



Photo by Kate Kelleher

## Carolina Resource Center for Eating Disorders'

17<sup>th</sup> Annual

# HEAL Conference

October 2 & 3, 2025 | Asheville, NC

Provided by MAHEC

### Location **MAHEC Education Building**

121 Hendersonville Rd  
Asheville NC 28803

### Day One **Thursday, October 2, 2025**

**Check-in** 3:00 pm–3:30 pm

**Program** 3:30 pm–7:00 pm

### Day Two **Friday, October 3, 2025**

**Check-in** 8:00 am–9:00 am

**Program** 9:00 am–3:30 pm

**REGISTER  
ONLINE**

## DESCRIPTION

Carolina Resource Center for Eating Disorders (CRC for ED) and Mountain Area Health Education Center (MAHEC) are pleased to present the 2025 HEAL Conference. This program addresses disordered eating and eating disorders recovery by experts speaking on the most current research and practices. Licensed clinical counselors, mental health therapists, nurses, physicians, psychiatrists, social workers, dietitians, other healthcare professionals, and the general public are encouraged to join us. The annual conference, now in its 17th year, is expanding through collaboration between CRC for ED and MAHEC.

CONTENT PROVIDED BY:



**Carolina Resource Center  
for Eating Disorders**

**For more information about Carolina Resource Center  
for Eating Disorders please visit our website at  
[www.crcfored.com](http://www.crcfored.com) or our social media at:**

[LinkedIn](#) | [Instagram](#) | [Facebook](#)

## CONFERENCE AGENDA

### Thursday, October 2, 2025

**3:00–3:30** Registration and Exhibitors

**3:30–5:30** **Keynote: Social Change and the  
Weight-Neutral Paradigm**  
—Ragen Chastain, BCPA

**5:30–7:00** Networking Event

### Friday, October 3, 2025

**8:00–9:00** Registration, Exhibitors, and Breakfast

**9:00–10:30** **“Let’s Get That B\*\*\*\*”: Lessons from My  
Patients and Their Eating Disorders**  
— Michael Guyton-Nunley, MD, FAAP, FACP

**10:30–11:00** Break with Exhibitors and Light  
Refreshments

**11:00–12:30** **Nourishing the Whole Person: Nutrition  
Counseling through the Lens of Patient-  
Centered, Eating Disorder Informed  
Care**  
—Annie Goldsmith, RD, LDN and  
Courtney Robinson, MS, RD, LDN

**12:30–1:30** Lunch

**1:30–2:00** **Embodiment Heals: Movement Practices  
to Support Your Clients and You**  
—Heidi Andersen, MS, LCMHC-S

**2:00–3:30** **Balancing Performance and Well-Being:  
Disordered Eating, Body Image, and  
Exercise in Athletic Populations**  
—Jessica Knapp, DO, CAQSM

## TARGET AUDIENCE

This program is for licensed clinical counselors, mental health therapists, nurses, physicians, psychiatrists, psychologists, social workers, dietitians and other professionals interested in this topic.

## KEYNOTE SPEAKER



**Ragen Chastain, BCPA**, is a speaker, writer, researcher, board certified patient advocate, multi-certified health and fitness professional, and thought leader in weight science, weight stigma, health, and healthcare. Utilizing her background in research methods and statistics, Ragen has brought her signature mix of humor and hard facts to healthcare, corporate, conference, and college audiences from Kaiser Permanente and the Diabetes Education Specialists National Conference, to Amazon and Google, to Dartmouth, Cal Tech and canfitpro. Author of the Weight and Healthcare newsletter, the book *Fat: The Owner's Manual*, co-author of *HAES Health Sheets*, and editor of the anthology *The Politics of Size*, Ragen is frequently featured as an expert in print, radio, television, and documentary film. In

her free time, Ragen is a national dance champion, triathlete, and marathoner who holds the Guinness World Record for Heaviest Woman to Complete a Marathon. Ragen lives in Oregon with her fiancée Julianne and a rotating cast of foster dogs.

## FACULTY



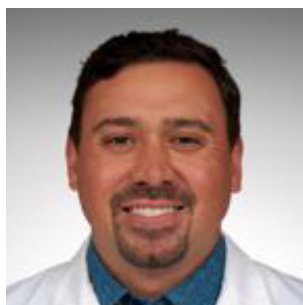
**Heidi Andersen (she/her), MS, LCMHC-S**, is a licensed clinical mental health counselor supervisor, certified Body Trust® specialist, certified safe and sound protocol provider, registered yoga teacher, and embodiment specialist. During her career as a therapist, she has worked in residential, PHP, IOP, and outpatient levels of care with people struggling with eating disorders. She currently supports clients with Reclaiming Beauty, an outpatient group practice of body-centered psychotherapists specializing in weight-inclusive treatment for the intersection of trauma, attachment wounds, and eating disorders through a body liberation lens and somatic approach. Heidi also provides supervision for counselors working towards licensure in North Carolina, as well as offers consultation groups for professionals. Heidi

believes embodiment heals and combines her studies of somatic internal family systems, embodied recovery for eating disorders, sensorimotor psychotherapy, and the Center for Body Trust® in her support of her clients. She is also the author of the *Reclaiming Beauty Journal* and *Wisdom Deck*, a resource created to support women in building a self-compassionate relationship with their bodies.



**Annie Goldsmith, RD, LDN**, holds an undergraduate degree from the University of Rochester in brain and cognitive sciences and attended Winthrop University for her graduate coursework in human nutrition. Her educational and professional trajectory has always been guided by a strong curiosity about the ways our biology and psychology interact to inform our human experience. Annie worked in neuroscience research labs at New York University and Davidson College before pursuing a career in nutrition. She has experience treating eating disorders at the PHP, IOP, and outpatient levels of care. She opened her outpatient group practice, *Second Breakfast Nutrition*, in 2015. Annie's practice is rooted in a foundational belief in the inherent worthiness of all bodies. She centers weight-inclusive, social justice-

oriented, and trauma-informed frameworks in her approach to eating disorder care and recovery. Annie became interested in somatic and polyvagal-informed approaches to nutrition therapy in 2018 when she began training with the Embodied Recovery Institute, where she now provides training as part of the faculty. Annie is passionate about integrating neuroscience, nutrition science, and the power of human connection into her approach to the treatment of eating disorders.



**Michael Guyton-Nunley, MD, FAAP, FACP**, was born and raised in Myrtle Beach, SC, and completed his medical training at the University of South Carolina: School of Medicine in 2010. From there he went on to a residency in internal medicine and pediatrics with Greenville Health System (now known as Prisma Health) and upon graduation, practiced general pediatrics and adolescent medicine from 2014-2016. He then pursued and then completed his fellowship in adolescent medicine at the Mount Sinai Adolescent Health Center. This training affords him expertise in all things teenager, including recognition and management of eating disorders, adolescent mental health, reproductive health, sexual

health, and care for the LGBTQIA+ population. He continues to work closely with Girlology/Guyology, teaching healthy growth and sexual behaviors to young men of the community, as well as pursuing his interest in teaching and medical education whenever he can. In addition, he serves as the president for Pridefest Collaborative, a non-profit aimed at supporting all the organizations serving and supporting the LGBTQIA+ youth and families in South Carolina!



**Jess Knapp, DO, CAQSM**, is the fellowship director for MAHEC Sports Medicine in Asheville, NC, and assistant professor at UNC Chapel Hill. She is a previous American Medical Society Sports Medicine (AMSSM) Young Investigator Grant winner, one of this year's AMSSM Foundation Grant Winners, and is the subcommittee chair for faculty development at AMSSM. Their research focuses on equity, body image, and disordered eating in sports. She has received past faculty teaching awards from Tufts Family Medicine Residency and MAHEC Family Medicine Residency and is passionate about academic medicine.



**Courtney Robinson, MS, RD, LDN**, is a registered dietitian with over 15 years of experience working with eating disorder patients. Courtney worked as an outpatient clinical dietitian at ECU Student Health Services helping to establish a multidisciplinary eating disorder treatment team for students. Courtney has counseled eating disorder patients throughout the years in a private practice setting as well. In 2019, Courtney began working with ECU Physician's Family Medicine as their eating disorder dietitian. In addition to counseling eating disorder patients, Courtney also currently works as a teaching assistant professor at East Carolina University in the nutrition department. Courtney is involved in eating disorder awareness across the state and serves as an executive board member for the Carolina

Resource Center for Eating Disorders.

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## CREDIT OFFERINGS

### Continuing Medical Education

**Accreditation:** Mountain Area Health Education Center (MAHEC) is accredited by the North Carolina Medical Society (NCMS) to provide continuing medical education for physicians.

**Credit Designation:** MAHEC designates this live activity for a maximum of **2 hours for Thursday and 5 hours for Friday** AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Disclosure Statement:** MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

### 2 Nursing Contact Hours for Thursday and 5 Nursing Contact Hours for Friday

Mountain Area Health Education Center (MAHEC) is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



**NBCC:** MAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of their programs. Approved for **2 hours for Thursday and 5 hours for Friday**.

**Psychologists:** MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for **2 hours for Thursday and 5 hours for Friday** Category A.

**Dietitians and Nutritionists:** This live educational activity is considered a CPEU Eligible Activity. It is the responsibility of practitioners to ensure that a CPEU Eligible Activity meets an activity type definition and adheres to Content Criteria prior to recording the activity in their CDR Activity.

**CEUs:** MAHEC designates this live continuing education activity as meeting the criteria for **0.2 CEUs per for Thursday and 0.5 for Friday** as established by the National Task Force on the Continuing Education Unit.

**Contact Hours:** MAHEC designates this live continuing education activity as meeting the criteria for **2 contact hours for Thursday and 5 contact hours for Friday**.



## EARLY FEES AVAILABLE THROUGH 9/19/2025

### General registration fee

**\$60.00** Thursday session only

**\$170.00** Friday session only

**\$205.00** Both sessions

### Five or more from same agency

(Must register at the same time via paper registration)

**\$50.00** Thursday session only

**\$155.00** Friday session only

**\$185.00** Both sessions

### MAHEC employees and CRC for ED professional network members

**\$40.00** Thursday session only

**\$140.00** Friday session only

**\$160.00** Both sessions

## LODGING

A Room Block is available at:

### Hampton Inn

10/2/2025 - 10/3/2025

Must reserve by 4:00 PM on Tuesday, September 2, 2025 for group rate of \$146/night.

[BOOK HERE](#)

### DoubleTree

10/2/2025 - 10/3/2025

Must reserve by 4:00 PM on Tuesday, September 2, 2025 for group rate of \$139/night.

[BOOK HERE](#)

Other nearby hotels include Holiday Inn & Suites (828-277-0026) and Baymont Inn (828-274-2022). Hotels will fill up quickly with the fall season so please book your rooms quickly.

### HAVE A QUESTION?

#### Program Planner

Taylor Sluder, BA

828-407-2409 | [taylor.sluder@mahec.net](mailto:taylor.sluder@mahec.net)



#### Special Services

828-771-3495

#### Registration Phone

828-257-4475

#### Email

[registration@mahec.net](mailto:registration@mahec.net)

#### Registration Fax

828-257-4768

#### Mail

MAHEC Registration  
121 Hendersonville Road  
Asheville, NC 28803

#### Online Registration

[mahec.net/events](http://mahec.net/events)

## OBJECTIVES

- Understanding Weight Paradigms in Health and Wellness: Discuss weight loss paradigms according to current research, their impact on weight stigma, and associated harm for people of all sizes. Contrast with the weight-neutral paradigm and its potential to revolutionize healthcare.
- Empathetic and Comprehensive Approach to Eating Disorders: Cover DSM-5 criteria for eating disorders, outpatient/inpatient treatments, and emerging techniques. Use patient insights to enhance empathy and rapport in eating disorders management, emphasizing practical strategies and evaluating knowledge through interactive exercises.
- Inclusive Nutrition and Dietetics: Highlight patient-centered, trauma-informed healthcare in the context of supporting individuals with complex relationships with food, movement, and body image. Discuss harm reduction in the evolving field of nutrition and dietetics and the importance of inclusive, empathetic care.
- Embodiment in Practice: Discover the role of embodiment in recovery. Explore practical techniques for client support and provider self-regulation.
- Special Focus on Athletes: Address challenges athletes face with body image, disordered eating, and exercise addiction. Cover screening protocols, distinctions like RED-S and the Triad, and return-to-play guidelines integrating current research and clinical best practices.

## DIRECTIONS

**MAHEC Mary C. Nesbitt Biltmore Campus**  
**121 Hendersonville Road, Asheville, NC 28803**

**From I-40 E:** Take Exit 50 and turn left onto Hendersonville Road.

**From I-40 W:** Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

### From 19-23 (I-26):

Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

## REGISTRATION

### EARLY REGISTRATION FEE DEADLINE: 9/19/2025

Event fees include administrative costs, educational materials, continuing education credits, breakfast, refreshment break, and lunch. Meals and refreshments provided will offer a variety to accommodate preferences. The Networking Event is provided by many of CRC for ED's Treatment Center Supporters. If your registration is received after the early registration deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

*MAHEC and Carolina Resource Center for Eating Disorders assume permission to use audio, video, and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.*





Photo by Kate Kelleher

## Carolina Resource Center for Eating Disorders'

17<sup>th</sup> Annual

# HEAL Conference

October 2 & 3, 2025 | Asheville, NC

Provided by MAHEC

## REGISTRATION FORM

By registering, participants understand that their information will be shared with Carolina Resource Center for Eating Disorders.

☐ Updated contact information Event #72452

Name \_\_\_\_\_

Credentials \_\_\_\_\_

Occupation \_\_\_\_\_

Email Address \_\_\_\_\_

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

☐ Please remove me from the MAHEC mailing list

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home County \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_

Employer \_\_\_\_\_

Department \_\_\_\_\_

Employer's Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Work County \_\_\_\_\_

Will you join us for the Networking Event on Thursday?

☐ I will attend ☐ I will not attend

Send completed registration to: MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803

Fax completed registration to: 828-257-4768

## FEE SELECTION (choose one)

### General registration fee

Thursday session only

☐ \$60.00 ☐ \$75.00 if paying after 9/19/2025

Friday session only

☐ \$170.00 ☐ \$185.00 if paying after 9/19/2025

Both sessions

☐ \$205.00 ☐ \$220.00 if paying after 9/19/2025

### Five or more from same agency

(Must register at the same time via paper registration)

Thursday session only

☐ \$50.00 ☐ \$65.00 if paying after 9/19/2025

Friday session only

☐ \$155.00 ☐ \$170.00 if paying after 9/19/2025

Both sessions

☐ \$185.00 ☐ \$200.00 if paying after 9/19/2025

### MAHEC employees and CRC for ED professional network members

For pricing and registration visit [mahec.net/HEAL](http://mahec.net/HEAL)

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

☐ Check is enclosed ☐ Credit card information below  
☐ Visa ☐ MasterCard ☐ Discover Card ☐ AmEx

Account # \_\_\_\_\_

Expiration Month/Year \_\_\_\_\_ / \_\_\_\_\_

Verification Code \_\_\_\_\_ (3 or 4-digit number)

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_