

connections & collaborations

A free lecture series from **Meadows Behavioral Healthcare** designed to **EDUCATE** and **CONNECT** industry professionals from across the valley.

November 16, 2018

Eating Disorders, Trauma, and the Brain

by **Mike Gurr, MS, MA, LPC-S, CDWF** and **Jenni Schaefer, Senior Fellow**

This event will feature joint presentations by Mike Gurr, Executive Director of The Meadows Ranch, and Jenni Schaefer, Meadows Behavioral Healthcare Senior Fellow and best-selling author. Mike's presentation, "Treating Eating Disorders Using Neurotherapy, Biofeedback, and the Arousal Model," will focus on what neurofeedback and biofeedback are and how they are used in the treatment of eating disorders, as well as what goes on in an eating disordered patient's brain that effects their emotion regulation, arousal states, anxiety levels and overall functioning. Jenni Schaefer will present, "Trauma, PTSD, and Eating Disorders: A Personal Journey," which will share her journey of healing from both an eating disorder and PTSD, encompassing misdiagnosis, uninformed treatment methods, and the importance of evidence-based, as well as alternative approaches.

Learning Objectives

After this presentation, attendees will be able to:

1. Discuss neurotherapy, biofeedback, and the arousal model.
2. Describe The Meadows Ranch's Brain Center devices and equipment and how they work for eating disordered patients.
3. Discuss evidence about and improvement in the plasticity of the brain of an actual patient from these therapies.
4. Explain the lifetime prevalence of PTSD in the eating disorders population.
5. Describe common risk factors associated with PTSD and eating disorders.
6. Assess the positive and negative experiences of a patient who sought treatment from a succession of providers for symptoms indicative of trauma and PTSD.

Location

The Meadows Outpatient Center
19120 N. Pima Road, Suite 125
Scottsdale, AZ 85255

Schedule

8:30 – 9:00 a.m.: Sign-in and continental breakfast
9:00 – 11:00 a.m.: Presentation

Continuing Education

2.0 Continuing Education Credits or NBCC Clock Hours available. Please note you must register to receive a continuing education certificate. No partial credit will be given.

- The Meadows is approved by the American Psychological Association to sponsor continuing education for psychologists. The Meadows maintains responsibility for this program and its content. Course meets criteria for 2.0 hours of continuing education for psychologists.
- The Meadows is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Provider #5687.
- This course has been approved by The Meadows, as a NAADAC Approved Education provider, for 2.0 CE. NAADAC Provider #62791, The Meadows is responsible for all aspects of their programming. Course addresses Counseling Services from NAADAC Counselor Skill Group.

This event is free but registration is required by November 14, 2018.

Please contact Shannon Spollen at sspollen@themeadows.com for information on how to register.



Mike Gurr, MS, MA, LPC-S, CDWF is Executive Director of The Meadows Ranch and has worked in the behavioral health field for 17 years. He has developed a variety of workshops for thousands of students and their families, and is a sought-after presenter on various topics. He has extensive experience with eating disorders, depression, ADHD, anxiety, bi-polar, substance abuse, self-harm, and trauma, among other things.



Jenni Schaefer, Meadows Behavioral Healthcare Senior Fellow, has authored several books, including *Life Without Ed: How One Woman Declared Independence from her Eating Disorder*. She is a sought-after presenter on addiction and food disorders, relationships, depression, and career. Jenni is Chair of the National Eating Disorders Association (NEDA), and is a member of the International Association of Eating Disorders Professionals and of the Academy of Eating Disorders.

