Day 1 – Friday, October 12, 2018

08:00 – 08:45 Registration and Continental Breakfast

08:45 – 09:00 Welcome
Dorita Shemie, President, EDAC-ATAC
Josie Geller, Past President, EDAC-ATAC

09:00 – 10:15 Keynote Speaker
Topic: What Neuroimaging and Neurostimulation Can Tell Us About the Psychology of Eating Disorders
Speaker: Blake Woodside, MD, FRCPC
Objectives: At the end of this session, those attending will:
1. Have an understanding of current techniques to image brain functions;
2. Become familiar with the various brain circuits that are involved in the psychology of eating disorders; and
3. Appreciate how neurostimulatory techniques can inform our understanding of both initiating and maintaining psychological factors in eating disorders.

10:15 – 10:45 Nutrition Break
This is an opportunity for informal discussion and networking.

10:45 – 12:15 Paper Session I

Track I: Adult

- Evolving methods for enhancing Canadian men’s engagement in specialized outpatient assessment and treatment of an eating disorder: Description of a designated track for men
  Presenter: Brad A Mac Neil

- Long-Term Follow-up of an Emotion-Focused Family Therapy Workshop: A Mixed Methods Study
  Presenters: Patricia Nash, Adele Lafrance

- Efficacy of the ECHO Approach for Patients with Eating Disorders and their Carers
  Presenter: Sarrah Ali
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- PTSD Predicts Dropout/Premature Termination from Day Hospital Treatment for Bulimia Nervosa and OSFED
  Presenter: Kathryn Trottier

**Track II: Child/Youth**

- The Mediating Role of Low Self-Esteem and Negative Mood in the Associations Between Adolescents’ Perceptions of the Quality of Interpersonal Relationships and Eating Disorder Symptom Severity
  Presenters: Jade Pelletier Brochu, Dominique Meilleur

- Mediating Effect of Illness Perception and Psychological Distress on the Link Between Caregiving Experience and Expressed Emotion of Parents of Hospitalized Adolescents with Anorexia Nervosa at Early Stage of the Illness
  Presenters: Soline Blondin, Dominique Meilleur

- The Role of Sex and Gender in Pediatric Eating Disorders: Symptom Presentation and Treatment Outcome in Male and Female Youth
  Presenter: Jennifer S Coelho

- Understanding Avoidant Restrictive Food Intake Disorder in Children and Youth: A Canadian Surveillance Study
  Presenter: Debra Katzman

**Track III: Community**

- A Tertiary-Care/Primary-Care Partnership Aimed at Improving Care for People with Eating Disorders
  Presenter: Lea Thaler

- What Does it Take to Make Patient-Directed Care a Reality?
  Presenter: Andrea LaMarre

- Current Practices in Assigning Patients to Level of Care using the Short Treatment Allocation Tool for Eating Disorders (STATED)
  Presenters: Josie Geller, Emily Seale, Leanna Isserlin, Megumi Iyar, Suja Srikameswaran, Mark L Norris

- Don’t Forget About Me: Barriers to Eating Disorder Service Utilization in Canada
  Presenter: Jenni Hotte
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Track IV: Biology

- A Longitudinal, Epigenome-Wide Study of DNA Methylation in Anorexia Nervosa: Results in Actively Ill, Partially Weight Restored, Long-Term Remitted, and Non-Eating-Disordered Women
  Presenter: Howard Steiger

- Preliminary Evidence for the Off-Label Treatment of Bulimia Nervosa with Psychostimulants: Six Case Reports
  Presenter: Laura Dixon

- Pharmacogenetics: Can it Explain the Lack of Evidence for the Use of Medications in Eating Disorders?
  Presenter: Leora Pinhas

- Visual Scanning Behaviour: A Potential Biological Marker for Diagnosis (and Recovery) in Eating Disorders?
  Presenter: Leora Pinhas

12:15 – 13:15 Lunch (provided)

Section Meetings I
Emotion Focused Family Therapy (EFFT)
Intensive Group Therapy (IGT)
Students

13:15 – 14:45 Workshop Session I

- Adding Exposure with Response Prevention (ERP) to your Evidence-Based Toolkit for Addressing Ritualistic Behaviours in Eating Disorders
  Presenter: Brad A Mac Neil

- Emotion-Focused Family-Based Treatment: An Integrative Model to Improve Eating Disorder Outcomes for Treatment Non-Responders
  Presenters: Gina Dimitropoulos, Adele Lafrance, Renee Rienecke

- Meal Support: Philosophies and Strategies
  Presenters: Emily To, Jadine Cairns
• Self-Compassion and Barriers to Self-Compassion: Research Update and Applications to Body Image Work in Eating Disorders Treatment
  Presenters: Suja Srikaneswaran, Josie Geller

• Applying Family Based Treatment (FBT) into Practice: A Capacity Building Model
  Presenter: Jessica Wournell

• Using Program Evaluation Data, Patient Feedback and Clinical Expertise to Revise a Treatment Program: The TGH Experience
  Presenters: Marion P Olmsted, Kathryn Trottier

• Implementing Dialectical Behaviour Therapy (DBT) within an Intensive Pediatric Eating Disorders Program: Clinical Challenges and Practical Considerations
  Presenters: Cheryl Webb, Jennifer Couturier

14:45 – 15:15 Nutrition Break
  Posters available for viewing

15:15 – 16:45 Workshop Session II

• Maximizing Engagement and Motivation for Change in Eating Disorder Treatment: The Importance of Autonomy Support
  Presenter: Howard Steiger

• ARFID Adjuncts: Tailoring Treatment Beyond the Diagnosis
  Presenters: Holly Agostino, Peggy Alcindor, Jason Bond

• After the Workup: A Multidisciplinary Approach to Treating Pediatric Eating Disorder Patients with Somatic Symptoms
  Presenters: Cathleen Steinegger, Seena Grewal, Jaimie Kennedy

• Signalling Matters: Radically Open-Dialectical Behaviour Therapy (RO-DBT) for Disorders of Overcontrol
  Presenter: Sharon Zister

• Addressing the Gap in Adult Eating Disorder Nutritional Recovery: Transitioning Patients from Intensive Treatment to Home
  Presenters: Ali Eberhardt, Nicole O’Byrne
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- The Role of Registered Dietitians in Family Based Treatment for Adolescents with Eating Disorders: Lessons Learned from Community to Tertiary Care Settings Across Canada
  Presenters: Gina Dimitropoulos, Barbara Beach, Jadine Cairns, Susan Osher, Jennifer Scarborough, Tara Slemko, Blake Woodside

- Co-Design in Eating Disorder Treatment: Can We Accept Our Patients as Part of the Crew and Not Just the Passengers?
  Presenter: Leora Pinhas

16:45 – 17:00 Wrap Up Day 1 Scientific Program

18:00 – 20:00 Entertainment, Reception, Social Networking (all registered attendees welcome)

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Day 2 – Saturday, October 13, 2018

08:00 – 08:45 Continental Breakfast

08:45 – 09:00 Welcome and Housekeeping
  Mark L Norris, Conference Chair, EDAC-ATAC Ottawa 2018

09:00 – 10:15 Keynote Speaker
  Topic: Where Angels Fear to Tread: When Your ED Client is Engaging in Behaviors that Interfere with Treatment
  Speaker: Lucene Wisniewski
  Objectives: At the end of this session, those attending should be able to:
  1. Identify client behaviours that interfere with progress;
  2. Identify therapist behaviours that interfere with progress; and
  3. Identify skills that will help the therapist address TIBs between and within session.

10:15 – 10:45 Nutrition Break
  Posters available for viewing; presenters should be present for questions
10:45 – 11:30 **Plenary I**

**Topic:** Canadian Eating Disorder Priority Setting Partnership: A Collaborative Journey to Build Shared Research Priorities  
**Speaker:** Nicole Obeid  
**Objectives:** 1. To learn about patient-oriented research principles and priority setting exercises;  
2. To walk through the journey of co-creating the shared research priorities; and  
3. To reflect on the top 10 research priorities and how they can best be utilized by the field.

11:30 – 12:45 **Paper Session II**

**Track I: Adult**

- Preliminary Findings on Patient Treatment Expectations at a Canadian Outpatient Eating Disorders Program  
  **Presenter:** Brad A Mac Neil

- Self-Efficacy as a Predictor of Treatment Outcome in an Outpatient Eating Disorder Program  
  **Presenter:** Aaron Keshen

- A Comparison of Motivation-Oriented Versus Psychoeducation-Oriented Day Hospital Treatment for Eating Disorders  
  **Presenter:** Jennifer S Mills

- Concurrent Anorexia Nervosa (AN) and Non-Tuberculosis Mycobacterium (NTM) in a Canadian Male Receiving Outpatient Treatment for an Eating Disorder  
  **Presenter:** Brad A Mac Neil

**Track II: Adolescent**

- Treatment for “Transition Age” Youth: Effectiveness of a Residential Program for Eating Disorders  
  **Presenters:** Kim D Williams, Jennifer Coelho

- Multi-Family Group Therapy for Adolescents with Eating Disorders  
  **Presenters:** Ahmed Boachie, Karin Jasper

- Targeting Cognitive Inefficiencies in an Adolescent Residential Treatment Program  
  **Presenter:** Andrea M Byrne
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- **Intensive Treatment for Pediatric Eating Disorders: A Systematic Review of Inpatient, Residential and Day Treatment Outcomes**
  Presenter: Leanna Isserlin

**Track III: Community/Systems**

- **Evaluating the Unique Associations Between Personality Psychopathology and Heterogeneous Eating Pathology Symptoms**
  Presenter: Shauna Solomon-Krakus

- **The Effects of Active Social Media Engagement on Eating Disorder Risk Factors in Young Women**
  Presenter: Jacqueline V Hogue

- **Development of an Assessment Guide for a Proposed Eating Disorder: Orthorexia Nervosa**
  Presenter: Gavin McAtee

**Track IV: Adolescent**

- **Clinical Evidence in the Initial Inpatient Management of Adolescents Admitted with Severe Anorexia Nervosa**
  Presenter: Stéphanie Proulx-Cabana

- **Implementing Dialectical Behaviour Therapy on a Pediatric Eating Disorders Unit**
  Presenters: Cheryl Webb, Jennifer Couturier

- **What Evidence Exists for Medication Use in Children and Adolescents with Eating Disorders? A Systematic Review of the Literature**
  Presenter: Jennifer Couturier

- **Caregiving Experience and Expressed Emotion Among Parents of Adolescents Suffering from Anorexia Nervosa Following Illness Onset**
  Presenters: Soline Blondin, Dominique Meilleur

12:45 – 13:45 **Lunch** (provided)

**Section Meetings II**
Family Based Treatment
Nutrition
Occupational Therapy
13:45 – 15:15 Workshop Session III

- #Times Up: Putting Reflexivity and Common Humanity Back in Eating Disorder Treatment
  Presenters: Andrea LaMarre, Leora Pinhas

- The Art of Practicing Evidence-Based Medicine: Some Creative Solutions for When FBT Fails
  Presenters: Wendy Spettigue, Mark L Norris, Clare Roscoe, Leanna Isserlin

- The Novel Application of Acceptance and Commitment Therapy (ACT) in an Open Group Format for Patients Awaiting the Initiation of Core Evidence-Based Care
  Presenter: Brad A Mac Neil

- “That Chair Group”: Using Group-Based Emotion-Focused Therapy in Eating Disorder Treatment
  Presenters: Cheryl Aubie, Yvette Scattolon

- C-CARE: A Comprehensive Treatment Model for Concurrent Eating Disorders and Substance Use Disorders
  Presenter: Katherine A Henderson

- The Clinical Implications for Dietitians of the Changes in DSM-5 Criteria for Eating Disorders
  Presenter: Susan Osher

15:15 – 15:45 Nutrition Break

15:45 – 17:00 Plenary II

  Topic: 10 Hot Topics in Canadian Mental Health
  Speaker: Ian Manion, PhD
  Objectives: TBD

17:00 – 17:15 Closing Remarks and Evaluations

Posters

1. A Descriptive Analysis of Men with Eating Disorders
   Presenter: Brad A Mac Neil

2. A Preliminary Eye-Tracking Investigation of Attentional Biases and Body Dissatisfaction
   Presenter: Kaylee Misener
3. Correspondences Between Plasma Nutrient Levels and DNA Methylation Patterns in Individuals with Anorexia Nervosa  
   Presenter: Jessica Burdo

4. Determining the Effectiveness of Three Online Expressive Writing Interventions in Reducing Bulimic Symptoms in a Non-Clinical Sample  
   Presenter: Kheana Barbeau

5. Perceived Helpfulness of Meal Support within an Eating Disorder Day Treatment Program and Considerations for the Implementation of Dinners  
   Presenter: Felicia Chang

6. Predictors of Outcome in Eating Disorders Treatment: Readiness, Self-Compassion, and Fear of Self-Compassion  
   Presenters: Megumi Iyar, Josie Geller

7. SSRI Use in Adolescent Eating Disorders: A Retrospective Chart Review  
   Presenter: Wendy Spettigue

8. The Impact of Product Health Descriptions and Serving Size Information on Consumption  
   Presenter: Breeanna Streich