

“The Dietitian’s Role in Eating Disorder Recovery – Is it All About the Food?”

Rachel Zavala MS, RD

April 7, 2020 | 6:30 pm– 8:30 pm | 1.0 CE Credit Hour | Philadelphia, PA | Introductory

About the Presentation:

This presentation seeks to clarify the RDs role in the treatment of eating disorders and provide helpful ways of developing a therapeutic relationship with patients. A brief overview of eating disorder diagnoses will be provided, with an emphasis on OSFED and Atypical Anorexia Nervosa (AAN). Medical complications of eating disorders will be identified along with helpful tools for resolving them. Therapeutic techniques of Acceptance and Commitment Therapy (ACT) and Emotion-Focused Family Therapy (EFFT) will be explained, along with techniques of how to incorporate these helpful modalities in nutrition counseling.

The target audience for this continuing education program is mental health providers, dietitians, medical providers, and educators working with individuals with mental health diagnoses. Materials are appropriate for learners with an introductory level of understanding about mental health concerns.

Educational Objectives:

At the conclusion of this presentation, participants will be able to...

- Identify key features of Atypical Anorexia Nervosa (AAN)
- Describe the main principles of Acceptance and Commitment Therapy (ACT)
- List medical complications of Other Specified Feeding and Eating Disorder (OSFED) and AAN

Available Continuing Education Credit:



Eating Recovery Center, LLC is a Continuing Professional Education (CPE) Accredited provider with the **Commission on Dietetic Registration** (CDR). CDR credentialed practitioners will receive 1.0 continuing professional education units (CPEU) for completion of this activity.



Eating Recovery Center, LLC is approved by **NBCC** as an Approved Continuing Education Provider, ACEP No. 6815 Programs that do not qualify for NBCC credit are clearly identified. Eating Recovery Center is solely responsible for all aspects of the programs.



Eating Recovery Center, LLC is approved by the **American Psychological Association** to sponsor continuing education for psychologists. Eating Recovery Center maintains responsibility for this program and its content.

All Eating Recovery Center, LLC sponsored educational activities are presented in compliance with the Americans with Disabilities Act (ADA). If you are in need of accommodations, please contact Wendy Foulds Mathes at wendy.mathes@eatingrecovery.com.

Cost and Refund/Cancellation Policy –

There is no fee to participate in this activity. Please contact Kim Offner for any cancellations at Kim.Offner@EatingRecovery.com



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Conflict of Interest

There is no conflict of interest in the presentations

Commercial Interest

There is no commercial support for this activity

Presenter(s):

Rachel Zavala MS, RD is a senior clinical dietitian at Eating Recovery Center in Denver, CO. She is a registered dietitian with a master’s degree in nutrition communication. She has extensive experience treating adolescents and adults who have been diagnosed with an eating disorder. Rachel has provided nutrition assessment and medical nutrition therapy for patients at all levels of care. She specializes in engaging and empowering families to support their loved ones who have been diagnosed with an eating disorder.