We’re Bringing Our Expertise To You

THE RENFREW CENTER FOUNDATION FOR EATING DISORDERS

2019
Spring Seminar Series for Professionals

Friday, March 22  |  Charlotte, NC
Wednesday, April 3  |  Miami, FL
Friday, April 5  |  Ft. Lauderdale, FL
Friday, May 3  |  Bethesda, MD

6 CE Credits

www.renfrewcenter.com • 1-877-367-3383
National Experts, Local Opportunities for Learning

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 35,000 professionals.

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

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.
About the Presenters

Rebecca Berman, LCSW-C, CEDS, MLSP

Rebecca Berman, LCSW-C, CEDS, MLSP, is a Clinical Training Specialist for The Renfrew Center. She specializes in treating eating disorders, self-injurious behavior and trauma. Ms. Berman has presented nationally on the transdiagnostic treatment of eating disorders and the treatment of trauma and eating disorders. She has hosted several webinars on a variety of eating disorder related topics including recovery, self-harm, substance use, and trauma, and has also lobbied on Capitol Hill on mental health parity. Maintaining a private practice in Arlington, VA and Bethesda, MD, she is a member of the Eating Disorders Coalition, the Academy of Eating Disorders, the International Association of Eating Disorder Professionals, and the National Association of Social Workers.

Melanie Smith, LMHC

Melanie Smith, LMHC, is the Director of Training for The Renfrew Center. As Director of the corporate Clinical Training Department, she is responsible for developing and implementing clinical training and programming that is consistent with emerging research and evidence-based practice. In this role, she provides ongoing supervision and consultation to Renfrew staff to continually assess and improve fidelity and competence of treatment delivery of The Renfrew Center Unified Treatment Model for Eating Disorders®. Ms. Smith has extensive training and experience in the Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders (UP) and is a UP Certified Therapist and Trainer. She has presented workshops on topics related to eating disorders for professional conferences, insurance companies, community mental health agencies, treatment centers, hospitals and universities.

Jancey Wickstrom, AM, LCSW

Jancey Wickstrom, AM, LCSW, is a Clinical Training Specialist for The Renfrew Center. 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 made available to those who need it. 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.
Treating the Whole Person: A Transdiagnostic Approach to Treating Co-Occurring Eating Disorders and Trauma

Rebecca Berman, LCSW-C, CEDS, MLSP

As our patients become more and more complex, our treatment must meet the many facets of their clinical presentation. In addition to patient complexity, factors that contribute to the difficulties clinicians face today include the intricacy of many treatment modalities, the research-practice gap and identifying treatment priorities.

This workshop will explore the benefits of transdiagnostic treatment through the use of The Renfrew Center Unified Treatment Model for Eating Disorders® (UT), a cutting edge, evidence-based approach which provides an effective solution to many of these challenges. The presentation will describe the integration of the UT with principles of Cognitive Processing Therapy (CPT) as a method for treating patients with co-occurring eating disorders and trauma. In the first section of the workshop participants will develop an in-depth understanding of emotional disorders, experiential avoidance and treatment. The second section will utilize experiential demonstration to apply the UT principles and interventions to complex trauma and eating disorder cases.

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. We 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? Initially, 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.
Clinicians and treatment programs have long been adept at facilitating symptom management strategies for individuals struggling with eating disorders. However, the problem of regression back into disordered behaviors over time continues to plague the field. Intolerance of difficult emotional experiences has been identified as a key etiological and maintaining factor of eating disorders and other maladaptive coping behaviors.

This workshop will examine the psychological complexity of eating disorders and explore the benefits of a cutting edge transdiagnostic treatment that builds emotional awareness, acceptance and tolerance through targeted emotion exposure interventions. Through experiential demonstration, this workshop will demonstrate emotion exposure techniques that are the foundation of The Renfrew Center Unified Treatment Model for Eating Disorders®,

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.
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

Dates and Locations

Seminar 1
“Treating the Whole Person”
March 22nd – Charlotte, NC
Hilton Garden Inn Charlotte SouthPark
4808 Sharon Road | Charlotte, NC 28210
704-362-5080

Seminar 2
“Getting to the Heart of Eating Disorders”
April 3rd – Miami, FL
Miami Marriott Dadeland
9090 South Dadeland Blvd.
Miami, FL 33156
305-670-1035

April 5th – Ft. Lauderdale, FL
Fort Lauderdale Marriott North
6650 North Andrews Avenue
Ft. Lauderdale, FL 33309
954-771-0440

Seminar 3
“Building Emotional Tolerance”
May 3rd – Bethesda, MD
Doubletree by Hilton Hotel Bethesda – Washington DC
8120 Wisconsin Avenue | Bethesda, MD 20814
301-652-2000
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):

☐ Friday, March 22 • Charlotte, NC  ☐ Friday, April 5 • Ft. Lauderdale, FL
☐ Wednesday, April 3 • Miami, FL  ☐ Friday, May 3 • Bethesda, MD

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: Kelly Krausz
The Renfrew Center Foundation
475 Spring Lane • Philadelphia, PA 19128

Or fax registration with credit card information to: ATTN: Kelly Krausz
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: _____________