

## WORKSHOP

# Closing the Research Gap: New View of Eating Disorders

Family based treatment (FBT) is the only evidence-based treatment for adolescents with eating disorders. This original "Maudsley" approach was developed and manualized for research purposes, and did not utilize a registered dietitian nutritionist (RDN) in the model. RDN's working with adolescents in any outpatient nutritional counseling setting should be educated with the "Practical Approach" of FBT. Participants will attend didactic presentations, engage in interactive group discussions and be provided with practical tools that can be integrated into clinical practice. All participants will be provided with a toolbox of professional resources.

**\*This workshop has been submitted to Commission of Dietetics Registration (CDR) for 10 credits.**

## Topics:

**Utilizing an FBT based approach:** Nuts & Bolts  
**Assessment :** Team Collaboration, Case Studies  
**Parent coaching:** Tool box of clinical strategies  
**Estimating target weights:** Hands on practice

**Advanced practice sessions:** Countertransference exercise, Relapse Prevention Planning, Fueling Athletes with REDs & Indicators of Recovery

**When:** July 28 and with advanced training on July 29, 2015

**Where:** Medicor 6140 W. Executive Drive Suite G Mequon, WI 53092

**What:** Workshop Eating Disorder Training for Registered Dietitians.

**Register today at [MelanieJacob.com](http://MelanieJacob.com)!**

Price full workshop with advanced training \$249 - One day price: \$150

### Melanie Jacob, RD CSSD

Melanie Jacob, RD CSSD, Author and Eating Disorder Expert offers training, mentoring and case consultation. Melanie is the co-author of the Academy of Nutrition and Dietetics practice paper Nutrition Intervention in the Treatment of Eating Disorders. Melanie provides training workshops to registered dietitians, students & other interested providers who are interested in hands on, collaborative training to develop an improved understanding of eating disorders. Melanie developed the Eating Disorder Global Evaluation (EDGE) and Parent Tool Box and RD tools for assessment, patient and parent education and collaboration. She previously had a private practice in Troy Michigan for over 15 years and is currently living in China with her family. She continues to work remotely and volunteers on the SCAN Disordered Eating/Eating Disorder (DEED) subunit. Melanie and Stephanie have been utilizing this approach together and sharing clients for nearly 10 years.



### Stephanie Milstein, PhD

Stephanie B. Milstein, Ph.D. is a doctoral level clinical psychologist that is an independent practitioner at Dennis & Moye & Associates in Bloomfield Hills, MI. She specializes in family based treatment for children, adolescents, adults and families affected by eating disorders. She provides Family Based treatment on an individual basis as well as group setting and also specializes in parent coaching. Dr. Milstein is a member of the Professional Advisory Panel of Families Empowered and Supporting Treatment of Eating Disorders (FEAST). She firmly believes in utilization of teamwork and taking a collaborative approach towards the treatment of eating disorders. She contributed a chapter entitled "Effectively engaging the family in treatment" in "A Collaborative Approach to Eating Disorders" (Treasure & Alexander, 2011). She is passionate about educating and empowering the individuals and families that she works to attain and maintain full recovery.



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This workshop is sponsored by ENU and Medicor