



## Save the Dates

**Friday, September 28, 2018 10am-12pm**  
Quarterly Educational Event – Collaboration of the ED Treatment Team

**Saturday, December 1, 2018 4pm-7pm**  
Winter Gala - Yale Club, NYC

**February 7 - 10, 2019**  
iaedp 2019 Symposium,  
JW Marriott Desert Springs Resort & Spa,  
Palm Desert, CA

**Friday, March 29, 2019**  
Quarterly Educational Event

**Friday, May, 17 2019**  
Quarterly Educational Event

**Friday, June 7, 2019 (tentative)**  
Members Only Event

**Friday, September 27, 2019**  
Quarterly Educational Event

**Saturday, Dec 7, 2019**  
Winter Gala

*Dates and topics subject to change.*

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## President/VP Update



Mittsi Crossman  
MD, CEDS  
iaedpNY President



Jessica Aronson  
LCSW-R, ACSW, CGP, CEDS  
iaedpNY Vice President

**H**appy Summer!  
After what has seemed

like the most bizarre temperature swings this winter to spring to summer, we are finally feeling like summer has arrived! Our winter/spring has been very busy with amazing educational events in February and May, the Symposium in Orlando, FL in March, and a unique Members Only Meditation and Networking event in June! It was great to see you at these events and hope that you all have enjoyed them!

Members of iaedpNY experienced a guided meditation at New York's MNDFL studio. For 45 minutes, we closed our eyes, sat on raised

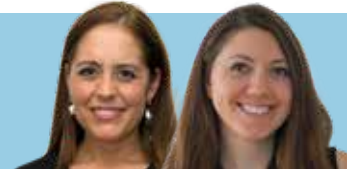
cushions, and used our breath to slow down and connect with ourselves. The meditation allowed us to notice how our minds and bodies respond to space and time away from life's distractions and the chatter our minds speak. As professional caregivers and healers, we must practice self-care and nurturance in order to model for our clients the ultimate value in slowing down in order to stay present and connected. Eating disorders serve as a distraction to "one's being with themselves" and the practice of meditation has shown to help people in their journey of recovery. We look forward to sharing new and creative ways to practice self-care for the professional caregivers.

As the summer is a slower pace for many of us, the iaedp NY board finalizes our upcoming year's schedule - i.e., 2019! If you would like to be considered for speaking at or

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## Co-Social Media Chair Update

JENNIFER MCGURK RDN, CDN, CDE, CEDRD AND VALLERY KALLEN, MS, RD



### Connect With Us!

The iaedp NY website has been updated!! Check out our updates at <http://iaedpny.com>. We always have our calendar of events available for you to schedule us into your calendar, as well as information about our meetings. We have 2 sections on finding treatment for your clients: The Find An Expert section, and the Group Treatment Finder.

Don't forget to review your "Find An Expert" listing at <http://iaedpny.com/find-expert> and let me know if you have any changes to your profile. Our group treatment page is "Ongoing Groups for Recovery" (<http://iaedpny.com/tristate-treatment-groups>). Please use this page as a reference to find treatment groups (free groups, support groups, meal support, IOP programs, day treatment programs, and supervision). Please send me any new groups that you are running and/or updates about your group. All changes should be sent to [iaedpny-socialmedia@gmail.com](mailto:iaedpny-socialmedia@gmail.com).

Our Monthly Email is a great place to post advertisements for groups, office space, treatment centers, or other promotional material. To post, please email Valery at [iaedpny-monthly@gmail.com](mailto:iaedpny-monthly@gmail.com). Please have any content to Valery by the 10th of the month if you would like it posted in that month's issue.

We are proud of our New York Chapter members. We have such a strong community. Please take advantage of MemberShare at <http://membershare.iaedp.com/>. MemberShare is a resource available to all members of iaedp, not only the NY chapter. For example, MemberSALUTE, MemberSPOTLIGHT, MemberPUBLISH, MemberLOCAL, MemberLEAD are opportunities for the New York community to share with our National and International peers, what we are doing! For additional continuing education, links to the iaedp Institute Webinar or events with other chapters are listed. For MemberSHARE questions, comments and/or submissions, please send an email to Blanche Williams, the Assistant Managing Director & Media Relations Director for the International Board: [blanche@iaedp.com](mailto:blanche@iaedp.com)

Feel free to send [iaedpny-socialmedia@gmail.com](mailto:iaedpny-socialmedia@gmail.com) articles, blog posts, and news and events from you or your organization. I will happily spread the word on our social media pages.

Follow us on Facebook:

<https://www.facebook.com/iaedpNY>

Follow us on Twitter:

<https://twitter.com/iaedpny>

Follow us on Instagram:

<https://www.instagram.com/iaedpny/>



## Student Membership Chair Update

LISA BARGELLINI, LMHC

Student membership is an excellent opportunity for those currently enrolled in school and are looking to expand their knowledge of eating disorders and other relevant topics in the field. It is a

fantastic way to connect to and network with other professionals in the community. For more information on becoming a student member please email Lisa Bargellini at [iaedp-students@gmail.com](mailto:iaedp-students@gmail.com).



EATING Recovery CENTER

Leading the way to recovery

what makes us **unique?**



**National Vertically Integrated Healthcare System**

Comprehensive care at all levels of care from inpatient medical stabilization to intensive outpatient



**Strong Commitment to Family Involvement**

Dedicated therapies for families impacted by eating disorders and related conditions



**High Care Team Member to Patient Ratio**

We ensure patients get the individualized attention they deserve to achieve lasting recovery



**Collaboration with Referring Providers**

We work jointly with providers to achieve best possible treatment outcomes

**resources** for patients, family members

and providers



**MyERC Professional Portal**

One convenient location to earn continuing education online, become a member of the National Referral Network and refer a patient via Quick Admit



**Family Support Center**

Online resources for family members and caregivers including meal planning, education, and a recovery-focused forum



**Educational Events**

Local, regional and national events for providers, alumni, family and community members



**eLearning Webinars**

Ongoing educational trainings from the comfort of your home or office



**National Recovery Advocates**

Our advocates inspire hope through sharing their own stories of recovery from an eating disorder



**Alumni Support**

We support you in sustaining recovery after treatment



**Mental Note Podcast**

Hope-filled episodes provide education and inspiration through relatable, personal stories of recovery



**Become a Recovery Ambassador**

Receive a monthly email with ways to raise awareness and educate others about eating disorders



**Virtual Program Tour**

Experience a 3D tour of our programs via YouTube videos and virtual reality glasses

Visit [eatingrecovery.com/2018](http://eatingrecovery.com/2018) to get connected today.



## President/VP Update *Continued from page 1*

sponsoring an iaedp NY event in 2019 or beyond, please email [Education@iaedpny.com](mailto:Education@iaedpny.com) or [iaedp-nysponsorship@gmail.com](mailto:iaedp-nysponsorship@gmail.com) to submit a speaker proposal or sponsor contract, respectively. We prioritize event topics based on the community's votes via survey monkey surveys so there is still time to make your preferences heard: <https://www.surveymonkey.com/r/7BL222X>

Similarly, the International Board of iaedp is also looking forward to 2019 and accepting proposals for the 2019 Symposium. The 2019 Symposium will be February 7-10 and at the JW Marriott Desert Springs Resort & Spa in Palm Desert, CA. The call for proposals is online <https://iaedp.confex.com/iaedp/2019/cfp.cgi> AND closes July 2nd. If you, or someone you know, intends to submit a proposal, please do so soon!

We would like to thank Tabitha Limotte for serving as

Membership Chair and welcome Julia Vukicevic onto the New York board! We continually collecting cover letters and resumes for those interested in becoming more involved in iaedp NY. If any of you are interested to be considered for a Chapter officeholder position, please send your cover letter and resume or any questions to [President@iaedpNY.com](mailto:President@iaedpNY.com). NY Chapter officeholders are expected to attend all iaedp NY events and quarterly chapter board meetings.

We are continuing to grow in membership as well as in certified members. Please contact Julia Vukicevic at [Membership@iaedpny.com](mailto:Membership@iaedpny.com) if you would like the chapter discount code to join or renew. Please see our Certification update in this newsletter for some new certification news! You can also email [Certification@iaedpny.com](mailto:Certification@iaedpny.com) for assistance in certification.

Have a happy, safe, and healthy summer!



## Education Update LAURA CIPULLO, RD, CDE, CEDRD, RYT

On May 11, 2018 Eating Recovery Center's team Elizabeth Easton, PsyD, CEDS and Stefanie Ginsburg, RD presented ARFID: Integrative Psychotherapy and Nutrition Protocol for Assessment and Interventions. Avoidant Restrictive Food Intake Disorder is defined as feeding or eating disturbance as manifested by persistent failure to meet appropriate nutritional and/or energy needs leading to one or more of the following:

- Significant weight loss (or failure to achieve expected weight gain or faltering growth in children)
- Significant nutritional deficiency

- Dependence on enteral feeding or oral nutritional supplements
- Marked interference with psychosocial functioning

ARFID goes beyond the picky eater. Easton and Ginsburg shared Toomey and Associates' defining characteristics of the picky eater versus a problem eater. Once a clinician identifies a "problem feeder," further intervention is suggested. The team approach is essential with ARFID, like any other feeding and eating disorder. Treating with both meal therapy and Emotion Focused Family Therapy are recommended as the ARFID treatment standard at Eating Recovery Center.

## Research Chair Update

SUMMARY BY DR. ALEXIS CONASON, PsyD, IAEDP NY RESEARCH LIAISON

# Sociocultural and Familial Factors Associated with Weight Bias Internalization

There is a growing body of research documenting the harmful outcomes of weight bias, a form of prejudice marked by derogatory attitudes toward and negative stereotypes about individuals living in larger bodies. While weight bias is destructive in any form, it seems to be particularly dangerous for people who internalize these biases and apply the negative stereotypes and stigmatization to themselves, a phenomenon known as weight bias internalization (WBI). WBI has been associated with numerous negative mental and physical health outcomes including low self-esteem, body dissatisfaction, disordered eating, depression and anxiety, reduced physical activity, poor health-related quality of life, and metabolic syndrome.

Weight bias internalization affects approximately 40% of US adults who meet BMI criteria for “overweight” or “obesity” (and likely affects even more people across the weight spectrum). Yet, no prior research has investigated sociocultural and familial factors associated with weight bias internalization. In this month’s research summary, we are highlighting the first study to explore the relationship between interpersonal sources of weight stigma, family weight history, and weight bias internalization.

Pearl et al (2018) assessed 178 participants who met BMI criteria for “obesity” who were preparing to participate in a weight loss program. Par-

ticipants were between the ages of 21-64 years old and were primarily African-American (71%). Participants were administered questionnaires to assess the frequency that they experienced weight stigma from different sources, family weight, weight bias internalization, and depressive symptoms.

Over 75% of participants reported experiencing weight stigma from one or more sources. Nearly 40% of participants reported experiencing weight stigma from 3 or more categories. Family of origin and health care practitioners were the leading sources of weight stigma. The more sources that a participant experienced weight stigma from, the higher their levels of WBI. Both stigma from family and work had significant effects on WBI, but weight stigma at work may be particularly problematic due to threatening one’s livelihood and potentially feeling helpless to stop it. It is notable that few states have laws to prevent discrimination in the workplace against people at higher weights.

Interestingly, higher maternal BMI emerged as a protective factor in WBI. It is possible that, in this primarily African-American sample, mothers with higher BMI may model healthy weight-related self-esteem, give more messages of body acceptance, and be more likely to view a larger bodied child as “normal” (rather than a problem

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to be fixed). While the research study didn't investigate why maternal BMI may protect children from internalizing body-shaming messages, it reveals an important area for future study. It also underscores the essential role of parents in shaping how children develop body image and weight bias internalization into adulthood and beyond.

Black participants had lower WBIS scores than white participants and it seems as though cultural differences play a role in the development of WBI. Future research should continue to examine racially, ethnically, and culturally diverse samples.

Overall, this study highlights the ubiquity of weight bias and WBI, the need for laws to prevent weight-based discrimination in the workplace, potential racial, ethnic, and cultural differences in the development of WBI, and the essential role that parents can have in helping children develop healthy body confidence and protect them from WBI.

Reference: Pearl RL, Wadden TA, Tronieri JS, et al. (2018). Sociocultural and familial factors associated with weight bias internalization. *Obesity Facts*; 11: 157-164.



## Marketing/Sponsorship Chair Update

SARAH CHIPPS, PsyD

### Thank You For Your Support

Our well attended educational and networking events aren't possible without the generosity of our sponsors. If you would like to learn more about iaedpNY event sponsorship or would like to collaborate on an outreach event, please email me at [iaedpnysponsorship@gmail.com](mailto:iaedpnysponsorship@gmail.com).



## Membership Chair Update

TABITHA LIMOTTE LMFT, CEDS

If you haven't checked recently, please take a moment to log in to your new profile on the national website [www.iaedp.com](http://www.iaedp.com) under Member Login to make sure your information is still current. You can upload a new picture to your profile and add information about your practice!

As a reminder, members of the NYC chapter receive a discounted rate on their annual iaedp membership by renewal as a chapter member. For questions about New York Chapter affiliation, or for the New York Chapter's discount code for new members or renewing members, please email Julia Vukicevic, RD incoming Membership Chair at [membership@iaedpNY.com](mailto:membership@iaedpNY.com).

Any questions about the membership profiles on the national website [iaedp.com](http://iaedp.com), please email Rebecca Albertini at [rebecca@iaedp.com](mailto:rebecca@iaedp.com).

# Certification Chair Update

CHRISTINA CARRAD, LPC, LCAT, ATR-BC

## Hooray & Congrats!

**A**re you considering Certification and don't know where to start?

If you have been considering certification and are an experienced professional specializing in eating disorders (five years post licensure), the process is likely simpler than you think if you qualify for the Equivalency route to certification.

For newer professionals, you are in good hands with your iaedp™-approved supervisor to guide you through your cases and with the iaedp™ Core-Courses conducted by leading experts using the Traditional route to certification. The core courses are available online as a home study or you can register at a discount for the live core courses offered during the annual presymposium.

For experienced or newer professionals who treat some eating disorders but also have a broad base of clients without eating disorders, consider the Associate Educational Designation. Although this is not a route to certification, you will gain important knowledge to increase confidence when working with eating disorders or disordered eating and to understand when to refer to specialists and/or higher level of care.

Individuals with iaedp Certification designations (CEDS, CEDRD, CEDCAT, or CEDRN) are health care professionals who have met rigorous educational and skill requirements, have accumulated a minimum number of hours of qualifying work experience, have made a commitment to stay abreast

of current developments in the field through continuing education, and have agreed to comply with the Association's ethical principles.

The iaedp™-approved supervisor is responsible for providing expert guidance to our future eating disorder specialists ensuring the varied experiences, practice hours and skill level meets the iaedp™ standard of excellence. Leading by Example: A "How To" Workshop for iaedp™ Certification Supervisors This recording of 2018 Symposium Workshop will be available soon. It is geared towards the advanced clinician (therapists, registered dietitians and medical providers) with the process of iaedp™ supervision. Please watch for updates from [certification@iaedp.com](mailto:certification@iaedp.com), the Director of Certification of iaedp™.

You can also email our New York Chapter Certification Chair [certification@iaedpny.com](mailto:certification@iaedpny.com) for more personalized help if you have any questions about becoming certified or an approved supervisor!

Certification is considered a measure of professional excellence in the eating disorder community. IAEDP New York is grateful and proud to support a community of so many certified professionals! Congratulations to our iaedp NY members on their recent certifications!

NEW YORK:

JULY 2018 - Christine Knorr, LCSW, CEDS

JULY 2018 - Anastasia Nevin, MS, RD, RYT, CEDRD

NEW JERSEY:

MAR 2018 - Elizabeth Frenkel, PhD, CEDS

FEB 2018 - Laura C. Bennett, MS, RD, CEDRD



# HOWEVER FAR YOU TRAVEL, YOU WILL COME A LONG WAY

## AT PRINCETON CENTER FOR EATING DISORDERS

People travel from all over the country to receive treatment at Princeton Center for Eating Disorders. We have earned a national reputation for our expert care with access to on-site medical treatment and our healing approach that provides the tools for long-term recovery. No matter how far you travel to get here, you'll definitely go far while you are here.

Inpatient treatment for people of all genders, ages 8 and older.

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TAKE THE FIRST STEP TODAY.  
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[princetonhcs.org/eatingdisorders](http://princetonhcs.org/eatingdisorders)



## iaedp MISSION STATEMENT

To promote a high level of professionalism among practitioners who treat individuals with eating disorders by promoting ethical and professional standards, offering education and training in the field, certifying those who have met prescribed requirements, promoting professional awareness of eating disorders and assisting in prevention efforts.

The International Association of Eating Disorders Professionals Foundation (iaedp) is well-recognized today for its excellence in providing the highest standards of education, training, and certification to a multidisciplinary group of professionals who treat the full spectrum of eating disorders. The mission of the New York Chapter of iaedp reflects that of the iaedp national mission. iaedpNY is focused on providing education and raising awareness, as well as the prevention and treatment of eating disorders through the establishment of the iaedpNY chapter website, E-newsletters, and social media, as well as offering educational presentations. iaedpNY provides a place for professionals in the field of eating disorders to network, exchange ideas and be educated on all things related to eating disorders. iaedpNY encourages members and qualified professionals to complete the certification process to receive specialized credentials such as Certified Eating Disorder Specialist (CEDs) and Certified Eating Disorder Registered Dietitian (CEDRD). iaedpNY helps to promote standards of care and is dedicated to helping professionals navigate the process towards becoming certified eating disorder specialists.

## iaedp ETHICS STATEMENT

iaedp is committed to excellence in the ethical practice of those professionals who treat eating disorders. Given the psychological, behavioral, social, cultural, medical, biological, familial, and legal complexities of eating disorders, iaedp strives to ensure all members have the appropriate training and competencies to function with the highest level of integrity in all interactions with clients, families, colleagues, ancillary professionals, and the general community. iaedp expects that members will act in accordance with their respective disciplines and/or the APA code of ethics. Ethical concerns brought to the attention of iaedp are reviewed by the Ethics Committee whose recommendations are submitted to the Board of Directors for resolution.

## 2018 iaedpNY BOARD MEMBERS

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