictor of Treatment Outcome in an Outpatient Eating Disorder Program**

Aaron Keshen, MD, FRCPC, Nova Scotia Health Authority, Halifax NS

**C19. A Comparison of Motivation-Oriented Versus Psychoeducation-Oriented Day Hospital Treatment for Eating Disorders**

Jennifer S Mills, PhD, York University, Toronto ON

Gillian Kirsh, PhD, North York General Hospital, North York ON

**C20. Concurrent Anorexia Nervosa (AN) and Non-Tuberculosis Mycobacterium (NTM) in a Canadian Male Receiving Outpatient Treatment for an Eating Disorder**

Brad A MacNeil, PhD, George Mason University, Fairfax VA USA

Track II: Adolescent (Victoria North – 2<sup>nd</sup> floor)

**C21. Treatment for “Transition Age” Youth: Effectiveness of a Residential Program for Eating Disorders**

Kim D Williams, MA, BC Children's Hospital, Vancouver BC

Jennifer Coelho, PhD, BC Children's Hospital, Vancouver BC

**C22. Multi-Family Group Therapy for Adolescents with Eating Disorders**

Ahmed Boachie, MD, FRCPC, Southlake Regional Health Centre, Newmarket ON

Karin Jasper, PhD, Southlake Regional Health Centre, Newmarket ON

**C23. Targeting Cognitive Inefficiencies in an Adolescent Residential Treatment Program**

Andrea M Byrne, PhD, Ontario Shores Centre for Mental Health Sciences, Whitby ON

Tina Slaunwhite, RPN, Ontario Shores Centre for Mental Health Sciences, Whitby ON

**C24. Intensive Treatment for Pediatric Eating Disorders: A Systematic Review of Inpatient, Residential and Day Treatment Outcomes**

Leanna Isserlin, MD, FRCPC, Children's Hospital of Eastern Ontario, Ottawa ON

Track III: Community/Systems (Salon Wellington – 3<sup>rd</sup> floor)

**C25. Evaluating the Unique Associations Between Personality Psychopathology and Heterogeneous Eating Pathology Symptoms**

Shauna Solomon-Krakus, MSc, University of Toronto Scarborough, Scarborough ON

**C26. The Effects of Active Social Media Engagement on Eating Disorder Risk Factors in Young Women**

Jacqueline V Hogue, MA, York University, Toronto ON

**C27. Development of an Assessment Guide for a Proposed Eating Disorder: Orthorexia Nervosa**

Gavin McAtee, MEd, University of Lethbridge, Lethbridge AB

Track IV: Adolescent (Salon Rideau – 3<sup>rd</sup> floor)

**C28. Clinical Evidence in the Initial Inpatient Management of Adolescents Admitted with Severe Anorexia Nervosa**

Stéphanie Proulx-Cabana, MD, Sainte-Justine University Hospital Center, Montreal QC

**C29. Implementing Dialectical Behaviour Therapy on a Pediatric Eating Disorders Unit**

Cheryl Webb, MSW, McMaster University, Hamilton ON

Jennifer Couturier, MD, FRCPC, McMaster University, Hamilton ON

**C30. What Evidence Exists for Medication Use in Children and Adolescents with Eating Disorders? A Systematic Review of the Literature**

Jennifer Couturier, MD, FRCPC, McMaster University, Hamilton ON

**C31. Caregiving Experience and Expressed Emotion Among Parents of Adolescents Suffering from Anorexia Nervosa Following Illness Onset**

Soline Blondin, PhD, Université de Montréal, Montreal QC

Dominique Meilleur, PhD, Université de Montréal, Montreal QC

12:45 – 13:45 **Lunch** (provided) (Victoria North – 2<sup>nd</sup> floor)

**Section Meetings II** - Please gather your lunch and proceed to your meeting room

Family Based Treatment (Salon Wellington – 3<sup>rd</sup> floor)

Nutrition (Salon Rideau – 3<sup>rd</sup> floor)

Private Practice (Salon York – lower level)

13:45 – 15:15 **Workshop Session III**

**D15. #Times Up: Putting Reflexivity and Common Humanity Back in Eating Disorder Treatment** (Salon Rideau – 3<sup>rd</sup> floor)

Andrea LaMarre, PhD, University of Guelph, Guelph ON

Leora Pinhas, MD, FRCPC, University of Toronto, Toronto ON

Olivia Detmers, Georgetown ON

Robyn Mercanti, Toronto ON

D16. **The Art of Practicing Evidence-Based Medicine: Some Creative Solutions for When FBT Fails** (Victoria North – 2<sup>nd</sup> floor)

Wendy Spettigue, MD, FRCPC, Children’s Hospital of Eastern Ontario, Ottawa ON

Mark L Norris, MD, FRCPC, Children’s Hospital of Eastern Ontario, Ottawa ON

Clare Roscoe, MD, FRCPC, Children’s Hospital of Eastern Ontario, Ottawa ON

Leanna Isserlin, MD, FRCPC, Children’s Hospital of Eastern Ontario, Ottawa ON

D17. **The Novel Application of Acceptance and Commitment Therapy (ACT) in an Open Group Format for Patients Awaiting the Initiation of Core Evidence-Based Care** (Salon Wellington – 3<sup>rd</sup> floor)

Brad A MacNeil, PhD, George Mason University, Fairfax VA USA

D18. **“That Chair Group”: Using Group-Based Emotion-Focused Therapy in Eating Disorder Treatment** (Salon Dalhousie – 3<sup>rd</sup> floor)

Cheryl Aubie, PhD, Nova Scotia Health Authority, Halifax NS

Yvette Scattolon, PhD, Nova Scotia Health Authority, Halifax NS

D19. **C-CARE: A Comprehensive Treatment Model for Concurrent Eating Disorders and Substance Use Disorders** (Salon Albert – lower level)

Katherine A Henderson, PhD, Anchor Psychological Services Inc, Ottawa ON

Shari Mayman, PhD, Anchor Psychological Services Inc, Ottawa ON

D20. **Meal Support: Philosophies and Strategies** (Salon York – lower level)

Emily To, MSc, RD, Looking Glass Residence, Vancouver BC

Jadine Cairns, MSc, RD, BC Children’s Hospital, Vancouver BC

15:15 – 15:45 **Nutrition Break/Posters** (Victoria North/Salon Carleton-Salon Capital – 2<sup>nd</sup> floor)

15:45 – 17:00 **Plenary II** (Victoria North – 2<sup>nd</sup> floor)

B2. **10 Hot Topics in Canadian Mental Health**

Ian Manion, PhD, CPsych, The Royal’s Institute of Mental Health Research, Ottawa ON

17:00 – 17:15 **Closing Remarks and Evaluations** (Victoria North – 2<sup>nd</sup> floor)

**Posters** (Salon Carleton-Salon Capital – 2<sup>nd</sup> floor)

E1. **A Descriptive Analysis of Men with Eating Disorders**

Brad A MacNeil, PhD, George Mason University, Fairfax VA USA

E2. **A Preliminary Eye-Tracking Investigation of Attentional Biases and Body Dissatisfaction**

Kaylee Misener, MA, University of British Columbia, Kelowna BC

Stefanie Ciszewski, MA, University of British Columbia, Kelowna BC

E3. **Correspondences Between Plasma Nutrient Levels and DNA Methylation Patterns in Individuals with Anorexia Nervosa**

Jessica Burdo, BA, McGill University, Montreal QC

**E4. Determining the Effectiveness of Three Online Expressive Writing Interventions in Reducing Bulimic Symptoms in a Non-Clinical Sample**

Kheana Barbeau, PhD Candidate, University of Ottawa, Ottawa ON

**E5. Perceived Helpfulness of Meal Support within an Eating Disorder Day Treatment Program and Considerations for the Implementation of Dinners**

Felicia M Chang, PhD Candidate, Children's Hospital of Eastern Ontario, Ottawa ON

**E6. Predictors of Outcome in Eating Disorders Treatment: Readiness, Self-Compassion, and Fear of Self-Compassion**

Megumi Iyar, BA, St. Paul's Hospital, Vancouver BC

Josie Geller, PhD, St. Paul's Hospital, Vancouver BC (Presenting)

**E7. SSRI Use in Adolescent Eating Disorders: A Retrospective Chart Review**

Wendy Spettigue, MD, FRCPC, Children's Hospital of Eastern Ontario, Ottawa ON

**E8. The Impact of Product Health Descriptions and Serving Size Information on Consumption**

Breeanna Streich, BA, Laurentian University, Sudbury ON

## Keynote Speakers

### Lucene Wisniewski, PhD, FAED



Lucene Wisniewski, PhD, FAED is a clinician, trainer and researcher whose interests center around using empirically founded treatments to inform clinical practice. Lucene, an Adjunct Assistant Professor of Psychological Sciences at Case Western Reserve University, has taught more than 150 workshops, lectures and presentations on Cognitive Behavioral and Dialectical Behavior Therapies internationally and has over 40 publications in peer reviewed journals and invited book chapters. Lucene has been elected fellow, has served on the board of directors, and as the co-chair of the Borderline Personality Disorder special interest group of the Academy for Eating Disorders (AED). In 2013 the AED awarded Lucene the Outstanding Clinician Award to acknowledge her contribution to the field of eating disorder treatment. She is the owner and founder of The Center for Evidence Based Treatment Ohio ([www.cebtohio.com](http://www.cebtohio.com)), which offers therapy, training and consultation in evidence-based approaches to eating disorders.

### Blake Woodside, MD, FRCPC



Dr. Woodside's specialty in psychiatry is the treatment of eating disorders in adults, and family therapy of adolescent anorexia nervosa. He is a Medical Director Emeritus, Program for Eating Disorders at the Toronto General Hospital, where he led the inpatient service for 25 years, and Professor in the Department of Psychiatry at the University of Toronto. A distinguished Fellow of both the Canadian and American Psychiatric Associations, he is also a clinical member and Approved Supervisor for the American Association of Marriage and Family Therapy, and a certified therapist and supervisor for the Behavioural Family Therapy Institute. Dr. Woodside has an active academic career with a long history of grant support from many agencies and private foundations. His research activity presently focuses on novel treatments in eating disorders, including Deep Brain Stimulation, Repetitive Transcranial Magnetic Stimulation, and Family-Based Therapy. He has many other research interests including family issues, genetics, treatment outcome, human resource/economic issues and males with eating disorders. He has also been recognized locally and by the American Psychiatric Association for his contributions to undergraduate medical education. He has over 160 publications. Dr. Woodside has a long history of involvement in organized medicine, going back to his medical school days in the 1980s. He has served in various capacities for the Ontario Medical Association, the Canadian Medical Association, the Ontario Psychiatric Association and the Canadian Psychiatric Association, for which he served as President in 2002-2003, and Chairman of the Board from 2003-2009. Dr. Woodside earned his medical degree from Queen's University in 1982, his psychiatry degree from the University of Western Ontario in 1986, and his Masters of Science in 1990 from the Institute of Medical Science, University of Toronto. Dr. Woodside lives with his wife and three surviving children in Toronto.

## Plenary Speakers

### Ian Manion, PhD, CPsych



Dr. Ian Manion is a clinical psychologist and scientist-practitioner who has worked with children, youth and families for over 35 years. He obtained his Hon.BA from the University of Ottawa (1980) and his MA (1982) and Ph.D. (1985) from Western University. He is currently the Director of Youth Mental Health Research at The Royal's Institute of Mental Health Research (IMHR), affiliated with the University of Ottawa, and the co-scientific director for [FRAYME](#), an International Network of Centres of Excellence (NCE) Knowledge Translation Platform focusing on integrated youth mental health care globally. He is also an adjunct professor in the School of Psychology at the University of Ottawa. Dr. Manion is actively involved in research related to mental health promotion, youth depression and suicide. He has a particular interest in systems research and how services are organized to best meet the mental health needs of youth. His research goal is to have evidence inform policy and practice to promote better outcomes for children, youth and emerging adults. Dr. Manion is co-founder of [Youth Net/ Réseau Ado](#), a bilingual community-based mental health promotion program with satellites across Canada. He is a committed advocate for child and youth mental health, sitting on local, provincial, national and international boards and committees. Dr. Manion is a person with lived experience and was one of the spokespersons for the [Bell Let's Talk](#) campaign in 2018.

### Nicole Obeid, PhD



Dr. Nicole Obeid is the Lead for Research and Outcomes Management for the Eating Disorder Program at the Children's Hospital of Eastern Ontario and is also an Adjunct professor with the School of Psychology at the University of Ottawa, and a Clinical Investigator with the CHEO Research Institute. She completed her doctoral degree in Experimental Psychology at the University of Ottawa in 2013 and more recently completed the Global Clinical Scholars Research Training Program at Harvard Medical School in June 2016, where the focus of the program was in research methodology, clinical trials and epidemiology. She has worked in the field of eating disorders for over a decade and has authored a number of peer-reviewed articles and spoken at numerous national and international conferences. She was just recently invited to attend a Masterclass on Patient-Oriented Research hosted by the Canadian Institute of Health Research and the Government of Ontario, and has since been awarded a CIHR SPOR Collaboration grant to advance patient-oriented research in the field of eating disorders.

## EDAC-ATAC 2018 Planning Committee

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Steve Feder, MD, Ottawa  
Megan Harrison, MD, Ottawa  
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## Acknowledgements

### **Bronze Sponsor:**

Shire Pharma Canada ULC

### **Exhibitors:**

Clinique BACA  
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**See you in Montreal 2020!**



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