



JOHNS HOPKINS
M E D I C I N E

Office of Continuing Medical Education
720 Rutland Avenue / Turner 20
Baltimore, Maryland 21205-2195

**2020 EATING
DISORDERS
CONFERENCE**
INTEGRATING BEST PRACTICES
AND NEW APPROACHES

Monday, May 18, 2020
Baltimore, Maryland



DATED MATERIAL

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CONTINUING MEDICAL EDUCATION

Johns Hopkins University School of Medicine
Department of Psychiatry and Behavioral Sciences
presents

2020 EATING DISORDERS CONFERENCE

*INTEGRATING BEST PRACTICES
AND NEW APPROACHES*



Monday, May 18, 2020

Thomas B. Turner Building
Johns Hopkins East Baltimore Medical Campus
Baltimore, Maryland

This activity has been approved for *AMA PRA Category 1 Credits™*.



JOHNS HOPKINS
MEDICINE



DESCRIPTION

This one day CME/CEU conference includes current evidence-based, clinically relevant topics of interest to practitioners caring for patients with, or at risk for, eating disorders. Talks cover the biobehavioral basis of eating disorders, effectiveness and risks of recent dietary trends including intermittent fasting and time restricted eating, the intersection of borderline personality disorder and binge spectrum eating disorders, and the role of emotional dysregulation in the maintenance of disordered eating in patients with eating disorders. Clinically oriented workshops will present practical skills for detecting and managing eating disorders in primary care, incorporating meal-based exposure and response prevention strategies into outpatient treatment, implementing advanced “third-wave” cognitive behavioral therapy interventions, diversifying food repertoire in patients with avoidant/restrictive food intake disorder, and employing guided self-help as an intervention for binge eating disorder.

WHO SHOULD ATTEND

This activity is intended for psychiatrists, pediatricians, adolescent medicine specialists, psychologists, social workers, licensed professional counselors, registered dietitians, occupational therapists, educators, and others interested in the evidence-based treatment of eating disorders.

OBJECTIVES

After attending this activity, the learner will demonstrate the ability to:

- Discuss recent research supporting the biological basis of eating disorders.
- Describe clinical presentations and treatment interventions for patients with Avoidant/Restrictive Food Intake Disorder (ARFID).
- Identify practical strategies useful in the outpatient management of complex eating disorders cases.

ACCREDITATION STATEMENT

The Johns Hopkins University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.



CREDIT DESIGNATION STATEMENT

The Johns Hopkins University School of Medicine designates this live activity for a maximum of 7.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

OTHER CREDITS

American Nurses Credentialing Center (ANCC) accepts *AMA PRA Category 1 Credit™* from organizations accredited by the ACCME.

American Academy of Nurse Practitioners National Certification Program accepts *AMA PRA Category 1 Credit™* from organizations accredited by the ACCME.

The Johns Hopkins University has approved this activity for 7.25 **contact hours for non-physicians.**

This CE Program has been approved by the **Maryland Board of Professional Counselors and Therapists** for Category A CEUs.

The Johns Hopkins University School of Medicine is authorized by the **Maryland State Board of Examiners of Psychologists** as a provider of continuing education. The Johns Hopkins University School of Medicine maintains responsibility for this program. A certificate for 7.25 CEUs will be awarded upon completion of this live activity.

The **Maryland Board of Social Work Examiners** certifies that this program meets the criteria for 7.25 credit hours of Category 1 or 7.25 CEUs of continuing education for social workers licensed in Maryland. The Johns Hopkins University School of Medicine is an approved sponsor of the Maryland Board of Social Work Examiners for continuing education credits for licensed social workers in Maryland.

This live activity is eligible for 7 CPEUs with the **Commission on Dietetic Registration.**

POLICY ON PRESENTER AND PROVIDER DISCLOSURE

It is the policy of the Johns Hopkins School of Medicine that the presenter and provider globally disclose conflicts of interest. The Johns Hopkins School of Medicine OCME has established policies in place that will identify and resolve conflicts of interest prior to this educational activity. Detailed disclosure will be made prior to presentation of the education.

General Information

REGISTRATION

Monday, May 18, 2020 • 8:00 a.m. – 8:30 a.m.

LOCATION

Thomas B. Turner Building
Johns Hopkins School of Medicine
720 Rutland Avenue
Baltimore, Maryland 21205

The Turner Building is located on Rutland Avenue at Monument Street.

DIRECTIONS AND PARKING

Directions and campus parking information are available on our website under the Contact Us tab at HopkinsCME.cloud-cme.com. Handicapped parking is available in the nearby Rutland Garage, and the McElderly and Caroline Street Garages are recommended for general parking. Parking costs in these garages are included in your registration. *Johns Hopkins is smoke-free.*

FEES

Register Online:

hopkinscme.cloud-cme.com/aph.aspx?P=5&EID=18566

REGISTRATION CUT-OFF DATE: May 12, 2020

Methods of Payment:

We require full payment prior to the start of the activity. On-site payments by credit card only. The registration fee includes instructional materials, continental breakfast, refreshment breaks, lunch and parking.

Physicians.....	\$200
Allied Health Professionals and Non-Clinical Attendees.....	\$150
Residents*/Fellows*/Students*.....	\$100

**with verification of status*

You will receive a confirmation by e-mail. If you have not received it by **May 12, 2020**, call (410) 502-9636 to confirm that you are registered. A transcript of attendance will be available upon attestation of your credit hours and submission of the post activity online evaluation.

The Johns Hopkins University reserves the right to cancel or postpone any activity due to unforeseen circumstances. In this event, the University will refund the registration fee but is not responsible for travel expenses. Additionally, we reserve the right to change the venue to a comparable venue. Under such circumstances registrants will be notified as soon as possible.

LATE FEE AND REFUND POLICY

A \$50 late fee applies to registrations received after 5:00 p.m. ET on **May 12, 2020**. A handling fee of \$50 will be deducted for cancellation. An additional fee may apply for cancellation of other events, including workshops and social activities. Refund requests must be received by fax or mail by **May 12, 2020**. No refunds will be made thereafter. Transfer of registration to another Johns Hopkins conference in lieu of cancellation is not possible.

SYLLABUS

The syllabus will be accessible online and via your mobile device in the CloudCME App prior to the activity. A link to the syllabus will also be provided via email shortly before the activity begins if you prefer to study or print the syllabus.

HOTEL INFORMATION

Hotel accommodations located near the Johns Hopkins School of Medicine can be found at: <http://www.hopkinscme.edu/migration/hotels.html> or by calling (410) 502-9636.

HOW TO OBTAIN CREDIT

Post activity, an online evaluation will be available to attendees to evaluate the activity and individual presentations and to identify future educational needs. Upon completion of the evaluation, the learner must attest to the number of hours in attendance. Credits earned will be added to the learner's transcript and immediately available for print. **The last day to access the evaluation and attest to your credits is June 2, 2020.**

An outcome survey will be sent to all physician attendees within two months post activity to assist us in determining what impact this activity had on the learner's practice.

EMERGENCY CALLS

On Monday, May 18, 2020 direct emergency calls to the Hopkins registration desk, (410) 955-3673. Messages will be posted for participants.

AMERICANS WITH DISABILITIES ACT

The Johns Hopkins School of Medicine fully complies with the legal requirements of the ADA and the rules and regulations thereof. *Please notify us if you have any special needs.*

TO REGISTER OR FOR FURTHER INFORMATION

Register Online:

hopkinscme.cloud-cme.com/default.aspx?P=0&EID=18566

Register by Phone: 410-502-9636

Register by Fax: 866-510-7088

Confirmation/Certificates/Transcripts: 410-502-9636

General Information: 410-955-2959

E-mail the Office of CME: cmenet@jhmi.edu

Follow us on Twitter: twitter.com/HopkinsCME

Facebook: facebook.com/HopkinsCME

CloudCME 

Check out our mobile app CloudCME.
Organization Code: HopkinsCME

For website and CloudCME mobile app technical difficulties, email:
cmetechnicalsupport@jhmi.edu

For general information, please visit the activity webpage at:
hopkinscme.cloud-cme.com/default.aspx?P=0&EID=18566

Program

8:00 – 8:30	Continental Breakfast and Registration
8:30 – 8:40	Introduction and Conference Objectives Angela Guarda, MD <i>Stephen and Jean Robinson Associate Professor of Psychiatry and Behavioral Sciences</i> <i>Director, Eating Disorders Program</i> <i>Johns Hopkins School of Medicine</i>
8:40 – 9:25	What's the Big Deal about Behavior? Understanding the Underpinnings of Eating Disorders Graham Redgrave, MD <i>Assistant Professor of Psychiatry and Behavioral Sciences</i> <i>Johns Hopkins School of Medicine</i>
9:25 – 10:10	The Feelings Rollercoaster: Emotional Dysregulation in Anorexia Nervosa Ann Haynos, PhD <i>Assistant Professor, Department of Psychiatry and Behavioral Sciences</i> <i>University of Minnesota</i> <i>Minnesota Center for Eating Disorder Research</i>
10:10 – 10:25	REFRESHMENT BREAK
10:25 – 11:55	WORKSHOP I A. Guided Self-Help for Binge Eating Disorder Eunice Chen, PhD <i>Associate Professor, Department of Psychology</i> <i>Temple University</i> B. Diversifying the Palate: Strategies for Treating Avoidant/Restrictive Food Intake Disorder Marita Cooper, PhD <i>Postdoctoral Fellow, Johns Hopkins Eating Disorder Program</i> <i>Johns Hopkins School of Medicine</i> C. Hidden Eating Disorders: How to Manage These in a General Medical Practice Angela Guarda, MD D. Third Wave CBT for Eating Disorders: Using Mindfulness, Acceptance, and Context to Improve on What Works Ann Haynos, PhD E. Overcoming Your Fear and Incorporating Meal-Based Exposure and Response Prevention in Your Practice Colleen Schreyer, PhD <i>Assistant Professor of Psychiatry and Behavioral Sciences</i> <i>Johns Hopkins School of Medicine</i>
12:00 – 1:00	LUNCH BREAK AND TOURS OF JEFFERSON HOUSE RESIDENCE
1:00 – 1:45	Borderline Personality Disorder and Binge Spectrum Eating Disorders Eunice Chen, PhD
1:45 – 2:30	Fad or Evidence Based? Popular Diets and Potential Eating Disorder Risks Janelle Coughlin, PhD <i>Associate Professor of Psychiatry and Behavioral Sciences</i> <i>Director, Obesity Behavioral Medicine</i> <i>Johns Hopkins School of Medicine</i>
2:30 – 2:45	REFRESHMENT BREAK
2:45 – 4:15	WORKSHOP II (choose second option from WORKSHOP I list above)
4:15 – 5:00	Patient Perspectives on Treatment and Recovery – Patient Interview Angela Guarda, MD
5:00 – 5:15	Closing Remarks Angela Guarda, MD
5:15	Adjourn

You will receive an email notification to complete the evaluation form and to attest to the number of hours in attendance.

The registration desk will remain open during conference hours.

The Johns Hopkins School of Medicine takes responsibility for the content, quality and scientific integrity of this CME activity. This schedule is subject to change.

Registration Form

Course Number 80049131 / 18566

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May 18, 2020

To Register:

Online: hopkinscme.cloud-cme.com/default.aspx?P=0&EID=18566

By fax: (866) 510-7088 By phone: (410) 502-9636

Or mail this form to the Johns Hopkins School of Medicine, Office of Continuing Medical Education, 720 Rutland Avenue, Turner Room 20, Baltimore, Maryland 21205-2195. Include e-check or credit card information below.

FULL PAYMENT IS REQUIRED PRIOR TO THE START OF ACTIVITY.

I am a Johns Hopkins speaker for this activity.

Please type or print clearly

Last Name		First Name		M.I.
Highest Degree	Primary Specialty		Hopkins Faculty/Staff Only -JHED ID	
For Physicians Only: NP I- 10 digits		State License #		State of License
Organization		Mailing Address		
City		State	ZIP + 4 Code	Country
Daytime Telephone		Fax Number		
E-Mail (required)				

Check here if you wish to receive e-mail notices about upcoming CME activities.

What do you hope to learn by attending this activity?

Please notify us if you have any special needs.

Workshop Selection: (Please indicate by letter)

1st selection: _____ 2nd selection: _____

I would like to attend the tour of Jefferson House Residence.

Registration Fees:

Physicians\$200

Allied Health Professionals and Non-Clinical Attendees\$150

Residents*/Fellows*/Students* \$100

*with verification of status

The registration fee instructional materials, food, beverage and parking. For registrations received after 5:00 p.m. ET on May 12, 2020 include a \$50 late fee. On-site registrations are payable only by credit card.

Total amount \$ _____.

Payment Type:

JHU Faculty/Staff Only: If you are using your Tuition Remission Benefit or an ION budget, please upload your fully completed and approved form in the payment section of the online activity link above.

TR Form: hr.jhu.edu/wp-content/uploads/2019/03/trffacandstaff.pdf

ION Form: hopkinscme.edu/migration/ionRequest.pdf

e-Check: Routing Number _____ Account Number _____

Credit Card: VISA MASTERCARD DISCOVER AMEX

Card # _____ Exp. Date _____

Billing Zip Code _____ Security Code _____

Name on Card _____

Signature and Date _____