



CONFERENCE SCHEDULE

How will the conference accommodate different types of attendees?

This year's conference is combining the traditional programming for eating disorder professionals, but this year, ANAD is creating its own programming specifically for the Recovery and Family/Friends/Loved Ones attendee tracks. By offering parallel programs for each track as well as offering programs for ALL attendee tracks, this year's conference will ensure that each attendee track will be well accommodated for and all tracks will intermingle leading to a true intersection of professionals, patients and their families, friends, and loved ones.

Conference Schedule: Opening Night Reception, Oct 12

PROFESSIONALS TRACK	RECOVERY TRACK	FAMILY, FRIENDS, AND LOVED ONES TRACK	ALL TRACKS
4pm-5pm			LOCATION
Exhibitor & Volunteer Registration	Registration opens for Exhibitors and Volunteers attending ANAD Conference 2017 in Rosemont Hilton's Yeager Room.		Yeager Room
5pm-7pm			LOCATION
Thursday Registration	Registration opens for all tracks attending ANAD Conference 2017 in Rosemont Hilton's Yeager Room. Hours of registration will be from 5:00pm - 7:00pm opening night.		Yeager Room
6pm-8:30pm			LOCATION
Tea, Cookies, and Time Travel	Attendees will grab themselves a cup of hot tea, some cookies and learn how time travel can help them with recovery and other life goals.		Wright Room

Conference Schedule: Day One, Oct 13

6am-8am		LOCATION
Morning Yoga	7am-7:55am	The goal of this yoga session is to teach those in recovery poses that can help relieve symptoms of their eating disorder and teach basic relaxation techniques to all. Wright Room
Friday Registration opens	7am-11:30am	Registration for ANAD Conference 2017 opens. Registration hours for today will be offered from 7:00am – 11:30am and 1:00pm – 4:30pm. Yeager Room
BREAKFAST	7am-8:30am	Davis, Hughes, Earhart
8:30am-1pm		LOCATION
KEYNOTE SPEAKER: Dr. Janet Tomiyama: Diets Don't Work	8:30am-10am	Dr. Tomiyama, Director, UCLA Dieting, Stress, and Health Laboratory, will feature and discuss her research that diets don't work, encouraging attendees to rethink the way that they approach their own health and bodies. Davis, Hughes, Earhart
PLENARY WORKSHOP: When Food is Family by Dr. Judy Scheel	10am-12pm	This workshop will be designed and taught by Dr. Judy Scheel, PH.D., LCSW, the author of When Food is Family, and will discuss the importance of family support and involvement with eating disorder recovery. Davis, Hughes, Earhart
LUNCH	12pm-1pm	Davis, Hughes, Earhart
1pm-3pm		LOCATION
Cultural Sensitivity Training for Clinicians		This workshop will be taught by Dr. Charlynn P. Small, Ph.D., CEDS; Dr. Mazella B. Fuller, Ph.D., MSW, LCSW; and Dr. Norman Kim, Ph.D., and will focus on the clinical implications of working with different marginalized groups (i.e., persons of color with eating disorders), and will be examined through various lenses including the Biopsychosocial Model of Health and Illness, the Stereotype Stress Model, and the Minority Stress Model. Lindbergh Room
Telling Your Recovery Story		Sylvia Cartoonist, Nicole Hollander will share her own decades-long struggle with depression for the first time publicly with attendees on the Recovery Track. She will then teach Recovery Track attendees how to reframe a painful experience in their past in a way that empowers them and makes them the hero of their own story. Armstrong-Room
Self-Care for Parents and Caregivers: Tools for Making Shift Happen		Becky Henry, CPCC, ACC will engage you in an experiential training on tools that easily provide support for the caregivers of those with eating disorders. This will help you to be calmer, more effective members of the treatment team. Aldrin & Crossfield
3:00pm-4:30pm		LOCATION
Collegiate Virtual Intensive Out-patient Program		Presenters Dr. Casey Tallent and Karen Schneller discuss how combining evidence-based technology and intensive outpatient programming can effectively treat college students with eating disorders. Earhart Room
Weight Stigma in Eating Disorder Treatment Settings		Dr. Jennifer Henretty and Jamie Atkins co-lead this interactive round table discussion, exploring weight biases in ED treatment settings and problem-solve how such bias/stigma can be minimized. Hughes Room
How Neuroscience Informs Treatment		Dr. Jesse Viner's presentation is an evolving effort to organize and integrate what we are learning about the brain into a coherent model for understanding and working effectively with the difficulties of those who seek professional assistance. Davis Room
Treatment Match Event: Ask an Expert		Attendees will be able to submit anonymous questions to a panel of experts made up of ANAD's Treatment Center Partners who will discuss them in front of attendees. Armstrong
5pm-8:30pm		LOCATION
PIZZA PARTY: Experiential Cooking	5pm-6:15pm	Attendees this year will learn and experience how to make putting meals together an enjoyable experience for those who are in recovery. Salon 1
Recovery is Real!	6:30pm-8:00pm	Panel discussion with several people who have been in recovery for a long time. Current Panel Speakers include Mona Iguchi (MS, MSc) and Allyce Torres (Creator of SKIN DEEP) Attendees can submit anonymous questions for the panel to discuss and answer. Salon 1

Conference Schedule: Day Two, Oct 14

6:30am-8:15am		LOCATION
MORNING YOGA	7:00am-7:55am	The goal of this yoga session is to teach those in recovery poses that can help relieve symptoms of their eating disorder and teach basic relaxation techniques to all. Wright Room
SATURDAY REGISTRATION	7:15am	Registration will remain open from 7:15am – 11:30am. Yeager Room
BREAKFAST	7:15 am-8:15am	Salon 1
8:30am-10:00am		LOCATION
Developmental Contrasts and Considerations in Treatment with Adolescents and Emerging Adults and Their Families		Dr. Bryn Jessup will examine similarities and differences between adolescents and young adults, focusing on implications for parenting and clinical practice. Earhart Room
Healing Through Drama: The use of psychodrama techniques with clients suffering from eating disorders		Presenter Lee Neagle discusses how psychodrama techniques can be powerful agents of change in a client's therapeutic journey. Hughes Room
Shifting From Loss to Hope: Learning Resiliency Amidst the Ambiguous Road		Presenters Melissa Taylor and Quinn Nystrom will offer 6 steps for healing and hope for those experiencing a sense of loss due to an eating disorder. Davis Room
Treatment Match Event: Recovery Problem Solving		ANAD Treatment Center Partners will host this workshop to help those in recovery learn skills they can use in their recovery and showcase how their treatment centers apply and teach these skills at their center. Armstrong Room
Treatment Match Event: Recovery Problem Solving		ANAD Treatment Center Partners will host this workshop to help family, friends, and loved ones learn skills they can use to help their loved ones in recovery and showcase how their treatment centers apply and teach these skills at their center. Aldrin & Crossfield Room
10am-1:00pm		LOCATION
Breaking through the Trifecta: Obesity, Binge Eating Disorder and Bariatrics	10am-11:30am	Megan A. Kniskern discusses how the obesity crisis, enhanced societal food focus, increased body shaming and a growing body of research on how this impacts our relationship with food. Earhart Room
A New Treatment Option for Bipolar Depression May Improve Outcomes for Eating Disorder Patients	10am-11:30am	This presentation is designed to introduce researchers, clinicians and patients to FDA-Cleared, wearable neurostimulation that is used today to treat bipolar Hughes Room
Guy Talk: The Unique Challenges and Winning Strategies in Treating Males with Eating Disorders	10am-11:30am	Dr. Nicholas Farrell's presentation provides clinicians with guidance in treating males with eating disorders. Davis Room
BRIDGING THE GAP	10am-12:00pm	This experiential workshop will assist individuals suffering from eating disorders and their family members learn better compassion, connect more meaningfully and improve communication with each other. Lindbergh Room
LUNCH	12pm-1pm	Salon 1
1:30pm-3pm		LOCATION
How Advanced Therapeutic Techniques Can be Integrated into ANAD Support Groups		Presenters Page Love and Lisa Foppa discuss how a successful ANAD group has evolved from a single leader to a volunteer rotation of multiple therapists for over 20 years. Earhart Room
Shake it up: Skill Building for Adolescents with Eating Disorders		In this workshop, Dr. Dena Cabrera will integrate fun, innovative and creative ways to teach skills. Hughes Room
A Telemedicine Approach to the Treatment of Binge Eating Disorder & Obesity		Dr. Carolyn Coker Ross discusses how this approach may allow access to an expert, non-diet approach that will lower health risks through the development of healthy lifestyle behaviors. Davis Room
THE DIFFERENT STAGES OF RECOVERY		This workshop/panel will teach ANAD's 5 Stages of Recovery and share tools and coping skills that will help people in recovery whichever stage they are at. Lindbergh
PARENT PANEL DISCUSSION: WHAT WE WISH WE'D KNOWN		This panel discussion will be led by parents who are a part of the MAED (Mothers Against Eating Disorders) who have loved ones in recovery or have lost a loved one to an eating disorder. Aldrin & Crossfield Room
3:30pm-5pm		LOCATION
TREATMENT MATCH EVENT: PROVIDER FAIR	3:00pm-4:00pm	ANAD's Treatment Center Partners will be set up at the tables in the grand ballroom and will be available for attendees to easily meet and talk to during this time. Yeager/Pre-function
CLOSING CEREMONY: CANDLELIGHT VIGIL	4:00pm-5pm	This vigil will close the ANAD conference and serve as a reminder that everyone's future is worth fighting for! Lindbergh