

Heartland Chapter Newsletter

Volume 3, Issue 2 – December 2021

A Letter from Our Chapter President

Dear Heartland iaedp Chapter Members,
Sponsors, and Community,

I hope this newsletter finds you in good health and good spirits as we approach the end of 2021! Thank you for your ongoing support of Heartland iaedp throughout these challenging times. I know that many of us are “zoomed-out,” and ready to be back in person for events and gatherings. My sincere hope is that we will be back in person for our 2022 events, scheduled for March 4th, May 13th, September 30th, and December 2nd.



Thank you to those of you who either submitted speaker proposals for our 2022 events or encouraged colleagues from outside of Heartland iaedp to submit. The review process is challenging due to the number of high quality and excellent proposals we receive each year, and this year was no different. We are excited about our 2022 speaker line up and are looking forward to another year of informative and inspiring educational events.

I wanted to take this opportunity to acknowledge and honor three members of our leadership team who will be stepping down from their positions as of December 31st after serving full-terms on the leadership team. Kim Berger, MS, RDN, LDN, CEDRD-S, Past President, was such a phenomenal example of strong leadership and dedication during her presidency, and I am grateful for her guidance, support, and mentorship during her year as Past President. Delia Aldridge, MD, FAPA, CEDS-S, has been an exceptional Certification Chair for the chapter, and I am grateful that she will continue providing guidance on the international iaedp Certification Committee. Alexandra Konefall has been an excellent Treasurer, without a doubt, but has also made so many important contributions beyond the scope of her Treasurer role. These three outstanding women have helped the chapter grow and succeed during their time of service, and I am so appreciative of each

2022 Events

March 4

- Decreasing Avoidance: The Integrated Treatment of Eating Disorders & Trauma Using Cognitive Processing Therapy (CPT), presented by Melissa Coffin, PhD, CEDS-S, Senior Director of Clinical Programming, Monte Nido
- Cultivating Curiosity: Working with Eating Disorder Clients of Diverse Religious and Cultural Backgrounds, presented by Malak Saddy RD, LD/N, CEDS-S

May 13

- Social Media Literacy in Eating Disorder Recovery, presented by Dr. Samantha DeCaro, PsyD, Licensed Clinical Psychologist, Director of Clinical Outreach & Education, Renfrew

September 30

- Body Image Through the Lens of Oppression, presented by Erica A. Antonucci, MA, LPC and Austin Aibel, MA, ERC
- The Construct of Body Image: The Journey from Dysfunctional Circuits to Neutral or Positive Body Image, presented by Scott Moseman, MD, CEDS-S and Grace Evans, LPC, CEDS, Laureate

December 3

- Winter Gala

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of them. I also want to thank them for mentoring the individuals who will be stepping into new roles in January.

I hope some of you are planning to attend the 2022 iaedp Symposium, scheduled for March 24-March 27, 2022 in Orlando, Florida. Registration has opened, and I am looking forward to connecting with Heartland iaedp Chapter members in person and in warm weather!

As always, please 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 I have said this before, but it is worth repeating: The success of this chapter has been driven by an active, vocal, and engaged chapter membership, and I want to make sure each of you always feels like your involvement in the chapter is valued and appreciated.

With gratitude for your continuing support of the chapter,
Anne Kubal, Ph.D., CEDS-S
Heartland iaedp Chapter President

Certification Update

The **Certemy** application system is coming in early December 2021. Look for an email notification and an updated website with new links. Change can be challenging, but we are here to answer your questions and make this a new and better process for 2022. There will be enhanced ability to connect potential supervisees with IAEDP supervisors via an enhanced search function on the website in coming months.

Reminder! From the Application Processing Team:

Before you submit your application for certification (CEDS) that if your application is incomplete, inaccurate, or does not meet requirements, it will be returned to you and a processing fee of \$50 will be incurred at the time of re-submission. Effective April 1, 2021, incomplete applications will be returned. To avoid this, please carefully review your application before submitting.



My Not So Farewell Letter

As my time as Past President winds down, I can't help but reflect on all the amazing people that I have worked with within the Heartland committee and our community. It is hard to believe that I have worked with the Heartland chapter for over 6 years and feel very fortunate to serve as your President for 3 years. It has been an absolute pleasure and honor to work with all of the past and present committee members. Being on this committee has given me the opportunity to meet so many people and has allowed me to build so many friendships that I will forever cherish. I will greatly miss working with all of you and serving our community. I will not forget how much work and fun we had at our quarterly meetings, phone calls, lunches, and of course the endless emails. This is definitely bittersweet for me and I will look back on this experience with extreme gratitude. Of course, this is not goodbye, as I move into Heartland's Advisory Committee for continued support and guidance. Thank you for your support and friendships. I look forward to our new committee and seeing all of your continued accomplishments and successes. If there is anything I can do to assist or support any of you, please feel free to reach out to me.

Warmly your Past President,
Kim Berger, MS, RDN, LDN, CEDRD-S



iaedp™ SYMPOSIUM 2022
Hearts and Minds: Together Again!



March 24-27, 2022
The Omni at ChampionsGate, Orlando, Florida

Hellos & Goodbyes

"To say having a role on our Chapter's committee has been significant would be a vast understatement. I am so grateful for the opportunity to learn and grow, for the friends I've made over the years, and for our membership's grace as I navigated so much unknown during this tenure as Treasurer. I look forward to attending our upcoming events as an Advisory member and watching our chapter continue to grow. We are second-to-none in the offerings we have created, which have fueled so much awareness in our communities--I only see positive things for this group. I wish all the best and more to my successor, Katie Lenahan! You will rock it!"

- Alexandra Konefall, Outgoing Treasurer

"As my time as Certification Chair for Heartland IAEDP nears its end, I pass on the torch to Ashley Anderson who will be taking over this position. I will continue to serve with the IAEDP Certification committee as the Chair of the Medical Subcommittee. It has been a joy to connect with so many of you over the last 4 years and feel grateful for being part of such wonderful group of professionals that share passion for treating patients with eating disorders. "

-Dr. Delia Aldridge, Outgoing Certification Chair

The Chapter would also like to thank Katie Huber for all her hard work as our outgoing Networking Sub-Committee lead!



"My name is Michelle Ingraffia and I will be the new Education Chair for the Heartland Chapter of IAEDP. I live in the Chicagoland area, and I work for Odyssey's Eating Disorder Network as a Regional Director of Clinical Partnerships. I have worked in Eating Disorder higher level of care for about 4 years cumulatively, serving in a few professional roles throughout my time. I am excited to continue to serve in the ED community through Heartland IAEDP, particularly in supporting the education and learning initiatives for all of those involved."

-Michelle Ingraffia, Incoming Education Chair

"My name is Hannah and I am thrilled to be joining our Heartland iaedp chapter as Networking Sub-Committee Co-Lead, serving alongside the wonderful Victoria Kupiec. We are excited to support the communal life of this chapter through networking opportunities in the coming year! Outside of iaedp, I serve as a Professional Relations Representative for The Renfrew Center of Chicago, where I have the pleasure of interfacing with outpatient providers and schools, organizing our aftercare referral process, helping host continuing education and networking events, and serving on Renfrew's Diversity & Inclusion Task Force. I am passionate about health equity in eating disorders treatment and am grateful to get to work with such a welcoming, rockstar cast here at Heartland!"

-Hannah Podhorzer, Incoming Networking Sub-Committee Co-Lead

The Chapter would also like to welcome Victoria Kupiec to the team as our additional incoming Networking Sub-Committee Co-Lead!

"Hello! My name is Ashley Anderson, Psy.D., CEDS and I am delighted to announce my new position as Certification Chair for the Heartland chapter of IAEDP. I know I have some big shoes to fill, so I am ready and willing to help those that want to become certified. I am currently licensed in the state of Illinois and own a private practice. I work with children, adolescents, and young adults with a variety of diagnoses. I also conduct psychological assessments. One area I focus on is treating people with eating disorders. I am a big proponent of continuing education and gaining more knowledge in interested areas. As I was going through the certification process myself, I found it to bring about reflection in practice, review of material known, and gaining knowledge in areas not well known. I found it to be helpful in reflecting on what I can do differently as a clinician and how to collaborate with other professionals more effectively. I hope to help others go through that process and help guide you through any obstacles you may have with the certification process."

-Ashley Anderson, Incoming Certification Chair

More Important News

Diversity & Inclusion Chair Update

Maggie Garrity, RDN, LDN

To increase awareness and inform Heartland iaedp members of cultural sensitivities, Heartland iaedp has made it a priority to ensure our events provide education relevant to working with marginalized populations and peers. We have incorporated a diversity and inclusion leadership role to assist with this.

If you are a clinician with a unique cultural perspective on eating disorder work, we would love to invite you to bring your experience to the beginning of our events. Please email Maggie at: maggie@midwestcounseling.com if you would like more information on this opportunity.

In addition, if you are looking for a virtual space to consult on clinical interactions around diversity, systemic racism, racial trauma, and privilege- you are welcome to join the monthly Culturally Competent Conversations. Please join these incredible and vulnerable conversations the 3rd Tuesday of every month at 2pm central. To register, email: iaedpAAEDP.POCcaseconsult@gmail.com.



Culturally Competent Conversations
Let's Dialogue Together

iaedp

Monthly Peer Consultation Group

Every 3rd Tuesday
12:00pm/PST 2:00pm/CST
3:00pm/EST

Hosted/Facilitated by the African American Eating Disorders Professionals (AAEDP) Committee and Black Indigenous People of Color (BIPOC) Sub-Committee

2022 Team

Executive Committee

President: Anne Kubal, PhD, CEDS-S; Licensed Clinical Psychologist

Vice President/President Elect: Kyle Weber, Ph.D, CEDS-S

Secretary: Melissa Carava, LCPC, CEDS-S

Treasurer: Katie Lenahan, LCPC, CADC

Chair Persons

Membership Chair: Liz Roan

Education Chair: Michelle Ingrassia

Hospitality Chair: Lacey Lemke, Psy.D

Marketing Chair: Ashley Pennington

Social Media Chair: Kathleen O'Connor, LCPC, CEDS

Student Liaison Chair/COMC Sub-Committee Lead: Erin Terada, Psy.D, CEDS-S

Research Chair: Ana Pruteanu, MS, RDN, LDN, CEDRD-S

Certification Chair: Ashley Anderson, Psy.D., CEDS

Diversity & Inclusion Chair: Maggie Garrity, RDN, LDN

Medical Liaison: Anna Klyachkina, MD

Networking Sub-Committee Leads: Hannah Podhorzer & Victoria Kupiec RD, LDN

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