FEASTING, FASTING AND EATING DISORDERS

IN THE JEWISH COMMUNITY

WEDNESDAY
MAY 21, 2014
BALTIMORE, MD
6 CE CREDITS

WWW.RENFREWCENTER.COM
1-877-367-3383
Feasting, Fasting and Eating Disorders in the Jewish Community

The Renfrew Center Foundation is pleased to present a full-day seminar for health and mental health professionals, educators and clergy addressing eating disorders within the Jewish community and innovative treatment strategies.

Offering 6 CEs.

SEMINAR GOALS

• Examine the frequency of serious eating problems across religious observance groups
• Explore a new screening tool and its creative use with clients
• Expand understanding of Jewish observances and the connection with eating disorders
• Present new study findings on body image concerns among adult Jewish women
• Examine the potential of mindful eating practices to enhance recovery
• Introduce emerging treatment strategies sensitive to all Jewish clients
• Create innovative ways of blending Jewish rituals and traditions into treatment processes

AGENDA

8:00 AM – 8:45 AM  REGISTRATION AND BREAKFAST

8:45 AM – 9:00 AM  WELCOME & OVERVIEW

9:00 AM – 10:00 AM  Eating Problems in the Jewish Community: An Overview

While eating problems may be widespread in the Jewish community, a clearer understanding of their complexity and frequency can contribute to more effective interventions.

The following treatment-relevant issues will be examined:

• How prevalent are eating problems among adult Jewish women?
• What types of eating problems are the most frequent?
• Do eating problems differ for Orthodox, Traditional and Secular Jews?

A newly designed screening questionnaire for eating disordered behaviors will be presented. Professionals will explore ways of using this tool creatively to enhance treatment and promote sustainable recovery behaviors.

10:00 AM – 11:00 AM  Exploring Jewish Observances and their Clinical Implications

This session expands an understanding of Jewish observances and their connections to eating disorders. Traditions such as the Passover seder are explored as well as case vignettes that highlight Sabbath observances, pressures to marry, use of birth control and fasting practices.

11:00 AM – 12:00 PM  Body Image Concerns

In this session we examine specific body image issues found among adult Jewish women along with a new screening questionnaire assessing body image and dissatisfaction. Case vignettes will highlight salient issues. Small group discussions will focus on the development of innovative intervention practices.
12:00 PM – 1:00 PM  
**Mindful Eating Lunch and Learn**

During lunch, professionals will evaluate a hunger-fullness scale. A unique opportunity to experience mindful eating will be provided and recent research concerning the therapeutic potential of mindful approaches will be presented.

1:00 PM – 2:00 PM  
**Emerging Treatment Strategies**

In this experiential session, we explore emerging treatment strategies which have the potential to increase resilience and strengthen recovery. Participants will experience promising practices that are sensitive to both secular and observant clients.

2:00 PM – 3:00 PM  
**Blending Rituals and Traditions into Treatment Processes**

An abundance of rituals and traditions within Judaism have the potential to enhance prevention and treatment interventions. Professionals will have the opportunity - individually and collaboratively - to brainstorm ways of developing some time-honored practices into innovative “take home” strategies.

3:00 PM – 3:15 PM  
**QUESTION AND ANSWER SESSION**

### ABOUT THE PRESENTERS

**Marjorie C. Feinson, PhD**, has been a university professor for the past 30 years specializing in women’s mental health. As the Professional Development Specialist for The Renfrew Center Foundation, she conducts professional educational seminars on a broad spectrum of eating-related issues – with a focus on adult Jewish women. She also facilitates experiential *Inner Wisdom* workshops for women with eating problems in Israel and the U.S. Most recently, Dr. Feinson has directed the first community study of disordered eating and domestic abuse among women in Israel. Publications from the study include ‘Soul Food:’ Emotional Abuse in Childhood & the Complex Role of Food (2010), Disordered Eating & Religious Observance: A Focus on Ultra-Orthodox Jews (2012) and Is Religiosity Associated with Less Child Abuse? A Community Study of Ultra-Orthodox and Secular Jewish Women (2014).

**Sarah Bateman, LCSW**, has been practicing social work for more than 10 years. As The Renfrew Center’s Liaison to the Jewish community, she ensures that individuals with eating disorders in the Jewish community are able to receive culturally sensitive treatment and that their unique religious needs are met. Ms. Bateman has a private practice with offices in New York and New Jersey, provides training for professionals, and lectures in schools while working to raise awareness and understanding of eating disorders in the Jewish community.

### SEMINAR VENUE INFORMATION

Please register early as space is limited.  

Sheraton Baltimore North  
903 Dulaney Valley Road  
Towson, MD 21204  
Tel: (410) 321-7400
ABOUT THE RENFREW CENTERS

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. 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 and works with individuals to create a financial plan that meets the needs of each prospective patient. Renfrew’s training programs have reached more than 25,000 healthcare professionals to date and are designed to enhance the knowledge and skills needed to treat these complex eating disorders. 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. Renfrew provides a comprehensive range of services in Connecticut, Florida, Georgia, Maryland, Massachusetts, New Jersey, New York, North Carolina, Pennsylvania, Tennessee and Texas.

Please call 1-800-RENFREW 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.
You may register online at www.renfrewcenter.com or fill out and fax the form below.

Please register early as space is limited.

Seminar Cost (includes dairy breakfast and lunch): $95

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WEDNESDAY, MAY 21, 2014 – BALTIMORE, MD

Seminar Registration Form
Please print clearly

Name: ________________________________ Credentials: __________________

Organization: ____________________________________________________________

Preferred Mailing Address (Work or Home): __________________________________

City, State, Zip: ___________________________________________________________

Work Phone: __________________ Home Phone: _____________________________

Fax: __________________________ Email: _________________________________

☐ Please check here if you require Kosher meals.

How did you hear about the seminar?
☐ Renfrew mail, email, website  ☐ Other, explain ______________________________

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 215-482-2695.

Please call to confirm receipt of fax. No phone registrations are accepted.

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: __________________

Credit Card Used: ☐ AMEX  ☐ DISCOVER  ☐ MASTERCARD  ☐ VISA

Amount to be Charged: $ _____________________________

Signature: ___________________________________________ Date: ______________

FOR MORE INFORMATION PLEASE CONTACT DEBBIE LUCKER
AT 1-877-367-3383 OR DLUCKER@RENFREWCENTER.COM.
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