Primary Presenter Information

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Andi Doe, MA, LPC is a therapist at the Doe Treatment Center in Sometown, USA. Doe earned a master’s degree in counseling at the University of Counseling and is a Licensed Professional Counselor. Doe has specialized in the treatment of self-esteem, eating and body image issues for adults and adolescents for more than ten years. Doe presents frequently on the topic of eating disorder treatment and the management of co-occurring diagnoses.

List of recent presentations include:
- “Supporting a Loved One with an Eating Disorder” NEDA Conference, October 2014, San Antonio, TX
- “Eating Disorders 101” IAEDP Symposium, March 2014, St. Petersburg, FL
- “Top Strategies for Addressing Complex Cases” ICED, March 2014, New York, NY
- “Eating Disorders and Substance Abuse” Professional Conference, August 2013, Denver, CO
- “Eating Disorders 101” Professional Conference, May 2013, Chicago, IL
- “Life Beyond an Eating Disorder” NEDA Week Presentation, February 2013, San Francisco, CA

Presentation Information

Title: “Eating Disorders: Myths vs. Truths”

Abstract (150 words):

In the United States, 20 million women and 10 million men suffer from a clinically significant eating disorder at some time in their life, including anorexia nervosa, bulimia nervosa, binge eating disorder, or an eating disorder not otherwise specified. Despite the incidence of the illness, major misconceptions about eating disorders continue to be widespread and prevalent myths lead to stigma. In addition to stereotypes misleading the general public, this misinformation can result in treatment providers failing to identify or diagnose an eating disorder and the patient does not receive the treatment that is needed. This presentation will dispel common eating disorder and body image myths through citing supporting literature. Following this presentation, attendees will be able to identify three common eating disorder and body image myths and explain the truth dispelling the misinformation, discuss signs and symptoms in the diagnosis of an eating disorder in various patient populations, and describe reputable educational resources for patients, families and providers.
Brief Presentation Outline and 90 Minute Agenda:

1. Overview: prevalence of eating disorders (0 – 15 minutes)
   a. Current statistics
   b. Supporting content
2. Common Eating Disorder Myths
   a. Myth: Only one type of person suffers from an eating disorder. (15 – 30 minutes)
      i. Eating disorder’s don’t discriminate, incidence in general public
      ii. Signs/symptoms in males
      iii. Signs/symptoms in children and adolescents
      iv. Signs/symptoms in various minorities
   b. Myth #2 (30 – 45 minutes)
      i. Supporting content
      ii. Supporting content
      iii. Supporting content
   c. Myth #3 (45 – 60 minutes)
      i. Supporting content
      ii. Supporting content
      iii. Supporting content
3. Recommended reading and resources for educating patients, families and providers (60 – 75 minutes)
   a. Books, Websites
   b. Journal Articles of Interest
   c. Supporting Handouts
4. Question & Answer (75 – 90 minutes)

3 Learning Objectives (Following this presentation, attendees will be able to...)
1. Identify three common eating disorder and body image myths and explain the truth dispelling the misinformation
2. Discuss signs and symptoms in the diagnosis of an eating disorder in various patient populations
3. Describe reputable educational resources for patients, families and providers

3 Literature References (Dated within last 10 years)
3 Multiple Choice suggestions (*To be answered at conclusion of presentation*)

1) In Restricted Type anorexia nervosa, self-starvation is NOT associated with which of the following?
   a) Concurrent purging
   b) Socializing
   c) Body dysmorphic issues
   d) Eating only certain food types

2) Biological accounts of anorexia and bulimia suggest that maintaining a low body weight and self-starvation may be reinforced by:
   a) Endogenous opioids
   b) Serotonin
   c) Endorphins
   d) Dopamine

3) Which of the following figures represents the prevalence of binge-eating disorder in the general population?
   a) 1-3%
   b) 4-7%
   c) 8-12%
   d) 15-18%