

REGISTRATION INFORMATION

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: \$75 • Student Rate: \$50*

Dairy breakfast and snack included.

Feasting, Fasting and Eating Disorders in the Jewish Community

○ **WEDNESDAY, MAY 3, 2017 - PITTSBURGH, PA**

○ **WEDNESDAY, MAY 17, 2017 - WESTCHESTER, NY**

Seminar Registration Form

Please print clearly

Name: Credentials:

Organization:

Preferred Mailing Address (Work or Home):

City, State, Zip:

Work Phone: Home Phone:

Fax: Email:

How did you hear about the seminar?

○ Renfrew mail, email, website ○ Other, explain

**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. No phone registrations are accepted.

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.

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 KELLY KRAUSZ
AT 1-877-367-3383 OR KKRAUSZ@RENFREWCENTER.COM.**



The
Renfrew Center
Foundation
FOR EATING DISORDERS

475 Spring Lane
Philadelphia, PA 19128

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Feasting, Fasting and Eating Disorders in the Jewish Community

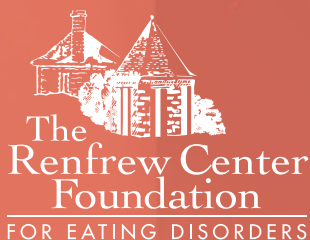
Feasting, Fasting and Eating Disorders

IN THE JEWISH
COMMUNITY

WEDNESDAY, MAY 3, 2017
PITTSBURGH, PA

WEDNESDAY, MAY 17, 2017
WESTCHESTER, NY

5 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 half-day seminar for health and mental health professionals addressing eating disorders within the Jewish community and innovative treatment strategies.

Offering 5 CEs.

**WEDNESDAY, MAY 3, 2017
PITTSBURGH, PA**

**WEDNESDAY, MAY 17, 2017
WESTCHESTER, NY**

8:00 AM - 1:15 PM

SEMINAR GOALS

- Examine eating disordered behaviors among adult Jewish women.
- Review a new screening questionnaire.
- Expand awareness of Jewish observances and the connection to body image.
- Create innovative strategies for blending Jewish rituals and traditions into treatment.
- Examine strategies to reduce body shaming, negative self-talk and the quest for perfection.
- Explore *inner wisdom* practices sensitive to all Jewish clients.

AGENDA

7:30 AM – 8:00 AM **REGISTRATION AND BREAKFAST**

8:00 AM – 8:15 AM *The Altar of Thinness*

Much as the Israelites paid homage to the Golden Calf, today we worship at another altar – the altar of thinness – honoring a false God created from a culture that has lost its way, wandering as if still in the desert, searching for what will make us complete. The altar of thinness, built on the popular cultural network of images, rituals, myths, beliefs and moral codes, promises women “salvation” in the form of a thinner body. Through a slide show based on Torah portions and quotes from Jewish leaders, attendees will learn how the wisdom of our sages can be as vital in today’s world as in earlier times.

8:15 AM – 9:30 AM *Overview of Eating Problems in the Jewish Community*

Our understanding of serious eating problems begins with a portrait of the American Jewish Community and is expanded with findings from a large study of adult Jewish women.

Important treatment-relevant issues include:

- Frequency and complexity of binge eating behaviors;
- Binge eating according to religious observance: Orthodox, Traditional, Secular;
- The impact of self-criticism on eating disorder severity;
- Treatment implications of findings for Jewish clients across the religious spectrum.

9:30 AM – 10:15 AM *Exploring Jewish Observances and their Clinical Implications*

This session expands an awareness of Jewish themes and their connections to eating disorders. In addition to case vignettes that highlight Sabbath observances, pressures to marry, use of birth control and fasting practices, traditions such as the Passover Seder will be examined.

10:15 AM – 11:00 AM *Blending Rituals and Traditions into Treatment Processes*

An abundance of rituals and traditions within Judaism have the potential to enhance eating disorder prevention and treatment interventions. Professionals will have the opportunity to brainstorm ways to develop time-honored practices into innovative take home strategies.

11:00 AM – 11:15 AM **BREAK**

11:15 AM – 12:15 PM *Bringing the Body into Body Image*

For women of all ages, body dissatisfaction has become a way of life. Yet, the pursuit of physical perfection can never take the place of self-respect, self-love and self-compassion. This session will explore the defining components of body image treatment and how to help Jewish clients break the cycle of shame and negative self-talk. Strategies for healing will be taught through experiential activities, demonstration exercises and learning to identify the body's language.

12:15 PM – 1:15 PM *Exploring Inner Wisdom Practices*

During this experiential session, *inner wisdom* practices appropriate for integrating into traditional treatment approaches are explored. Participants will be introduced to a variety of emerging and innovative practices designed to increase their clients' resilience and strengthen their recovery.

ABOUT THE PRESENTERS



Adrienne Ressler, LMSW, CEDS, F.iaedp, is Vice President, Professional Development, The Renfrew Center Foundation, and has served as senior staff for over 27 years. Adrienne attended the University of Michigan where she also served as faculty in the School of Education. A body image specialist, she is a member and Co-Chairperson of the Somatic and Somatically Oriented Therapies SIG of the Academy of Eating Disorders, and serves on the Advisory Board of Eating Disorders Recovery and Support in Petaluma, CA. A fellow and past President of the Board of Directors of the International Association of Eating Disorders Professionals, she presently chairs iaedp's Senior Advisory Board. Her trainings reflect her background in body-focused methods to treat eating disorders and body image. 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*.



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 educational seminars on a broad spectrum of eating-related issues and is the editor of *Perspectives*, The Renfrew Center Foundation's journal for professionals. She facilitates *Inner Wisdom* workshops for women in Israel and the U.S. Dr. Feinson directed the first community study of disordered eating and domestic abuse among women in Israel. Publications 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

Wednesday, May 3, 2017

DoubleTree by Hilton Hotel
& Suites Pittsburgh Downtown
1 Bigelow Square
Pittsburgh, PA 15219
412-281-5800

Wednesday, May 17, 2017

Renaissance Westchester Hotel
80 West Red Oak Lane
West Harrison, NY 10604
914-694-5400



ABOUT THE RENFREW CENTERS

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 18 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 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 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 four 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.