

## SAVE THE DATES

- December 4, 2020  
Annual Winter Gala

### 2021 Event Dates

- March 12, 2021
- May 21, 2021
- September 17, 2021

\*Events virtual until further notice.

## Connect with us!



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## A LETTER FROM OUR PRESIDENT ELECT, ANNE KUBAL, PH.D., CEDS-S

Dear Heartland iaedp Chapter Members, Sponsors, and Community, As one of the founding members of the Heartland iaedp Chapter many years ago, I feel honored and privileged to now be preparing to take on the role of chapter president in October. My goal as president is to continue to build upon the strong foundation set by former chapter presidents, including Michelle Gebhardt, PsyD, CEDS-S, Robin Ross, PhD, and Kim Berger, MS, RDN, LDN, CEDRD-S. The Heartland iaedp chapter has represented a “home base” for me professionally in many ways over the years, providing opportunities for connection, continuing education, and professional growth. I especially enjoy opportunities to connect with friends and colleagues in this field through chapter events, as these relationships are an important part of my own professional self-care as an eating disorder specialist. I know that the pandemic and general move to telehealth has created challenges in our ability to connect in usual ways. I felt hopeful and inspired by the success of Heartland iaedp’s first virtual event, and look forward to working with our chapter leadership team, sponsors, and members to continue to find new and innovative ways to connect and collaborate until we can safely be back in person again!

Although it may be awhile before we are able to re-connect in person, please always feel free to reach out to me by phone or email with any questions, concerns, ideas to build/strengthen the chapter, or general feedback. I know that the success of this chapter has been driven by an active, vocal, and engaged chapter membership, and I want us to continue that tradition. In closing, if I had to identify one overarching goal for my time as president, it would be to try to make sure all of you feel like Heartland iaedp is a professional “home base” for you as well.

With gratitude for your continuing support of the chapter,

Anne Kubal, Ph.D., CEDS-S  
Heartland iaedp Chapter President Elect

## A GOODBYE FROM OUR CURRENT PRESIDENT, KIM BERGER, MS, RDN, LDN, CEDRD-S

As the ending of my Presidency draws near, and my next position as Past President soon approaches, I would like to express my appreciation and gratitude towards the Heartland committee and members. During my 5 years of being a part of Heartland's executive team and 3 of those years being President, there have been a lot of changes, additions and extra workload within the committee. I am honored and grateful to be blessed with such a phenomenal committee to walk through this journey with me. I will cherish the friendships and memories throughout my lifetime. A special Thank You to all the sponsors, site hosts and members who have faithfully supported Heartland iaedp and all our endeavors. I will continue to be an active committee member with Heartland, and will support and be a resource to our new President, Anne Kubal, PhD, CEDS-S. I am looking forward to another successful year with Heartland, please feel free to reach out to me if needed.



Warmly,  
Kim Berger, MS, RDN, LDN, CEDRD-S

### CALL FOR SPEAKERS AND SITE HOSTS FOR 2021

We are dedicated to providing high-level, innovative thinking and material to our community of professionals who attend our events. Our Heartland Executive Team and Officeholders are committed to applying a non-biased approach when rigorously selecting from the array of topics for the upcoming year.

#### 2021 Call for Speakers:

If you, a clinician, or a team of clinicians would like to submit a presentation to be considered, please complete the attached form and forward it to, Katie Lenahan, LCPC, CADC Heartland iaedp Education Chair at [KatherineLenahanLPC@gmail.com](mailto:KatherineLenahanLPC@gmail.com) by October 1, 2020. [APPLICATION FOR SPEAKERS](#)

#### 2020 Call for Site Hosts:

We are currently seeking Site Hosts for our Spring (March 2021), Summer (May 2021), and Fall (September 2021) Heartland iaedp Chapter Educational Events in the Chicagoland area. A committee member will function as the Event Chairperson who will coordinate with the Site Host regarding the logistics of the event, including choice of venue. [APPLICATION FOR SITE HOSTS](#)

Please Note: The Heartland iaedp Executive Team and Officeholders understand and acknowledge these unprecedented times throughout our community and our world. If unfolding circumstances associated with COVID-19, force us to make substantial changes to our planned educational events in 2021 that impact the benefits of hosting opportunities, we will re-evaluate site host fees for the year and consider adjusting to a lowered fee.

If interested in becoming a 2021 Site Host, please complete the application and forward it to Katherine Lenahan, LCPC, CADC, Education Chair, [KatherineLenahanLPC@gmail.com](mailto:KatherineLenahanLPC@gmail.com) by October 1, 2020.

The Heartland Executive Team and Officeholders plan to meet in October for the Speaker Selection and Site Host application process. If selected, you will be notified by October 15, 2020.

We greatly appreciate your support and look forward to receiving your submissions for the upcoming year!

## COMC/MENTORSHIP UPDATE, ERIN TERADA, PSYD, CEDS-S

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 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.

The iaedp Heartland Chapter is currently looking for both Mentees and Mentors! Mentees only need to fill out the application to get matched with a mentor. This is a great opportunity to get involved with the local community and anyone can apply to be a mentee! For a Mentor position, members are required to be certified through iaedp (CEDs, CEDRD, CEDRN, etc.) and be able to commit to 6 months with at least one contact a month with their mentee.

If you are interested in either becoming a Mentor or Mentee, please contact Erin Terada PsyD, CEDS-S at [Erin.terada@gmail.com](mailto:Erin.terada@gmail.com) for more information about this initiative!



### NEW MEMBERSHIP BENEFITS

Digital badges: Way to demonstrate your expertise as a treatment professional

Member Forum: Ask questions, connect with peers, share resources, stay updated with iaedp events, news, etc.

Please contact Melissa Carava, LCPC, CEDS with any questions at [mc@melissacarava.com](mailto:mc@melissacarava.com)

## Goodbye Equivalency Route

### **CERTIFICATION CHAIR UPDATE**

DELIA ALDRIDGE, MD, CEDS

The iaedp™ Certification program will discontinue the Equivalency Route to Certification as of 11:59pm on December 31, 2020. Applications submitted after this date will follow requirements for the Traditional Route.

*Equivalency Route applications submitted prior to the deadline and that do not clearly meet Equivalency requirements will need to reapply under the requirements for Traditional Route.*

The iaedp Certification program, as formalized in 2015, has been taking steps towards accreditation by achieving standards set forth by accrediting agencies. Examples of standards achieved include the following:

- psychometric evaluation of testing standards and test questions for the Certification Exam,
- proctoring for the online test,
- tightening of requirements on Traditional and Equivalency applications,
- strengthening policies and procedures that support certification, and
- both honoring and ending a period of certification for leaders/teachers in the field (Equivalency) that has now exceeded five years.

As part of ongoing standards, you will see more updates such as a Certification Handbook and a revision of the curriculum and Certification Exam.

\*Sourced from Certification News You Can Use September edition

If you need more information, please email [Certification@iaedp.com](mailto:Certification@iaedp.com)  
or call Certification at 800-800-8126 x87  
M-Th during normal business hours Central time.

# THANK YOU TO OUR 2020 SPONSORS

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The iaedp Foundation, Inc. and their affiliated Chapters do not endorse any individual sponsors, treatment facilities, or their treatment philosophies

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## CALL FOR SPONSORS 2021

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On behalf of the Heartland iaedp governing committee, we are thrilled to announce the call for sponsors for the 2021 year. Please see the below attachments for descriptions and the application.

We acknowledge the unprecedented times we are all navigating, and the unique challenges we all face, both individually and collectively, in finding our way back to “normal.” If unfolding circumstances associated with Covid-19 force us to make substantial changes to our planned educational events in 2021 that impact the benefits of sponsorship opportunities, we will re-evaluate sponsorship fees for the year and consider adjusting to a lowered fee.

The committee also recognizes that budgets have been impacted by the pandemic, and are pleased to be able to offer our sponsors the option of paying the cost of sponsorship up-front, or paying the cost of sponsorship in quarterly payments across the sponsorship year.

**2020 SPONSORS: Receive 20% off your 2021 sponsorship as our way of saying “thank you” for your unwavering support through the unpredictable events of 2020—Private Practice and Member Highlight opportunities not included.**

**NONPROFIT OPPORTUNITY:** Our chapter would like to recognize the financial impact of the pandemic on nonprofit organizations who support our field. If you are a NEW nonprofit sponsor to the Heartland iaedp Chapter, we welcome you to apply a 20% discount to your 2021 sponsorship. Please see the attached revised sponsorship application and please indicate the nonprofit discount when you submit.

\*\*This offer cannot be combined with the 2020 former sponsor discount.

\*\*\*Offer doesn't apply to Member Discount.

To lock in your 2021 sponsorship, please complete the application linked below and forward to, **Alexandra Konefall, Treasurer** at: [alexandra.konefall@centerfordiscovery.com](mailto:alexandra.konefall@centerfordiscovery.com) **BY October 1, 2020.**

Any questions, please let us know; we are happy to talk more about your options for this coming year!

[2021 Sponsorship Descriptions](#)

[2021 Sponsorship Application](#)



## **SOCIAL MEDIA UPDATE**

**SARAH GRACZ, MS, LMFT, CEDS**

What a year it has been! For the time being, all of our events will be held virtually so please send us your virtual selfies and your fun set-up during Heartland events. For updates on events, sponsorship, site hosts, speakers, and officeholder opportunities stay in the loop through our website and social media. We post regularly on Instagram, Facebook, Twitter, and LinkedIn so be sure to follow us there by searching Heartland iaedp. And don't forget to tag Heartland iaedp on all of your social media posts.

Finally, it has been a joy to connect with so many of you over the last 4 years through social media. As my time as a Heartland Officeholder nears its end, I pass on the torch to Kathleen O'Connor who will be taking over as Social Media Chair. She has some great things in store so be on the lookout!



Along with Sarah, we also say goodbye to Desiree Hawley, PsyD, CEDS, Student Liaison Chair for the past 4 years. We are so grateful for their dedication to the Heartland iaedp Chapter

## **RESEARCH CHAIR UPDATE**

**KATHLEEN O'CONNOR, LCPC, CEDS**

Be sure to check out the [Eating Disorders Review](#) website for the latest clinical information & research in the treatment of eating disorders, sponsored by iaedp.

It's clear as treatment providers that the pandemic has impacted all of us and the populations we treat. [Emerging research](#) has been conducted regarding the connection between eating disorders and the COVID-19 pandemic. As many providers and treatment centers in the field adapt to a telehealth-based treatment model, [this research](#) among others can help us in meeting the needs of those with eating disorders.

Don't forget about the ListServ. All submissions regarding research will be approved by Officeholders 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](mailto:heartland@heartlandiaedp.com)

### **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!*



## **2020 BOARD MEMBERS**

President  
Kim Berger, MS, RDN, LDN,  
CEDRD-S

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Kyle Weber, PhD, CEDS-S

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Marketing Chair  
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Membership Chair  
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Delia Aldridge, MD, CEDS-S

Research Chair  
Kathleen O'Connor, LCPC, CEDS

Medical Liaison  
Anna Kyachkina, MD

Networking Event Sub-Committee  
Katie Huber

COMC/Mentorship Sub-Committee  
Erin Terada, PsyD, CEDS-S

