



Photo by Kate Kelleher

Carolina Resource Center for Eating Disorders'

16th Annual

HEAL Conference

October 5 & 6, 2023 | Asheville, NC

Provided by MAHEC

Location	MAHEC Education Building 121 Hendersonville Rd Asheville NC 28803
Day One	Thursday, October 5, 2023
Check-in	3:30 pm–4:00 pm
Program	4:00 pm–5:30 pm
Networking Event	5:30 pm–7:00 pm
Day Two	Friday, October 6, 2023
Check-in	8:00 am–8:45 am
Program	8:45 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 2023 HEAL Conference. This program addresses disordered eating and eating disorders recovery by experts speaking on the most current research and practices. HEAL offers professional development and networking for providers as well as education for the general public. The annual conference, now in its 16th year, is expanding through collaboration between CRC for ED and MAHEC.

The 2023 program includes educational sessions, a networking event, and a care-for-the-provider retreat after lunch on Friday!

TARGET AUDIENCE

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

CONTENT
PROVIDED BY:



Carolina Resource Center
for Eating Disorders

EARLY FEES AVAILABLE THROUGH 9/26/2023

General registration fee

\$50.00	Thursday session only
\$160.00	Friday session only
\$195.00	Both sessions

**REGISTER
ONLINE**

Five or more from same agency

\$40.00	Thursday session only
\$145.00	Friday session only
\$175.00	Both sessions

MAHEC employees and CRC for ED professional network members

\$30.00	Thursday session only
\$130.00	Friday session only
\$150.00	Both sessions

All registration will close on Tuesday, October 3rd and there will be no walk-in registration available.

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.

CONFERENCE AGENDA

Thursday, October 5, 2023

- 3:30–4:00** Registration
- 4:00–5:30** **Past, Present, and Future: Fundamentals of Effective Eating Disorder Treatment**
—Wendy Oliver Pyatt, MD, FAED, CEDS
- 5:30–7:00** Treatment Center Supporters Collaboration Networking Event

Friday, October 6, 2023

- 8:00–8:45** Registration, Exhibitors, and Breakfast
- 8:45–9:00** Welcome and Introductions
- 9:00–10:30** **Bridging the Gap: Addressing the Intersectionality Between Eating Disorders, Trauma, and Equity**
—Erikka Dzirasa, MD, MPH, DFAACAP
- 10:30–11:00** Break with Exhibitors and Light Refreshments
- 11:00–12:30** **Eating Disorders and Gastrointestinal Disorders: A Primer and Practical Resources**
—Jean Doak, PhD
- 12:30–1:30** Lunch
- 1:30–3:30** **Retreat Session—The Nourished Eating Disorders Provider: When Who You Are is as Important as What You Know**
—Rachel Lewis-Marlow, MA, EdS, LCMHC, LMBT
- 3:30** Adjourn

OBJECTIVES

After this conference, attendees will be able to:

- Explain physical and mental health eating disorder red flags and the importance of early intervention
- Describe how to approach eating disorder care using a Bio-Psycho-Social model
- Identify complications when eating disorders are not addressed
- Summarize the association between ACES and eating disorders
- Assess how inequity and trauma impact the approach to care
- Explain the importance of inclusivity in eating disorders treatment
- Identify practical resources, including screening with SBIRT, for use in identifying and managing patients with co-occurring eating disorders and GI symptoms/disorders
- Describe GI symptoms/disorders that commonly co-occur with eating disorders
- Explain strategies for managing GI symptoms during the course of eating disorder treatment
- Explain the neurological link between positive therapeutic relationship and increased capacity for “normative eating”
- Demonstrate 2 body-based skills that facilitate therapeutic boundaries which promote healthy attachment
- Identify 2 body-based resources that support provider resiliency and self-care

LODGING

[BOOK HERE](#)

A Room Block is available at:

Hampton Inn & Suites
117 Hendersonville Road
Asheville, NC 28803

15 rooms will be available until September 14 at 4pm or until they are filled.

Other nearby hotels include DoubleTree by Hilton (828-274-1800), 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.

 [MAHECEd](#)  [MAHECwnc](#)  [mahec.education](#)

HAVE A QUESTION?



Special Services

828-771-3495

Program Planner

Katherine Van Horne, MAT

828-257-4728 | Katherine.VanHorne@mahec.net

Registration Phone

828-257-4475

Email

registration@mahec.net

Registration Fax

828-257-4768

Mail

MAHEC Registration
121 Hendersonville Road
Asheville, NC 28803

Online Registration

www.mahec.net/cpd

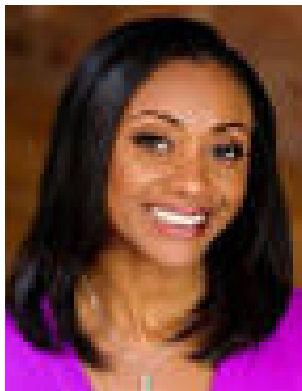
FACULTY

Wendy Oliver Pyatt, MD, FAED, CEDS, is presently the Co-founder, CEO, and Chief Clinical Officer of Within Health and the Co-founder and CEO of Galen Hope operating through Galen Mental Health. She is a board-certified psychiatrist and world-leading expert on treating eating disorders and has more than 25 years of clinical experience. She has developed



five separate treatment programs, all grounded in a strong bio-psycho-social foundation and incorporating intensive psychotherapy with behavioral foundations and high medical standards. Wendy is known for her innovative, humane, and dignity enhancing approach to medically and psychiatrically thorough care. Wendy has developed a unique treatment approach that delves into the underlying issues that place a person at risk for mental health conditions and eating disorders and lead to healing, health, and inner peace.

Erikka Dzirasa, MD, MPH, DFAACAP, is a double-board certified Child and Adult Psychiatrist who brings more than 10 years of expertise in eating disorders and mental health. She previously served as the Medical Director of an Eating Disorders specialty hospital system, leading policy and program development to deliver high-quality, effective care. Erikka



is currently Chair of the Board of Directors of Project HEAL, a leading eating disorder nonprofit breaking down systemic barriers and providing education and supportive resources to people of all identities and background experiencing eating disorders. She is a partner in Catalyst Therapeutic Services, a private practice in Durham, NC and a Consulting Associate at Duke University Medical Center. As a mental health advocate, she also serves on the Race, Ethnicity, and Equity committee for the North Carolina Psychiatric Association and is the immediate past President of the North Carolina Council of Child & Adolescent Psychiatry. Dr. Dzirasa earned her Bachelor of Science at Spelman College, Master of Public Health in Health Care and Leadership at UNC Chapel Hill, and her Doctor of Medicine at Duke University School of Medicine. She is also a certified yoga instructor.

Jean Doak, PhD, is a Professor of Psychiatry and Clinical Director in the Center of Excellence for Eating Disorders at the University of North Carolina at Chapel Hill (UNC). Dr. Doak has held various positions in academic medicine, non-profit, and for-profit organizations and within various levels of care. She earned a Bachelor of Science in Psychology and Biology



from Houston Baptist University, a Master of Arts in Psychology from University of Houston—Clear Lake, and a Doctorate in Counseling Psychology from the University of Houston. Dr. Doak completed her clinical internship at the University of Texas Medical Branch with a specialization in pediatric psychology and completed a LEAH (Leadership in Education and Adolescent Health) post-doctoral fellowship at Baylor College of Medicine/Texas Children's Hospital, focusing on education, training, and clinical practice in adolescent medicine/mental health with a specialization in eating disorders. She has extensive training in Cognitive Behavior Therapy (CBT), Enhanced Cognitive Behavior Therapy (CBT-E) for Eating Disorders through the Centre for Research on Eating Disorders at Oxford, and Maudsley Family-Based Treatment (FBT).

Rachel Lewis-Marlow, MA, EdS, LCMHC, LMBT, is the co-founder and director of the Embodied Recovery Institute which provides training to eating disorders professionals in a trauma-informed, relationally oriented, polyvagal-informed, and somatically integrated approach to eating disorders treatment. Rachel is a somatically integrative



psychotherapist, dually licensed in counseling and therapeutic massage and bodywork. She is a Certified Advanced Practitioner in Sensorimotor Psychotherapy and has advanced training and 25+ years experience in diverse somatic therapies. She has extensive experience as a teacher and presenter, focusing on accessing the body's unique capacity to give voice to the subconscious and to lay the foundation for healing and maintaining psychological and physical health.

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 **1.5 hours for Thursday and 3 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.



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 **1.5 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 **1.5 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 **1.5 hours for Thursday and 5 hours for Friday** Category A.

CPEUs: This program has been approved for **1.5 CPEUs for Thursday and 5 CPEUs for Friday** by the Commission on Dietetic Registration (CDR). Activity #178059. CPE Level II.

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 **1.5 contact hours for Thursday and 5 contact hours for Friday**.

REGISTRATION

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)



Carolina Resource Center
for Eating Disorders

For more information about Carolina Resource Center for Eating Disorders please visit our website at www.crcford.com or our social media at:

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

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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HEAL Conference

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REGISTRATION FORM

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

All registration will close on Tuesday, October 3rd and there will be no walk-in registration available.

Updated contact information Event #69478

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

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

\$50.00 \$65.00 if paying after 9/26/2023

Friday session only

\$160.00 \$175.00 if paying after 9/26/2023

Both sessions

\$195.00 \$210.00 if paying after 9/26/2023

Five or more from same agency

(Must register at the same time)

Thursday session only

\$40.00 \$55.00 if paying after 9/26/2023

Friday session only

\$145.00 \$160.00 if paying after 9/26/2023

Both sessions

\$175.00 \$190.00 if paying after 9/26/2023

MAHEC employees and CRC for ED professional network members

Thursday session only

\$30.00 \$45.00 if paying after 9/26/2023

Friday session only

\$130.00 \$145.00 if paying after 9/26/2023

Both sessions

\$150.00 \$165.00 if paying after 9/26/2023

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 _____