



Saskatchewan Interdisciplinary Disordered Eating Conference 2022

Friday, October 14, 2022 | Marquis Hall, University of Saskatchewan, Saskatoon, SK

FRIDAY, OCTOBER 14, 2022				
8:00-8:30 AM		Registration		
8:30-8:45 AM	15	Welcome & Treaty 6 Acknowledgement	By the end of this session, learners will be able to:	Jocelyn Orb
8:45-9:05 AM	20	Personal Lived Experience with Disordered Eating (Video)		
9:05-10:05 AM	60	Disordered Eating Assessment, Diagnosis and Treatment	<ul style="list-style-type: none"> • Identify the types of feeding and eating disorders • Recognize the epidemiology and etiology of the eating disorders • Recognize the common comorbidities • Describe medical complications • Recognize when to admit for treatment in hospital • Discuss treatment and the interdisciplinary team approach 	Dr. Alana Holt
10:05-10:15 AM		Nutrition Break		
10:15-11:00 AM	45	The Role of the Primary Care Provider in Disordered Eating	<ul style="list-style-type: none"> • Discuss the relevance of early detection of eating disorders • Discuss the approach to a focused medical assessment in someone with disordered eating • Manage common medical problems associated with eating disorders • Identify criteria for hospitalization 	Dr. Elmarie Du Toit & Pamela Komonoski
11:00-11:30 AM	30	The Role of the Pediatrician in Disordered Eating	<ul style="list-style-type: none"> • Identify red flags that may signal an eating disorder in pediatric patients • Recognize the medical complications of eating disorders in pediatric patients, including red flags for admission to hospital • Discuss models of treatment for pediatric eating disorders, including family-based therapy 	Dr. Ayisha Kurji
11:30 AM-12:00 PM	30	Question & Answer Period - Speaker Panel		
12:00-12:45 PM		Lunch		
12:45-1:00 PM		Bridgepoint Videos		
1:00-1:45 PM	45	Approaching Food and Weight in the Treatment of Disordered Eating	<ul style="list-style-type: none"> • Define the dietitian's role in disordered eating care. • Recognize the main aspects of the nutrition assessment, counselling, and care planning in disordered eating. • Recall helpful versus unhelpful language related to food and weight when working with patients and clients with disordered eating. • Implement select concepts and strategies related to nutrition care for disordered eating, as appropriate, regardless of professional background. 	Dayna Berry
1:45-2:30 PM	45	Psychotherapy Strategies and Tools for Disordered Eating	<ul style="list-style-type: none"> • Recognize biopsychosocial and cultural factors that may contribute to an individual's disordered eating. • Identify the core psychopathology of disordered eating and common manifestations of this pathology • Introduce strategies from Motivational interviewing (MI) and Cognitive Behavioral Therapy (CBT) to help patients move towards recovery. • Discuss nutritional rehabilitation, challenging dietary rules, exposure work and behavioral experiments that can help more towards recovery. • Identify useful CBT and Interpersonal Therapy (IPT) strategies for disordered eating. 	Dr. Helen Lowry
2:30-2:45 PM		Nutrition Break		
2:45-3:15 PM	45	From Self-Harm to Self-Care	<ul style="list-style-type: none"> • Discuss the varied presentations of disordered eating by exploring the many pathways to mental health & wellness. • Explore disordered eating and the patterns connected to it as an attempt for regulation, empowering clients to increase their internal and external resources for self-regulation and co-regulation as a way forward. • Identify the link between increasing self-referencing, self-determination, and self-care while working within a harm reduction framework. • Discuss practical ways to support clients to 'remember themselves' by clarifying and enacting their values, purposes and identities outside of the disordered eating and body image pattern. 	Terri Peterson & Megan Wood
3:15-4:15 PM	60	Question & Answer Period - Speaker Panel		
4:15 PM		Closing Remarks		
				Jocelyn Orb

