We’re Bringing Our Expertise To You

THE RENFREW CENTER FOUNDATION FOR EATING DISORDERS

2018
Fall Seminar Series for Professionals

Friday, October 12 | Birmingham, MI
Friday, October 12 | Orlando, FL
Friday, December 7 | Dallas, TX

6 CE Credits

www.renfrewcenter.com • 1-877-367-3383
Adrienne Ressler, LMSW, CEDS, F.iaedp, is Vice President, Professional Development, The Renfrew Center Foundation, and has served as senior staff for more than 28 years. She attended the University of Michigan for both her Bachelor of Science and Master’s degrees and received a faculty appointment as a Lecturer in the School of Education. A body image specialist, Ms. Ressler’s trainings reflect her background in body-focused/somatic methods to treat eating disorders and body image. Fellow and past-President of the Board of Directors of the International Association of Eating Disorders Professionals (iaedp), she presently chairs iaedp’s Senior Advisory Council. Ms. Ressler is the Co-Founder and former Co-Chairperson of the Somatic and Somatically Oriented Therapies Special Interest Group of the Academy for Eating Disorders and an Advisory Board Member of the non-profit, Eating Disorder Recovery and Support in Petaluma, CA. In 2016, she was selected as the inaugural recipient of Eating Disorder Hope’s Seal of Excellence award for her “empowering work as a body image specialist” and in 2013 was granted the “Hope” award by South Florida’s Gratitude for Giving annual recognition breakfast. Author of chapters on the use of experiential therapies for eating disorders in three textbooks, Effective Clinical Practice in the Treatment of Eating Disorders: The Heart of the Matter, Treatment of Eating Disorders: Bridging the Research-Practice Gap, and Embodiment & Eating Disorders: Theory, Research, Prevention and Treatment, her work has also been included in the first Encyclopedia of Body Image and Human Appearance. Ms. Ressler is published in Social Work Today and Pulse, the journal of the International Spa Association. A frequent contributor to the popular media, she has appeared on the TODAY show and Good Morning America Sunday.

Jancey Wickstrom, AM, LCSW

Jancey Wickstrom, AM, LCSW, is the Clinical Training Specialist for The Renfrew Centers. She graduated from Grinnell College in Iowa and The University of Chicago School of Social Service Administration. Ms. Wickstrom is passionate about ensuring evidence-based practice is incorporated into eating disorders treatment. She is intensively trained in contextual therapeutic approaches including Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), and The Renfrew Center Unified Treatment Model for Eating Disorders®. She contributed the chapter titled ‘Healing Self-Inflicted Violence in Adolescents with Eating Disorders’ in the textbook Treatment of Eating Disorders: Bridging the Research-Practice Gap. Ms. Wickstrom is an adjunct lecturer at The University of Chicago’s School of Social Service Administration and has worked in residential, outpatient and inpatient treatment settings.

Adrienne Ressler, LMSW, CEDS, F.iaedp

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 that although our clients are focused on and obsessed with their bodies, they remain virtually disconnected from the experience of living in their bodies.

This seminar will address the intricate interplay between brain, body and beliefs (why we believe what we believe). Repetition of messages and experiences become internalized and influence, not only self-perception and self-talk, but the body itself. Negative reinforcement often becomes imprinted in the client’s bodymind, feels “true” and serves as the client’s identity.

Attendees will learn body-focused, bottom-up strategies designed to help clients reclaim their authentic self. Lecture, demonstration/experiential exercises and video clips will be utilized and attendees will be provided with a resource packet.

Seminar 2

Friday, October 12, 2018 | Orlando, FL
Friday, December 7, 2018 | Dallas, TX

Getting to the Heart of Eating Disorders: Using Mindfulness to Promote Emotional Awareness

Jancey Wickstrom, AM, LCSW

Mindfulness is an oft-used term in today’s society. Individuals are encouraged to feel, eat, play, and work, mindfully — but what does that really mean? This daylong workshop addresses that question: how to use mindfulness in a way that is effective both in clinical settings as well as in relationships? To set the stage, this seminar will focus on defining and discussing the benefits/limitations of mindfulness and help attendees learn to implement mindfulness into daily life and work. This will be followed by in-depth training on how the mindful experience of emotion can be a foundational tool in eating disorder recovery.

Using real life examples from The Renfrew Center Unified Treatment Model for Eating Disorders®, participants will learn how to empower themselves and clients to become mindfully aware of emotional experiences, thus laying the groundwork for the difficult, yet ultimately rewarding, journey towards full recovery.
Continuing Education

The Renfrew Center Foundation is approved by the American Psychological Association to sponsor continuing education for psychologists. The Renfrew Center Foundation maintains responsibility for this program and its content.

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 Foundation has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5852.

Programs that do not qualify for NBCC credit are clearly identified. The Renfrew Center Foundation is solely responsible for all aspects of the programs.

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.

Dates and Locations

Seminar 1
“The False Self”
October 12th – Birmingham, MI
The Townsend Hotel
100 Townsend Street | Birmingham, MI 48009
248-642-7900

Seminar 2
“Getting to the Heart of Eating Disorders”
October 12th – Orlando, FL
Loews Portofino Bay Hotel at Universal Orlando
5601 Universal Blvd. | Orlando, FL 32819
407-503-1000

December 7th – Dallas, TX
Lakewood Country Club
1912 Abrams Road | Dallas, TX 75214
214-821-1491

About The Renfrew Center

The Renfrew Center has been the pioneer in the treatment of eating disorders since 1985. As the nation’s first residential eating disorder facility, now with 19 locations throughout the country, Renfrew has helped more than 75,000 adolescent girls and women with eating disorders move towards recovery. Renfrew provides women suffering from anorexia nervosa, bulimia nervosa, binge eating disorder, and related mental health problems with the tools they need to succeed in recovery and in life.

Renfrew’s extensive range of services includes residential, day treatment, intensive outpatient, and outpatient programs. Each treatment level is built upon The Renfrew Center Unified Treatment Model for Eating Disorders®, an evidence-based, emotion-focused therapy that addresses eating disorders and co-morbid symptoms. Within this model, individual and group therapy are enhanced with a diverse array of services to meet patients’ needs. Renfrew accepts most major insurances and is a preferred provider for all levels of treatment.

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

Full-day Seminar Schedule

(6 CE Credits) Cost: $95

8:15 am - 9:00 am: 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

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Registration

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

Seminar Cost: $95 • Student Rate: $75*
Continental breakfast and networking lunch included.

Name: ________________________________________________

Credentials: __________________________________________

Organization: ________________________________________

Preferred Mailing Address (Work or Home): _________________________________

City, State, ZIP: __________________________________________

Work Phone: (______)_______________________ Cell Phone: (_____)_____________________

Fax: (____)________________________________ Email: ________________________________

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

☐ October 12 • Birmingham, MI     ☐ December 7 • Dallas, TX
☐ October 12 • Orlando, FL

The Renfrew Center Foundation will administer a full refund for cancellations within three weeks of the seminar date. Cancellations less than three weeks of the seminar date will be issued a transferable credit toward a future seminar.

*Photocopy of Student ID must accompany registration form. Students must be enrolled in a post-undergraduate program.

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

Or fax registration with credit card information to:
ATTN: Melissa Falzarano
at 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: ________________________