

## **Title: Eating Disorders in Context: Foundations for Effective Treatment**

### **Objectives:**

#### **At the end of this workshop, the learner will be able to:**

1. Identify the psychological and physiological characteristics associated with disordered eating, anorexia nervosa, bulimia nervosa, binge eating disorder, avoidant restrictive food intake disorder, and other specified feeding or eating disorders.
2. Describe effective assessment strategies for assessing eating disorder symptoms and determining appropriate level of care when working with reluctant and ambivalent patients.
3. Discuss therapeutic goals in the treatment of subclinical eating disorders.
4. Describe key indicators that a higher level of care may be needed to effectively treat eating disorder symptoms.

### **Bio: Anne E. Kubal, PhD, CEDS-S**

Dr. Kubal is the Director of Clinical Training at Eating Recovery Center-Insight Behavioral Health Centers. She earned her master's degree in Counseling Psychology at Northwestern University and received her Ph.D. in Counseling Psychology from Michigan State University. She completed her postdoctoral fellowship at Northwestern University's Counseling and Psychological Services, specializing in the treatment of eating disorders. Her clinical and research interests include eating disorders, non-suicidal self-injury, perfectionism, relational issues, and supervision and training.

Dr. Kubal is a member of the Academy for Eating Disorders and a member of the International Association of Eating Disorder Professionals (iaedp). She previously served as the Student Liaison Chairperson for the Heartland iaedp chapter. She currently serves as on the executive board of Heartland iaedp as the chapter Secretary. Dr. Kubal is a Certified Eating Disorder Specialist (CEDS-S) and iaedp-approved supervisor. She has presented at national and international conferences and teaches a graduate course on the treatment of eating disorders in the Certificate of Graduate Study in Eating Disorders and Obesity program at Northern Illinois University. She is a Health System Clinician at Northwestern University, Feinberg School of Medicine, and serves on the Intern Training Committee at Northwestern University.