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Integration

4th Biennial
EDAC-ATAC Conference

Innovation and Integration in
Eating Disorders

October 6 - 7, 2014

Vancouver Marriott Pinnacle Downtown Hotel
Vancouver, British Columbia



Eating Disorders
Association of Canada
Association des Troubles
Alimentaires du Canada

www.edac-atac.ca



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ni? et xatəmotał, ta ʔnimət, ta təməxʷ ʔi? ta kʷaʔkʷə 1 *

We watch over the land and sea and in turn they watch over us.

October, 2014



A Message from the Mayor

On behalf of the citizens of Vancouver, and my colleagues on City Council, I want to extend my warmest greetings to all those attending the 2014 Eating Disorders Association of Canada/Association des Troubles Alimentaires du Canada Conference. As Mayor, I am very pleased Vancouver is hosting this important conference.

The need for greater education in the treatment of eating disorders and the related health issues remains acute. Although these problems cannot be resolved overnight, I believe through forums such as these we can all work together to garner solutions.

We are very proud of the reputation Vancouver enjoys as one of the world's most beautiful and unique meeting destinations. I hope that in addition to attending the conference you are able to experience the many cultural and recreational activities the City has to offer. I know everyone involved in organizing the conference will ensure your time with us is special.

Best wishes for a productive forum.

Yours truly,



Gregor Robertson
MAYOR

Welcome from EDAC-ATAC

A Message from the President

Dear Delegates of the 2014 EDAC-ATAC Conference,

It is with great excitement that I welcome you to “Innovation and Integration in Eating Disorders”, the 4th Biennial Conference of the Eating Disorders Association of Canada/Association des Troubles Alimentaires du Canada (EDAC-ATAC). My hope is that you will be enriched by being here and you will be able to take away useful concepts and ideas. As you interact at the workshops, absorb the paper presentations and ponder the posters, our goal is for you to be able to integrate new approaches into your practice.

This conference really mirrors the goals of EDAC-ATAC. Over the next two days, we want to educate each other regarding best practices, encourage sharing of information about all issues of eating disorders care and promote a reflective and responsive approach in the provision of care and amongst providers. Hopefully, our lineup of plenaries, workshops, paper and poster presentations will help us achieve these goals. I am delighted to have as one of our plenary speakers, Dr. Dianne Neumark-Sztainer, an internationally acclaimed researcher and author who will be speaking on the normative culture of dieting and eating disorder prevention. We are also privileged to have our very own Dr. Josie Geller, a renowned researcher who will be distilling for us the empirically supported elements of good clinical care. Our third plenary will be an interactive session to discuss Canadian Clinical Practice Guidelines. This will be hosted by Drs. Blake Woodside, Leora Pinhas and Josie Geller. There are also workshops, papers and posters presented by eating disorder professionals from across Canada and beyond.

As we meet together as a national association, we have a chance to catch the excitement of others and enjoy the synergism and diversity of thought. So, in addition to immersing yourself in the presentations, ideas and research, catch up with old colleagues, make new friends and take in some of the sights and sounds of downtown Vancouver while you are here.

Lastly, I would like to acknowledge our Sponsors and the Conference Planning Committee. Provincial Health Services Authority (PHSA) is our Platinum Sponsor. Not only has PHSA been extremely generous in their financial support of this conference, but they have also provided logistical support and encouraged staff to participate in the planning process. Providence Health Care (PHC) is our Bronze Sponsor. In addition to their financial contribution, PHC staff have also been key members of the planning committee. Finally, I would like to thank all the members of the Conference Planning Committee who have been faithfully meeting for over two years to organize this event. The 2014 Conference in Vancouver could not happen without your hard work and dedication. Thank you team!

Sincerely,

Jadine Cairns
President, EDAC-ATAC
Chair, 2014 EDAC-ATAC Conference

About Us

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.

EDAC-ATAC Board of Directors

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Contact Us

EDAC-ATAC
c/o Child & Adolescent Mental Health Program
PZ162 – 771 Bannatyne Avenue
Winnipeg MB R3E 3N4
www.edac-atac.ca

**Become a
Member**

EDAC-ATAC is a registered not-for-profit organization and we invite those involved in the care and research of eating disorders to join peers from across Canada in strengthening this new and first ever Canadian association of eating disorder professionals. Visit <http://www.edac-atac.ca/become-a-member/> for more information and to activate membership.

General Information

Conference Objectives	<ol style="list-style-type: none">1. To support the development of research and clinical collaboration among relevant stakeholders and to help identify the most effective treatments that can be offered efficiently to enhance access to high quality care and to optimize treatment goals.2. To introduce new knowledge and update clinicians on emerging theories and research, particularly with respect to the inclusion of family care providers in the treatment process.3. To provide an opportunity for discussion and development of national clinical guidelines pertaining to the treatment of eating disorders within a Canadian context.4. To compare provincial initiatives with respect to clinical networks and to foster collaboration opportunities across provinces to enhance advocacy for improved services and accessibility.
Continuing Medical Education	This event has been approved by the Canadian Paediatric Society for a maximum of 12 credit hours under the Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada. The specific opinions and content of this event are not necessarily those of the CPS, and are the responsibility of the organizer(s) alone.
Evaluation	Delegates are asked to complete an evaluation for all plenary sessions, each workshop and paper session attended, and one for the conference as a whole. Evaluations must be completed to receive CME credit. For your convenience, an evaluation box will be set up at the registration table.
Hotel Information	Vancouver Marriott Pinnacle Downtown, 1128 West Hastings Street, Vancouver BC V6E 4R5 Phone: 604-684-1128 / 1-855-823-6348
Parking	<ul style="list-style-type: none">• Self-parking charge - \$7.00 per hour; all day until 6:00 pm - \$21.00; evening (starts at 5:50 pm) - \$6.00• Early Bird Special (enter before 9:00 am, park until 6:00 pm) - \$15.75• Discounted self-parking rate for hotel guests - \$26.00 (per 24 hours with in and out privileges); valet parking rate \$32.00. <p>*Rates are subject to applicable taxes (currently 21% Parking Tax & 5% GST)</p>
Badges and Admittance	Conference attendees must wear their name badge to gain admission to the keynote addresses, paper sessions, workshops, meals and the dinner reception.
Conference Etiquette	<ul style="list-style-type: none">• We are pleased to offer a smoke-free environment. We ask for your cooperation in refraining from wearing scented products in consideration of those who may have severe allergies.• All wireless devices should be turned off or set to vibrate during sessions.• There will be no paging of participants. Individuals wishing to contact conference attendees should leave a message at the hotel's registration desk.
Book Store	Odin Books will have a selection of books available for purchase in Pinnacle I during the breaks on both conference days. 
Exhibitors	Displays will be set up in Pinnacle I and the Pinnacle Ballroom Foyer. Please refer to page 22 for a complete list of exhibitors.
Blessing	The Wildflower Women of Turtle Island Drum Group is a hand drum group that helps women to heal from trauma, find their voices and stand strong in their recovery journeys through drumming and singing. http://www.bwss.org/services/programs/indigenous-womens-programs/

Program at a Glance

Monday, October 6, 2014

7:30 am	Registration Begins	Ballroom Foyer
7:45 – 8:30 am	Breakfast	Ballroom Foyer
8:30 – 8:50 am	Welcome and Opening Remarks	Pinnacle II/III
8:50 – 9:00 am	Blessing	Pinnacle II/III
9:00 – 10:30 am	Keynote Address: Dr. Dianne Neumark-Sztainer	Pinnacle II/III
10:30 – 11:00 am	Nutrition Break/Posters	Ballroom Foyer/Pinnacle I
11:00 am – 12:30 pm	Workshop Session I (Concurrent Sessions)	See Program
12:30 – 1:30 pm	Lunch	Shaughnessy Foyer
1:30 – 3:00 pm	Plenary Session: Dr. Josie Geller, Dr. Blake Woodside, Dr. Leora Pinhas	Pinnacle II/III
3:00 – 3:20 pm	Nutrition Break/Posters	Ballroom Foyer/Pinnacle I
3:20 – 4:40 pm	Paper Session I (Concurrent Sessions)	See Program
6:00 – 11:00 pm	Dinner Reception & Evening of Music	Pinnacle II/III

Tuesday, October 7, 2014

8:30 – 9:00 am	Breakfast	Ballroom Foyer
9:00 – 10:30 am	Keynote Address: Dr. Josie Geller	Pinnacle II/III
10:30 – 11:00 am	Nutrition Break/Posters	Ballroom Foyer/Pinnacle I
11:00 am – 12:30 pm	Workshop Session II (Concurrent Sessions)	See Program
12:30 – 1:30 pm	Lunch	Shaughnessy Foyer
1:30 – 2:50 pm	Paper Session II (Concurrent Sessions)	See Program
2:50 – 3:10 pm	Nutrition Break/Posters	Ballroom Foyer/Pinnacle I
3:10 – 4:40 pm	Workshop Session III (Concurrent Sessions)	See Program
4:40 – 5:00 pm	Closing Remarks	Pinnacle Room II/III
5:00 – 5:30 pm	EDAC-ATAC Annual Meeting	Pinnacle Room II/III

The Vancouver Marriott Pinnacle Downtown Hotel



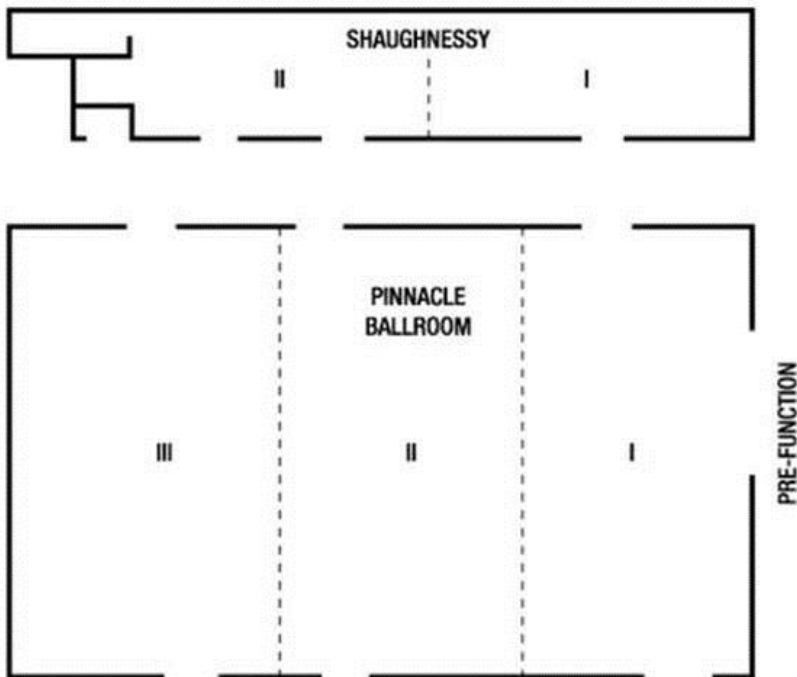
Award-winning hospitality awaits at the Vancouver Marriott Pinnacle Downtown Hotel, where an inviting atmosphere and well-designed accommodations set the pace for an exceptional hotel experience. Located just steps from the waterfront and minutes from top entertainment, restaurants and cultural attractions, the service of this upscale hotel in Vancouver has been honored with a Four-Diamond rating by the CAA/AAA ensuring guests a warm and welcoming stay whether traveling for business or leisure.

Providing a breathtaking view of Coal Harbour and North Shore Mountains, the hotel's location in Vancouver, BC, is near convention centre events and famous Robson Street shopping. Other nearby attractions are Stanley Park, Vancouver Aquarium and a host of restaurants, museums and galleries.

On-site amenities include the Showcase Restaurant, a health club and indoor lap pool. Event planners will find the hotel's distinctive venues ideal for inspirational business meetings or elegant social gatherings.

For more information, please visit the hotel's website at: <http://www.marriott.com/hotels/travel/yvrdt-vancouver-marriott-pinnacle-downtown-hotel/>

THIRD FLOOR



FOURTH FLOOR



D. Day Treatment for Adolescents with Eating Disorders: An Intense Family-Based Approach for Adolescents with Very Difficult and Complex Presentations (Ambleside II)

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

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

E. Emerging Themes in the Approach to Inpatient Refeeding in Anorexia Nervosa: Perspectives from Canada (Shaughnessy I)

Ellie Vyver, MD, FRCPC, FAAP, Calgary Eating Disorder Program, Calgary AB

Alene Toulany, MD, FRCPC, The Hospital for Sick Children Eating Disorder Program, Toronto ON

Colleen Crowther, MD, FRCPC, Janeway Children's Health and Rehabilitation Centre, St. John's NL

F. Peer Support, Social Media and Eating Disorder Recovery (Shaughnessy II)

Sally Chaster, WeBiteBack.com

Elise Skogland, WeBiteBack.com

Shawn O'Hara, Radar Hill

12:30 – 1:30 pm

Lunch

Shaughnessy Foyer

Opportunity for informal discussions and networking

1:30 – 3:00 pm

Plenary Session

Pinnacle II/III



Canadian Clinical Guidelines

Goal: To describe the recently developed Clinical Practice Guidelines for Eating Disorders in British Columbia and create a task force with the goal of creating Canadian Guidelines

Josie Geller, PhD, RPsych, Director of Research, Eating Disorder Program, St. Paul's Hospital; Associate Professor, Department of Psychiatry, University of British Columbia, Vancouver BC

D. Blake Woodside, MD, FRCPC, Medical Director, Program for Eating Disorders, Toronto General Hospital; Professor, Department of Psychiatry, University of Toronto, Toronto ON

Leora Pinhas, MD, FRCPC, Assistant Professor, University of Toronto, Toronto ON; Adolescent Program, Ontario Shores Centre for Mental Health Sciences, Whitby ON

3:00 – 3:20 pm

Nutrition Break

Ballroom Foyer

Poster Presentations on Display

Pinnacle I

3:20 – 4:40 pm

Paper Session I

Choose 1 of 3 sessions (each session consists of 4 papers of 20 minutes each)

- **Session 1** (Pinnacle II)

A. Subcallosal Cingulate Deep Brain Stimulation for Treatment-Refractory Anorexia Nervosa: 1-2 Year Follow-up

D. Blake Woodside, MD, FRCPC, Program for Eating Disorders, Toronto General Hospital; Division of Neurosurgery, Toronto Western Hospital, Toronto ON

Nir Lipsman, MD, Division of Neurosurgery, Toronto Western Hospital, Toronto ON

Andres M. Lozano, MD, Division of Neurosurgery, Toronto Western Hospital, Toronto ON

B. Dorsomedial Prefrontal Cortex Repetitive Transcranial Magnetic Stimulation in Eating Disorders: Effects on Binge-Eating, and Comorbid OCD and PTSD

D. Blake Woodside, MD, FRCPC, Program for Eating Disorders, Toronto General Hospital; fmri-Guided rtms Clinic, Toronto Western Hospital, Toronto ON

Jonathan Downar, MD, fmri-Guided rtms Clinic, Toronto Western Hospital, Toronto ON

Patricia Colton, MD, Program for Eating Disorders, Toronto General Hospital; fmri-Guided rtms Clinic, Toronto Western Hospital, Toronto ON

Marion P. Olmsted, PhD, Program for Eating Disorders, Toronto General Hospital; fmri-Guided rtms Clinic, Toronto Western Hospital, Toronto ON

Katie Dunlop, BSc, Program for Eating Disorders, Toronto General Hospital; fmri-Guided rtms Clinic, Toronto Western Hospital, Toronto ON

C. Pinch, Cinch or Step: Attitudes Towards Anthropometric Measurements in Adolescent Eating Disorders

Pei-Yong Lam, FRACP, Assistant Clinical Professor, Division of Adolescent Medicine, Dept of Pediatrics, BC Children's Hospital, Vancouver BC

Geetha Devi Harjeet, MD, Research Assistant, BC Children's Hospital, Vancouver BC

Jennifer Coelho, PhD, Clinical Psychologist, BC Provincial Specialized Eating Disorders Program, Vancouver BC

Sheila K. Marshall, PhD, Professor, UBC School of Social Work, Vancouver BC

D. Outpatient Management of Medical Complications of Eating Disorders: An Interdisciplinary Approach

Jane McKay, BSP, MD, FRCPC, St Paul's Hospital Eating Disorders Program, Vancouver BC

Debbie Rosenbaum, MDDM, FRCPC, St Paul's Hospital Eating Disorders Program, Vancouver BC

Kim Williams, RD, St Paul's Hospital Eating Disorders Program, Vancouver BC

• **Session 2 (Pinnacle III)**

A. Development and Implementation of an Outpatient Eating Disorders Program for Transitional Age Youth: The Nature and Extent of Familial Involvement

Kelty Berardi, PhD, CPsych, Southlake Regional Health Centre, Newmarket ON

Courtney M. Watson, MSW, RSW, Southlake Regional Health Centre, Newmarket ON

B. A Comparison Between Two Intensive Day Hospital Treatment Streams for Eating Disorders: Differences Between Clients Referred to the Standard Group Treatment Versus Individually Tailored Treatment

Traci McFarlane, PhD, University Health Network, Toronto ON

Danielle MacDonald, MA, Ryerson University, Toronto ON

Kathryn Trottier, PhD, University Health Network, Toronto ON

Marion P. Olmsted, PhD, University Health Network, Toronto ON

C. Distress Tolerance in Outpatient Programming

Gisele Marcoux-Louie, MSc, Calgary Eating Disorder Program, Alberta Children's Hospital, Calgary AB

Lana Bentley, MSW, RSW, Calgary Eating Disorder Program, Alberta Children's Hospital, Calgary AB

D. Eating Disorders Meals Support: Presenting Two Videos for Caregivers of Youth with Eating Disorders

Tom Bauslaugh, MA, BC Mental Health & Substance Use Services, Vancouver BC

• **Session 3 (Ambleside I)**

A. A Positive Psychology Approach to Eating and Body Image: Investigating the Healthy Eater Self-Schema and Body Appreciation in Adolescents

Daniella D. Sieukaran, MA, Simon Fraser University, Burnaby BC

B. The Effect of the Exposure to Various Types of Stressors on the Bidirectional Feeding Response of Stress Eaters and Stress Under-Eaters

Michael Emond, PhD, Laurentian University, Sudbury ON

Amanda Stillar, MA Psych, Laurentian University, Sudbury ON

Stacey Kosmerly, MA Psych, Laurentian University, Sudbury ON

Adele Robinson, PhD, CPsych, Laurentian University, Sudbury ON

Sherry Van Blyderveen, PhD, CPsych, McMaster's Children's Hospital, Hamilton ON

C. Negative Affect Mediates the Relationship Between Interpersonal Problems and Eating Psychopathology in Adults with Binge Eating Disorder

Iryna Ivanova, PhD, Ottawa Hospital Research Institute, Ottawa ON

Giorgio Tasca, PhD, The Ottawa Hospital, Ottawa ON

Nicole Hammond, MA, The Ottawa Hospital, Ottawa ON

Louise Balfour, PhD, The Ottawa Hospital, Ottawa ON

Kerri Ritchie, PhD, The Ottawa Hospital, Ottawa ON

Diana Koszycki, PhD, University of Ottawa, Ottawa ON

Hany Bissada, MD, The Ottawa Hospital, Ottawa ON

D. Cognitive Remediation Therapy as an Innovative Group Treatment for Adult Eating Disorders: Patient Satisfaction and Preliminary Outcomes from a Canadian Tertiary Care Center

Brad A. Mac Neil, PhD, CPsych, Adult Eating Disorders Program, Hotel Dieu Hospital, Kingston ON

6:00 – 11:00 pm

Dinner Reception & Evening of Music

Pinnacle II/III

6:00 – 6:30 pm

Cocktail Reception (Cash Bar)

6:30 – 8:00 pm

Buffet Dinner

8:00 – 11:00 pm

Music: The Reverbasonics

Tuesday, October 7, 2014

8:30 – 9:00 am

Breakfast

Ballroom Foyer

9:00 – 10:30 am

Keynote Address

Pinnacle II/III



Integrating Common Therapeutic Elements Across All Effective Therapies and Introducing the Role of Self-Compassion in the Treatment of Eating Disorders

Josie Geller, PhD, RPsych, Director of Research, Eating Disorder Program, St. Paul's Hospital; Associate Professor, Department of Psychiatry, University of British Columbia, Vancouver BC

10:30 – 11:00 am

Nutrition Break

Ballroom Foyer

Poster Presentations on Display

Pinnacle I

(Presenters available for discussion)

11:00 am – 12:30 pm

Workshop Session II

Choose 1 of 6 workshops

A. COPE: A Comprehensive Approach to Treating Eating Disorders in Pre-Adolescents (Shaughnessy II)

Melissa Lieberman, PhD, CPsych, Hospital for Sick Children, Toronto ON

Brooke Halpert, PhD, CPsych, Hospital for Sick Children, Toronto ON

B. Creatively Enhancing Parents' Motivation and Confidence to Help Their Children with Eating Disorders: The Use of Symbolic Approaches (Pinnacle III)

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

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

C. DBT and EDs: The Ultimate Alphabet Soup (Pinnacle II)

Lana Bentley, MSW, RSW, Calgary Eating Disorder Program, Alberta Health Services, Calgary AB

Monique Jericho, MD, FRCPC, Calgary Eating Disorder Program, Alberta Health Services, Calgary AB

D. Integrating Eating Disorder and Obesity Prevention: Research Challenges and Opportunities (Ambleside I)

Shelly Russell-Mayhew, PhD, RPsych, University of Calgary, Calgary AB

E. The Role of the Therapeutic Family Meal in Treating Eating Disorders (Ambleside II)

Juli Agajanian, LMFT, CEDS, Center for Discovery, Los Alamitos CA USA

Julia Cassidy, MS, RD, CEDRD, Center for Discovery, Los Alamitos CA USA

F. Validation: How to Help Families Help Their Loved One with an Eating Disorder (Shaughnessy I)

Jennifer R. Henretty, PhD, Center for Discovery, Los Alamitos CA USA

Jamie C. Atkins, RD, Center for Discovery, Los Alamitos CA USA

12:30 – 1:30 pm

Lunch

Saughnessy Foyer

1:30 – 2:50 pm

Paper Session II

Choose 1 of 3 sessions (each session consists of 4 papers of 20 minutes each)

• **Session 1 (Pinnacle II)**

A. Community of Practice: An Innovative Approach to Integrating and Connecting Eating Disorders Service Providers in British Columbia

Amy Pezzente, MPT, Kelty Mental Health Resource Centre, Vancouver BC

Claire Winterton, MEd, CCC, South Vancouver Island Eating Disorders Program, Victoria BC

- B. Balanced View: Addressing Weight Bias and Stigma in Health Care**
Connie Coniglio, EdD, RPsych, BC Mental Health and Substance Use Services, Vancouver BC
Kiera Ishmael, MPH, BC Mental Health and Substance Use Services, Vancouver BC
Charlene King, MPH, BC Mental Health and Substance Use Services, Vancouver BC
Kimberley Korf-Uzan, MPH, BC Mental Health and Substance Use Services, Vancouver BC
- C. Simultaneously Preventing Body Dissatisfaction and Obesity Through Social Marketing Campaigns**
Fannie Dagenais, MSc, ÉquiLibre, Montréal QC
- D. Changing Perspective, Making a Difference**
Émilie Dansereau-Trahan, MA, Association pour la santé publique du Québec, Montréal QC
Annie Aimé, PhD, Université du Québec en Outaouais, Saint-Jérôme QC
Christophe Maïano, PhD, Université du Québec en Outaouais, Saint-Jérôme QC
- **Session 2 (Pinnacle III)**
- A. Study of the Relation Between the Motivation to Change, the Intensity of the Eating Disorder and the Quality of the Therapeutic Alliance Within a Group of Teenagers Hospitalized for ED**
Dominique Meilleur, PhD, Université de Montréal, Montréal QC
Catherine Ostiguy, Cand DPsy, Université de Montréal, Montréal QC
Danielle Taddeo, MD, Centre Hospitalier Universitaire Sainte-Justine mère-enfant, Montréal QC
Jean-Yves Frappier, MD, Centre Hospitalier Universitaire Sainte-Justine mère-enfant, Montréal QC
- B. Retrospective Study of Children Aged 8-12 Years Old Treated for an Eating Disorder**
Dominique Meilleur, PhD, Université de Montréal, Montréal QC
Olivier Jamouille, MD, Centre Hospitalier Universitaire Sainte-Justine mère-enfant, Montréal QC
Danielle Taddeo, MD, Centre Hospitalier Universitaire Sainte-Justine mère-enfant, Montréal QC
Jean-Yves Frappier, MD, Centre Hospitalier Universitaire Sainte-Justine mère-enfant, Montréal QC
- C. An Examination of Suicidality Among Adolescents with Eating Disorders: Profile Differences and Prognostic Indicators**
Julie Perkins, PhD, Children’s Hospital of Eastern Ontario, Ottawa ON
Nicole Obeid, PhD, Children’s Hospital of Eastern Ontario, Ottawa ON
Mark L. Norris, MD, Children’s Hospital of Eastern Ontario, Ottawa ON
Jessica Dunn, MD, Children’s Hospital of Eastern Ontario, Ottawa ON
Jessica Milloy, BA, Children’s Hospital of Eastern Ontario, Ottawa ON
Wendy Spettigue, MD, Children’s Hospital of Eastern Ontario, Ottawa ON
Megan Harrison, MD, Children’s Hospital of Eastern Ontario, Ottawa ON
- D. “Am I Recovered Yet?” Exploring Young Women’s Stories of Disordered Eating and “Recovery” in a Biopedagogical Society**
Andrea LaMarre, MSc, University of Guelph, Guelph ON
Carla Rice, PhD, University of Guelph, Guelph ON
- **Session 3 (Ambleside I)**
- A. Helping Parents Understand: Coordination of an Inpatient Therapy Group and a Parent Support Group**
Tom Bauslaugh, MA, BC Mental Health & Substance Use Services, Vancouver BC
Karen Dixon, MSW, BC Mental Health & Substance Use Services, Vancouver BC

- B. Family Involvement in a Pediatric Eating Disorders Program: Effectiveness of Parent Workshops**
Tom Bauslaugh, MA, Provincial Specialized Eating Disorders Program for Children & Adolescents, Vancouver BC
Jennifer Coelho, PhD, Provincial Specialized Eating Disorders Program for Children & Adolescents, Vancouver BC
- C. The Use of Psycho-Education in Conjunction with Family Based Treatment**
Sheila Bjarnason, MSW, RSW, Ontario Shores, Whitby ON
Elyssa Greenbaum, MSW, RSW, The Hospital for Sick Children, Toronto ON

2:50 – 3:10 pm **Nutrition Break** **Ballroom Foyer**
Poster Presentations on Display **Pinnacle I**

3:10 – 4:40 pm **Workshop Session III**
Choose 1 of 6 workshops

- A. Eating Disorder Prevention - What Works and What Doesn't? Integrating Best Practices into Current-Day Prevention (Pinnacle II)**
Jackie Grandy, MSW, National Eating Disorder Information Centre, Toronto ON
- B. FBT Across the Treatment Spectrum: A 15 Year Perspective on Using Family-Based Therapy to Treat Adolescent Eating Disorders (Pinnacle III)**
Wendy Spettigue, MD, Children's Hospital of Eastern Ontario, Ottawa ON
Mark Norris, MD, Children's Hospital of Eastern Ontario, Ottawa ON
Megan Harrison, MD, Children's Hospital of Eastern Ontario, Ottawa ON
Clare Roscoe, MD, Children's Hospital of Eastern Ontario, Ottawa ON
Julie Perkins, PhD, Children's Hospital of Eastern Ontario, Ottawa ON
Nicole Obeid, PhD, Children's Hospital of Eastern Ontario, Ottawa ON
- C. An Innovative Group Therapy Approach for Body Dissatisfaction: Integrating Exposure with Response Prevention (ERP) as an Adjunct to Evidenced Based Treatment for Eating Disorders (Ambleside I)**
Brad A. Mac Neil, PhD, CPsych, Adult Eating Disorders Program, Hotel Dieu Hospital, Kingston ON
- D. Radically Open Dialectical Behaviour Therapy: Broken Promises of Control and Perfectionism (Shaughnessy I)**
Suli Ackhurst, MSW, RCSW, North Fraser Adolescent Eating Disorders Program, Port Moody BC
Marketa Nykl, MEd, RCC, North Fraser Adolescent Eating Disorders Program, Port Moody BC
Cindy Torssonen, MEd, RCC, North Fraser Adolescent Eating Disorders Program, Port Moody BC
- E. Residential Treatment for Adolescents with Eating Disorders: The Development of a New and Innovative 12-Bed Unit (Ambleside II)**
Leora Pinhas, MD, FRCPC, Ontario Shores Centre for Mental Health Sciences, Whitby ON
Cynthia Weaver, MSW, RSW, Ontario Shores Centre for Mental Health Sciences, Whitby ON
Sheila Neuburger, RSW, Ontario Shores Centre for Mental Health Sciences, Whitby ON
- F. Transforming Trauma – Embodying the Self (Shaughnessy II)**
Ruth Lamb, RN, MScN, PhD, Langara College, Vancouver BC
Crystal Shaubel, BA, VCH Eating Disorders Clinic, Vancouver BC

4:40 – 5:00 pm **Closing Remarks** **Pinnacle II/III**

Jadine Cairns, RD, MSc, EDAC – ATAC President
Provincial Specialized Eating Disorders Program, British Columbia Children's Hospital, Vancouver BC

5:00 – 5:30 pm **EDAC-ATAC Annual Meeting** **Pinnacle II/III**

1. **An Observational Quality Improvement Study: Meal Support Adherence by Clinical Staff –Inpatient Eating Disorders Unit at The Hospital for Sick Children**
Jaimie Kennedy, RD, The Hospital for Sick Children, Toronto ON
Carley O’Kane, BSc, The Hospital for Sick Children, Toronto ON
Michael Lacey, BSc, HBaSc, The Hospital for Sick Children, Toronto ON

2. **A Review of Online Resources Available for Adolescents with Eating Disorders and their Families**
Wendy Spettigue, MD, FRCPC, Children’s Hospital of Eastern Ontario, Ottawa ON
Mark Norris, MD, FRCPC, Children’s Hospital of Eastern Ontario, Ottawa ON
Maeghan Fu, BSc, MD Candidate, Children’s Hospital of Eastern Ontario, Ottawa ON
Bani Jadiel Falcon, MD Candidate, Children’s Hospital of Eastern Ontario, Ottawa ON
Nicole Obeid, PhD, Children’s Hospital of Eastern Ontario, Ottawa ON
Danijela Maras, MA, Children’s Hospital of Eastern Ontario, Ottawa ON

3. **Acceptance and Commitment Therapy Group for Adult Eating Disorders: A Novel Outpatient Approach to Patient Engagement and Treatment**
Brad A. Mac Neil, PhD, CPsych, Hotel Dieu Hospital, Kingston ON
Laura Stubbs, Research Assistant, Hotel Dieu Hospital, Kingston ON

4. **Addressing Body Image Using a Group Therapy Approach for Treatment of Adult Eating Disorders: Patient Areas of Self-Evaluation and Outcomes**
Laura Stubbs, Research Assistant, Hotel Dieu Hospital, Kingston ON
Brad A. Mac Neil, PhD, CPsych, Hotel Dieu Hospital, Kingston ON

5. **Case Report on the Use of Heimlich Maneuver as a Purging Method Among Adolescents with Eating Disorders**
Ahmed Boachie, MD, FRCP, Southlake Regional Hospital Eating Disorders Program, Newmarket ON
Edigna Kusi Appiah, RN(EC), MN, ACNP-Pediatrics, Southlake Regional Hospital Eating Disorders Program, Newmarket ON

6. **Client Experiences of Transitioning from Adolescent to Adult Mental Health Services While Battling Anorexia Nervosa**
Carrie Bove, BA, Student, Simon Fraser University (Surrey Campus), Faculty of Education, Burnaby BC
Patrice Keats, PhD, Associate Professor, Counselling Psychology Program, Simon Fraser University (Surrey Campus), Faculty of Education, Burnaby BC

7. **Clinical Outcomes at the St. Paul’s Hospital Eating Disorders Program: The Role of Inpatient and Residential Care**
Joanna Zelichowska, BA, St. Paul’s Hospital, Vancouver BC
Megumi Iyar, BA, St. Paul’s Hospital, Vancouver BC
Suja Srikameswaran, PhD, St. Paul’s Hospital, Vancouver BC
Erin Dunn, PhD, St. Paul’s Hospital, Vancouver BC
Josie Geller, PhD, St. Paul’s Hospital, Vancouver BC

8. **Clinicians’ Perception of the Influence of Emotions on the Delivery of Family Based Therapy: A Qualitative Study**
Amber Sinclair, BA Cand, Laurentian University, Sudbury ON
Stacey Kosmerly, MA Cand, Laurentian University, Sudbury ON
Adele Lafrance Robinson, PhD, CPsych, Laurentian University, Sudbury ON

- 9. Countertransference Responses to Clients with Eating Disorders: Research and Practice**
Kelly Adler, MA, Fraser South Eating Disorders Program, Delta BC
Elsbeth Humphreys, MSW, RSW, Fraser South Eating Disorders Program, Delta BC
Meris Williams, PhD, RCC, Woodstone Residence and Private Practice, Vancouver BC
- 10. Efficacy of a Professional Development Workshop on Undergraduate Education Students' Beliefs Towards Health and Weight: Pilot Data and Follow-Up**
Shelly Russell-Mayhew, PhD, University of Calgary, Calgary AB
Alana Ireland, MSc, University of Calgary, Calgary AB
Michelle Tkachuk, BSc, University of Calgary, Calgary AB
Sarah Nutter, BSc, University of Calgary, Calgary AB
Gavin Peat, MEd, University of Calgary, Calgary AB
Tina Gabriele, PhD, University of Calgary, Calgary AB
Joyce Sunada, BEd, Ever Active Schools, Calgary AB
- 11. Evaluating the Readiness and Motivation Questionnaire (RMQ) in a Specialized Adult Eating Disorders Inpatient Unit**
Nicole Pugh, PhD, Vancouver Coastal Health, Vancouver BC
Suja Srikameswaran, PhD, University of British Columbia, Vancouver BC
Erin Dunn, PhD, University of British Columbia, Vancouver BC
Josie Geller, PhD, University of British Columbia, Vancouver BC
- 12. Examining the Utility of Hormone Levels in Predicting Healthy Body Weight in Youth with Restrictive Eating Disorder**
Erin Maszczakiewicz, MD, Memorial University of Newfoundland, St John's NL
Nicole Obeid, PhD, Children's Hospital of Eastern Ontario, Ottawa ON
Mark L. Norris, MD, Children's Hospital of Eastern Ontario, Ottawa ON
Megan Harrison, MD, Children's Hospital of Eastern Ontario, Ottawa ON
- 13. How Do Women Maintain Positive Embodiment in a Western Sociocultural Context?**
Kayla Balsden, BA Hons, University of Calgary, Calgary AB
Shelly Russell-Mayhew, RPsych, University of Calgary, Calgary AB
- 14. Looking Glass Foundation for Eating Disorders Summer Camp Evaluation**
Patricia Woods, MSN, RN, The Looking Glass Foundation; Langara School of Nursing, Vancouver BC
- 15. Male Adolescents with Eating Disorders: A Retrospective Chart Review**
Aarti Kumar, MA, Provincial Specialized Eating Disorders Program for Children & Adolescents, Vancouver BC
Jennifer Coelho, PhD, Provincial Specialized Eating Disorders Program for Children & Adolescents, Vancouver BC
Pei-Yoong Lam, FRACP, Division of Adolescent Medicine, Dept. of Pediatrics, BC Children's Hospital, Vancouver BC
Lucinda Kunkel, FRCPC, Provincial Specialized Eating Disorders Program for Children & Adolescents, Vancouver BC
Rachelle Pullmer, BA, Simon Fraser University, Burnaby BC

- 16. My Child Was Just Diagnosed with an Eating Disorder, Now What?: A Quality Improvement Evaluation of a Family Education Program**
Sheila Bjarnason, MSW, RSW, The Hospital for Sick Children, Toronto ON
Elyssa Greenbaum, MSW, RSW, The Hospital for Sick Children, Toronto ON
Rasha Srouji, NP, The Hospital for Sick Children, Toronto ON
Tania Turrini, RD, The Hospital for Sick Children, Toronto ON
Jessica Watts, RN, CNS, The Hospital for Sick Children, Toronto ON
- 17. Outcomes of a 2-Day Emotion-Focused Family Therapy Group for Caregivers of Adults with Eating Disorders**
Amanda Stillar, MA Psych, Health Sciences North, Sudbury ON
Adele Lafrance Robinson, PhD, CPsych, Laurentian University, Sudbury ON
- 18. Piloting of an EFFT Carer Workshop for Parents of Adolescents with an Eating Disorder**
Joanne Gusella, PhD, IWK Health Centre Eating Disorders Clinic, IWK Health Centre, Halifax NS
Laura Connors, PhD, IWK Health Centre, Halifax NS
- 19. Predicting Engagement in a Specialized Adult Eating Disorders Inpatient Unit**
Joanna Zelichowska, BA, St. Paul's Hospital, Vancouver BC
Megumi Iyar, BA, St. Paul's Hospital, Vancouver BC
Suja Srikameswaran, PhD, St. Paul's Hospital, Vancouver BC
Josie Geller, PhD, St. Paul's Hospital, Vancouver BC
- 20. Preventing Disordered Eating Using an Inter-Sectoral Collaborative Approach**
Helen Yeung, MHSc, RD, Vancouver Coastal Health, North Vancouver BC
Amanda Marques, MEd, RCC, Vancouver Coastal Health, North Vancouver BC
Shelley Hine, MA, RCC, Jessie's Legacy Program, Family Services of the North Shore, North Vancouver BC
- 21. Program Evaluation and Patient Satisfaction Data from an Adult Outpatient Eating Disorders Clinic in Southeastern Ontario: What are the Patients and Measures Telling Us?**
Brad A. Mac Neil, PhD, Hotel Dieu Hospital, Kingston ON
Sandra Leduc, RD, Hotel Dieu Hospital, Kingston ON
Karen Lollar-Baird, NP, Hotel Dieu Hospital, Kingston ON
Pallavi Nadkarni, MD, MRCPsych, Hotel Dieu Hospital, Kingston ON
Cathy O'Brien, RSW, Hotel Dieu Hospital, Kingston ON
Kerry Oulton, OT, Hotel Dieu Hospital, Kingston ON
Laura Stubbs, Hotel Dieu Hospital, Kingston ON
- 22. PUMPS: A University-Based Support and Education Program for Those Suffering with Disordered Eating and Excessive Exercise Behaviours**
Sally Willis-Stewart, PhD, CSEP, CEP, University of British Columbia, Kelowna BC
Mary Jung, PhD, University of British Columbia, Kelowna BC
- 23. Set Shifting as a Partial Mediator Between Two Correlates of Disordered Eating and Symptom Severity: Preliminary Evidence from a Sample of Undergraduate Students**
Stefanie Ciszewski, BA, MA Candidate, University of New Brunswick, Saint John NB
Lisa A. Best, PhD, University of New Brunswick, Saint John NB

24. Treatment Outcome in a Pediatric Day Treatment Program for Eating Disorders

Jennifer Coelho, PhD, Provincial Specialized Eating Disorders Program for Children & Adolescents, Vancouver BC

Jadine Cairns, RD, MSc, Provincial Specialized Eating Disorders Program for Children & Adolescents, Vancouver BC

Adi Keidar, MOT, Provincial Specialized Eating Disorders Program for Children & Adolescents, Vancouver BC

Marion Rom, MSW, Provincial Specialized Eating Disorders Program for Children & Adolescents, Vancouver BC

Jennifer Pender, DN, Provincial Specialized Eating Disorders Program for Children & Adolescents, Vancouver BC

Kit Standish, MA, Provincial Specialized Eating Disorders Program for Children & Adolescents, Vancouver BC

Pei-Yoong Lam, FRACP, Division of Adolescent Medicine, Dept of Pediatrics, BC Children's Hospital, Vancouver BC

25. Treatment Outcomes in a Specialized Adult Eating Disorders Inpatient Unit

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

Joanna Zelichowska, BA, St. Paul's Hospital, Vancouver BC

Suja Srikameswaran, PhD, St. Paul's Hospital, Vancouver BC

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

26. University of Victoria Collaborative Eating Disorder Clinic

Cliff Duncalf, MD, Eating Disorders Program, Island Health, Victoria BC

Judith Burgess, PhD, Health Services, University of Victoria, Victoria BC

Ai-Lan Chia, PhD, Counselling Services, University of Victoria, Victoria BC

Cathy Buchan, RN, Health Services, University of Victoria, Victoria BC

James Kirkpatrick, MD, Eating Disorders Program, Island Health, Victoria BC

Nabiha Rawdah, MEd, Resource Centre for Students with Disabilities, University of Victoria, Victoria BC

Carol Tickner, RD, Eating Disorders Program, Island Health, Victoria BC

Claire Winterton, MEd, Eating Disorders Program, Island Health, Victoria BC

27. Validity Evidence for the Eating Attitudes Test & the Eating Disorder Inventory: A Comparative Analysis

Krista D. Socholotiuk, MA, University of British Columbia, Vancouver BC

28. White Swan/Black Swan: Eating Disorders, Objectification Theory and Post Competitive Dancers

Nicole Doria, BA, BSc, Dalhousie University, Halifax NS

Lesley Barnes, BPE, MSc, Dalhousie University, Halifax NS

Keynote and Plenary Presenters

Dianne Neumark-Sztainer



Dr. Dianne Neumark-Sztainer, PhD, MPH, RD, is a Professor in the Division of Epidemiology and Community Health, School of Public Health and an Adjunct Professor in the Department of Pediatrics, both at the University of Minnesota. Her research focuses on adolescent nutrition and the prevention of weight-related problems including eating disorders, unhealthy weight control behaviors, body dissatisfaction and obesity. Dr. Neumark-Sztainer has published about 370 articles in peer-reviewed scientific journals and a book for parents of adolescents entitled, *"I'm, Like, SO, Fat!": Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World*. Dr. Neumark-Sztainer is involved in outreach work aimed at the prevention of eating disorders and obesity via presentations at scientific meetings, community presentations, and media interviews. She has received a number of teaching and mentoring awards from the University of Minnesota, including the Outstanding Faculty Mentor of Postdoctoral Scholars Award and the Leonard M. Schuman Award for Excellence in Teaching. Dr. Neumark-Sztainer's research has been recognized by the Academy for Eating Disorders with the Leadership Award in Research as well as awards from the National Eating Disorders Association and the Eating Disorders Coalition.

Josie Geller



Dr. Josie Geller, PhD, RPsych, 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 clinical and research interests have focused on intra and interpersonal factors that promote change, including client readiness and motivation, therapeutic alliance, and self-compassion. She has worked extensively in the assessment and treatment of individuals with eating disorders, and expanded her work to other populations, including HIV, substance use, and obesity. She is supported by grants from the Canadian Institute for Health Research and the Social Sciences and Humanities Research Council of Canada. She has published extensively and is an internationally renowned speaker.

D Blake Woodside



Dr. Blake Woodside, MD, FRCPC, specializes in the treatment of eating disorders in adults, and family therapy of adolescent anorexia nervosa. He is currently Medical Director, Program for Eating Disorders at the Toronto General Hospital, Director of the Inpatient Eating Disorders Service, and Professor in the Department of Psychiatry at the University of Toronto. He is 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. 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.

Leora Pinhas



Dr. Leora Pinhas, MD, FRCPC, is a child and adolescent psychiatrist who works with individuals who struggle with eating disorders and their families. She is an Assistant Professor at the University of Toronto and has been the Psychiatric Director of the Eating Disorder Program at Southlake Regional Health Centre and The Hospital for Sick Children. Dr. Pinhas recently joined the Adolescent Program at Ontario Shores Centre for Mental Health Sciences, and is currently working to develop a residential treatment model for adolescents with eating disorders. She has co-edited a book for parents of children with eating disorders and has co-authored two eating disorder psycho-educational manuals as well as a number of peer-reviewed papers on various topics in eating disorders. Dr. Pinhas was the Founding President of the Eating Disorders Association of Canada, is the current the Co-Chair of the Growing Healthy Bodies Working Group of the Sandbox Project (a national child health think tank) and member of the steering committee for the Ontario Community Outreach Program for Eating Disorders.

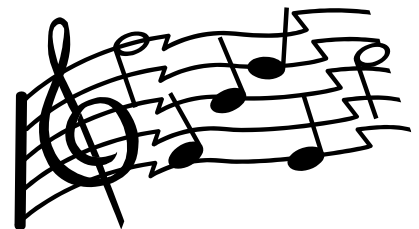


Dinner Reception and Evening of Music

The Reverbasonics are a 60's surf/pop/"garage" group. Their music appeals to a wide audience. The band plays songs with a wide variety of volumes and tempos, from quiet, almost acoustic numbers to danceable pop to guitar-and-drum heavy rockers – all of which have a retro, 60's sound that appeals to audiences ranging from kids to seniors!

Dr. Ron Manley, the lead guitar player, worked in the field of eating disorders for over twenty-eight years at B.C. Children's Hospital, including eleven years as Clinical Director of that ED program. He is a registered weight training instructor, personal trainer and yoga fitness instructor, and has particular interests in the integration of somatically-oriented psychotherapy with cognitive, emotion-based, and mindfulness approaches. He is now in private practice, where his interests include human potential generally as well as trauma recovery, athletes, and individuals with eating disorders or disordered eating, as well as consultation and supervision of therapists and trainees.

For more information about the Reverbasonics or bookings, please call Ron Manley at (604) 721-8755.



EDAC-ATAC 2014 Program Committee

Jadine Cairns, Conference Chair
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Diana Dickinson
Karen Dixon
Natasha Files
Josie Geller
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Kiera Ishmael

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Looking Glass/ Woodstone
Odin Books
WaterStone Clinic

Art Show Contributors:

Artist Pierre Leichner

PEDAW Mural Art Contest Winners:

First place: Jessica Terezakis, Vancouver, BC

Second Place: Megan Willms, Prince George, BC

Third Place: Amy Guenther, Abbotsford, BC

Participants from the following programs:

Provincial Adult Tertiary Eating Disorders Program, St. Paul's Hospital, Vancouver BC

Kelowna Eating Disorders Program, Kelowna, BC

Fraser North Eating Disorders Program, Port Moody, BC

Provincial Specialized Eating Disorders Program for Children and Adolescents; Eating Disorder Intensive Treatment Service, BC Children's Hospital, Vancouver, BC

Friends and Colleagues of EDAC-ATAC:

Laurie Hasiuk, Graphic Artist
Francesca Velotti & Stephanie Stevenson, Venue West
Lauren Lee & Nicole Howey, Marriott, Pinnacle Downtown Hotel
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See you in **Winnipeg**, 2016,
for the 5th Biennial EDAC-ATAC
Conference