Often misunderstood, eating disorders are not merely a “vanity” disease, but rather involve a complex combination of psychological, sociological, and biological factors that form a “perfect storm” of risk factors that produce a disease with the highest mortality rate of any mental illness. This workshop will provide mental health practitioners with information regarding eating disorders in the Jewish community, the relationship between gender dysphoria and eating disorders, and eating disorder in middle aged individuals.

Feasting and Fasting: Eating Disorders in the Jewish Community will discuss the importance of clinicians being able to understand and recognize the difference between pathology and tradition and discuss how clinicians incorporate rituals and observance into the treatment process in working with Jewish clients.

Eating Disorders Among Individuals with Gender Dysphoria will discuss the incongruence between the assigned biological sex and the desired sex in gender dysphoric individuals that lead this population to evaluate their own body more negatively than non-transgender persons.

Eating Disorders and the Middle Aged Population will explore the several societal reasons why this trend of middle aged individuals developing eating disorders. Social and economic stressors are impacting the middle aged in various ways, prompting them to find maladaptive coping skills such as eating disorders.
ABOUT THE PRESENTERS

Alissa Baum, Psy.D. is a primary therapist at the Renfrew Center, in Coconut Creek, Florida. She received her doctorate in psychology from Nova Southeastern University, and completed her undergraduate degree at the University of Florida. Dr. Baum specializes in the treatment of eating disorders and other women's issues, including trauma and substance abuse, and is on the Jewish Women’s Initiative steering committee at The Renfrew Center.

Dana Barack, Psy.D. is a post-doctoral resident at the Renfrew Center, in Coconut Creek, Florida. She received her doctorate in psychology from Nova Southeastern University, and undergraduate school at the University of Florida. Dr. Barak specializes in the treatment of eating disorders and other women's issues.

Heather Silversmith RD, LD/N is a registered dietitian who has been affiliated with the Renfrew Center for 15 years. She has worked with patients in all levels of care including outpatient and residential treatment. Ms. Silversmith has honed her skills as an eating disorders specialist over many years, and continues to do so with this very challenging population. Most recently, Ms. Silversmith became the exercise coordinator at The Renfrew Center in Coconut Creek, assisting patients with the challenges of behaviors of both food and exercise, creating a more integrative approach to eating disorder recovery.

PROGRAM OBJECTIVES

Participants will be able to:

- Describe the levels of observance that exist in the Jewish religion
- Explain how the culture and observance of Judaism lends itself to disordered eating patterns and body image dissatisfaction.
- Apply innovative strategies to blend rituals and traditions into the treatment process for use with Jewish clients.
- List DSM-5 criteria for Gender Dysphoria
- Discuss explanations as to why Gender Dysphoria may be a risk factor for developing eating disorders
- Compare differences in eating disorder symptom use between male to female (MtF) and female to male (FtM) individuals with Gender Dysphoria
- Describe the impact of gender reassignment surgery on body image disturbance
- Analyze some of the unique stressors impacting the middle aged population today
- Discuss the physical and emotional ramifications of middle aged women leading to disordered eating behaviors
- List some of the warning signs of eating disorders in middle aged women
- Explain why the middle aged population tends to be “flying under the radar” as the new face of eating disorders
PROGRAM AGENDA

8:00 a.m. – 8:30 a.m. Registration and refreshments
8:30 a.m. – 9:00 a.m. Welcome/Introduction of The Renfrew Center (Dr. Deborah Radzwill)
9:00 a.m. – 10:00 a.m. Eating Disorders and Mid-Life (Heather Silversmith)
10:00 a.m. – 11:00 a.m. Eating Disorders and the Orthodox Community (Dr. Alissa Baum)
11:00 a.m. – 12:00 a.m. Eating Disorders and Gender Dysphoria (Dr. Dana Barack)

PROGRAM LOCATION

Nova Southeastern University
Carl DeSantis Bldg. (Huizenga School of Business and Entrepreneurship)
Knight Auditorium – Room 1124
3301 College Avenue
Fort Lauderdale, Florida 33314

For maps and directions to Nova Southeastern University’s main campus in Ft. Lauderdale, please visit our web site at http://www.nova.edu/cwis/campusmaps/maincampus.html. Telephone directions to the main campus are available 24 hours a day by calling (954) 262-1563.

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Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.
Registration Form

EATING DISORDERS AND TRENDING POPULATIONS
Friday, November 21, 2014

NAME: __________________________________________ DEGREE: ____________

ADDRESS: ____________________________________________________________________________________

CITY: ______________________________________ STATE: __________ ZIP: __________________________

TELEPHONE (work): ______________________ TELEPHONE (home): __________________________

EMAIL ADDRESS: ____________________________________________________________________________

Please email me about future workshops:  □ yes   □ no

CHECK ALL THAT APPLY:

□ psychologist  □ school psychologist  □ mental health counselor

□ social worker  □ marriage and family therapist

□ other ________________________________

License #_________________________________________ State _________________________

NSU CENTER FOR PSYCHOLOGICAL STUDIES:

□ faculty  □ adjunct faculty  □ part-time core faculty  □ full-time staff

□ doctoral student  □ master’s student  □ specialist student  □ CPS alumnus

WORKSHOP FEES:

□ Advanced Registration (by November 12)  □ Regular/On-Site Registration (after November 12)

$45.00       $60.00

□ check/money order payable to Nova Southeastern University

TO REGISTER WITH A CREDIT CARD, PLEASE VISIT OUR WEBSITE AT
http://cps.nova.edu/programs/continuingeducation/workshops.html

MAIL CHECKS TO:
Nova Southeastern University
Center for Psychological Studies
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REFUND AND CANCELLATION POLICY: A full refund or a full credit for another program will be issued for cancellations received no later than one week prior to each workshop date. Credit toward another program will be awarded for cancellations after that date. The university reserves the right to cancel the program due to low registration.