



# WHAT LIES BELOW: Integrating Treatment for Trauma, PTSD, and Eating Disorders

**THURSDAY, JULY 11, 2019 | 1:00 – 3:30 P.M.**

**This event is FREE; 2.0 Continuing Education Credits or 2.0 NBCC Clock Hours available.**

## LOCATION

Phoenix Children's Hospital, Conference Center  
Conference Room 103  
2632 N. 20th Street, Phoenix, AZ 85016

## RSVP BY JULY 5, 2019

**Bianca Brems:**  
E: [bbrems@meadowsbh.com](mailto:bbrems@meadowsbh.com)  
P: 602-489-1852

## SCHEDULE

1:00 p.m. – 1:30 p.m.: Sign-in  
1:30 p.m. – 3:30 p.m.: Presentation

## ABOUT THE PRESENTATION

Posttraumatic stress disorder (PTSD) co-occurs frequently with eating disorders, particularly bulimia nervosa and other eating disorders characterized by bulimic symptoms (e.g., binge eating and purging). Data indicates that 37-45 percent of adults with bulimia nervosa and 22-26 percent of those with binge eating disorder have a lifetime prevalence of PTSD—compared to 5-12 percent without an eating disorder. New research suggests that PTSD is a predictor of premature termination in the treatment for eating disorders. Accordingly, while the first step in eating disorder treatment is nutritional stabilization, comprehensive treatment for individuals who also struggle with PTSD requires attention to both disorders. Dr. Garber will discuss up-to-date research, as well as clinical implications, including how dialectical behavior therapy can play a role in providing the stabilization necessary for this complex population to begin exposure work. Best-selling author Jenni Schaefer will share her recovery from PTSD and anorexia nervosa (binge/purge type). Combining research, clinical, and personal perspectives, this presentation uniquely addresses the critical issues involved in treating PTSD and eating disorders.

## LEARNING OBJECTIVES

After this presentation, attendees will be able to:

1. Describe risk factors, etiology, and assessment for eating disorders and PTSD, with a focus on comorbidity.
2. Explain evidence-based treatment approaches for eating disorders and PTSD, including the use of dialectical behavior therapy to aid in the emotional dysregulation that can occur through exposure therapies.
3. Analyze the lived experience of a patient who sought treatment for an eating disorder and PTSD, highlighting the importance of assessment and treatment, including both evidence-based and alternative approaches.

## ABOUT THE SPEAKERS



### Jenni Schaefer

Jenni Schaefer has authored several books, including *Life Without Ed: How One Woman Declared Independence from her Eating Disorder and How You Can Too*, and contributed to anthologies like the Chicken Soup for the Soul series. A Meadows Behavioral Healthcare Senior Fellow and Ambassador with the National Eating Disorders Association, she is a sought-after presenter on eating disorders, trauma, and posttraumatic stress disorder, PTSD. Houghton Mifflin Harcourt will release Jenni's next book, which is about fighting through PTSD and finding a life worth living after trauma.



### Nicole Garber, MD

Dr. Garber completed her general psychiatry residency at Emory University School of Medicine and her child and adolescent psychiatry fellowship at Baylor College of Medicine. She then worked at the Menninger Clinic, where she created the adolescent eating disorder track. She has also served as the medical director for Arizona's Children's Association. She is intensively trained in Dialectical Behavior Therapy (DBT) and has led at least two skills training groups a week for the past four years.



## CONTINUING EDUCATION INFORMATION:

PLEASE NOTE: You must RSVP to receive a continuing education certificate. 2.0 continuing education credits or 2.0 NBCC clock hours is available; 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 credit hours 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.