



Photo by Kate Kelleher

Carolina Resource Center for Eating Disorders'

17th Annual

HEAL Conference

October 3 & 4, 2024 | Asheville, NC

Provided by MAHEC

Location **MAHEC Education Building**

121 Hendersonville Rd
Asheville NC 28803

Day One **Thursday, October 3, 2024**

Check-in 3:00 pm–3:30 pm

Program 3:30 pm–7:00 pm

Day Two **Friday, October 4, 2024**

Check-in 8:00 am–9:00 am

Program 9:00 am–3:30 pm

DESCRIPTION

Carolina Resource Center for Eating Disorders (CRC for ED) and Mountain Area Health Education Center (MAHEC) are pleased to present the 2024 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 or our social media at:**

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

EARLY FEES AVAILABLE THROUGH 9/26/2024

General registration fee

\$60.00 Thursday session only

\$170.00 Friday session only

\$205.00 Both sessions

**REGISTER
ONLINE**

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

CRC for ED Board of Directors

\$35.00 Thursday session only

\$90.00 Friday session only

\$108.00 Both sessions

**All registration will close on October 1st at noon,
and there will be no walk-in registration available.**

LODGING

BOOK HERE

A Room Block is available at:

DoubleTree by Hilton Hotel Asheville - Biltmore

115 Hendersonville Road
Asheville, NC 28803

Book by: September 4, 2024

Rates: 2 Double Beds (nonsmoking) — \$136.00

Other nearby hotels include Hampton Inn & Suites (828-277-1800), 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.

CONFERENCE AGENDA

Thursday, October 3, 2024

- 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 4, 2024

- 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**
— Mike Guyton, MD, FAAP, FACP
- 10:30–11:00 Break with Exhibitors and Light Refreshments
- 11:00–12:30 **Nutrition Counseling Through the Lens of Humane Healthcare**
—Kendra Gaffney, RD, LDN, CEDS-C with Erin Heath, MPH, 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, RYT
- 2:00–3:30 **Exercise and Disordered Eating**
—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.


HAVE A QUESTION?

Program Planner
Taylor Sluder, BA
828-407-2409 | taylor.sluder@mahec.net

Registration Phone
828-257-4475

Registration Fax
828-257-4768

Online Registration
mahec.net/events



Special Services
828-771-3495

Email
registration@mahec.net

Mail
MAHEC Registration
121 Hendersonville Road
Asheville, NC 28803

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, humane healthcare and 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.

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, RYT, 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.



Kendra Gaffney, RD, LDN, CEDS-C, is the founder of Nutritious Thoughts, LLC, a group practice of Registered Dietitians dedicated to helping individuals transform their relationship with food, body, and movement through a non-diet, weight-inclusive approach. Kendra and her team provide personalized nutrition counseling while fostering an open environment that celebrates all body shapes, sizes, genders, abilities, races, ethnicities, and neurodiversities. Kendra received her Bachelors of Science in Nutrition and Dietetics from Southern Illinois University in Carbondale and completed her postgraduate Dietetic Internship at Vanderbilt University Medical Center in Nashville. During her 20 years of practicing, Kendra became a clinical supervisor and mentor for dietitians looking to expand their knowledge of eating disorders, disordered eating, and embodiment practices. Along with Erin, Kendra spearheads

educational outreach efforts in her community as well as serves as an Advisory Board Member for the local non-profit organization Carolina Resource Center for Eating Disorders and is an iaedp Certified Eating Disorder Specialist and Consultant (CEDS-C).



Michael Guyton-Nunley, MD, 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. Knowing that he always wanted to pursue a specialty degree in adolescent medicine, he 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 Grrlology/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!



Erin Health, MPH, RD, LDN, is a local outpatient dietitian specializing in the treatment of eating disorders and disordered eating with a special interest in Diabetes (Type 1, Type 2, and Gestational). Erin graduated with a Bachelors of Science in Biochemistry from Berry College and obtained a Masters in Public Health specializing in Nutrition from UNC-Chapel Hill. Erin is currently a seasoned nutrition counselor at Nutritious Thoughts as well as the lead of their Community and Professional Education Team. She is also a member of the local non-profit, Carolina Resource Center for Eating Disorders. Erin feels each person's relationship with food is deeply personal and often related to their sense of self. She enjoys working with folks to heal their relationships with food and their body through a non-diet, weight-inclusive approach.



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.

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)[™]. 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**.



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445. MAHEC is responsible for all aspects of their programming. 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**.

REGISTRATION

Event fees include administrative costs, educational materials, and continuing education credits. Meals and refreshments provided will offer a variety to accommodate preferences. 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.



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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 Treatment Center Supporters Collaboration Networking Event on Thursday?

☐ I will attend ☐ I will not attend

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 _____

All registration will close on October 1st at noon, and there will be no walk-in registration available.

FEE SELECTION (choose one)

General registration fee

Thursday session only

☐ \$60.00 ☐ \$75.00 if paying after 9/26/2024

Friday session only

☐ \$170.00 ☐ \$185.00 if paying after 9/26/2024

Both sessions

☐ \$205.00 ☐ \$220.00 if paying after 9/26/2024

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 9/26/2024

Friday session only

☐ \$155.00 ☐ \$170.00 if paying after 9/26/2024

Both sessions

☐ \$185.00 ☐ \$200.00 if paying after 9/26/2024

MAHEC employees and CRC for ED professional network members

Thursday session only

☐ \$40.00 ☐ \$55.00 if paying after 9/26/2024

Friday session only

☐ \$140.00 ☐ \$155.00 if paying after 9/26/2024

Both sessions

☐ \$160.00 ☐ \$175.00 if paying after 9/26/2024

CRC for ED Board of Directors

Thursday session only

☐ \$35.00 ☐ \$50.00 if paying after 9/26/2024

Friday session only

☐ \$90.00 ☐ \$105.00 if paying after 9/26/2024

Both sessions

☐ \$108.00 ☐ \$123.00 if paying after 9/26/2024

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

Fax completed registration to: 828-257-4768