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An iaedp NY 2016 Quarterly Event: Recommendations for Integrating Exercise in Eating Disorder Treatment

Speaker Riley Nickols, PhD, will discuss the following objectives as they relate to integrating exercise into eating disorder treatment.

- Understand the medical, psychological, and behavioral markers needed before beginning exercise in ED treatment.
- Learn how to appropriately provide structure around exercise, and determine readiness to increase exercise, throughout treatment.
- Recognize how exercise can be used as a motivator to support treatment targets.

Riley Nickols, PhD is a counseling and sport psychologist and the Director of the Victory Program at McCallum Place in St. Louis, MO.



TO REGISTER: <https://exerciseanded.eventbrite.com>

Friday, June 3, 2016 ♦ 9:45 AM – 12:00 PM

CAI ♦ 505 8th Avenue, 20th Floor (Yellow Room) ♦ New York, NY 10018

Between W. 35th and W. 36th Streets

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