

SAVE THE DATES

- March 6, 2020 (Half-day event)
- March 26-29, 2020 (iaedp Symposium)
- April 24, 2020 (Half-day event)
- September 25, 2020 (Full-day event)
- December 5, 2020 (Annual Winter Gala)

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A LETTER FROM OUR PRESIDENT, KIM BERGER, MS, RDN, LDN, CEDRD-S



Hello Everyone,

Happy New Year! I hope all of you had a wonderful holiday season and found time to relax, rest, and reset for the new year. Holidays are a time of the year where we reflect on our blessings and thankfulness.

As I reflect on the Heartland chapter's 2019 accomplishments, I am thankful for our committee, which consists of a group of dedicated hard-working warriors. I am also thankful to our sponsors, site hosts, members, volunteers, and guest speakers along with all of the donations to our Gala.

The Board of Directors of iaedp informed me that the Heartland chapter is now the largest chapter internationally. The success of our chapter could not have been accomplished without the efforts of our committee, sponsors, site hosts, members, and volunteers. I also want to thank the Advisory committee for their guidance and support of our chapter.

We have had another successful year with some amazing educational events. The Winter Gala held on December 12, 2019 at Gibson Steakhouse in Oakbrook; IL was another success with the largest attendance in the Heartland chapter's history. Thank you to all of those who attended this event. We hope you all enjoyed the speakers, brunch, raffle of gift baskets, and connecting to those familiar to us, as well as starting new relationships.

I would like to offer my deepest appreciation to the officeholders who have stepped down from their chair positions in 2019.

Denise Styer: Education Chair

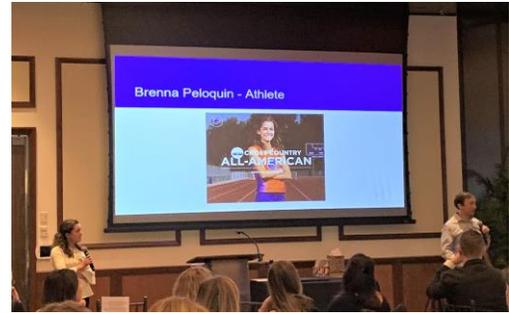
Blair Famarin: Treasurer

Jancey Wickstrom: Vice President

Their dedication, efforts, and commitment for their years of service to Heartland iaedp was invaluable. I will cherish our many meetings, phone calls, lunches, and friendships developed.

In 2020, our Officeholders and Sub-Committee Leaders will consist of the following. I would like to welcome those that are new to their roles.

- Kimberly Berger: President*
- Anne Kubal: Vice President *
- Kyle Weber: Secretary
- Alexandra Konefall: Treasurer
- Katie Lenahan: Education Chair
- Melissa Carava: Membership Chair
- Lacey Lemke: Hospitality Chair
- Kathleen O'Connor: Research Chair
- Erin Terada: COMC (Connecting, Outreach, Mentoring Community) Mentorship Sub-Committee Lead
- Katie Huber: Networking Events Sub-Committee Lead



*I was asked to continue to serve as Heartland President through September 2020 to ensure a smooth transition for Anne Kubal, who will become the next President starting on October 1, 2020. In January 2020, it is my honor to have been voted in as a member of iaedp's International Board of Directors as a Chapter Representative. I look forward to making contributions internationally to the board.

I hope to see some of you at the 2020 iaedp's symposium held at the Omni Orlando Resort at ChampionsGate in Orlando, Florida from March 26-29, 2020. If you will be attending the event in Orlando, please stop by to chat or reach out to meet up for coffee.

As we move into another year of presentations, Heartland would like to continue to support and work with iaedp's mission to collaborate, educate, and network through our educational events. I look forward to seeing you at our upcoming events (March 6th, April 24th, September 11th, and December 5th).

Warmly,
Kim



OUR MISSION STATEMENT

“The Heartland iaedp Chapter aims to provide educational opportunities to treating professionals designed to increase awareness of eating disorder treatment and to enhance the skill of treating professionals.”

OUR STATEMENT OF PURPOSE

“The Heartland iaedp Chapter offers continuing education, networking, and support for professionals of all disciplines, orientation, and levels of experience treating eating disorders throughout the Midwest.”

RESEARCH CHAIR UPDATE
KATHLEEN O'CONNOR, LCPC, CEDS

One way to stay connected with Heartland iaedp is through our ListServ. All submissions regarding research will be approved by the board, but can include research studies or latest developments in the field of eating disorders. To submit information for consideration on the ListServ, please email heartland@heartlandiaedp.com.

A REQUEST FROM ONE OF OUR MEMBERS

EXPANDED PARTICIPANT CRITERIA

HOLLY NICELY, DOCTORAL STUDENT AT ADLER UNIVERSITY

Hello, my name is Holly Nicely and I am a doctoral student in clinical psychology at Adler University. I am currently seeking participants for a study for my doctoral research. If you have any clients who you feel may meet the following criteria and would be interested in participating, please feel free to pass along this information to them or have them contact me directly. Additionally, if you meet the criteria and are interested in participating please feel free to contact me. My study participants will be women ages 18 or older who are either in recovery from an eating disorder or currently have a diagnosed eating disorder and have a past history of traumatic experience(s), at least one of which is a sexual trauma. If they are interested and eligible, the study will consist of an approximately 60 minute interview focused on their experience of their body, eating disorder, and how the experience(s) of trauma may have affected their experience of their body and/or eating disorder. I am interested in gaining a perspective on eating disorders from people who experience them firsthand as opposed to medical or mental health professionals who do not have a personal experience of an eating disorder. This study has been approved by IRB. If you have any questions, please contact the researcher, Holly Nicely, or the researcher's chair, Dr. Scott Pytluk.

Holly Nicely:
Phone: 872-216-3249
E-mail: hollynicelystudy@gmail.com

Dr. Scott Pytluk:
(312) 662-4371



Interested in the iaedp Mentorship Program?

The iaedp Heartland chapter is excited to introduce a new outreach initiative for the chapter that will further our commitment to connect, promote and uphold quality clinical care for individuals with eating disorders. Heartland iaedp's Connection Outreach and Mentoring Committee (COMC) is committed to fostering connections within our local eating disorder clinical community. Part of this connection process is providing mentoring for those new to the field of eating disorder treatment through the Heartland iaedp chapter. These relationships will enhance professional connection as well as professional development. Each relationship is tailored to meet the needs of the mentee and the mentoring connection initiative. Mentoring is meant to help with connecting new eating disorder clinical professionals to other professional in our chapter and the community at large. It also provides guidance for those who are new to providing eating disorder treatment to promote best practices.

Becoming a part of the Connection and Outreach Committees Initiative can help those seeking more support in in becoming a specialized eating disorder clinical professional while establishing connections within the local community at large. Additionally, for mentors, it can be a way to start exploring the path of pursuing of being an approved supervisor in the future. If you are interested in learning more about the Heartland iaedp chapter's COMC mentorship initiative, please reach out to Erin Terada PsyD, CEDS-S for further information and applications at erin.terada@gmail.com



We've GONE GREEN so be on the lookout for PowerPoint slides before our events, if presenters/organizations allow.

Changes to Certification April 2020

CERTIFICATION CHAIR UPDATE

DELIA ALDRIDGE, MD, CEDS

Changes in how to count previous hours

Beginning with Traditional Applications received after April 1st, supervisors may only sign off on hours accrued after they have obtained Approved Supervisor status.

Hours accrued prior to the supervisor becoming an iaedp-Approved Supervisor will no longer be counted.

PREVIOUS HOURS WITH ANOTHER SUPERVISOR

If a supervisee comes to an iaedp-Approved Supervisor with previous experience, the previous experience can only be signed off by the iaedp-Approved Supervisor under whom those hours were accrued.

Supervision contracts are the best way to verify start and end dates of supervised work hours.

For the most updated information and changes please visit the certification page at <http://www.iaedp.com/certification-overview/>.

New Supervisors

Because iaedp supervision is different from supervision for licensure, it is important for iaedp-Approved Supervisors to stay abreast of their responsibilities.

Beginning in April 2020, those applying for supervisor designation will need to pass a short test.

The questions are based on the requirements outlined in the Traditional Application and as presented in the “Leading by Example” training workshop (available online or live at the symposium.)

Also beginning April 1 2020, supervisor applications completed will need to be on the version dated September 2019; older versions will not be accepted.

PREVIOUSLY APPROVED SUPERVISORS

Those who are already iaedp-Approved Supervisors will be required to acknowledge understanding of the iaedp supervision process when their certification is renewed every 2 years.

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SOCIAL MEDIA UPDATE

SARAH GRACZ, MS, LMFT, CEDS

Do you attend our events and take photos? Will you be going to the Symposium? Take all the photos and send them my way and/or tag us on social media so we can repost them. You guys do a great job of capturing one another and we'd love to get our hands on some of those photos. To check out our website, click here → Heartlandiaedp.com for regular updates on upcoming events as well as photos, 2020 board members, and additional information. We also post on Instagram, Facebook, Twitter, and LinkedIn so be sure to follow us there by searching Heartland iaedp. As of 2019, all event registration takes place through Eventbrite. To receive emails for upcoming Heartland events, you can sign up through our website. Don't forget to tag Heartland iaedp on all of your social media posts!

**Although we have been on the hunt for larger venues, please keep in mind that our events are growing larger and larger. Space is limited. Register early!



Questions regarding our upcoming events:
marketing@heartlandiaedp.com | www.heartlandiaedp.com

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March 6, 2020:

Collaborative Exploration of the Complications & Complexities of Ethical Decision-Making in Eating Disorder Treatment

By: Anne Kubal, PhD, CEDS-S & Michelle Gebhardt, PsyD, CEDS-S
(Location: TBD; 3 CEUs offered)

April 24, 2020:

Veganism & Eating Disorders: History, Holes, & Hope for Treatment

By: Tammy Beasley, RDN, CEDRD-S, CSSD, LD

Medical Cannabis & Eating Disorders

By: Anne Shragel, MA, LCPC
(Location: TBD; 3 CEUs offered)

September 11, 2020:

Walk Backwards & Eat Dessert First! Introduction to & Lessons from RODBT: A Novel Treatment for Eating Disorders

By: Abigail Brown, PsyD & Danielle Doucette, PsyD, CEDS

It's Not "Them," It's "Us," Too: Preventing Size Discrimination in Eating Disorder Treatment

By: Catherine Devlin, PsyD; Erin Chatten, MS; Aly Haebig, MS, RDN, LDN; & Andrea Seefeldt, PsyD

Impact of Shame & Microaggressions on Eating Disorders in Marginalized Communities

By: Norman Kim, PhD
(Location: TBD; 6 CEUs offered)

December 5, 2020:

Annual Winter Gala

(Location: TBD)

Collaborative

Heartland iaedp was created in 2011 with the vision of being first and foremost a collaborative organization to bring professionals together with regard to supporting and educating our multidisciplinary teams that work with the eating disorder population. We are a group of psychologists, social workers, counselors, marriage and family therapists, dietitians, students, psychiatrists, medical physicians, and marketing personnel who support this very important work.

Multidisciplinary

We believe each professional has an important function with creating significant quality patient and client care, and are excited about bringing opportunities for professionals to collaborate and network with one another.

Quality

Meaningful, up to date, in-depth education is our goal. We want to provide opportunities for both experienced clinicians and new career clinicians to learn about quality treatment philosophies and modalities.

We are proud to have connections with multiple organizations that treat eating disorders within a variety of patient settings: residential, inpatient, and outpatient. We believe ongoing education helps connect these different treatment levels together in order to maintain effective change for our clients. We appreciate being able to connect in person to be able to learn more from each other about opportunities to better care for our patients and clients.

We welcome feedback, participation, and engagement in this very important field of study. We love inviting new people and seeing familiar faces at multiple events to deepen relationships and to learn from one another.

Please browse our website to learn more about our Officeholders as well as past and future events we will be hosting. We would love to have your involvement in what we do.

We are excited to meet you at our next event!



2019 BOARD MEMBERS

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CEDRD-S

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