

At the Heart of it All

5th Biennial EDAC-ATAC Conference

September 29 & 30, 2016

Fort Garry Hotel | Winnipeg, Manitoba



Photography credit: Manpreet Kaur Dulay

Thank you to our sponsors:





PREMIER OF MANITOBA

Room 204
Legislative Building
Winnipeg, Manitoba CANADA
R3C 0V8

Welcome

On behalf of Manitoba's New Government, I am pleased to welcome delegates, volunteers, organizers and sponsors to Winnipeg for the Eating Disorders Association of Canada's 5th EDAC-ATAC Biennial Conference.

Your organization continues to do an excellent job of providing treatment, hope, comfort and support to Canadians struggling with eating disorders. Your members help individuals and families cope with, and recover from, these often complex disorders, as well as providing the great comfort of knowing that they are not alone in their experiences.

As you come together for your national conference, I encourage you to continue your important work, building on the progress being made in your field every day. You are making a definite difference in the health and quality of life for thousands of Canadians and their families across the country whose lives have been affected by eating disorders.

I wish you an interesting, productive conference and a very pleasant stay in our province.

A handwritten signature in black ink that reads "Brian W. Pallister".

The Honourable Brian Pallister



Mayor's Message

On behalf of the City of Winnipeg and my city council colleagues, it is my pleasure to welcome delegates of the Eating Disorders Association of Canada's 5th EDAC-ATAC Biennial Conference to our city. We're proud to be your host.

Winnipeg has a diverse cultural and arts community, as well as a variety of restaurants, shopping experiences, and sporting events for you to explore and enjoy. I hope that you will enjoy our warm hospitality and take in some of the iconic attractions including our stunning Canadian Museum for Human Rights and the unique Journey to Churchill exhibit at the Assiniboine Park Zoo.

This EDAC-ATAC Conference is an amazing opportunity to come together with other professionals to discuss the advancements and challenges in your field, and enjoy valuable networking opportunities.

Best wishes for a professionally rewarding conference and a great stay in our city.

Sincerely,

Brian Bowman
MAYOR

Welcome from EDAC-ATAC

A Message from the President

Dear Friends,

On behalf of the Board of Directors and our Conference Planning Committee, welcome to Winnipeg!

Please join me in acknowledging that our conference will be conducted on original lands of Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Métis Nation. We respect the treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to moving forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.

At the Heart of it All, EDAC-ATAC was incorporated in 2008 to best serve the needs of those whose lives are impacted by Eating Disorders. Its specific objectives are:

- to educate each other regarding best practice,
- to encourage sharing of information amongst providers,
- to provide a reflective and responsive approach in the provision of care and amongst providers,
- to stimulate and support research in the field of Eating Disorders.

At the Heart of it All, this 5th Biennial National Conference promises to deliver on the organization's inceptual mandate:

- Dr. Carolyn Becker's keynote will address "Evidence-Based Practice in the Context of Eating Disorders." She will speak to empirically supported treatment and evidence-based practice in eating disorders, and explore factors that limit the degree to which empirically supported interventions can be exported into clinical practice.
- Dr. Howard Steiger's keynote address will explore "Maximizing Engagement and Motivation for Change in Eating Disorder Treatment". He will discuss the concept of autonomous motivation in ED patients and examine the impact of motivation and commitment on treatment response.
- Dr. Giorgio Tasca's "Binge Eating Disorder" plenary will highlight the reality of BED awareness and treatment strategies underway in Canada. It will specifically focus on clinical trials that have been completed in group settings.
- Drs. Gail McVey and Mark Norris will lead a plenary which will present the results of a recent study investigating the epidemiology of eating disorders in Canada.
- Paper presentations have been organized into four tracks: Child and Adolescent, Adult, Program Evaluation, and Prevention/Service Coordination and Treatment.
- Two workshop sessions will provide numerous evocative opportunities for review, learning and discussion over a wide range topics.

At the Heart of it All, EDAC-ATAC's members' Sections (Intensive Group Treatment, Occupational Therapy, Nutrition, CanPed and Students) were established to formalize the goal of networking Canadian interdisciplinary colleagues and will meet in the lunch hour on each day. We encourage you to attend the Section meetings and meet our national colleagues. Better yet, please become active in an existing Section, or with a colleague and the help of our Board, launch a new Section of interest to you!

At the Heart of it All, in our efforts to conserve resources and improve participants' access to conference proceedings and content, the program syllabus and presentation pdf's are available electronically for iOS and Android devices through our partnership with Dynamic Labs. Please approach conference volunteers for assistance if you experience any difficulties in utilizing this mobile application, or to request a printed syllabus if this is what you prefer.

At the Heart of it All, EDAC-ATAC and this conference were established and developed for clinicians and researchers to assemble, learn, challenge old ideas and generate new attachments, all in the service of improving the lives of those suffering with Eating Disorders. Thank you to our presenters, generous sponsors, Program and Planning Committees, administrative assistant Denise LeBlanc in our head office, volunteers and to our conference registrants. Please let's be mindful that for all we have moved forward, there still remain individuals unable to access care due to barriers of unawareness, stigma, intolerance, finance and accessibility. Carpe Diem! Enjoy!

With warm wishes,

Eric L. Vickar, MD, FRCPC
President and Conference Chair

About Us

Established in 2008, the Eating Disorders Association of Canada - Association des Troubles Alimentaires du Canada (EDAC-ATAC) is an organization of professionals in the field of eating disorders and related areas. The mandate of EDAC-ATAC is to best serve the needs of those whose lives are impacted by eating disorders.

EDAC-ATAC Board of Directors

PRESIDENT Eric Vickar, MD FRCPC (Winnipeg MB)	SECRETARY-TREASURER Cheryl Aubie, PhD RPsych (Halifax NS)
PRESIDENT-ELECT Josie Geller, PhD RPsych (Vancouver BC)	DIRECTOR-AT-LARGE Dorita Shemie, MSW (Montreal QC)
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EDAC-ATAC Staff

ADMINISTRATIVE ASSISTANT Denise LeBlanc (Halifax NS)	COMMUNICATION COORDINATOR Eileen Lam (Toronto ON)
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Contact Us

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Halifax NS B3H 2E2
www.edac-atac.ca

Become a Member

EDAC-ATAC is a registered not-for-profit organization. We invite interdisciplinary care providers and those involved in the research of eating disorders to join our national peers in strengthening this new and first ever Canadian association of eating disorder professionals. Visit <http://www.edac-atac.ca/become-a-member/> for more information and to activate membership.

General Information

Conference Objectives	<ol style="list-style-type: none">1. To refresh, stimulate interest, and increase knowledge base with respect to current evidence-based approaches in the field of Eating Disorders.2. To be apprised of current program evaluation approaches and findings.3. To be apprised of recent research initiatives and findings.4. To support the development of research and clinical collaboration among relevant stakeholders and to help identify the most effective treatments that can be offered efficiently to enhance access to high quality care.
Continuing Medical Education	<ul style="list-style-type: none">• This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of The Royal College of Physicians and Surgeons of Canada, and approved by the CPD Medicine Program, University of Manitoba for a maximum of 9.5 hours.• Participants should only claim credit for the actual number of hours attended.• The University of Manitoba CPD Medicine Program is fully accredited by the <i>Committee on Accreditation of Continuing Medical Education (CACME)</i>.
Conference Mobile App	Search and download the app EDAC – ATAC 2016 from the Google Play Store or Apple App Store.
Evaluation	Delegates are asked to complete an evaluation for all keynote and plenary sessions, for each workshop and paper session attended, and one for the conference as a whole. Evaluations must be completed to receive CME credit. Please provide us your feedback by tapping the “feedback icon” on the mobile application or by filling out available paper feedback forms. An evaluation box will be set up at the registration table.
Hotel Information	The Fort Garry Hotel, 222 Broadway, Winnipeg MB R3C 0R3; Phone: 204-942-8251
Parking	<ul style="list-style-type: none">• <u>Self-parking</u>: \$18 + taxes per night (located off Garry Street at the back of the hotel with access to both a surface lot and an underground lot).• <u>Valet parking</u>: \$27 + taxes per night (simply pull up at the front of the hotel and hand your keys to either the bellmen or at the front desk during check-in).• <u>Daily surface lots</u> (north and west sides): located across the street from the hotel.
Badges and Admittance	Conference attendees must wear their name badge to gain admission to the keynote addresses, paper sessions, workshops, meals and the dinner reception.
Conference Etiquette	<ul style="list-style-type: none">• We are pleased to offer a smoke-free environment. We ask for your cooperation in refraining from wearing scented products in consideration of others.• All wireless devices should be turned off or set to vibrate during sessions.• There will be no paging of participants. Individuals wishing to contact conference attendees should leave a message at the hotel’s registration desk. Please turn on Push Notification on the app to receive updates and announcements.
Book Store	The University of Manitoba Bookstore will have a selection of books available for purchase at its display tables.
Exhibitors	Displays will be set up in the 7 th floor foyer. Please refer to Page 19 for a complete list of exhibitors.

Program at a Glance

Thursday, September 29, 2016

07:30	Registration Begins	Foyer
08:00 – 08:45	Breakfast	Concert Hall
08:45 – 09:00	Welcome and Blessing	Crystal Ballroom
09:00 – 10:15	Keynote Address I: Dr. Carolyn Becker	Crystal Ballroom
10:15 – 10:45	Nutrition Break	Concert Hall
10:45 – 11:45	Plenary I: Dr. Giorgio Tasca	Crystal Ballroom
12:00 – 13:00	Paper Presentations I (concurrent sessions)	See Program
13:00 – 14:00	Lunch/Section Meetings	Concert Hall/See Program
14:00 – 15:30	Workshop Session I (concurrent sessions)	See Program
15:30 – 16:00	Nutrition Break/Posters	Concert Hall
16:00 – 17:00	Plenary II: Drs. Mark Norris & Gail McVey	Crystal Ballroom
17:15 – 20:00	Evening Reception/Posters	Concert Hall

Friday, September 30, 2016

08:00 – 08:45	Breakfast	Concert Hall
08:45 – 09:00	Welcome and Housekeeping	Crystal Ballroom
09:00 – 10:15	Keynote Address II: Dr. Howard Steiger	Crystal Ballroom
10:15 – 10:45	Nutrition Break/Posters	Concert Hall
10:45 – 12:15	Workshop Session II (concurrent sessions)	See Program
12:15 – 13:15	Lunch/Section Meetings	Concert Hall/See Program
13:15 – 14:15	Paper Presentations II (concurrent sessions)	See Program
14:15 – 14:45	Nutrition Break	Concert Hall
14:45 – 15:45	Open Forum Discussion	Crystal Ballroom
15:45 – 16:00	Closing Remarks/Conference Evaluations	Crystal Ballroom

The Fort Garry Hotel



One of Canada's grand railway hotels, the Fort Garry Hotel was built in 1913 by the Grand Trunk Pacific Railway and is designated a National Historic Site of Canada. A symbol of Winnipeg's importance as a transportation hub, this iconic hotel located just one block from Union Station is one of the city's most recognizable landmarks, defining the skyline for more than 100 years.

The hotel is widely considered the city's finest example of the chateau style of architecture first seen in the magnificent railway hotels built across Canada before 1930. Architects Ross and MacFarlane of Montreal modeled their original plans for the hotel after Ottawa's Chateau Laurier. The hotel rose majestically to a height of 192 feet and held 340 rooms, each with a private bathroom.

In the past, the hotel has welcomed a long list of distinguished guests, including Nelson Eddy, Harry Belafonte, Charles Laughton, Lawrence Olivier, Liberace, Arthur Fiedler, Louis Armstrong, Gordie Howe and Lester Pearson. Perhaps the most famous guests were King George VI and Queen Elizabeth, who stayed at the hotel during their 1939 visit to Canada.

Today, following extensive renovations, The Fort Garry has renewed its reputation for quality and service and re-established its place among Canada's grand hotels, offering an ambiance unequaled by many of its peers and more modern counterparts. To many people, The Fort Garry Hotel, Spa and Conference Centre is more than an elegant hotel. It is an architectural icon and a vibrant, enduring piece of Winnipeg history.

Meeting Rooms

Lower Level off Lobby

The Club Room – located in the southeast corner off the main lobby

Mezzanine Level

Gateway – located on the southeast side of the mezzanine

La Vérendrye – located on the northeast side of the mezzanine

Taché – located next to the Gateway Room on the east side

First Floor (three left turns from the elevator to the Salons)

Salon A – located on the west side

Salon C – located on the south side

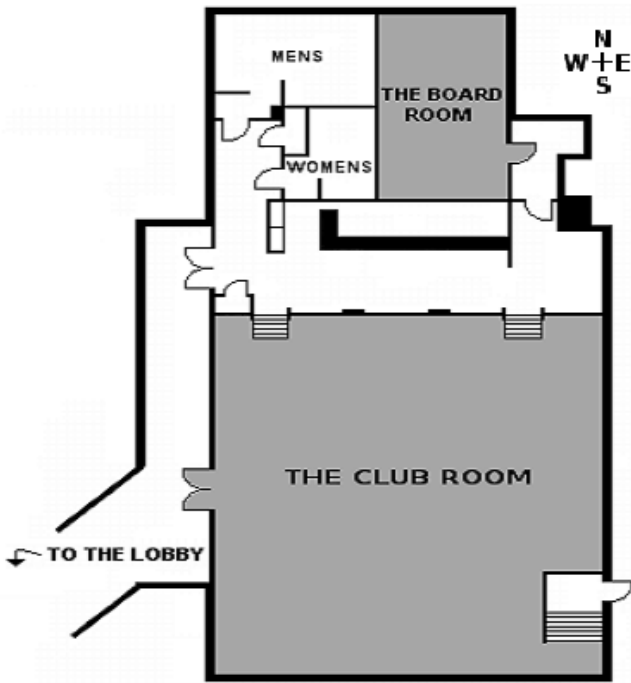
Seventh Floor

Concert Hall – located on the west side

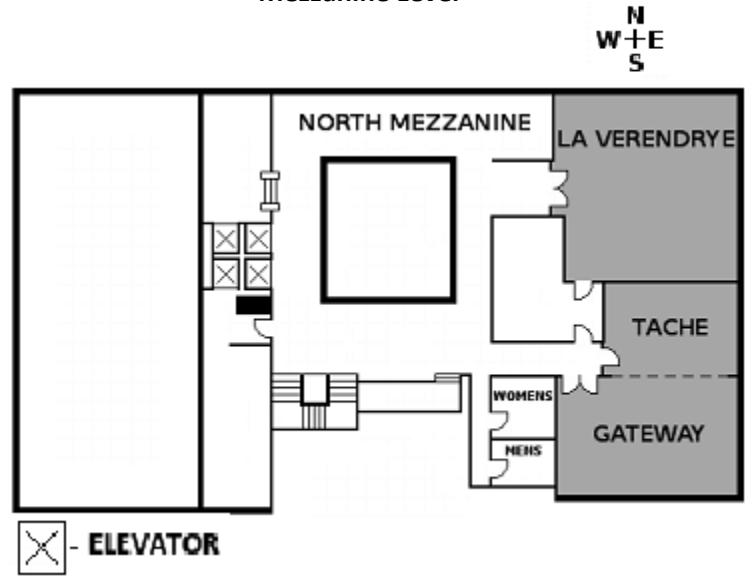
Crystal Ballroom – located on the east side

Meeting Room Maps

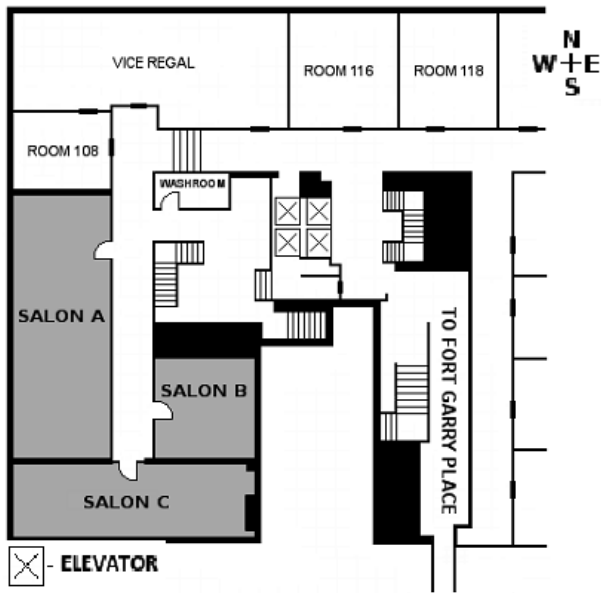
Lower Level



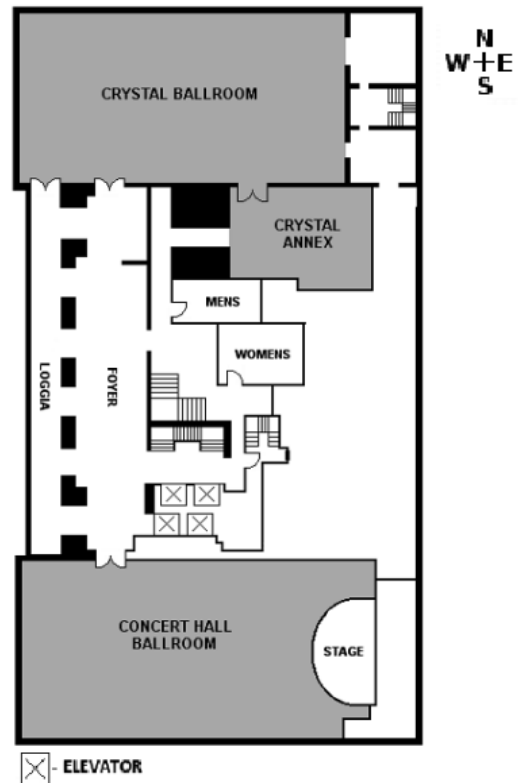
Mezzanine Level



First Floor



Seventh Floor



Day 1 – Thursday, September 29, 2016

07:30 **Registration Begins** (Foyer)

08:00 – 08:45 **Breakfast** (Concert Hall)

08:45 – 09:00 **Welcome and Blessing** (Crystal Ballroom)
Eric L. Vickar, MD, FRCPC, Conference Chair and President, EDAC-ATAC
Elder Betty Ross

09:00 – 10:15 **Keynote Address I** (Crystal Ballroom)

A1. **Evidence-Based Practice in the Context of Eating Disorders**
Carolyn Becker, PhD, Trinity University, San Antonio TX USA

10:15 – 10:45 **Nutrition Break** (Concert Hall)

10:45 – 11:45 **Plenary I** (Crystal Ballroom)

B1. **Binge Eating Disorder**
Giorgio A. Tasca, PhD, CPsych, Associate Professor, University of Ottawa, Ottawa ON

12:00 – 13:00 **Paper Presentations I**

Track I: Adolescent Focus (LaVerendrye)

C1. **Early Identification of Eating Disorders: A Mixed Method Pilot Study**
Ahmed Boachie, MD, FRCPC, FAED, Southlake Regional Health Centre, Newmarket ON (Presenter)
Karin Jasper, PhD, RP, Southlake Regional Health Centre, Newmarket ON (Presenter)

C2. **Treatment Outcomes for Adolescents in an Intensive Day Treatment Program for Eating Disorders**
Jennifer S. Coelho, PhD, RPsych, BC Children’s Hospital, Vancouver BC (Presenter)
Jadine Cairns, MSc, BC Children’s Hospital, Vancouver BC (Presenter)

C3. **Keeping Schools Safe: What Proportion of Patients with Eating Disorders Cite School Experiences as a Primary Trigger for ED Onset?**
Mark L. Norris, MD, FRCPC, Children's Hospital of Eastern Ontario, Ottawa ON (Presenter)

C4. **Asceticism, Perfectionism and Overcontrol in Youth with Eating Disorders**
Nicole Obeid, PhD, Children’s Hospital of Eastern Ontario, Ottawa ON (Presenter)

Track II: Adult Focus (The Club Room)

C5. **Classic Hallucinogen Use is Inversely Related to Disordered Eating and Mental Health Issues: Exploring Mechanisms of Action**
Adèle Lafrance, PhD, CPsych, Laurentian University, Sudbury ON (Presenter)

C6. Deep Brain Stimulation for Anorexia Nervosa – One Year Outcome in 16 Subjects
D. Blake Woodside, MD, FRCPC, Toronto General Hospital, Toronto ON (Presenter)

C7. Re-examining the Role of Exercise in Relationship to Eating Disorders; Symptom and Treatment?
Danika Quesnel, MSc, University of British Columbia, Kelowna BC (Presenter)

C8. A Pilot Study of Cardiac Abnormalities in Anorexia Nervosa Patients Based on Electrocardiogram, Echocardiogram, and Cardiac Magnetic Resonance Imaging
Karen Chu, MD, University of Manitoba, Winnipeg MB (Presenter)

13:00 – 14:00 **Lunch** (Concert Hall)

Section Meetings I – Please visit the Concert Hall, gather your lunch and proceed to your meeting room
Intensive Group Therapy (Gateway on the mezzanine level)
Students (Tache on the mezzanine level)

14:00 – 15:30 **Workshop Session I**

D1. Longer Term Outcomes and Length of Stay in a Day Hospital Program for Children and Adolescents
(Salon A)
Ahmed Boachie, MD, FRCPC, FAED, Southlake Regional Health Centre, Newmarket ON (Presenter)
Karin Jasper, PhD, RP, Southlake Regional Health Centre, Newmarket ON (Presenter)

D2. Culturally Sensitive Body Image Programs: What is Missing and How Can We Address the Gap?
(LaVerendrye)
Courtney R. Petruik, MA, University of Calgary, Calgary AB (Presenter)

D3. You Can't Do This Without an OT: Normalizing Occupational Performance in Adolescents with Eating Disorders to Support Recovery (Salon C)
Cheryl Fiske, MSc (OT), Ontario Shores Centre for Mental Health Sciences, Whitby ON (Presenter)

D4. Moving From Weight to Wellness: A Community-Based Treatment for BED (Crystal Ballroom)
Ann McConkey, RD, Provincial Eating Disorder Prevention and Recovery Program, Winnipeg MB (Presenter)
Danna McDonald, MMFT, RSW, Provincial Eating Disorder Prevention and Recovery Program, Winnipeg MB (Presenter)

D5. Meal Support: A Novel, Individualized Approach (The Club Room)
Shawn Carter, MADS, BCBA, Ontario Shores Centre for Mental Health Sciences, Whitby ON (Presenter)
Sara Wolfe, BAsC (AHN), RD, Ontario Shores Centre for Mental Health Sciences, Whitby ON (Presenter)

D6. Family Therapy Interventions with Eating Disorders: A Pinwheel of Models Applied to a Single Clinical Case Vignette (Gateway)
Gina Dimitropoulos, MSW, PhD, RSW, RMFT, University of Calgary, Calgary AB (Presenter)
Monica Sesma-Vazquez, PhD, University of Calgary, Calgary AB (Presenter)
Shelly Russell-Mayhew, PhD, University of Calgary, Calgary AB (Presenter)

- D7. **‘No such thing as an “unmotivated” parent who “doesn’t get it”’: New Clinical and Research Developments in Emotion-focused Family Therapy for Eating Disorders Across the Lifespan** (Tache)
Adèle Lafrance, PhD, CPsych, Laurentian University, Sudbury ON (Presenter)

15:30 – 16:00 **Nutrition Break/Posters** (Concert Hall)

16:00 – 17:00 **Plenary II** (Crystal Ballroom)

- B2. **Ask a Simple Question...Is There a Simple Answer? An Update on the Epidemiology of EDs in Canada and Discussion of Next Steps**

Mark L. Norris, MD, FRCPC, Department of Pediatrics and Faculty of Medicine, University of Ottawa, Children's Hospital of Eastern Ontario Research Institute, Ottawa ON

Gail McVey, PhD, University Health Network, University of Toronto, Toronto ON

17:15 – 20:00 **Thursday Evening Reception** - everyone is welcome (Concert Hall)

A reception featuring scrumptious appetizers, food stations showcasing fabulous local fare, and a variety of delicious desserts. Beverages will be available for purchase. Enjoy the jazz stylings of the Planet B Trio. We are excited to feature performers from the Aboriginal School of Dance at 18:45.

17:30 – 18:30 **Poster Session** (Concert Hall)

Posters will be available for viewing. Presenters will be accessible for discussion.

- E1. **A 12-Month, Open-Label Study of the Safety and Tolerability of Lisdexamfetamine Dimesylate in Adults with Moderate to Severe Binge Eating Disorder**

Barry K. Herman, MD, MMM, Shire, Lexington MA USA (Presenter)

- E2. **A Double-Blind, Placebo-Controlled, Randomized-Withdrawal Study of Lisdexamfetamine Dimesylate in Adults with Moderate to Severe Binge Eating Disorder**

Barry K. Herman, MD, MMM, Shire, Lexington MA USA (Presenter)

- E3. **Attentional Processing and Sensitivity to Levels of Intensity in Emotional Facial Expression Recognition in Disordered Eating**

Tamara Davidson, MA Cand, Laurentian University, Sudbury ON (Presenter)

- E4. **Avoidant Restrictive Food Intake Disorder: A Single Site Experience with Adolescent Patients**

Mark L. Norris, MD, FRCPC, Children's Hospital of Eastern Ontario, Ottawa ON (Presenter)

- E5. **Ayahuasca-Assisted Therapy: A Promising Treatment for the Healing of Eating Disorders – But Can We See Past the Controversy?**

Adèle Lafrance, PhD, CPsych, Laurentian University, Sudbury ON (Presenter)

- E6. **Case Series: The Development of Anorexia Nervosa Following Bariatric Surgery**

Jason A. Bond, MD, FRCPC, Montreal Children's Hospital – McGill University Health Centre, Montreal QC (Presenter)

- E7. **Characteristics and Treatment Outcome in Male Youth with Eating Disorders**

Jennifer S. Coelho, PhD, RPsych, BC Children's Hospital, Vancouver BC (Presenter)

- E8. Community-Based Treatment of Eating Disorders Reduces Eating and Depressive Symptoms**
Josée Champagne, MSW, Anorexie et boulimie Québec, Loricorps, Pointe-Claire QC (Presenter)
- E9. Determinants of Social Support Satisfaction in Adults with Eating Disorders**
Josie Geller, PhD, RPsych, St. Paul's Hospital, Vancouver BC (Presenter)
- E10. Development of the Binge Eating Disorder Screener**
Barry K. Herman, MD, MMM, Shire, Lexington MA USA (Presenter)
- E11. Empowering Families/Carers Through Emotion Focused Family Therapy (EFFT) Can Help Beat ED in a Loved One**
Patricia Nash, MEd – CCC, Eating Disorder Foundation of Newfoundland and Labrador, St. John's NL (Presenter)
Cathy Skinner, Eating Disorder Foundation of Newfoundland and Labrador, St. John's NL (Presenter)
- E12. Health in Minds: Bridging the Gap Between Clinician and Client**
Ali Eberhardt, BSc, FNH, RD, St. Paul's Hospital, Vancouver BC (Presenter)
- E13. Hurry Up and Wait: A Case Example of a Novel Treatment Approach to Managing Patients with Anorexia Nervosa Awaiting Inpatient Care**
Pauline C. Leung, MSc, Hotel Dieu Hospital, Kingston ON (Presenter)
- E14. Improving the Care Experience: Creating Meaningful Engagement Through the Development of a Patient and Family Advisory Committee**
Patty Yoon, RPN, MA, Providence Health Care, Vancouver BC (Presenter)
Deb Snider, Providence Health Care, Vancouver BC (Presenter)
Jason MacLeod, Providence Health Care, Vancouver BC (Presenter)
- E15. Medical Conditions That Require a Specific Diet and Disturbed Eating Behaviours**
Josée Champagne, MSW, Anorexie et boulimie Québec, Loricorps, Pointe-Claire QC (Presenter)
- E16. Preliminary Study Examining Self-Evaluation of Body Image Scale (SEBI): Patient Areas of Self-Evaluation, Validity, and Reliability**
Vanessa Montemarano, Hotel Dieu Hospital, Kingston ON (Presenter)
- E17. Preparing for Evaluation: The Use of a Logic Model in Describing the Adaptation of DBT in an Eating Disorders Program**
Sherry Van Blyderveen, CPsych, Homewood Health Centre, Guelph ON (Presenter)
- E18. Targeting Body Dissatisfaction in the Later Stages of Evidence-Based Care: Preliminary Outcomes**
Pauline C. Leung, BSc, Hotel Dieu Hospital, Kingston ON (Presenter)
- E19. The Story of Ubuntu**
Gisele Marcoux-Louie, MSc, Alberta Health Services, Calgary AB (Presenter)
Lana Bentley, MSW, RSW, Alberta Health Services, Calgary AB (Presenter)

E20. To Wait or Not to Wait: Evidence Based Waitlist Management for Outpatient Eating Disorder Treatment?

Kelty Berardi, PhD, Lakeridge Health Eating Disorders Program, Oshawa ON (Presenter)

Sarah Parks-Quinn, NP, Lakeridge Health Eating Disorders Program, Oshawa ON (Presenter)

E21. What Makes It Hard for Family and Friends of Adults with Eating Disorders to be Collaborative?

Josie Geller, PhD, RPsych, St. Paul's Hospital, Vancouver BC (Presenter)

Day 2 – Friday, September 30, 2016

08:00 – 08:45 **Breakfast** (Concert Hall)

08:45 – 09:00 **Welcome and Housekeeping** (Crystal Ballroom)

09:00 – 10:15 **Keynote Address II** (Crystal Ballroom)

A2. Maximizing Engagement and Motivation for Change in Eating Disorder Treatment

Howard Steiger, PhD, Director, Eating Disorders Continuum, Douglas University Institute; Montreal West Island Integrated University Health and Social Service Centre; Professor, Psychiatry Department, McGill University, Verdun QC

10:15 – 10:45 **Nutrition Break/Posters** (Concert Hall)

10:45 – 12:15 **Workshop Session II**

D8. Understanding ARFID...What Do We Know? What Have We Learned? (LaVerendrye)

Mark L. Norris, MD, FRCPC, Children's Hospital of Eastern Ontario, Ottawa ON (Presenter)

Wendy Spettigue, MD, FRCPC, Children's Hospital of Eastern Ontario, Ottawa ON (Presenter)

D9. LEAP-ing Into Awareness (Tache)

Lauren Jennings, BA, MOT, St. Paul's Hospital, Vancouver BC (Presenter)

Ali Eberhardt, BSc, FNH, RD, St. Paul's Hospital, Vancouver BC (Presenter)

D10. What Makes it Hard to be Collaborative (even when we want to be)? Mindfulness and Compassion in Clinical Practice (Crystal Ballroom)

Josie Geller, PhD, RPsych, St. Paul's Hospital, Vancouver BC (Presenter)

D11. Family Based Treatment for Transition Age Youth (FBT-TAY) with Anorexia Nervosa: An Interactive Workshop for Engaging Young Adults and Their Carers in a Developmentally, Age Appropriate Model (Salon A)

Gina Dimitropoulos, MSW, PhD, RSW, RMFT, University of Calgary, Calgary AB (Presenter)

Victoria Freeman, MSW, RSW, Toronto General Hospital, Toronto ON (Presenter)

Elyssa Greenbaum, MSW, RSW, The Hospital for Sick Children, Toronto ON (Presenter)

D12. Eating Disorders Post-Bariatric Surgery: What Eating Disorder Professionals Need to Know (The Club Room)

Jessica Van Exan, PhD, CPsych, Southlake Regional Health Centre, Newmarket ON (Presenter)

Susan Wnuk, PhD, CPsych, Toronto Western Hospital, Toronto ON (Presenter)

Holly Axt, RD, Trillium Health Partners - Credit Valley Hospital Site, Mississauga ON (Presenter)

Sanjeev Sockalingam, MD, MHPE, FRCPC, Toronto General Hospital, Toronto ON (Presenter)

D13. Peer Support and Eating Disorders (Gateway)

Shaleen Jones, CPS, Eating Disorder Nova Scotia, Halifax NS (Presenter)

Stacey Huget, BA, Looking Glass Foundation, Vancouver BC (Presenter)

D14. Residential Treatment for Adolescents with Eating Disorders – Two Years Later (Salon C)

Leora Pinhas, MD, FRCPC, Ontario Shores Centre for Mental Health Sciences, Whitby ON (Presenter)

Sheila Bjarnason, MSW, RSW, Ontario Shores Centre for Mental Health Sciences, Whitby ON (Presenter)

Cheryl Fiske, MSc (OT), Ontario Shores Centre for Mental Health Sciences, Whitby ON (Presenter)

Shawn Carter, MADS, BCBA, Ontario Shores Centre for Mental Health Sciences, Whitby ON (Presenter)

Sara Wolfe, BASc (AHN), RD, Ontario Shores Centre for Mental Health Sciences, Whitby ON (Presenter)

12:15 – 13:15 **Lunch** (Concert Hall)

Section Meetings II – Please visit the Concert Hall, gather your lunch and proceed to your meeting room

CanPED (Tache on the mezzanine level)

Nutrition (Gateway on the mezzanine level)

Occupational Therapy (Salon A on the first floor)

13:15 – 14:15 **Paper Presentations II**

Track I: Program Evaluation (LaVerendrye)

C9. Dance/Movement Therapy in a Multidisciplinary Adolescent ED Inpatient Program: Evaluation of its Integration and Preliminary Outcomes

Louis Picard, PhD, CHU Ste-Justine, Montréal QC (Presenter)

C10. Preliminary Findings of a DBT-Informed Multi-Family Therapy Group

Gisele Marcoux-Louie, MSc, Alberta Health Services, Calgary AB (Presenter)

Lana Bentley, MSW, RSW, Alberta Health Services, Calgary AB (Presenter)

C11. Translating Research into Clinical Practice in Tertiary Care: Mapping the Patient Journey According to the BC Clinical Practice Guidelines

Josie Geller, PhD, RPsych, St. Paul's Hospital, Vancouver BC (Presenter)

C12. Parental Involvement Matters: Improving Access to Nutrition Care

Tara Slemko, MSc, RD, Alberta Health Services, Calgary AB (Presenter)

Track II: Prevention/Service Coordination/Treatment (The Club Room)

C13. Transitional Age Young Adults: Navigating the Need for Interdependence in the Treatment of Eating Disorders

Madalyn Marcus, PhD, CPsych, Southlake Regional Health Centre, Newmarket ON (Presenter)

Courtney Watson, PhD, CPsych, Southlake Regional Health Centre, Newmarket ON (Presenter)

C14. Adolescent and Young Women's Opinions of Eating Disorder Prevention Messages

Jennifer S. Mills, PhD, York University, Toronto ON (Presenter)

C15. Hashtag Goals: Eating Disorder Recovery on Instagram

Andrea LaMarre, MSc, PhD(c), University of Guelph, Guelph ON (Presenter)

C16. Exploring Eating Disorders Programs, Services and Supports Through a Knowledge Exchange Network in British Columbia

Julia Raudzus, MD, FRCPC, St. Paul's Hospital, Vancouver BC (Presenter)

14:15 – 14:45 **Nutrition Break** (Concert Hall)

14:45 – 15:45 **Open Forum Discussion** (Crystal Ballroom)

Please share your ideas for EDAC-ATAC's next priorities in development and programming.

15:45 – 16:00 **Closing Remarks and Conference Evaluations** (Crystal Ballroom)

Keynote and Plenary Speakers

Carolyn Becker



Dr. Black Becker is a Professor of Psychology and a licensed clinical psychologist who specializes in body image interventions in addition to treatment/prevention of eating disorders and treatment of PTSD. She also is Co-Director of the Body Project Collaborative, a social entrepreneurship company which she co-founded to support dissemination of the cognitive dissonance-based Body Project. Dr. Becker's work primarily focuses on the dissemination and implementation of scientifically-supported interventions in clinical/real world settings. She is the author of numerous peer-reviewed journal articles, and has been conducting NIMH-funded research with female athletes since 2007. She also was the lead author for two intervention manuals published by Oxford University Press, as well co-author of *Cognitive Behavioral Therapy for PTSD: A Case Formulation Approach* published by Guilford Press. She has over a decade of experience implementing and studying peer-led programs and pioneered the use of peers to implement evidence-based body image interventions. Dr. Becker is a member of the Eating Disorder Research Society and a Fellow of the Academy of Eating Disorders (AED). She also has served as President of the AED and as an associate editor of *Behaviour Research and Therapy*. In 2009, she was a co-recipient of the AED's Research-Practice Partnership Award. She also received the 2009 Lori Irving Award for Excellence in Eating Disorders Prevention and Awareness granted by the National Eating Disorders Association (NEDA), a 2011-2012 fellowship at the Center for Advanced Study in the Behavioral Sciences at Stanford University, and the 2012 Z.T. Scott Faculty Fellowship Award. She currently serves as a member of the NEDA's Prevention Advisory Council and on the Board of Directors of the AED.

Mark Norris



Dr. Norris is an Adolescent Health physician and Associate Professor of Pediatrics based at the Children's Hospital of Eastern Ontario and the University of Ottawa in Ottawa, Ontario. Over the last decade, his clinical, academic and research interests have focused primarily on the assessment and treatment of children and youth with eating disorders. He has presented and published widely in this area and has worked with various groups and agencies to help advocate for improved eating disorder services at provincial and federal levels. Dr. Norris is Past-President of the Eating Disorders Association of Canada and has recently been awarded fellow status by the Academy of Eating Disorders for distinguished work in the field.

Gail McVey



Dr. McVey is a Clinical Psychologist who has carried out a 17-year program of school-based intervention research and published longitudinal studies on the prevention of eating disorders. During her research career, attention has been given to program development, community capacity building and partnership development, as well as implementation and knowledge translation planning. McVey spent over 15 years as a Health Systems Research Scientist at the Hospital for Sick Children. McVey's expertise

has allowed her the opportunity to advise provincial resource centres, governments and provincial health authorities across Canada on matters related to mental health promotion. She provides expert input to public health practitioners, health educators, service providers, community-based coalitions and government on curriculum, program and policy development related to mental health, body image, eating disorders, healthy eating and healthy living.

McVey is director of the Ontario Community Outreach Program for Eating Disorders, a community-based clinical training program in evidence-based treatment and prevention of eating disorders. This training program led to the development of a first-of-its-kind provincial network of specialized eating disorder service providers. She also serves as associate professor in the Dalla Lana School of Public Health at the University of Toronto, and as Research and Evaluation Implementation Coach for School Mental Health ASSIST, a provincial implementation support team designed to help Ontario school boards promote student mental health and well-being.. McVey’s leadership and expertise in the area of eating disorders has been formally recognized by the Ontario Government – including the Ontario Premier’s Office and the Ontario Ministry of Long Term Care. She was awarded the status of fellow by the International Academy of Eating Disorders in recognition of her distinguished contributions in research-based scholarship, clinical practice and advocacy.

Howard Steiger



Dr. Steiger directs Quebec’s only large-scale, specialized eating-disorders program—the Douglas Institute Eating Disorders Continuum (EDC). The EDC offers a full range of Inpatient, Day Treatment and Outpatient services for people of all ages. He is Professor in Psychiatry and Associate Member in Psychology at McGill University. An active clinician, researcher, and teacher, Steiger has published numerous articles and chapters on the eating disorders. He is Co-President of the Quebec Government’s “Body Image Charter” (CHIC), a recent Associate Editor of the International Journal of Eating Disorders, Past President of the Eating Disorder Research Society, and past member of the Academy for Eating Disorders executive. Through the research arm of the Douglas EDC, Steiger and his colleagues study: a) Genetic and epigenetic processes acting in Eating Disorder development and maintenance. b) Factors that influence response to specialized treatments. c) Effects of specialized, system-wide knowledge transfer and prevention efforts.

Giorgio Tasca



Dr. Tasca is an Associate Professor in the School of Psychology at the University of Ottawa. Before moving to the university in 2016, he was a Clinical Psychologist in the Eating Disorders Program at The Ottawa Hospital. Previously he held the Research Chair in Psychotherapy through the Faculty of Medicine at the University of Ottawa. George was recently elected as a Fellow of the American Psychological Association (APA). In 2016 he received the Group Psychologist of the Year Award from APA, and in 2014 the Canadian Psychological Association Award for Distinguished Contributions to Psychology as a Profession. He has conducted several clinical trials of group treatment for binge-eating disorder, and his research has focused on attachment theory as a framework for understanding eating disorders and treatment response.

EDAC-ATAC 2016 Program Committee

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See you in Ottawa

in 2018 for the 6th Biennial EDAC-ATAC Conference!

