

# THE RENFREW CENTER FOUNDATION'S PROFESSIONAL WEBINAR SERIES

Free online trainings hosted by Renfrew's eating disorder experts.

**Wednesday, September 20, 2023 • 12:00 pm - 1:00 pm (ET)**

## ***"Did I Cause This?": Understanding Genetics & Environmental Risk Factors in Eating Disorder Treatment***

Genome wide studies suggest that eating disorder onset occurs due to a complex interaction between genetics and environment. This webinar will review recent research and provide ways to break down these findings in your sessions. Participants will learn to help clients and families understand the complex role of various risk factors to reduce shame, promote change in the home, and navigate the recovery process with patience and compassion.

Presented by:



**Samantha DeCaro, PsyD**  
Director of Clinical Outreach  
and Education  
The Renfrew Center

**Wednesday, October 11, 2023 • 12:00 pm - 1:00 pm (ET)**

## ***Maybe it's Both? Treating Co-Occurring Eating Disorders and Obsessive-Compulsive Disorder***

Eating Disorders and Obsessive-Compulsive Disorder can frequently occur alongside each other. This presentation will review the complexities of addressing these co-occurring conditions, highlighting the challenges of differential diagnosis and treatment planning. Participants will learn about evidence-based practices including the use of exposure, and receive practical guidance to work with patients effectively and competently.

Presented by:



**Melanie Smith,  
PhD, LMHC, CEDS-S**  
Director of Training  
The Renfrew Center

**Wednesday, December 13, 2023 • 12:00 pm - 1:00 pm (ET)**

## ***Co-Regulation: Why Attachment Matters in Treating Eating Disorders***

Environmental, social, biological and psychological factors can influence the likelihood of an eating disorder. Emerging literature has also explored the relationship between insecure attachment and eating disorders. This webinar will explore how mutual, reciprocal, and growth-fostering relationships can help build a secure attachment and increase eating disorder recovery efforts.

Presented by:



**Angela Kaloudis,  
LMHC, PMH-C, NCC**  
Clinical Training Specialist  
The Renfrew Center

## TO REGISTER

Please visit [www.renfrewcenter.com](http://www.renfrewcenter.com).

For questions, contact [webinar@renfrewcenter.com](mailto:webinar@renfrewcenter.com).