2017 Spring Seminar Series for Professionals

We’re Bringing Our Expertise To You

April 21 • Raleigh, NC
April 28 • Columbus, OH
May 5 • Princeton, NJ
May 12 • Atlanta, GA
May 19 • Alexandria, VA

6 CE Credits
www.renrewcenter.com • 1-877-367-3383
The Renfrew Center has been the pioneer in the treatment of eating disorders since 1985. As the nation’s first residential eating disorder facility, now with 18 locations throughout the country, Renfrew has helped more than 75,000 adolescent girls and women with eating disorders move towards recovery. Renfrew provides women suffering from anorexia nervosa, bulimia nervosa, binge eating disorder, and related mental health problems with the tools they need to succeed in recovery and in life.

Renfrew’s extensive range of services includes residential, day treatment, intensive outpatient, and outpatient programs. Each treatment level is built upon The Renfrew Center Unified Treatment Model for Eating Disorders™, an evidence-based, emotion-focused therapy that addresses eating disorders and co-morbid symptoms. Within this model, individual and group therapy are enhanced with a diverse array of services to meet patients’ needs. Renfrew accepts most major insurances and is a preferred provider for all levels of treatment.

Please call 1-800-RENFREW (736-3739) or visit www.renfrewcenter.com for more information about The Renfrew Centers.
Adrienne Ressler, LMSW, CEDS, F.iaedp

Adrienne Ressler, LMSW, CEDS, F.iaedp, is Vice President, Professional Development, The Renfrew Center Foundation, and has served as senior staff for over 27 years. Adrienne attended the University of Michigan where she also served as faculty in the School of Education. A body image specialist, she is a member and Co-Chairperson of the Somatic and Somatically Oriented Therapies SIG of the Academy of Eating Disorders, and serves on the Advisory Board of Eating Disorders Recovery and Support in Petaluma, CA. A fellow and past President of the Board of Directors of the International Association of Eating Disorders Professionals, she presently chairs iaedp’s Senior Advisory Board. Her trainings reflect her background in body-focused methods to treat eating disorders and body image. She is published in The International Journal of Fertility and Women’s Medicine, Social Work Today and Pulse, the journal of the International Spa Association. Author of chapters on the use of experiential and creative therapies for eating disorders in two textbooks, her work has also been included in the first Encyclopedia of Body Image and Human Appearance. A frequent contributor to popular media, she has appeared on the TODAY show and Good Morning America Sunday.

Jancey Wickstrom, AM, LCSW

Jancey Wickstrom, AM, LCSW, is the Site Director at The Renfrew Center of Chicago. She graduated from Grinnell College in Iowa and The University of Chicago School of Social Service Administration. Ms. Wickstrom is passionate about ensuring evidence-based care is available to those who need it, and has worked in residential, outpatient and inpatient treatment settings. She is intensively trained in contextual therapeutic approaches including Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), and The Renfrew Center Unified Treatment Model for Eating Disorders™. She contributed a chapter titled ‘Healing Self-Inflicted Violence in Adolescents with Eating Disorders’ in the book Treatment of Eating Disorders: Bridging the Research-Practice Gap. Ms. Wickstrom is also an adjunct lecturer at The University of Chicago’s School of Social Service Administration.
Seminar 1

THE FALSE SELF: THE COMPLEXITY OF BODY IMAGE AND IDENTITY ISSUES IN THE TREATMENT OF EATING DISORDERS

Adrienne Ressler, LMSW, CEDS, F.iaedp

Body image is perhaps the least understood and most complex of the core issues associated with eating disorder treatment. As an integral part of the life cycle, body image development shifts and adapts as we age and engage in life experiences. It is ironic that although our clients are focused on and obsessed with their bodies, they remain virtually disconnected from the experience of living in their bodies.

This seminar will address the intricate interplay between brain, body and beliefs (why we believe what we believe).

Repetition of messages and experiences become internalized and influence, not only self-perception and self-talk, but the body itself. Negative reinforcement often becomes imprinted in the client’s bodymind, feels “true” and serves as the client’s identity.

Attendees will learn body-focused strategies designed to help clients reclaim their “authentic” self. Lecture, demonstration/experiential exercises and video clips will be utilized and attendees will be provided with a resource packet.

Seminar 2

INTEGRATING BRAIN AND BODY: MINDFULNESS, METAPHOR AND EXPERIENTIAL METHODS

Adrienne Ressler, LMSW, CEDS, F.iaedp & Jancey Wickstrom, AM, LCSW

Eating disorders can present treatment challenges for even the most experienced clinician. The entrenched nature of the illness makes for a formidable foe in the therapy room. To add to the complexity of treatment, the physicality of eating disorder symptoms can sometimes hide the less obvious, but equally serious, issue – fusion with thoughts and emotions. A key element in this seminar will be how to facilitate addressing these deeper issues. Mindfulness as a clinical intervention will be explored, discussing both the most recent research on therapeutic mindfulness and what that specifically means for the practicing clinician. The application of mindful awareness to move the client from a position of avoidance of emotion to acceptance of emotion will be demonstrated. Participants will explore how to implement experiential methods designed to circumvent cognitive fusion and will learn strategies for decoding spoken words as well as the unspoken language of the body. The power of metaphor and creativity as treatment tools will be taught through film clips, literature/poetry/music, experiential exercises and breakout groups.
Seminar 3

GETTING TO THE HEART OF EATING DISORDERS: USING MINDFULNESS TO PROMOTE EMOTIONAL AWARENESS

Jancey Wickstrom, AM, LCSW

Mindfulness is an oft-used term in today’s society. We are encouraged to feel, eat, play, and work, mindfully – but what does that really mean? This daylong workshop addresses that question: how to use mindfulness in a way that is effective both in clinical settings as well as in relationships? Initially, this seminar will focus on defining and discussing the benefits/limitations of mindfulness and help attendees learn to implement mindfulness into daily life and work. This will be followed by in-depth training on how the mindful experience of emotion can be a foundational tool in eating disorder recovery. Using real life examples from The Renfrew Center Unified Treatment Model for Eating Disorders™, participants will learn how to empower themselves and clients to become mindfully aware of emotional experiences, thus laying the groundwork for the difficult, yet ultimately rewarding, journey towards full recovery.

CONTINUING EDUCATION

The Renfrew Center Foundation is approved by the American Psychological Association to sponsor continuing education for psychologists. The Renfrew Center Foundation maintains responsibility for this program and its content.

Continuing education credits for social workers have been applied for and are pending approval by the National Association of Social Workers for six continuing education credits.

The Renfrew Center Foundation has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5852. Programs that do not qualify for NBCC credit are clearly identified. The Renfrew Center Foundation is solely responsible for all aspects of the programs.

Continuing education credits for registered dietitians are offered pending approval by the Commission on Dietetic Registration.

This activity has been submitted to PSNA for approval to award contact hours. PSNA is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.
REGISTRATION

You may register online at www.renfrewcenter.com or fill out and fax the form below.

Name: _____________________________________________________________________________
Credentials: ________________________________________________________________________
Organization: ______________________________________________________________________
Preferred Mailing Address (Work or Home): _________________________________________
City, State, ZIP: ______________________________________________________________________
Work Phone: (____)_______________________  Home Phone: (____)______________________
Fax (____)________________________________ Email: ___________________________________

I will attend the following full-day seminar (check one):

- April 21 • Raleigh, NC
- April 28 • Columbus, OH
- May 5 • Princeton, NJ
- May 12 • Atlanta, GA
- May 19 • Alexandria, VA

Seminar Cost: $95   •    Student Rate: $75*
Continental breakfast and networking lunch included.

To register, mail check or money order to:
ATTN: Kelly Krausz
The Renfrew Center Foundation
475 Spring Lane • Philadelphia, PA 19128

Or fax registration with credit card information to:
ATTN: Kelly Krausz
at 215-482-2695

Please call to confirm receipt of fax. Phone registrations will not be accepted.
Questions? Call TOLL-FREE 1-877-367-3383.

The Renfrew Center Foundation will administer a full refund for cancellations within three weeks of the seminar date. Cancellations less than three weeks of the seminar date will be issued a transferable credit toward a future seminar.

*Photocopy of Student ID must accompany registration form.

Enclosed is a check or money order in the amount of $ ___________________________.
Please make payable to: The Renfrew Center Foundation.

Below is my credit card information authorizing payment to be charged to my account. (Only those cards listed below are accepted.)

Credit Card #: ________________________________   Exp. Date: ___________ / ___________
Sec. Code: ____________________   Amount to be charged: $ ________________________
Credit Card Used:  q AMEX  q DISCOVER  q MASTERCARD  q VISA
Signature: _____________________________________   Date: _____________________________
FULL-DAY SEMINAR SCHEDULE  (6 CEs) Cost: $95

8:15 am  -  9:00 am:  Registration, Check-in and Continental Breakfast
9:00 am  -  12:00 pm:  Morning Session
12:00 pm -  1:00 pm:  Networking Luncheon
1:00 pm  -  4:00 pm:  Afternoon Session

DATES AND LOCATIONS

Seminar 1
“The False Self”

April 21st – Raleigh, NC
Renaissance Raleigh North Hills Hotel
4100 Main at North Hills Street
Raleigh, NC 27609
919-571-8773

May 19th – Alexandria, VA
Sheraton Suites Old Town Alexandria
801 North Saint Asaph Street
Alexandria, VA 22314
703-836-4700

Seminar 2
“Integrating Brain and Body”

April 28th – Columbus, OH
The Westin Columbus
310 S. High Street
Columbus, OH 43215
614-228-3800

Seminar 3
“Getting to the Heart of Eating Disorders”

May 5th – Princeton, NJ
Princeton Marriott at Forrestal
100 College Road East
Princeton, NJ 08540
609-452-7800

May 12th – Atlanta, GA
Hilton Garden Inn Atlanta Downtown
275 Baker Street
Atlanta, GA 30313
404-577-2001