



Continuing Education Seminar

Best Practices in the Treatment of Eating Disorders

Thursday, February 29, 2024 ■ 8:30 am – 11:45 am (3 hours)

Log on and Check in: 8:00 am - 8:30 am

This program will provide guidelines to clinicians seeking to implement evidence-based best practices for the treatment of all eating disorders in an outpatient setting. The presentation will review the American Psychiatric Association's (APA) 2023 updated recommendations for treatment, which will highlight how to conduct an appropriate assessment, how to make decisions about appropriate level of care and what modalities are recommended for which diagnoses and ages. An in-depth review of CBT-E and FBT will be provided, as well as looking at other "up and coming" modalities that may be beneficial if first line approaches are not working. The presentation will also review Intuitive Eating principles and the core components of the Health at Every Size (HAES) movement and how these benefit eating disorder recovery. The presentation will also review the importance of building a treatment team and how to delineate roles of team members and maximizing team success.

At the conclusion, attendees should be able to:

- Identify which treatment modalities are recommended by the APA for each eating disorder and age
- Make a recommendation for appropriate level of care based on symptom presentation
- Define core principles of Health At Every Size movement
- Identify outpatient eating disorder team members and their roles

Featuring: Jennifer Moran, PsyD, CEDS

Dr. Jennifer Moran is a licensed psychologist who has dedicated her career to working with eating disorders and disordered eating as an educator, clinician, trainer and supervisor. She has worked at Kaiser Permanente, Center for Eating Disorders at Sheppard Pratt and Eating Recovery Center where she provided outpatient individual, family and group therapy to children, adolescents and adults. She also served as the eating disorders program coordinator at the Johns Hopkins University Counseling Center. Currently, Dr. Moran sees individuals and families in her private practice, Baywood Psychological Services, LLC. She also works part-time at Sheppard Pratt as a lead therapist and mentor on several clinical trials investigating the use of psilocybin in the treatment of treatment resistant disorders, including Anorexia Nervosa. Dr. Moran has been recognized as a Certified

Eating Disorders Specialist (CEDS) through the International Association of Eating Disorder Professionals. She is also a certified Family Behavioral Therapist through the Training Institute for Child and Adolescent Eating Disorders.

Zoom Seminar

A link and instructions to join the seminar will be emailed to registrants the week of the seminar.

Continuing Education Credits

Maryland Social Workers: Brook Lane is authorized by the Board of Social Work in Maryland to sponsor social work continuing education learning activities and maintains full responsibility for this program. This training qualifies for Category 1 continuing education units and provides 3.0 credit hours; partial credit will not be awarded.

Maryland Psychologists: The Maryland State Board of Examiners for Psychologists will accept continuing education hours provided by Brook Lane, an approved CE sponsor by the State Board of Social Worker Examiners in Maryland; partial credit will not be awarded.

Counselors/Therapists: Brook Lane has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5452. Programs that do not qualify for NBCC credit are clearly identified. Brook Lane is solely responsible for all aspects of the program. This program will provide 3 clock hours; partial credit will not be awarded.



Other Professionals: A certificate of completion noting the number of educational/contact hours will be provided.

This program is funded in part by the William B. and Sylvia A. Hunsberger Fund.

How To Register

Visit www.brooklane.org and search for this seminar under *Upcoming Events* or you may complete the reverse side.

Seminar Fee: \$85.00 (includes 3 CEUs)



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Date: Thursday, February 29, 2024

Featuring: Jennifer Moran, PsyD, CEDS

Location: Zoom

Fee: \$85.00 per person

Time: Log on/Check in: 8:00 am-8:30 am ■ **Training:** 8:30 am-11:45 am (3 CEUs)

Please Print Clearly

First Name: _____ Last Name: _____

Email (*required for registration): _____

Address: _____

City: _____ State: _____ Zip: _____

Contact Phone #: _____

Discipline: [] Social Worker [] Counselor [] Psychologist [] _____

Payment Information

Payment Method: [] Check # _____ (Make checks payable to Brook Lane) [] Credit Card

Cardholder Name: _____

Cardholder Address (if different than above): _____

Account No: _____ Expiration Date: _____

Cardholder Signature: _____ CVV Code: _____

To Register

Visit **www.brooklane.org** and search for the seminar under **Upcoming Events**

OR

Complete this form and mail with payment to:

Brook Lane

Attn: Curt Miller

13121 Brook Lane

Hagerstown, MD 21742

Cancellation Policy

To receive a refund, cancellations must be received in writing no later than one week prior to the seminar (5:00 pm on Wednesday, February 21, 2024.) No refunds will be made after that date or for no-shows on the day of the seminar. A \$10.00 processing fee applies to all cancellations.

Questions?

Contact Curt Miller, Community Relations and Education Manager at curt.miller@brooklane.org