FEMINIST PERSPECTIVES AND BEYOND:

Honoring the Past, Embracing the Future

THE 20TH ANNUAL RENFREW CENTER FOUNDATION CONFERENCE FOR PROFESSIONALS

Featuring Keynote Presenter: Gloria Steinem

November 12–14, 2010 • Philadelphia
Overview

This year, The Renfrew Center Foundation is celebrating its 20th annual conference. Since 1991, the conference has been dedicated to providing eating disorder education and training for professionals and to creating a stimulating, nurturing environment in which to discover, debate and share the best of what we bring to our profession.

To commemorate two decades of rapid growth, outstanding scholarship and professional connection, Conference 2010 has invited experts in the field of eating disorders and women’s mental health to explore treatment, etiology, cultural influences, genetics and trends in neuropsychiatry and neuropsychology. As always, there are numerous events planned to foster rejuvenation and relaxation.

The Renfrew Conference welcomes you to a thought-provoking, stimulating weekend designed to further contribute to the evolution of our field and to personal growth.

Enjoy the celebration!

FRIDAY, NOVEMBER 12, 2010

6:45-7:30 Zumba Gold
Start your day with an exciting, fun-filled exercise that will teach you the latest Latin dance moves at an easy pace. You will leave this class energized and feeling great!

7:45-8:45 GENERAL REGISTRATION & CONTINENTAL BREAKFAST

9:00-12:00 FRIDAY MORNING WORKSHOPS

FR 1 Confronting the Challenges: Treating Eating Disorder Patients with Comorbid Substance Use Disorders
Amy Baker-Dennis, PhD

Nearly 50% of eating disorder (ED) patients abuse drugs and/or alcohol. These two mental health diagnoses are linked to high rates of recidivism and mortality. Yet most ED specialists and facilities have not fully integrated substance abuse (SA) treatments into their practices. Although evidence based treatments (EBT) have been identified for both ED and SA patients, no EBTs exist for the comorbid population. This workshop explores licit and illicit drugs, adaptive functions, directionality of onset, treatment models, EBTs, staffing issues, and recommendations for further research.

Didactic, Interactive • Intermediate/Advanced

FR 2 Family Ties: What Hurts, Helps and Heals
Judith Brisman, PhD, Margo Maine, PhD and Judith Ruskay Rabinor, PhD

Currently a great deal of controversy surrounds the role of parental involvement during the treatment of adolescents with eating disorders. Since mothers, fathers and other family members can play a crucial part in the therapy process, the question is not so much whether, but how parents should be involved. Approaches range from direct intervention with eating to purposeful disengagement from struggles with food. This workshop explores how parents, siblings and other caretakers can benefit, or undermine, the recovery process.

Didactic, Interactive, Experiential • All Levels

FR 3 Integrating Research and Practice in the Treatment of Eating Disorders
Douglas Bunnell, PhD and Stephen Wonderlich, PhD

Even the most effective empirically supported treatments do not lead to full symptom remission, and fail to engage a substantial number of patients. This workshop addresses the strengths and limitations of evidence based treatments, and describes a new psychotherapy for bulimia nervosa, Integrative Cognitive Affective Therapy (ICAT). In addition, it explores the barriers between science and practice, and offers an interactive exercise designed to help clinicians and researchers influence each others’ work.

Didactic, Interactive • Intermediate

FR 4 Walking a Fine Line: Exercise and Eating Disorders
Rachel Calogero, PhD and Kelly Pedrotty-Stump, MS, RYT

Women with eating disorders frequently develop a distorted and destructive mindset regarding exercise. This workshop is designed to identify dysfunctional exercise, target specific exercise issues, debunk fitness and exercise myths and develop healthy exercise practices that contribute to recovery. Specific, action-oriented strategies and techniques for treating symptomatic exercise patterns in eating disorder clients are described. This workshop includes an experiential component. Participants should wear comfortable clothes.

Didactic, Interactive, Experiential • All Levels

FR 5 Nutrition Therapy: A Work in Progress
Sondra Kronberg, MS, RD, CEDRD, Molly Kellogg, RD, LCSW and Jessica Setnick, MS, RD, CSSD

Skilled nutrition therapists play a vital role in eating disorders treatment, yet no standardized training is available. This workshop addresses what nutritionists need to know to provide effective treatment, including where and how to learn it. The presenters describe how nutrition therapy for eating disorders first developed, and the most successful strategies for communicating with patients, families and other professionals.

Didactic, Interactive • Intermediate/Advanced
FR 6 Barbara M. Greenspan Memorial Lecture
Back to the Future: Innovative Body-Centered Strategies That Have Withstood the Test of Time, Science, and Best Practices
Adrienne Ressler, MA, LMSW, CEDS
This workshop illuminates how the body itself contributes to and is, in fact, a core element of the therapeutic process. Historically, a number of seminal writers, sages, and practitioners intuitively understood the healing power of the body/brain/mind connection. Now science can validate and measure this same healing power. The evolution and use of body-centered techniques derived from gestalt therapy, psychodrama, bioenergetic analysis, Alexander technique and family sculpting will be described, explored, and demonstrated in this retrospective as they relate to contemporary right-brain theory.

Didactic, Experiential • All Levels

12:15-1:15 LUNCH

1:30-1:45 WELCOME
Judi Goldstein, MSS, LSW Conference Chair

1:45-3:15 KEYNOTE PRESENTATION
Four Decades of Feminism: Reflections on Women and Eating Disorders
Gloria Steinem
For more than four decades, Gloria Steinem has been an organizer for the feminist movement. A tireless pioneer, a woman with a voice and a vision, Gloria Steinem has advocated for female political, social, sexual and economic power in America and throughout the world. During her keynote presentation, Ms. Steinem recounts some of her own formative influences and argues for the importance of continuing to understand today’s gender losses and gains. She explores feminism among contemporary women and offers a new way of understanding the current climate within which women continue to struggle for equality. In this context, she offers fresh insight into a feminist understanding of socio-cultural and personality variables identified as key contributors to the development and treatment of eating disorders. Ms. Steinem’s presentation will inspire and empower us!

3:30-4:00 BREAK

4:00-6:00 FRIDAY AFTERNOON WORKSHOPS

FR 7 Using EMDR in the Treatment of Eating Disorders and Trauma
Nancy Bravman, LCSW
Eating disorders present particular challenges to a clinician who uses EMDR, since eating disordered clients frequently have difficulty tolerating the emotions and the level of awareness that EMDR is designed to access. This workshop presents a model for safe and effective use of EMDR with eating disordered clients. Participants will learn techniques to enhance affect tolerance and stabilization, strategies for target selection and protocol modifications, and strategies for enhancing optimal EMDR reprocessing. Issues to consider when EMDR is adjunct to ongoing psychotherapy with another clinician will also be addressed. Attendees should have a working knowledge of EMDR.

Didactic, Interactive • Intermediate

FR 8 The Increasing Complexity of the Eating Disordered Patient: An Integrated Approach
Gayle Brooks, PhD and Susan Ice, MD
This workshop addresses the evolution of the field of eating disorders over the last 25 years, with particular reference to the enhancement and expansion of The Renfrew Center’s feminist/relational treatment approach and philosophy. Two core concepts - the increasing complexity of the eating disordered patient who suffers from co-occurring trauma, substance abuse, mood disorders or other severe psychopathology, and the similarly increasing complexity of an integrated approach to eating disorders treatment – are defined and illustrated through case presentations.

Didactic, Interactive • Intermediate

FR 9 Eating Disorders Recovery: Professional and Personal Perspectives on Definitions, Self-Disclosure and Practice
Carolyn Costin, MA, MEd, MFT, Beth Hartman McGilley, PhD, FAED and Mark Warren, MD
Definitions of eating disorders recovery are matters of longstanding empirical and clinical debate. Questions such as whether patients can ever fully recover, and when, if at all, “recovered” professionals should practice in the field, have not been resolved. During this workshop, three eating disorders experts address various aspects of the debate, including differing conceptions of recovery, employment issues for recovered professionals, perspectives on self-disclosure during the course of therapy, and implications of research on the most beneficial aspects of treatment.

Didactic, Interactive • All Levels
FR 10  A Therapist’s Most Significant Relationship: Reflections on the Therapeutic Alliance  
William N. Davis, PhD  
The therapeutic alliance is widely considered the most important ingredient in successful psychotherapy. But what is it, really? How do you define it, establish it, enhance it, and what are its nuances, its complications, its inadvertent consequences? This workshop offers answers to these questions and suggests new ways to further understand the relationship between the therapeutic alliance and eating disorders treatment.  
Didactic, Interactive • All Levels

FR 11  Advances in the Treatment of Binge Eating Disorder  
Ann Kearney-Cooke, PhD  
Binge Eating Disorder (BED) includes frequent episodes of uncontrollable eating, feelings of disgust, guilt, or depression after overeating, frequent dieting, and low self-esteem. This workshop discusses the role of dialectical behavior therapy, interpersonal therapy and cognitive behavior therapy in BED treatment. Creative strategies, such as guided imagery, journaling, and spiritual teachings are emphasized as means to help clients normalize eating, improve body image, regulate mood, establish interpersonal boundaries and increase pleasure and happiness.  
Didactic, Experiential • All Levels

FR 12  We All Started Somewhere: Developing New Competencies in Treating Eating Disorders  
Anita Sinicrope Maier, MSW and Robin Sesan, PhD  
This workshop explores how to be an effective psychotherapist in the context of a feminist relational approach to treatment, with particular emphasis on the importance of the initial session, the unique subtleties of engagement, and the avoidance of common pitfalls. In addition, the presentation reviews family therapy and adjunctive group therapy for eating disorders and describes how to engage family members in treatment.  
Didactic • Beginner

6:00-9:30  EVENING GATHERING  
Relax and unwind at our evening gathering. This reception will feature a buffet dinner, cash bar and a DJ, playing all your favorite tunes. Don’t miss it!

SATURDAY, NOVEMBER 13, 2010

7:30-8:30  NETWORKING BREAKFAST FOR NUTRITION THERAPISTS  
Hosted by: Julie Dorfman, MA, RD, LDN, Jodi Krumholz, RD, LDN and Rena Bruckman, MS, RD  
Please join us to meet and network with dietitians who are working in treatment centers, outpatient groups or solo practice. Participants will have an opportunity to discuss the specific challenges of their work and learn from the experience of others.  

7:30-8:30  MEN’S NETWORKING BREAKFAST  
Hosted by: Samuel E. Menaged, JD and Rev. Steven Wiley Emmett, PhD  
Our 15th annual breakfast provides a unique opportunity for men to reconnect and reflect on their varied experiences in the eating disorders field.  

7:30-8:30  BREAKFAST HONORING ETHNIC DIVERSITY  
Hosted by: Gayle E. Brooks, PhD, Paula Edwards-Gayfield, MA, LPC and Leslie Toomer, LSW  
We invite you to this annual breakfast which provides a wonderful opportunity for practitioners from diverse backgrounds to come together to share common experiences and discuss issues of ethnicity and eating disorders.  

7:45-8:45  GENERAL REGISTRATION & CONTINENTAL BREAKFAST

8:45-10:15  KEYNOTE PRESENTATION  
Walk Down Memory Lane: A Retrospective on the Field of Eating Disorders  
Michael Levine, PhD and Craig Johnson, PhD  
This keynote presentation reviews the development of the field of eating disorders over the last three decades. The retrospective highlights the establishment of eating disorder organizations and the evolution of theories concerning the etiology, treatment and prevention of eating disorders. Special emphasis is given to the unique role played by The Renfrew Center Foundation Conference. The goal of the presentation is to provide the audience with a stimulating, thought-provoking and enjoyable walk down memory lane.

7:30-8:30  BREAK
10:30-5:30  SATURDAY FULL DAY WORKSHOPS

1:30-2:30  LUNCH

SA 1 The Connected Brain: Exploring Relational-Cultural Therapy and Attachment Theory in the Age of Neuroscience
Amy Banks, MD

Thirty years ago, Stone Center scholars courageously critiqued existing models of human development. Relational-Cultural Theory (RCT) suggested healthy human development was through and toward relationship, rather than through separation and individuation. At first, RCT was ridiculed as feminist theory or ignored, and then only tolerated. Now it is celebrated. Recently, the APA identified it as one of the ten most important contemporary psychological theories. This workshop describes the current state of RCT, a complex body of work that integrates the neuroscience of relationship into a model of unlimited potential of the human mind and body when in growth fostering connection.

Didactic, Interactive • Advanced

SA 2 Understanding and Managing the Difficult to Treat Patient with Anorexia and Bulimia Nervosa
Michael Strober, PhD, ABPP

The variations in psychic development and biology of the mind that predispose to anorexia nervosa and bulimia nervosa also promote staunch resistance to treatment of the motives that sustain the illness. The plight of the person unshakably ill with a chronic eating disorder is heart rending, but the despair is difficult to penetrate, or remedy. This workshop discusses factors that predispose to chronicity in eating disorders, intrapsychic adaptations that sustain treatment resistance, and approaches to management of the difficult to treat patient, including transference and countertransference patterns that adversely impact the treatment process.

Didactic • Intermediate/Advanced

SA 3 Cognitive Behavioral Therapy (CBT) for Bulimia Nervosa, EDNOS, and Binge Eating Disorder
G. Terence Wilson, PhD

This workshop describes an expanded cognitive behavior therapy (CBT) treatment model for eating disorders, including broader therapeutic strategies. The latter involve methods for addressing dysfunctional body shape and weight concerns, negative affect and interpersonal problems. The fundamental importance of enhancing motivation for change during CBT is highlighted. In addition, the workshop outlines a guided self-help adaptation of CBT for recurrent binge eating. Some familiarity with the Fairburn, et. al. (1993) treatment manual for bulimia nervosa is assumed.

Didactic, Interactive • All Levels

SA 4 Show Me the Way to My Soul: Integrating Body-Mind-Spirit Interventions
Rev. Steven Wiley Emmett, PhD, Susan Kleinman, MA, BC-DMT, NCC, and Jennifer Nardozzi, PsyD

Traditional treatment approaches for eating disorders include medical, nutritional, and psychological interventions. Recently, spiritual interventions are receiving increasing attention. The therapist’s ability to engage the patient in a soulful process and mindfully explore eating disorder symptoms can be a critical aspect of treatment. This presentation emphasizes interventions that help patients discover the spiritual sustenance to connect mind, body and spirit and move toward a healthy recovery. A former Renfrew Center patient will share her experience of recovery and the impact of spiritual interventions.

Didactic, Interactive, Experiential • All Levels

SA 5 What Do We Do About Obesity: Challenges for the Eating Disorders Field
Dianne Neumark-Sztainer, PhD, MPH

This workshop addresses the issue of how to work toward the prevention of both eating disorders and obesity. In particular, the discussion is designed to center around the question, “What, if anything, should the eating disorders field do about obesity in the context of changing and differing attitudes among eating disorders professionals?” Research findings on adolescents are presented to elucidate the issue.

Didactic, Interactive • All Levels

SA 6 Eating Disorders in DSM-V Back to the Future?
B. Timothy Walsh, MD

DSM-V is scheduled to be published in the spring of 2013. This presentation reviews recommendations for changes to criteria for eating disorders diagnoses, and the rationale behind these recommendations. Modest changes are proposed for Anorexia Nervosa and Bulimia Nervosa. It is recommended that Binge Eating Disorder be officially recognized. Modifications to the criteria for eating disorders now located in “childhood disorders” of DSM-IV are under consideration. Several clinical implications of the recommendations are outlined, including a potential reduction in the need for EDNOS.

Didactic, Interactive • All Levels

10:30-1:30  SATURDAY MORNING WORKSHOPS

SA 4 Show Me the Way to My Soul: Integrating Body-Mind-Spirit Interventions
Rev. Steven Wiley Emmett, PhD, Susan Kleinman, MA, BC-DMT, NCC, and Jennifer Nardozzi, PsyD

Traditional treatment approaches for eating disorders include medical, nutritional, and psychological interventions. Recently, spiritual interventions are receiving increasing attention. The therapist’s ability to engage the patient in a soulful process and mindfully explore eating disorder symptoms can be a critical aspect of treatment. This presentation emphasizes interventions that help patients discover the spiritual sustenance to connect mind, body and spirit and move toward a healthy recovery. A former Renfrew Center patient will share her experience of recovery and the impact of spiritual interventions.

Didactic, Interactive, Experiential • All Levels

SA 5 What Do We Do About Obesity: Challenges for the Eating Disorders Field
Dianne Neumark-Sztainer, PhD, MPH

This workshop addresses the issue of how to work toward the prevention of both eating disorders and obesity. In particular, the discussion is designed to center around the question, “What, if anything, should the eating disorders field do about obesity in the context of changing and differing attitudes among eating disorders professionals?” Research findings on adolescents are presented to elucidate the issue.

Didactic, Interactive • All Levels

SA 6 Eating Disorders in DSM-V Back to the Future?
B. Timothy Walsh, MD

DSM-V is scheduled to be published in the spring of 2013. This presentation reviews recommendations for changes to criteria for eating disorders diagnoses, and the rationale behind these recommendations. Modest changes are proposed for Anorexia Nervosa and Bulimia Nervosa. It is recommended that Binge Eating Disorder be officially recognized. Modifications to the criteria for eating disorders now located in “childhood disorders” of DSM-IV are under consideration. Several clinical implications of the recommendations are outlined, including a potential reduction in the need for EDNOS.

Didactic, Interactive • All Levels

1:30-2:30  LUNCH
2:30-5:30 SATURDAY AFTERNOON WORKSHOPS

SA 7 Together at the Table: Clinical Challenges in the Application of the Principles of Family-Based Maudsley Therapy
Judith Banker, MA, LLP, FAED and
Laura Collins Lyster-Mensh, MS

In this workshop, a treatment professional and parent peer advisor describe clinical challenges encountered in the application of family-based Maudsley Therapy to children, adolescents and adults. Following a review of changing perspectives on the role of the family in eating disorders, case vignettes, video and interactive activities are used to demonstrate techniques for coaching families to use effective skills and strategies to support recovery and cope with chronic illness.

Didactic, Interactive, Experiential • All Levels

SA 8 The Art of Integrating Diversity
Andrea Bloomgarden, PhD, Leigh Cohn, MAT, CEDS and Cynthia Whitehead -LaBoo, PhD

Therapists make assumptions about eating disorder clients and likewise, clients make assumptions about therapists. Moving beyond stereotypes, this workshop is designed to inspire thought about difference, regarding ethnicity, size, sexual orientation and gender during eating disorders treatment. Strategies to promote mutual understanding, acceptance and healing are presented. In addition, participants have an opportunity to explore their own relationship with food and body image, as shaped by ethnic/racial/gender influences.

Didactic, Experiential • All Levels

SA 9 Girls’ Bodies and the Body Politic: Eating Disorders, Feminism and Primary Prevention
Catherine Steiner-Adair, EdD

America is the most powerful country in the world, yet it ranks 68th in the global community for women in leadership positions. This workshop describes Full of Ourselves (FOO), a feminist infused, school based primary prevention program. FOO approaches eating disorders prevention by providing girls with skills to deconstruct cultural messages that encourage shape preoccupation and disordered eating, while increasing self-esteem, and a sense of personal power.

Didactic, Interactive • All Levels

5:45-7:00 POSTER PRESENTATIONS & RECEPTION

Please join us as poster presenters display their work on topics relevant to the theory, treatment and prevention of eating disorders, genetics and cultural influences. Attendees are encouraged to enter into dialogue with presenters. Hors d’oeuvres will be served.

SUNDAY, NOVEMBER 14, 2010

7:30-8:30 GENERAL REGISTRATION & CONTINENTAL BREAKFAST

8:45-9:00 CLOSING REMARKS
Samuel E. Menaged, JD President of The Renfrew Center Foundation and The Renfrew Centers

9:00-10:30 KEYNOTE PRESENTATION
The Intricate Dance of Genes and Environment in Eating Disorders
Cynthia M. Bulik, PhD, FAED

Moving beyond old Nature versus Nurture debates, this keynote presentation highlights the complicated ways genes and environment interact to influence risk for eating disorders. Following decades of misdirected belief that eating disorders were purely sociocultural phenomena, enormous strides have been made uncovering the genetic underpinnings of these pernicious disorders. Dr. Bulik provides a listener-friendly distillation of contemporary genetics while acknowledging that biology does not act alone. Culture clearly plays a role and the critical question is how biology influences vulnerability to toxic environmental pressures. She reviews what we know today and where we need to go in order to advance our understanding of the complex interplay of genes and environment in eating disorders.

10:30-10:45 CLOSING RITUAL
Honoring the Past, Embracing the Future
This Closing Ritual offers a multimedia tribute celebrating two decades of memorable moments at The Renfrew Center Foundation Conference and ushers in the next era of intellectual and clinical growth.

10:45-11:00 BREAK

11:00-1:00 SUNDAY WORKSHOPS

SU 1 A Theory and Practice of Our Own: Feminist Psychoanalytic Therapy
Carol Bloom, LCSW and Laura Kogel, LCSW

Psychoanalytic thinking is a guide to the depths of experience. Feminism provides the gift of self as a subject. These traditions combine to offer an understanding of women’s troubled relationship to food and their bodies. This workshop describes how clinical work is enhanced by this understanding, including a model for self-attuned feeding, and treatment for the assaults of visual culture and the internalization of mandates about femininity.

Didactic, Interactive • All Levels
SU 2  Taking Risks: Moving from Structured to More Independent Eating
Julie Dorfman, MA, RD, LDN and Jodi Krumholz, RD, LDN

This workshop describes strategies to help facilitate and maintain a successful step down from inpatient nutrition treatment to intensive outpatient or day treatment. The goal is to educate practitioners on specific groups, meal planning methods and structure that prepare patients for a smooth transition.

Didactic, Interactive • Intermediate

SU 3  Reflections on Eating in the Light of the Moon
Anita Johnston, PhD

Our modern culture has disowned, dismissed, and disembodied the instinctual, intuitive, and emotional aspect of the Feminine, which helped our ancestors connect to the wisdom of the earth and embrace the female body. This presentation explores how to use myth, metaphor and storytelling, as well as neuroscience, to balance the Feminine and Masculine principles within the psyches of eating disordered clients, and create a future free from struggles with food, fat, and dieting.

Didactic, Interactive • All Levels

SU 4  Self-Transformation Through Art, Movement and Psychodrama in a Residential Milleu
Lisa Levinson, MA, Sarah Gibbs, MS, PhD and Sondra Rosenberg, ATR-BC

Therapists face a challenge helping clients access deeper layers of their experience in a safe and empowering way. Experiential modalities such as art therapy, movement therapy and psychodrama enable clients to use the creative process to gain insight into their thoughts, emotions and actions. This presentation offers a chance to learn how to utilize such modalities, and experiment with them during workshop exercises.

Experiential, Didactic • All Levels

SU 5  The Subtle Dynamics of Shame in the Treatment Relationship
Jane Shure, PhD, LCSW and Beth Weinstock, PhD

Good therapy hinges on the relational field and how providers convey empathy, understanding, and compassion. People with eating disorders suffer with shame-based feelings, mandating clinicians to develop awareness of shame dynamics, how they show up in treatment and how to work with them. This workshop explores the subtleties of successfully managing clients’ transference and therapists’ countertransference in the journey towards health.

Didactic, Interactive • All Levels

SU 6  Creating and Maintaining Good Connection in the Face of Disconnection: Helping Patients and Families Engage and Remain in Group Treatment for Eating Disorders
Mary Tantillo, PhD, RN

This workshop describes eating disorders as diseases of disconnection. In this context, group therapy can be a powerful means to heal disconnections and promote growth-in-relationships. Highlights will include relational-motivational interventions to engage patients and families in group therapy, screening for group participation, stages of group work, healing factors, common group dynamics and therapist self-disclosure.

Didactic, Interactive • All Levels

Friday
• Zumba Gold®
• Continental Breakfast
• Refreshment Breaks
• Keynote

Saturday
• Networking Breakfast for Nutrition Therapists
• Men’s Networking Breakfast
• Breakfast Honoring Ethnic Diversity
• Continental Breakfast
• Keynote
• Full Day Workshops or Morning/Afternoon Workshops
• Refreshment Breaks
• Lunch
• Poster Presentation & Reception

Sunday
• Continental Breakfast
• Keynote
• Closing Ritual

QUESTIONS? CALL TOLL-FREE 1-877-367-3383
REGISTRATION FORM  Please print clearly

Name:__________________________  Credentials:__________________________  Organization:__________________________

Preferred Mailing Address (Work or Home):______________________________________________________________

City:__________________________  State:__________________________  Zip:__________________________

Work Phone:__________________________  Home Phone:__________________________  E-mail:__________________________

WORKSHOP REGISTRATION  Please indicate 1st & 2nd choice

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>9:00-12:00</td>
<td>FR 1, FR 2, FR 3, FR 4, FR 5, FR 6, FR 7</td>
</tr>
<tr>
<td>Friday</td>
<td>4:00-6:00</td>
<td>FR 8, FR 9, FR 10, FR 11, FR 12</td>
</tr>
<tr>
<td>Saturday</td>
<td>10:30-5:30</td>
<td>SA 1, SA 2, SA 3, SA 4, SA 5, SA 6, SA 7</td>
</tr>
<tr>
<td>Saturday</td>
<td>10:30-1:30</td>
<td>SA 8, SA 9</td>
</tr>
<tr>
<td>Saturday</td>
<td>2:30-5:30</td>
<td>SA 10, SA 11, SA 12, SA 13, SA 14</td>
</tr>
<tr>
<td>Friday</td>
<td>11:00-1:00</td>
<td>SU 1, SU 2, SU 3, SU 4, SU 5, SU 6, SU 7</td>
</tr>
<tr>
<td>Sunday</td>
<td>1:00-3:00</td>
<td>SU 8, SU 9</td>
</tr>
</tbody>
</table>

SPECIAL EVENTS  I will attend:

- Zumba Gold®
- Evening Gathering
- Networking Breakfast for Nutrition Therapists
- Men’s Networking Breakfast
- Breakfast Honoring Ethnic Diversity
- Poster Presentations & Reception
- Lunch and Tour of The Renfrew Center

To register, mail check or money order to:
ATTN: Debbie Lucker: The Renfrew Center Foundation • 475 Spring Lane • Philadelphia, PA 19128

Or fax registration with credit card information to ATTN: Debbie Lucker at 215-482-2695. To register online, visit: www.renfrew.org

Please make payable to The Renfrew Center Foundation. Please confirm receipt of fax. No phone registrations will be accepted. Full refunds will be made for cancellation requests received by Friday, October 1, 2010. Cancellations after Friday, October 1, 2010 will be subject to a 50 percent administrative fee. There will be no refunds after Wednesday, November 4, 2010. Credits will be issued for use toward future Renfrew Center Foundation Conferences.

REGISTRATION FORM  Please print clearly

Friday through Sunday .................................... $_____________

Friday ............................................................... $_____________

Saturday ........................................................... $_____________

Sunday ............................................................. $_____________

Total Amount ................................................. $_____________

Enclosed is a check or money order in the amount of $_____________

Please make payable to The Renfrew Center Foundation. Please confirm receipt of fax. No phone registrations will be accepted. Full refunds will be made for cancellation requests received by Friday, October 1, 2010. Cancellations after Friday, October 1, 2010 will be subject to a 50 percent administrative fee. There will be no refunds after Wednesday, November 4, 2010. Credits will be issued for use toward future Renfrew Center Foundation Conferences.

HOTEL REGISTRATION FORM  Please print clearly

We recommend making your hotel reservations as early as possible, since the block of rooms at our discounted Conference rate fills quickly.

Discounted hotel accommodations are based on availability of rooms at the negotiated Renfrew Conference rate of $111 per night plus tax.

After the select number of rooms have been reserved, any available rooms will be at the prevailing hotel rate.

Name:__________________________

Organization:__________________________

Sharing With:__________________________

Telephone:__________________________

Address:__________________________

City:__________________________  State, Zip:__________________________

Special Requests:__________________________

Below is my credit card information authorizing payment to be charged to my account. (Only the cards listed below are accepted.)

Credit Card used: □ AMEX  □ DISCOVER
□ MASTERCARD  □ VISA

Credit Card #:__________________________  Sec. Code:__________________________

Exp. Date:__________________________  Amount to be charged: $_____________

Signature:__________________________  Date:__________________________

The Renfrew Center Foundation Conference • November 12 -14, 2010

Arrival Date:______/______/______ (check in at 3 p.m.)

Departure Date:______/______/______ (check out at 12 Noon)

Check room type desired:  □ Double  □ King
□ Smoking  □ Non-Smoking

Mail or fax to:
Philadelphia Airport Marriott
Philadelphia International Airport • Arrivals Road • Philadelphia, PA 19153
Information: 215-492-9000 • Fax: 215-492-7464 • Reservations: 800-682-4087

Below is my credit card information authorizing payment to be charged to my account. (Only the cards listed below are accepted.)

Credit Card used: □ AMEX  □ DISCOVER
□ MASTERCARD  □ VISA

Credit Card #:__________________________  Sec. Code:__________________________

Exp. Date:__________________________  Amount to be charged: $_____________

Signature:__________________________  Date:__________________________
"One of the best conferences I’ve attended in 20 years of practice."

CONFERENCE CHAIR
Judi Goldstein, MSS, LSW, is Vice President of The Renfrew Center Foundation and has Chaired The Renfrew Center Foundation Conference since 1994. Ms. Goldstein has been with The Renfrew Center since it opened in 1985. She is a Founder of the National Eating Disorders Association and Advisor to A Chance To Heal Foundation.

FOUNDATION PRESIDENT
Samuel E. Menaged, JD, is the Founder and President of The Renfrew Centers and The Renfrew Center Foundation. He is the President of the Board of the Eating Disorders Coalition for Research, Policy and Action, an advocacy group based in Washington, DC. Mr. Menaged is a former healthcare attorney.

COMMITTEE MEMBERS
Gayle Brooks, PhD
Douglas Bunnell, PhD
Joyce Cellini, RN, BSN
Wendy Cramer, MEd
William N. Davis, PhD
Margaret Funari, RN, MS
Jillian Gonzales
Susan Ice, MD
Deborah Lucker
Lindsey Massimiani
Beth Hartman McGilley, PhD
Vanessa Menaged
Judith Ruskay Rabinor, PhD
Adrienne Ressler, MA, LMSW, CEDS
Emily Smith
Maryanne Werba

TOUR OF THE RENFREW CENTER
Come learn more about the role you play in your clients’ treatment at The Renfrew Center by being our guest for lunch and a tour of our facility on Sunday, November 14.

Round-trip transportation will be provided from the Conference site to The Renfrew Center promptly at 1:15 PM, returning at approximately 3:30 PM. Please make airline reservations with this tour in mind, allowing for your arrival at the airport 1 1/2 hours prior to your flight departure time. The Marriott provides accommodations for your luggage.

CONFERENCE SITE INFORMATION
Conveniently located in the Philadelphia International Airport, the Philadelphia Airport Marriott is just a short walk from your gate. You never even have to step outside.

Hassle-free transportation to Center City, Philadelphia and the historic district is a 15-minute train ride departing every 30 minutes at a one-way rate of $6. Taxi service is also readily available just outside the hotel lobby.

By car, take I-95 North or South to Philadelphia International Airport. Parking is complimentary for overnight guests or $8 for non-overnight guests, only for those parking in Garage C, Level 2.

For relaxation, guests can enjoy the indoor lap pool, whirlpool and large exercise room.

The Marriott’s attentive staff looks forward to welcoming you to the great city of Philadelphia and The Renfrew Center Foundation Conference!

Keynote Presenters

Cynthia M. Bulik, PhD, FAED, is William and Jeanne Jordan Distinguished Professor of Eating Disorders, and Professor of Nutrition, University of North Carolina and Director, UNC Eating Disorders Program. The author of over 350 papers and chapters on eating disorders and Crave: Why You Binge Eat and How to Stop, her research includes treatment, laboratory, epidemiological, and genetic studies. Dr. Bulik holds the first endowed professorship in eating disorders in the United States.

Craig Johnson, PhD, is Director of the Eating Disorders Program at Laureate Psychiatric Hospital in Tulsa, OK and Clinical Professor of Psychiatry at the University of Oklahoma Medical School. A leader in the field of eating disorders for over 30 years, he was Founding Editor of The International Journal of Eating Disorders, and a founding member of Academy of Eating Disorders and Eating Disorders Research Society. The Past President of National Eating Disorders Association, Dr. Johnson is the author of three books and over 70 scientific articles, and has been the recipient of several distinguished contribution awards.

Michael P. Levine, PhD, is Samuel B. Cummings, Jr. Professor of Psychology at Kenyon College in Gambier, OH. His special interest is body image and eating problems, and their links with preventive education, developmental psychology, and community psychology.

A Fellow of Academy of Eating Disorders, he received the National Eating Disorders Association Meehan-Hartley Award for Leadership in Public Awareness and Advocacy in 2006. Dr. Levine’s most recent book is The Prevention of Eating Problems and Eating Disorders: Theory, Research, and Practice.

Gloria Steinem is an internationally acclaimed writer, lecturer, editor, and feminist activist. The Founder or Co-Founder of Ms. Magazine, the National Women’s Political Caucus, New York Magazine, and The Women’s Action Alliance, to name but a few, she wrote Revolution from Within: a Book of Self-Esteem, Outrageous Acts and Everyday Rebellions; Moving Beyond Words and Marilyn: Norma Jean; and edited The Reader’s Companion to U.S. Women’s History. During her distinguished and unparalleled career Ms. Steinem has been the recipient of numerous awards and honors, including the Lifetime Achievement in Journalism Award, The Bill of Rights Award, the Society of Writers Award from the United Nations, and the National Gay Rights Advocates Award. Listed by Biography magazine as one of the 25 most influential women in America, and a member of the National Women’s Hall of Fame, she has been the subject of two television documentaries and a biography. Ms. Steinem lives in New York City where she is at work on Road to the Heart: America As if Everyone Mattered, a book about her more than thirty years on the road as a feminist organizer.

Bios
FEMINIST PERSPECTIVES AND BEYOND:

Honoring the Past, Embracing the Future

November 12–14, 2010 • Philadelphia

“The conference itself embodies the work we do when we are at our best.”

ABOUT THE RENFREW CENTERS

This year, The Renfrew Center is celebrating its 25th anniversary as the country's first free-standing, residential treatment facility in the United States exclusively dedicated to the treatment of women with eating disorders. Renfrew is the first and largest eating disorder treatment network in the country and has treated over 55,000 women. Renfrew provides a comprehensive range of services in Connecticut, Florida, Maryland, New Jersey, New York, North Carolina, Pennsylvania, Tennessee, and Texas. Programs and services vary by site and include: Residential, Day Treatment, Intensive Outpatient, Group Therapy, Individual, Family, and Couples Therapy, Nutrition Therapy and Psychiatric Consultation. Treatment tracks offered include trauma, substance abuse, adolescents and women in midlife.

The treatment philosophy emphasizes a respect for the unique psychology of women, the importance of a collaborative therapeutic relationship, and the belief that every woman needs to actively participate in her own recovery. The Renfrew Center integrates relational principles and practice with the latest developments in the effective treatment of patients with eating disorders. Renfrew is a preferred provider for most health insurance and managed care companies and works with individuals to create a financial plan that meets the need of each prospective patient.

Call 1-800-RENFREW (736-3739) or visit www.renfrewcenter.com for more information about The Renfrew Centers.

ABOUT THE RENFREW CENTER FOUNDATION

The Renfrew Center Foundation, founded in 1990, is a non-profit, charitable organization dedicated to advancing the education, prevention, research and treatment of eating disorders. Through its programs, the Foundation aims to increase awareness of eating disorders as a public health issue and research the pathology and recovery patterns of people with eating disorders. The Foundation also seeks to educate professionals in the assessment, treatment and prevention of behavioral and emotional disorders by sponsoring an Annual Conference, as well as numerous seminars throughout the country. To date, the Foundation has trained nearly 25,000 professionals.

The Renfrew Center Foundation is committed to helping women and girls on the road to recovery by providing financial assistance to those who might otherwise not be able to continue treatment. The Foundation is supported financially by private donations, as well as by funding from The Renfrew Center. Professionals can become more involved with The Foundation's efforts through individual donations and planned giving opportunities. Together, with your help, we can build a future where women, girls, and their families have the hope for a healthy life, free from eating disorders. For information about The Renfrew Center Foundation, please call toll-free 1-877-367-3383 or visit www.renfrew.org.

Accreditation

The Renfrew Center Foundation is approved by the American Psychological Association to sponsor continuing education for psychologists. The Renfrew Center Foundation maintains responsibility for this program and its content. Continuing Education Credits for social workers have been applied for, and are pending approval by the National Association of Social Workers for 17.5 Continuing Education Credits. Continuing Education Credits for registered dietitians are offered pending approval by the Commission on Dietetic Registration. The Renfrew Center Foundation is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines. An application for contact hours has been submitted to the Pennsylvania State Nurses Association. Please call Margaret Funari, RN at The Renfrew Center for more information about contact hours.