

Registration is Online

ce.childrencolorado.org

Register online by **May 5, 2021**. You will receive a confirmation email with important conference details shortly after completing the online registration process.

Register early as space is limited!

Registration Fees	Must register by 5/5/21
Professionals**	\$55
Children's Colorado, Anschutz Partners and Verified Students***	\$30

No early registration - register online by May 5, 2021.

**Children's Colorado and University of Colorado employees are eligible for a discounted rate at the time of registration.

***Email student status verification to shaun.ayon@childrencolorado.org within two days of registration.

We wish to thank the Pediatric Mental Health Institute for supporting a reduced registration rate for Children's Colorado and UCDSOM faculty and staff.

Online credit card payment only.

Cancellation Policy

The registration fee is non-refundable. However, you may send a substitute by contacting Shaun Ayon. The Planning Committee reserves the right to alter the agenda or cancel the conference in the event of an unforeseen circumstance, or if the minimum registration is not attained by May 5, 2021 with a full refund to participants.

Further Information

If you have questions, please contact Shaun Ayon at shaun.ayon@childrencolorado.org or 720-777-2700. To request arrangements to accommodate a disability, please notify us at least 3 weeks prior to the conference.

Acknowledgement

The Rosenberry Conference is an annual event held in honor of Walter S. Rosenberry III, a former board member and benefactor of Children's Hospital Colorado. Mr. Rosenberry's support of Children's Hospital Colorado and Department of Psychiatry and Behavioral Sciences provides us with an opportunity to recognize and honor those individuals who have made significant contributions to the field of psychology and behavioral sciences.



The Rosenberry Conference

Novel Treatments for Feeding and Eating Disorders and Psychiatric Co-Morbidities

May 7, 2021

Children's Hospital Colorado

Anschutz Medical Campus
Conference and Education Center
Aurora, CO

Provided by:

Children's Hospital Colorado
Pediatric Mental Health Institute



Children's Hospital Colorado

Affiliated with
 University of Colorado
Anschutz Medical Campus

Course Description

Research examining feeding and eating disorders highlight the necessity for comprehensive and evidence-based cognitive and behavioral interventions. This course will offer opportunities to increase competence, understanding, and skills in feeding and eating disorders. Specifically, the course will provide an overview of what is known about a newly recognized diagnosis — avoidant/restrictive food intake disorder (ARFID) — which is defined by an inability to meet nutritional needs due to sensory sensitivity, fear of aversive consequences, and/or lack of interest in eating or food. This session provides an overview of what is known about ARFID followed by specific instruction in the application of a novel cognitive behavioral therapy approach for children, adolescents, and young adults with ARFID. Novel treatment approaches for common feeding and eating disorders in childhood will be a focus during breakout sessions.

Objectives

Upon completion of this conference, participants should be able to:

- Describe diagnostic categories and differential diagnostic categories for children with eating and feeding disorders.
- Recognize how to assess and diagnose DSM-5 avoidant/restrictive food intake disorder.
- Identify evidence-based treatment approaches for pediatric patients with eating and feeding disorders.
- Describe the basic structure and principles of cognitive-behavioral therapy for avoidant/restrictive food intake disorder (CBT-AR).
- Describe for whom CBT-AR is appropriate and how to tailor treatment based on the ARFID presentation.
- Outline strategies to support recovery from eating and feeding disorders in pediatric patient populations at home, at school, and via psychotherapy.
- Discuss potential changes to organizational practice guidelines to screen and treat children with feeding and eating disorders.

Continuing Education Credit

Medical: Children's Hospital Colorado is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Children's Hospital Colorado designates this internet live course for a maximum of 5.75 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

APA: Children's Hospital Colorado is approved by the American Psychological Association to sponsor continuing education for psychologists. Children's Hospital Colorado maintains responsibility for this program and its content.

Licensed Clinical Social Work: An application to award NASWCO Continuing Education Credits has been submitted. Determination of credit pending.

Others: A general certificate of attendance will be provided for all other providers.

Guest Faculty

Kamryn T. Eddy, PhD

Associate Professor, Department of Psychiatry, Harvard Medical School

Co-Director, Eating Disorders Clinical and Research Program, Massachusetts General Hospital

Dr. Kamryn Eddy is an Associate Professor of psychology at Harvard Medical School and the co-director of the Massachusetts General Hospital Eating Disorders Clinical and Research Program. She is a clinical psychologist with expertise in the assessment and treatment of eating disorders. She is a Fellow of the Academy for Eating Disorders and President of the Eating Disorders Research Society and her research is supported through the National Institutes of Health and private foundations. Her program of research focuses on diagnosis, treatment, and neurobiological bases of eating disorders, and longitudinal outcomes. She is the principal investigator of several studies, including two NIMH-funded studies of the neurobiology of low weight eating disorders, and a novel hormonal treatment study of anorexia nervosa and the female athlete triad. The overarching objective of her work is to carefully describe the clinical presentations of individuals with eating disorders in order to address questions about why, and in whom these illnesses are most likely to develop, and to inform the development of novel treatments for these serious conditions. Along with her colleague, Dr. Jennifer Thomas, Dr. Eddy developed a novel cognitive-behavioral therapy for avoidant/restrictive eating disorder (CBT-AR), which was published by Cambridge University Press. She has mentored numerous postdoctoral fellows, medical residents, and psychology graduate students.

Agenda May 7, 2021

8:15	Welcome and Introduction <i>Douglas K. Novins, MD and Cindy Buchanan, PhD</i>
8:30	Session One: DSM-5: Avoidant/Restrictive Disorder in Context <i>Kamryn T. Eddy, PhD</i> <ul style="list-style-type: none">• DSM-5 feeding and eating disorders• Assessment of ARFID• Review of treatments for ARFID
9:45	Break
10:00	Session Two: Cognitive Behavioral Therapy for ARFID (CBT-AR) <i>Kamryn T. Eddy, PhD</i> <ul style="list-style-type: none">• Introduction and overview of CBT-AR• CBT-AR Stages 1-4 in practice• Review of available data supporting CBT-AR
12:15 p.m.	Break
12:45	Session Three: Breakouts Breakout A: Psychotropic Medication Use and Considerations in the Context of Eating Disorders <i>Marissa Schiel, MD</i> Breakout B: Mindfulness-Based Intervention for Binge Eating <i>Lauren Shomaker, PhD</i> Breakout C: Case Discussion for ARFID <i>Kamryn T. Eddy, PhD</i>
1:45	Break
2:00	Session Four: Breakouts Breakout D: When Saying “Just Eat” Is Not Enough: Family Based Interventions for Pediatric Eating Disorders <i>Kim Sheffield, PhD</i> Breakout E: Understanding Eating Disorders Among Gender Diverse and Transgender Youth <i>Jenna Glover, PhD</i> Breakout F: The Eye Cannot See What the Mind Does Not Know: Considerations for Broadening your Differential Diagnosis of a Feeding Problem <i>Laura Pickler, MD, MPH</i>
3:00	Evaluation
3:15	Adjourn

Local Faculty

Jenna Glover, PhD
Assistant Professor, Director of Psychology Training, Children’s Hospital Colorado

Jenna Glover, Ph.D. is a Licensed Psychologist and an Assistant Professor in the Departments of Psychiatry and Pediatrics at the University of Colorado School of Medicine. Dr. Glover serves as Director of Psychology Training at Children’s Hospital Colorado. She has previously worked as an Assistant professor at Washburn University and Utah State University as well as serving as the lead psychologist at Avalon Hills a residential eating disorders program. Dr. Glover’s research interests include improving patient experiences of psychological evaluation through therapeutic assessment and identity and relationship development in LGBTQ youth. Dr. Glover’s clinical work focuses on utilizing motivational interviewing and acceptance based therapies with adolescents across a range of disorders. Dr. Glover received her doctorate in Combined Clinical, Counseling, and School psychology from Utah State University.

Laura Pickler, MD, MPH
Associate Professor Family Medicine, Clinical Genetics, University of Colorado School of Medicine

Pediatric Feeding and Swallowing Program Medical Director, Chief of Family Medicine, Children’s Hospital Colorado

Dr. Laura Pickler is a family physician and clinical geneticist with an active clinical practice serving children and young adults who have eating challenges including those with genetic conditions and inborn errors of metabolism. She has completed two medical fellowships in Developmental/ Behavioral Pediatrics and Clinical Genetics and a master’s degree in Public Health with a concentration in nutrition. Since 2007, Dr. Pickler has led the Children’s Hospital Colorado Feeding and Swallowing program as medical director. She also is a founding member and current board member of the International Association for Pediatric Feeding and Swallowing which is committed to ensuring quality, family advocacy and research in feeding and swallowing disorders.

Marissa Schiel, MD, PhD
Assistant Professor, Department of Psychiatry, University of Colorado School of Medicine

Child and Adolescent Psychiatrist, Pediatric Mental Health Institute, Children’s Hospital Colorado

Dr. Schiel is an attending psychiatrist for the Eating Disorder Program at Children’s Hospital Colorado. She works with a multi-disciplinary treatment team to provide family-based care for youth with a variety of eating disorders and often co-occurring conditions. Dr. Schiel also serves as the Medical Director of Informatics for the Pediatric Mental Health Institute and works in the Outpatient Psychiatry Clinic at Children’s Hospital Colorado. Dr. Schiel received her doctoral degree in Biochemistry and Molecular Biology and her medical degree from Indiana University. She completed her general psychiatry residency and her child and adolescent psychiatry fellowship at the University of Colorado and continues to be actively involved in the fellowship training program.

Kim Sheffield, PhD
Assistant Professor, Department of Psychiatry, University of Colorado School of Medicine

Licensed Clinical Psychologist, Eating Disorders Program, Children’s Hospital Colorado

Associate Clinical Director, Intensive Services Division, Pediatric Mental Institute

Kimberly Sheffield is a psychologist in the Eating Disorders Program at the Pediatric Mental Health Institute at Children’s Hospital Colorado. Her research focuses on program development and evaluation for children and adolescents with eating disorders. She is interested in improving treatment outcomes for patients in higher levels of care (e.g., inpatient and partial hospitalization). Clinically, she focuses on providing evidence-based behavioral interventions for youth with eating disorders. Kimberly obtained her doctorate in clinical psychology from Louisiana State University and completed a postdoctoral fellowship in eating disorders at Children’s Hospital Colorado.

Lauren Shomaker, PhD
Assistant Clinical Professor, Pediatric Endocrinology, University of Colorado School of Medicine

Licensed Psychologist, Lifestyle Medicine, Children’s Hospital Colorado

Associate Professor, Human Development and Family Studies, Colorado State University and Community and Behavioral Health, Colorado School of Public Health

Lauren Shomaker is a child clinical psychologist who specializes in adolescent depression, eating behavior, and obesity. Dr. Shomaker conducts research on evidence-based interventions for adolescents with depression and obesity, with a particular focus on youth with, and at high-risk for, prediabetes and type 2 diabetes. Dr. Shomaker studies interpersonal psychotherapy, mindfulness-based interventions, and cognitive-behavioral therapy. She also provides health and behavior assessments and brief psychotherapy to youth and families in Children’s Hospital Colorado’s Lifestyle Medicine weight management program.

