



Harbouring Collaboration: Advancing Treatment from Coast-to-Coast

8th Biennial Conference of the Eating Disorders Association of Canada (2026)

AGENDA

Pre-Conference – Sunday, April 26, 2026

1830 – 2000 **East Coast Kitchen Party**
Eating Disorders Nova Scotia
2711 Agricola St., Halifax NS

Join us at our new space in Halifax’s North End for an East Coast Kitchen Party, an informal event where you can connect with colleagues, listen to music, enjoy drinks and nibbles, and learn more about Eating Disorders NS.

What is an East Coast Kitchen Party? Kitchen parties are an Atlantic Canada tradition. People gather in the kitchen, enjoy music, food and drink, and good company. Tartan or plaid is encouraged. Sociable!

Eating Disorders Nova Scotia is a community-based organization supporting those impacted by eating disorders both in NS and across Canada.

Day 1 – Monday, April 27, 2026

08:00 – 08:45 **Registration & Coffee/Tea**

08:45 – 09:00 **Welcome**
Land Acknowledgement

Welcome Address

Dr. Aaron Keshen, Conference Co-Chair and President, EDAC-ATAC
Jessica Wournell, Conference Co-Chair and President-Elect, EDAC-ATAC

Introductory Remarks

Dr. David Pilon, Past Chair for EDAC-ATAC 2012 Conference

09:00 – 10:30 Keynote Address

Topic: Individualizing our Understanding and Treatment of Eating Disorders
Presenter: Cheri A. Levinson

10:30 – 11:00 Health Break & Poster, Sponsor & Exhibitor Viewing

This is an opportunity for informal discussion and networking.

11:00 – 12:15 Paper Presentations I

A1 – Adult Treatment I

- A1a. Examining Real-World Outcomes of a Large-Scale CBT-T Training Program
Presenter: Laura Dixon
- A1b. Short-Term Effects of Social Media Detox on Body Dissatisfaction
Presenter: Jennifer S. Mills
- A1c. Integrating Compassion Through Indigenous Approaches to Disordered Eating
Presenter: Maureen Plante
- A1d. "It's Never Too Late to Be a Work in Progress"
Presenter: Betsy Brenner

A2 – Child and Youth I

- A2a. Acceptability of Peer Mentoring for Transition-Age Youth with Eating Disorders
Presenter: Anastasia Harris
- A2b. The Potential of Single Session Interventions as Early Interventions for Eating Disorders
Presenters: Andrea LaMarre & Nicole Obeid
- A2c. CBT-E in an Adolescent Day Treatment Program: Implementation and Outcomes
Presenter: Elizabeth Quon
- A2d. Who Faces Transition Challenges? Comparing Eating Disorder Services in Ontario
Presenter: Maria Nicula

A3 – Mechanisms

- A3a. Beyond BMI: Examining Weight Suppression as a Transdiagnostic Predictor of Eating Disorder Treatment Dropout
Presenter: Chelsea Ingram
- A3b. Clarifying the Role of Weight Suppression and Dietary Restriction on Cognitive Flexibility in Eating Disorders
Presenter: Samantha J. Withnell
- A3c. Affective Dynamics Across Eating Disorder Diagnoses
Presenter: Devyn Riddle
- A3d. Comedy in Eating Disorders Care: Healing Through Humor
Presenter: Tara Tanan

A4 – Eating Disorders and Diverse Populations

- A4a. Eating Disorder Risk and Psychological Distress, Health Services Access, and Diagnosis Among Intersectional Minority Groups
Presenters: Andrew Fullerton & Niyati Mistry
- A4b. Exploring LGBTQ+ Disparities in Eating Disorder Care
Presenters: Phillip Joy & Megan Henderson
- A4c. Intersectional Eating Disorder Experiences of Gender-Diverse Asian Canadians: An Arts-Based Narrative Study
Presenter: Clover Lee
- A4d. Eating Disorders in Women with and without PCOS
Presenter: Donna Vine

12:15 – 13:00 **Hot Buffet Lunch** (provided)
Poster, Sponsor & Exhibitor Viewing

13:00 – 14:30 **Workshop Sessions I**

- B1. Collaborating for Change: Tackling Weight Stigma in Treatment
Presenter: Julia Sweeney
- B2. Dear Body, Across the Sea: Healing Body Image Through Collaboration
Presenter: Rebecca Carley
- B3. Navigating Glucagon-Like Peptide-1 Agonists in Eating Disorder Care
Presenters: Sara Bartel & Aaron Keshen
- B4. Empowering Recovery – The Evidence and Experience Behind Peer Support
Presenters: Shaleen Jones & Gina Dimitropoulos

14:30 – 15:00 **Health Break & Poster, Sponsor & Exhibitor Viewing**

15:00 – 16:30 **Workshop Sessions II**

- C1. Navigating the Psychedelic Frontier: What is the Therapeutic Potential of Psilocybin Treatment for Eating Disorders?
Presenter: Elena Koning
- C2. Harbours Change: MED-DBT and Collaborative Contingency Management for EDs
Presenter: Anita Federici
- C3. Building Bridges: How Mentorship Shapes Sustainable Eating Disorder Services in the Maritimes
Presenters: Jessica Wournell, Brittany McQuillan, Stephanie Annema, Brynn Kelly
- C4. From Program Evaluation to Measurement-Based Care: Insights and Opportunities
Presenters: Elizabeth Quon & Nicole Obeid
- C5. Suicide Postvention in Eating Disorder Treatment: Clinical Perspectives
Presenters: Sarah Smith & Gina Dimitropoulos

17:00 **Monday Evening Reception** (everyone welcome)

This casual gathering will feature live fiddle music by The Fine Tuners Duo, creating a relaxed atmosphere to unwind and connect with colleagues after the day's sessions.

Day 2 – Tuesday, April 28, 2026

08:00 – 08:45 **Hot Breakfast** (provided)
Poster, Sponsor & Exhibitor Viewing

08:45 – 09:00 **Welcome Back**

Welcome and Housekeeping

Jessica Wournell, Conference Co-Chair and President-Elect, EDAC-ATAC

9:00 – 10:30 **Plenary Panel**
Advancing Eating Disorder Research Across Canada: Pan-Canadian Innovations and Insights

Panelists: Nicole Obeid, Jennifer Couturier, Gina Dimitropoulos

Moderator: Mark Norris

10:30 – 11:00 **Health Break & Poster, Sponsor & Exhibitor Viewing**

11:00 – 12:15 **Paper Presentations II**

D1 – Adult Treatment II

- D1a. More than Motivation: Fear of Self-Compassion Promotes Readiness for Change
Presenter: Avarna Fernandes
- D1b. Qualitative Study: Need for Control and Losing Control of Eating
Presenter: Laura Lapadat
- D1c. Evaluating Group-Based and Individual CBT-T for Eating Disorders: A Non-Randomized Trial and Implementation Study
Presenter: Laura Dixon
- D1d. Exploring Positive Sexuality in Women with Eating Disorder Symptoms: Dispositions, Motivations and Pleasure
Presenters: Genevieve Martin & Marie-Pierre Gagnon-Girouard

D2 – Child and Youth II

- D2a. Relative Energy Deficiency in Sport (RED-S) and Eating Disorders in Youth: Screening and Psychoeducation Strategies
Presenters: Mackenzie Milic
- D2b. First-Time Hospitalizations for Canadian Adolescents with Anorexia Nervosa During the COVID-19 Pandemic
Presenters: Gina Dimitropoulos
- D2c. Do Familial Factors in Adolescence Protect Against Disordered Eating in Early Adulthood? A 15-Year Study
Presenter: Niyati Mistry
- D2d. Association of Adolescent Disordered Eating with Mental Health at 1- and 15-year Follow-Up
Presenter: Nicole Obeid

D3 – System/Evaluation

- D3a. Translating Autism-Eating Disorder Evidence to Pediatric Care in Canada
Presenter: Amelia Austin
- D3b. Supposing is Good, Knowing is Better: Building an Evaluation Framework for Community Eating Disorders Support
Presenters: Andrea LaMarre & Shaleen Jones
- D3c. Fear and Eating Disorder Behaviours: An Ecological Momentary Assessment Study
Presenter: Lisa Y. Zhu

- D3d. Feasibility and Acceptability: Ecological Momentary Assessment During Binge-Eating Episodes
Presenter: Kendal Schmidt
- D3e. Best Practices in Digital Mental Health: The Body Peace Program
Presenters: Maureen Abbott & Shaleen Jones

D4 – Perspectives & Practice

- D4a. Exploring the Ruling Relations of Eating Disorder Treatment in Ontario
Presenter: Sarah Costantini
- D4b. Integrated Psychotherapy for Comorbid Eating Disorder and Post-Traumatic Stress Disorder
Presenter: Nami Trappenberg
- D4c. EMPHASize: Learning Modules for Healthcare Professionals to Impact Access to Care for Those Experiencing Eating Disorders
Presenter: Sally Stewart
- D4d. Terminal Anorexia and MAiD: Collaborative Perspectives on Decision-Making Capacity and Ethical Care
Presenters: Ashley Siegal, Sara Robb, Jennifer S. Mills

12:15 – 13:00 **Hot Buffet Lunch** (provided)
Poster, Sponsor & Exhibitor Viewing

13:00 – 14:30 **Workshop Sessions III**

- E1. Breaking Barriers: Navigating Fears of Self-Compassion in Eating Disorders Treatment
Presenters: Josie Geller & Aleece Katan
- E2. Dialectical Behaviour Therapy in Pediatric Higher Intensity Settings: A Primer for Clinicians
Presenters: Seena Grewal, Jennifer Couturier, Sarah Smith
- E3. From Patient to Partner: Forming a Research Advisory Board
Presenters: Beth Hales, Laura Lapadat, Sarah Racine, Maureen Plante, Gregory Walters, Candice Richardson
- E4. Wait-List Interventions to Support Pediatric Eating Disorders Patients Awaiting Treatment
Presenters: Renee Pang & Joy Abramson

14:30 – 15:00 **Health Break & Poster, Sponsor & Exhibitor Viewing**

15:00 – 16:30 **Workshop Sessions IV**

- F1. Neurodivergence and Eating Disorders: Sensory Considerations
Presenter: Krista Blatchford
- F2. The Value of a Social Justice Lens in Eating Disorder Treatment: An Integrative Review
Presenter: Sara Kolomejac
- F3. Mapping Recovery Together: Collaborative Approaches to Eating Disorder Support
Presenters: Corinne Bergstrom & Jennie Mendoza
- F4. Specialized Treatments for People with Long-Standing Eating Disorders: Personalization or Discrimination?
Presenters: Howard Steiger, Linda Booij, Mimi Israel
- F5. What We Want You to Know: Insights from Those with Lived Experience
Presenters: Catherine Armour & Shaleen Jones

16:30 – 17:00 **Closing Remarks and Door Prize Draw**

Posters

- P1. Feasibility of Providing Dialectical Behavior Therapy in a Pediatric Eating Disorder Program
Presenter: Sarah Smith
- P2. Patient Perspectives on Waitlist Interventions for Eating Disorders
Presenters: Genevieve Bianchini, Lindsay Bodell, Laura McGeown
- P3. Examining the Roles of Feared Self-Discrepancy and Mindfulness Facets in Body Dissatisfaction
Presenter: Camrie Kerry
- P4. Exploring the Relationship Between Processing of Alcohol Reward and LOC Eating Severity
Presenter: Taylor N. Breddy
- P5. Thinfluencers: Weight Attributions Towards Thin-Ideal Images on Social Media and Associations with Body Image
Presenter: Lindsay Fulham
- P6. Wellness-Washed Diet Culture: Perceptual Correlates of Clean-Eating #WIEIAD TikToks Among Young Women
Presenter: Ruby Dee Kagan

- P7. Middle-Aged Women's Memories of Maternal Food/Weight-Related Messaging
Presenters: Megan Henderson & Phillip Joy
- P8. Appearance-Related Social Comparison and Body Image Among Young Women: Self-Compassion as a Mediator of Body Dissatisfaction Outcomes
Presenter: Rachel Howells
- P9. Appearance-Related Social Media Use and Body Dissatisfaction Among Young Women with Internalized Weight Bias: The Explanatory Role of Body-Related Shame
Presenter: Rachel Howells
- P10. Gender Identity and Eating Disorder Symptom Profile Among Adolescents
Presenter: Dina Moubayed
- P11. Filtered Realities: A Youth-Led Project Investigating Social Media's Influence of Eating Disorders
Presenter: Sarah Costantini
- P12. Awareness of Eating Disorders Among Young People: Implications for Prevention
Presenter: Melissa Wells
- P13. Enculturation and Eating Disorders: A Scoping Review
Presenter: Simran Brar
- P14. A Theoretical Proposal of Enhanced Cognitive-Behavioural Therapy for Eating Disorders Applied to Orthorexia Nervosa
Presenter: Kristen M. Hernandez
- P15. Disordered Eating and Shame Among Canadian Undergraduate Students: Associations with Food Insecurity
Presenter: Jennifer S. Mills
- P16. Initial Construct Validation of an Eating Disorder Behaviour Functions Measure
Presenters: Abby Kinnear & Lindsay Bodell
- P17. Avoidance Temperament is Associated with Dietary Restriction Indirectly via Actual-Feared Self-Discrepancy
Presenters: Anastasiia Yalovenko & Samantha Wilson
- P18. Resilience, Body Positivity, and Disordered Eating Behaviors Among Youth
Presenter: Melissa Wells
- P19. Sleep Disturbance in Eating Disorders: What Persists After Remission?
Presenter: Samantha Kenny

- P20. Exploring the Impact of Laxative Use on Nutritional Rehabilitation and its Potential Impact on Mental Health Recovery in Adolescents with Anorexia Nervosa
Presenter: Mark Norris
- P21. Examining Intestinal Energy Harvest During Nutritional Rehabilitation in Adolescents with Anorexia Nervosa
Presenter: Mark Norris