We’re Bringing Our Expertise To You

March 21 • Cincinnati, OH
April 25 • Bethlehem, PA
May 9 • Poughkeepsie, NY
May 16 • Long Island, NY
June 13 • Macon, GA

6 CE Credits
www.renfreewcenter.com • 1-877-367-3383
The Renfrew Center Foundation is dedicated to eliminating eating disorders by advancing education, prevention, advocacy, research and treatment. Our seminars are designed to help healthcare professionals develop skills in the prevention, assessment and treatment of behavioral and emotional disorders in women.

The Renfrew Center Foundation, a non-profit organization, was the first in 1991 to host a national conference about eating disorders. The Foundation has presented seminars in dozens of cities across the country and, to date, has trained more than 25,000 professionals.

This spring, we have planned five advanced training seminars that address core issues in the treatment of eating disorders.

**ABOUT THE PRESENTERS**

**Adrienne Ressler, LMSW, CEDS, FiAedp**

Adrienne Ressler, LMSW, CEDS, FiAedp, is Vice President, Professional Development, for The Renfrew Center Foundation and has served as senior staff for 24 years.

Adrienne attended the University of Michigan where she served as faculty in the School of Education.

A body image specialist, she is a member of the Academy of Eating Disorders as well as a fellow and past president of the Board of Directors of the International Association of Eating Disorder Professionals (iAedp).

Her trainings reflect her background in body-focused methods to treat eating disorders, body image, trauma, and substance abuse. She is published in *The International Journal of Fertility and Women’s Medicine*, *Social Work Today* and *Pulse*, the journal of the International Spa Association.

Author of chapters on the use of experiential and creative therapies for eating disorders in two textbooks, her work has also been included in the first *Encyclopedia of Body Image and Human Appearance*.

A frequent contributor to popular media, she has appeared on the *Today Show* and *Good Morning America* Sunday and is the featured body-image expert for documentaries on both cosmetic surgery (*Lords of Esteem*) and menopause (*Hot Flash Havoc*).

**Gayle Brooks, PhD**

Gayle Brooks, PhD, is Vice President and Chief Clinical Officer for The Renfrew Center. For the past 25 years, she has treated patients from diverse backgrounds who suffer from eating disorders. Dr. Brooks served as the eating disorders specialist in the HBO film *Thin* and has appeared on *Good Morning America*.

Major publications and newspapers, including *The New York Times*, *People Magazine*, *Essence Magazine* and *Perspectives*, The Renfrew Center Foundation’s Journal for professionals, have interviewed Dr. Brooks. She is a frequent presenter at conferences and workshops on topics such as the treatment of the complex patient, eating disorders and cultural diversity, the interplay between eating disorders and trauma, and eating disorders in mid-life women.
Seminar 1
THE FALSE SELF: THE COMPLEXITY OF BODY IMAGE AND IDENTITY ISSUES IN THE TREATMENT OF EATING DISORDERS
Adrienne Ressler, LMSW, CEDS, Fiaedp

Body image is perhaps the least understood and most complex of the core issues associated with eating disorder treatment. As an integral part of the life cycle, body image development shifts and adapts as we age and engage in life experiences. It is ironic, and adds to the difficulty of treatment, that our clients are focused on and obsessed with their bodies yet are virtually disconnected from experiencing their own bodies.

This seminar will address the intricate interplay between brain, body and beliefs (why we believe what we believe). Repetition of messages and experiences over time become internalized and influence not only self-perception and self-talk, but the body itself. Negative reinforcement often becomes so familiar that it feels “true” and, thus, is taken on by the client as her identity and imprinted in her bodymind.

Attendees will learn body-focused strategies designed to help the client reclaim her “authentic” self and recover connection to her body. This seminar will utilize lecture, demonstration and experiential exercises, and video clips of work with clients.

A resource packet, including hands-on tools, will be provided.

Seminar 2
COMPLEX TREATMENT FOR THE COMPLEX EATING DISORDER CLIENT: INTEGRATING ACT AND EXPERIENTIAL STRATEGIES
Adrienne Ressler, LMSW, CEDS, Fiaedp & Gayle Brooks, PhD

This seminar provides acceptance and commitment therapy (ACT) strategies and experiential, expressive methods to provide powerful treatment resources for the practitioner. We will examine the psychological complexity of eating disorder clients – clients of diverse race, culture, sexual orientation and age – who present with one or more co-occurring disorders and, all too often, a history of treatment failures. Attendees will learn to assess the appropriate level of care, prioritize treatment targets and address the temporal order of treatment.

This presentation will also incorporate use of body/mind approaches and innovative methods for the clinician to integrate into traditional clinical practice. Lecture, demonstration exercises, small group discussion and video clips of treatment sessions will be utilized.

A take-home resource packet will be provided.

FULL-DAY SEMINAR SCHEDULE (6 CEs) Cost: $95
8:15 am - 9:00 pm: Registration, check-in and continental breakfast
9:00 am - 12:00 pm: Morning Session
12:00 pm - 1:00 pm: Networking Luncheon
1:00 pm - 4:00 pm: Afternoon Session
Dates and Locations

Seminar 1  “The False Self”

Friday - March 21
Hyatt Regency Cincinnati
151 W Fifth St. • Cincinnati, OH 45202
P: 513-579-1234

Friday - April 25
Best Western Plus Lehigh Valley Hotel & Conference Center
300 Gateway Dr. • Bethlehem, PA 18017
P: 610-866-5800

Seminar 2  “Complex Treatment for the Complex Eating Disorder Client”

Friday - May 9
Hyatt House Fishkill/Poughkeepsie
100 Westage Business Ctr Dr. • Fishkill, NY 12524
P: 845-897-5757

Friday - May 16
The Inn at Fox Hollow
7755 Jericho Turnpike • Woodbury, NY 11797
P: 516-224-8100

Friday - June 13
Hilton Garden Inn Macon / Mercer University
1220 Stadium Dr. • Macon, GA 31204
P: 478-741-5527

About the Renfrew Center

The Renfrew Center was established in 1985 in Philadelphia as the first free-standing, residential treatment facility in the United States exclusively dedicated to the treatment of women with eating disorders. Renfrew is the largest eating disorder treatment network in the country and has treated more than 65,000 women. Renfrew provides a comprehensive range of services in Pennsylvania, Florida, Connecticut, Georgia, Maryland, Massachusetts, New Jersey, New York, North Carolina, Tennessee and Texas. Programs and services vary by site and include: Residential, Day Treatment, Intensive Outpatient, Group Therapy, Individual, Family and Couples Therapy, Nutrition Therapy and Psychiatric Consultation. The Renfrew Center integrates relational principles and practice with the latest developments in the effective treatment of patients with eating disorders. The Renfrew Center is a preferred provider for most health insurance and managed care companies.

Please call 1-800-RENFREW (736-3739) or visit www.renfrewcenter.com for more information about The Renfrew Centers.

Continuing Education

The Renfrew Center Foundation is approved by the American Psychological Association to offer continuing education for psychologists. The Renfrew Center Foundation maintains responsibility for the program. Credit is awarded based on full-time participation and completion of all required documentation.

Continuing education credits for social workers have been applied for and are pending approval by the National Association of Social Workers for six continuing education credits.

The Renfrew Center is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

Continuing education credits for registered dietitians are offered pending approval by the Commission on Dietetic Registration.

This activity has been submitted to PSNA for approval to award contact hours. PSNA is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.
REGISTRATION

You may register online at www.renfrewcenter.com or fill out and fax the form below.

Name: _______________________________________________________________________________________________________
Credentials: _________________________________________________________________________________________________
Organization: ______________________________________________________________________________________________
Work Address: ______________________________________________________________________________________________
City, State, ZIP: _____________________________________________________________________________________________
Work Phone: (____)_________________________ Home Phone: (____)_______________________
Fax: (____)________________________________ Email: _________________________________

I will attend the following full-day seminar (check one):

☐ March 21 – Cincinnati, OH ☐ May 16 – Long Island, NY
☐ April 25 – Bethlehem, PA ☐ June 13 – Macon, GA
☐ May 9 – Poughkeepsie, NY

Seminar Cost: $95 (continental breakfast and networking lunch included)

To register, mail check or money order to:
ATTN: Debbie Lucker
The Renfrew Center Foundation
475 Spring Lane • Philadelphia, PA 19128

Or fax registration with credit card information to:
ATTN: Debbie Lucker at 1-215-482-2695.

Please call to confirm receipt of fax. Phone registrations will not be accepted.

Questions? Call TOLL-FREE 1-877-367-3383.

Enclosed is a check or money order in the amount of $______________________________.
Please make payable to: The Renfrew Center Foundation.

Below is my credit card information authorizing payment to be charged to my account.
(Only those cards listed below are accepted.)

Credit Card #: ________________________________ Exp. Date: ___________ / ___________
Sec. Code: ____________________ Amount to be charged: $ ______________________
Credit Card Used: ☐ AMEX ☐ DISCOVER ☐ MASTERCARD ☐ VISA
Signature: ________________________________ Date: __________________________

Seminar Location: Morning Day: _____________________
Seminar Cost: $95 (continental breakfast and networking lunch included)
Seminar Date: March 21 – Cincinnati, OH
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