



2nd Annual Food Addiction Conference

Sponsored by the UMass Department of Psychiatry and the Food Addiction Institute

Diagnosing and Treating Food Addiction: A Toolkit for Physicians, Dietitians, Therapists and Other Health Professionals

Friday, October 16, 2015

University of Massachusetts Medical School, Albert Sherman Center

55 Lake Avenue North, Worcester, MA 01655

Registration 8 a.m.

8:30 a.m. to 5:00 p.m.

The keynote presentations are designed to help you:

- Describe 3 key findings from food addiction science that usefully inform clinical practice.
- Describe 2 food addiction screening tools, and their strengths and limitations.
- Describe at least 2 treatment options that address food addiction.
- Describe 3 support options, and the role they can play in food addiction treatment.

The workshop presentations are designed to help you:

- Explain 3 effective strategies for dealing with food addiction denial.
- Identify 2 principles critical in the development of food addiction appropriate food plans.
- Describe 3 new procedures or systems you feel could enhance your care for obese and food addicted patients.
- Identify 2 medications that may prove helpful for treating food addiction, and identify common side effects.
- Explain the difference between food addiction treatment models that emphasize recognizing and responding to powerlessness, with adjunctive support from 12 step programs; those that emphasize trauma resolution and continuing work with a therapist; and approaches that combine the two.

Presenters:

- Vera Tarman, MD- Medical Director, Renascent
- Theresa Wright, MS, RD, LDN- Nutrition Therapist, Renaissance Nutrition Center, Inc.
- Phil Werdell, MA- Director, Food Addiction Professional Training Program, FAI/ACORN
- Beth Rocchio, MD- Medical Director, Integrated Medical Weight Loss
- Esther Helga Guðmundsdóttir, MSc- CEO, MFM, The Icelandic Recovery Center for Food Addiction
- Douglas Ziedonis, MD, MPH- Professor and Chair, Department of Psychiatry, UMass Medical School / UMass Memorial Health Care
- Rhona Epstein, PsyD, CAC- Psychologist, Life Counseling Services
- Marty Lerner, PhD- CEO, Milestones in Recovery, Inc.
- Pamela Peeke, MD, MPH, FACP- Assistant Professor of Medicine, University of Maryland
- Joan Ifland, PhD- CEO, Victory Meals, LLD

Conference registration fee: \$189 physicians; \$149 other health professionals



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Continuing Medical Education

The University of Massachusetts Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Massachusetts Medical School designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credits™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Continuing Education (CE) Credits

Nursing

This offering meets the requirements for up to 7.5 contact hours, as specified by the Massachusetts Board of Registration in Nursing (244-CMR 5.04).

Psychologists

The University of Massachusetts Medical School, Department of Psychiatry is approved by the American Psychological Association to sponsor continuing education for psychologists. The University of Massachusetts Medical School, Department of Psychiatry maintains responsibility for this program and its content. This program is being offered for 6.5 continuing education credits (CE) for psychologists.

Other Health Care Professionals (e.g., LMHC, RD, etc.)

Other health care professionals will be eligible for 6.25 continuing education hours from the University of Massachusetts Medical School.

For more information visit <http://www.umassmed.edu/Psychiatry/Food-Addiction-Conference>