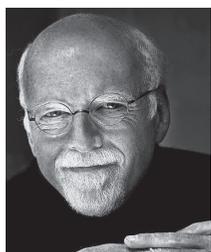




## 20<sup>th</sup> Annual Columbia River Eating Disorder Network Conference

Saturday, February 25, 2017 | Lewis & Clark College, Portland, OR

# Looking At Temperament: Evidence-Based Treatments for Disorders of Over and Under Control



**2017 Keynote Speaker:** Thomas R. Lynch, PhD

**Founder and Developer of Radically Open Dialectical Behavior Therapy, Professor of Clinical Psychology in the School of Psychology, Director of the Emotion and Personality Bio-behavioral Laboratory at University of Southampton**

Radically Open Dialectical Behavior Therapy (RO-DBT) is an evidence based, transdiagnostic treatment for patients who suffer from emotional and behavioral over-control. Over 20 years of research suggests that RO-DBT is effective for patients with chronic depression, Anorexia Nervosa, and also other, more complex groups that can be difficult to treat, such as Autism Spectrum Disorders and Obsessive Compulsive Personality Disorder. This will be Dr. Lynch's first time speaking on this exciting topic to an Oregon audience.

### Additional Breakout Sessions:

#### Dialectical Behavior Therapy for Complex Eating Disorders: The First Sessions



Charlotte Thomas, LCSW, Manager, Path to Mindful Eating Program, Portland DBT Institute

DBT is an evidence based treatment for complex, multi-diagnostic individuals with pervasive emotion dysregulation. This presentation will use a session-to-session birds eye view of DBT implementation with complex eating disorders, demonstrating the use of core principles and skills in a concrete, "real world" manner.

#### The Complicated Intersection of Digestive Health and Eating Disorders



Valerie Edwards, MS, RD, LD, Clinical Dietitian, Providence Portland Medical Center

This presentation will discuss treatment for eating disorder patients who also struggle with co-occurring digestive problems, including the refeeding process, functional medicine, common ailments, micro biomes, and ways to work toward digestive health.

This years program will leave attendees with an understanding of how the transaction of temperament and environment can lead to different styles of maladaptive coping. This conference will provide interventions to address these different coping styles that will enhance and deepen their clinical work.

### Registration and CEUs:

**Regular:** \$160 by 2/3, \$175 after

**CREDN Members:** \$140, \$155 after

**Students or Medical Residents:** \$60

Registration includes 6 CEUs, breakfast, lunch, and afternoon refreshments.

### About CREDN

The Columbia River Eating Disorder Network (CREDN) is a non-profit organization composed of treatment professionals dedicated to the prevention and treatment of eating disorders. We promote community awareness of eating, weight and body-image concerns, and provide referral information for those seeking treatment. Membership is \$50 per year.

For more program information and online registration, visit [go.lclark.edu/graduate/credn/conference](http://go.lclark.edu/graduate/credn/conference)