“UPMC Center for Eating Disorders Conference... Current Issues in Clinical Practice: A Community Discussion”
(MD22)

September 28, 2017
7:30 a.m. to 4:30 p.m.

UPMC Herberman Conference Center
5150 Centre Ave.
Pittsburgh, PA 15232

Course Director:
Alexis M. Fertig, MD, MPH

Planning Committee:
Jennifer Beckjord, PsyD; Josh Hefferen, LCSW; Rachel Kolko, PhD; Wynne Lundblad, MD; Lisa Maccarelli, PhD; Michelle Mikels, LCSW; Anderson Still, MD; Courtney Walker, MD; Melanie Wood, CRNP

Recovery and Wellness: The Journey Starts Here
A Joint Effort Sponsored by Community Care Behavioral Health Organization and Western Psychiatric Institute and Clinic of UPMC
Introduction

The UPMC Center for Eating Disorders is proud to present their first day-long conference. The conference will consist of presentations on topics for professionals who work with individuals with eating disorders. This will consist of discussion of diagnosis of eating disorders in different populations and best practice treatment modalities that are evidence informed.

We will start with an overview of eating disorders, diagnostic criteria, and epidemiology. Throughout the day, there will be presentations focusing on four different populations commonly encountered by providers. These include patients with binge eating disorder, severe and enduring anorexia nervosa, eating disorders and comorbidities, and children and adolescents with eating disorders. We will use case presentations and panels to explore the challenges of implementing treatment in various settings.

Participants should leave the conference with a greater understanding of the multitude of issues surrounding the diagnosis and treatment of eating disorders across the lifespan.

Who Should Attend

The conference is designed to present the latest research and clinical knowledge regarding eating disorders to a professional audience: psychologists, mental health clinicians, nurses, social workers, dieticians, and psychiatrists; service coordinators, researchers, mental health policy administrators and others who intend to keep current regarding etiology, treatment, and research related to eating disorders across the lifespan.

Learning Objectives

At the completion of the program, participants should be able to:
- Describe the diagnostic criteria and evidence base for Binge Eating Disorder,
- Discuss diagnostic and treatment challenges associated with Severe and Enduring Anorexia Nervosa,
- Identify three key considerations when working with patients with eating disorders and comorbidities,
- Describe the use of Family Based Therapy for treatment of children and adolescents with eating disorders,
COURSE DIRECTOR

Alexis M. Fertig, MD, MPH
Assistant Professor, Department of Psychiatry
Director, UPMC Center for Eating Disorders
Associate Director, Clinician Educator Faculty Development Program
University of Pittsburgh School of Medicine
Western Psychiatric Institute and Clinic of UPMC

FACULTY

Jennifer Beckjord, PsyD
Senior Director, Clinical Services
Western Psychiatric Institute and Clinic of UPMC

Joshua Hefferen, MSW, LCSW
Director of Operations, Child Ambulatory Services
UPMC Center for Eating Disorders Outpatient Programs
Western Psychiatric Institute and Clinic of UPMC

Rachel Kolko, PhD
Postdoctoral Scholar
University of Pittsburgh School of Medicine
Western Psychiatric Institute and Clinic of UPMC

Wynne Lundblad, MD
Assistant Professor of Psychiatry
University of Pittsburgh School of Medicine
Western Psychiatric Institute and Clinic of UPMC

Michelle Mikels, MSW, LCSW
Program Manager, UPMC Center for Eating Disorders Oakland
Western Psychiatric Institute and Clinic of UPMC

Katheryne Kopp Miller, PsyD, HSPP
Clinical Psychologist (private practice)
Adjunct Professor, University of Indianapolis, IN

Tiffany Painter, MSW, LCSW
Program Director, Adult Mood and Anxiety Services
Western Psychiatric Institute and Clinic of UPMC

Danelle Perkins, MA, LPC
Behavioral Health Therapist II
Western Psychiatric Institute and Clinic of UPMC
All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any proprietary entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

The University of Pittsburgh is an affirmative action, equal opportunity institution.
### SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>7:30 to 8:30 a.m.</td>
<td>Registration and continental breakfast</td>
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<td>8:30 to 9:00 a.m.</td>
<td>Introduction of Program</td>
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<td>Background Information</td>
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<td></td>
<td><em>Alexis M. Fertig, MD, MPH</em></td>
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<tr>
<td>9:00 to 10:15 a.m.</td>
<td>Binge Eating Disorder</td>
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<td><em>Rachel Kolko, PhD</em></td>
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<td><em>Michelle Mikels, LCSW</em></td>
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<td><em>Melanie Wood, CRNP</em></td>
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<td>10:15 to 10:30 a.m.</td>
<td>Break</td>
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<td>10:30 a.m. to 11:45 a.m.</td>
<td>Eating Disorders and Comorbidities</td>
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<td><em>Katy Kopp Miller, PsyD</em></td>
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<td>11:45 a.m. to 1:00 p.m.</td>
<td>Lunch (on own)</td>
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<td>1:00 to 2:30 p.m.</td>
<td>Severe and Enduring Anorexia Nervosa</td>
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<td><em>Wynne Lundblad, MD</em></td>
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<td><em>Jennifer Beckjord, PsyD</em></td>
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<td><em>Courtney Walker, MD</em></td>
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<td>2:30 to 2:45 p.m.</td>
<td>Break – Refreshments</td>
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<td>2:45 to 4:00 p.m.</td>
<td>Family Based Therapy</td>
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<td><em>Josh Hefferen, LCSW</em></td>
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<td><em>Danelle Perkins, MA, LPC</em></td>
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<td><em>Anderson Still, MD</em></td>
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<td>4:00 to 4:30 p.m.</td>
<td>Panel/Q&amp;A</td>
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<td><em>Jennifer Beckjord, PsyD</em></td>
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<td><em>Alexis Fertig, MD, MPH</em></td>
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<td><em>Jamie Stern, MD</em></td>
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<td><em>Melanie Wood, CRNP</em></td>
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<td>4:30 p.m.</td>
<td>Adjournment</td>
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Continuing Education Credit

The continuing education certificate fees are $30.00. You can pay when registering. Social work, psychology, and NCC certificates will be sent to the participant after the event.

Physicians
The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physician Assistants
This program has been reviewed and is approved for a maximum of 6.25 hours of AAPA Category 1 CME credit by the Physician Assistant Review Panel. Physician assistants should claim only those hours actually spent participating in the CME activity.

This program was planned in accordance with AAPA’s CME Standards for Live Programs and for Commercial Support of Live Programs.

Psychologists
Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for this program and its content. This program is being offered for 6.25 continuing education credits.

Certified Alcohol and Drug Counselors/Certified Co-Occurring Disorders Professionals: CADC/CCDP
The Office of Education and Regional Programming, Western Psychiatric Institute and Clinic is certified by the Pennsylvania Certification Board (PCB) to provide Certified Alcohol and Drug Counselor (CADC) and Certified Co-occurring Disorders Professional (CCDP) continuing education credits. This program is being offered for 6.5 continuing education credits.

Counselors
Western Psychiatric Institute and Clinic has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5059. Programs that do not qualify for NBCC credit are clearly identified. Western Psychiatric Institute and Clinic is solely responsible for all aspects of this program. This program is being offered for 6.25 continuing education hours.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT
This program is offered for 6.50 hours of social work continuing education through co-sponsorship of the University of Pittsburgh’s School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

Other Healthcare Professionals
Nurses and other health care professionals are awarded .65 Continuing Education Units (CEU’s). One CEU is equal to 10 contact hours. Nurses: For attending this program you will receive a Certificate of Attendance confirming .65 units of continuing education. These units may be considered eligible for completing the 30 hours of continuing education required for biannual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.
UPMC Herberman Conference Center
5150 Centre Ave.
Pittsburgh, PA 15232

At the garage elevator, press 1 to get to the main floor of the hospital. Exit the elevator and turn left to enter the Hillman Cancer Center (through the glass doors). Go straight to the elevators and press 2 to get to the conference center. Turn left as you exit the elevators. The conference room is at the end of the hall.

From the north (North Hills, Zelienople)
Take Interstate 279 South to Exit 8B (Route 28 North). Follow Route 28 North to the 40th Street Bridge. Cross the bridge and continue on 40th Street to Liberty Avenue. Turn left onto Liberty and continue to Centre Avenue. Centre Avenue Parking Garage: At Centre Avenue, turn right, go to the first traffic light, and turn left into the Centre Avenue Parking Garage.

From the northeast (Allegheny Valley, Kittanning)
Take Route 28 South to the Highland Park Bridge. On the bridge, get into the left lane and follow the Washington Boulevard ramp. As you exit the ramp, stay in the right lane. Just before the traffic light, veer right onto Washington Boulevard, and travel straight through four traffic lights (about two miles). At the fourth traffic light, cross Penn Avenue, continuing straight onto Fifth Avenue. Continue on Fifth to S. Aiken Avenue and turn right. Centre Avenue Parking Garage: Continue on S. Aiken to the third traffic light and turn left onto Centre Avenue. At the first traffic light, turn left into the Centre Avenue Parking Garage.

From the east (Monroeville, Greensburg)
Take the Parkway East (Interstate 376) to Exit 7 (Edgewood/Swissvale). At the end of the exit ramp, turn right onto S. Braddock Avenue. Go approximately two miles and turn left onto Penn Avenue. At the intersection of Penn and Fifth avenues, turn left onto Fifth Avenue. Continue on Fifth to S. Aiken Avenue and turn right. Centre Avenue Parking Garage: Continue to the third traffic light on S. Aiken and turn left onto Centre Avenue. At the first traffic light, turn left into the Centre Avenue Parking Garage.

From the south (South Hills, Washington, PA)
Take Route 51 North or Route 19 North through the Liberty Tunnels and cross the Liberty Bridge. Take the Bigelow Boulevard exit and continue on Bigelow to Centre Avenue. Turn left onto Centre and continue past Morewood Avenue. Centre Avenue Parking Garage: At the first traffic light past Morewood, turn right into the Centre Avenue Parking Garage.

From the west (Route 60, Pittsburgh International Airport)
Take Interstate 279 North. Get into the right lane before you pass through the Fort Pitt Tunnels. As you exit the tunnel, take the exit ramp for Interstate 376 East (Monroeville). Follow Interstate 376 to Exit 2A (Forbes Avenue/Oakland). Continue on Forbes Avenue through Oakland, and turn left at N. Craig Street (just after the Carnegie Museum of Art). Make a right turn onto Fifth Avenue, continue to S. Aiken Avenue, and turn left. Centre Avenue Parking Garage: Continue on S. Aiken to the third traffic light and turn left onto Centre Avenue. At the first traffic light, turn left into the Centre Avenue Parking Garage.
Registration

- **There is no fee to attend this program, however registration is necessary.**
- **For registering (no continuing education credits needed), please use code eatingdisord.noCE online at**
  https://upmc.asapconnected.com/CourseDetail.aspx?CoursesId=148731 and click on ‘Apply to Total’.
- **Otherwise register without a code to pay for continuing education credits ($30 for each certificate).**

Registration includes:
- Access to conference materials
- Refreshments

Instructions for registering online:

1. Go to: https://upmc.asapconnected.com/CourseDetail.aspx?CoursesId=148731
2. Click on ‘Register Now’ (at bottom of page)
3. Confirm that “UPMC Center for Eating Disorders Conference 2017” appears in your ‘Shopping Cart’. Click on ‘Checkout’ (think of this as ‘continue’).
4. Register as a new registrant, or sign in if you already have an account (username is your e-mail).
5. When the name of your conference or class appears, click on ‘Checkout’ (again, think of this as ‘continue’)
6. Continuing Education Credit ($30 for each certificate) – Use dropdown list for credential or choose Not Applicable (you must complete this). Click on ‘continue’.
7. Pay for your continuing education credits.
8. Complete Transaction and print your receipt.

If unable to complete your online registration, please go to http://www.yftipa.org/pages/wpic-oerp-western-psychiatric-institute-and-clinic-office-of-educational-resources-and-planning to get a copy of the brochure with a registration form included. Please send the form to:

Nancy Mundy
OERP/WPIC
3811 O’Hara Street
Champion Commons Building, Room 322
Pittsburgh, PA 15213

Telephone: 412-204-9090
FAX: 412-204-9110
E-MAIL: mundynl@upmc.edu
www.wpic.pitt.edu/oerp

We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you. Please notify us of your needs at least two weeks in advance of the program by calling Nancy Mundy at 412-204-9090.
Registration Form
“UPMC Center for Eating Disorders Conference...
Current Issues in Clinical Practice: A Community Discussion”
(MD22)
*Please type or print; photocopy for additional registrants.
*Please register by September 11, 2017

**Please complete all sections**

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*For Continuing Education purposes, please check the appropriate box (certificates are $30 each payable to OERP)*

- CADC/CCDP
- NBCC Counselor
- Nurse
- Psychologist
- CME
- Social Worker (LSW/LCSW/LPC/LMFT)
- Certified Peer Specialist


*Please send in your check with this form if you are using it to register.*

- Check (Payable to OERP/WPIC) Check#______________
- UPMC Account Transfers Business Unit ____________ Account # ____________
  Administrator Name ____________________________________________________________
  Administrator Signature _________________________________________________________

Please send to:
Attn: Nancy Mundy
WPIC/OERP
3811 O'Hara Street
Champion Commons Building, Room 322
Pittsburgh, PA 15213
Fax: 412-204-9110
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Office of Educational Resource and Planning
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