



## 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	TBD	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"><li>• Recognize early detection of eating disorders</li><li>• Effectively assess, manage and monitor patients with eating disorders</li><li>• Review criteria for hospitalization and identify when to refer</li></ul>	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"><li>• Identify red flags that may signal an eating disorder in pediatric patients</li><li>• Recognize the medical complications of eating disorders in pediatric patients, including red flags for admission to hospital</li><li>• Discuss models of treatment for pediatric eating disorders, including family-based therapy</li></ul>	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	Psychotherapy Strategies and Tools for Disordered Eating	<ul style="list-style-type: none"><li>• Recall an overview of the Cognitive Behavioral Therapy Model.</li><li>• Recognize the core psychopathology of eating disorders/disordered eating from a CBT perspective. This will include describing the typical cognitive themes, the behavioral and feeling manifestations of an eating disorder.</li><li>• Develop a CBT trans-diagnostic formulation for their patients struggling with eating disorders/disordered eating.</li><li>• Implement specific CBT tools and strategies that can be integrated into care for their patients dealing with eating disorders/disordered eating.</li></ul>	Dr. Helen Lowry
1:45-2:30 PM	45	Approaching Food and Weight in the Treatment of Disordered Eating	<ul style="list-style-type: none"><li>• Define the dietitian’s role in disordered eating care.</li><li>• Recognize the main aspects of the nutrition assessment, counselling, and care planning in disordered eating.</li><li>• Recall helpful versus unhelpful language related to food and weight when working with patients and clients with disordered eating.</li><li>• Implement select concepts and strategies related to nutrition care for disordered eating, as appropriate, regardless of professional background.</li></ul>	Amy Pickering
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"><li>• Discuss the varied presentations of disordered eating exploring the many pathways to mental health &amp; wellness.</li><li>• Explore disordered eating and the patterns connected to it as an attempt at regulation and empowering the client to increase their internal and external resources for self-regulation and co-regulation as a way forward.</li><li>• Identify the link between increasing self-referencing, self-determination, and self-care while working within a harm reduction framework.</li><li>• 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.</li></ul>	Terri Peterson & Megan Wood
3:15-4:15 PM	60	Question & Answer Period - Speaker Panel		
4:15 PM	Closing Remarks			Jocelyn Orb

