



## Binge Eating Disorder in the Spotlight: Focus on Treatment, Research, and Stories of Hope

### Learn how to stop the binge cycle

There is help and hope for those who struggle with binge eating disorder (BED).

### Gain tools for treatment and recovery

#### Treatment providers:

Learn about the latest, most effective approaches to treating binge eating disorder, so you'll be fully armed to pave your clients' paths to recovery.

#### Individuals with BED, family, and friends:

Get the knowledge you need to fully understand and ultimately overcome the binge eating cycle. Learn about practical tools for recovery. Hear inspirational stories of recovery that will give you hope and strength.

### Unite with fellow advocates

Meet and join forces with others who are dedicated to furthering treatment for, recovery from, and prevention of binge eating disorder through educating the public and influencing policy.



*Where there's help, there's hope.*

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## BINGE EATING DISORDER IS NO LONGER HIDING BENEATH THE FLOORBOARDS.

The word is out, and we're here to help. Those who struggle with binge eating disorder—also referred to as emotional or compulsive eating or food addiction— will no longer have to do so in shame and silence.

Three days of information-rich sessions and interactive workshops at the BEDA 2013 National Conference will deepen your knowledge of this complex disorder and arm you with essential tools for effective treatment and lasting recovery.

### *Treatment providers:*

Those seeking help will need your help. Are you ready to pave the way to their recovery? Attend the BEDA 2013 National Conference to ensure you're prepared. Earn 18 CEUs\* while you're there.

### *Those who struggle or know someone who does:*

The binge eating cycle can be stopped. Plenty of support and treatment options are available. Learn all about them at the BEDA 2013 National Conference.

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## LEARN FROM BINGE EATING DISORDER EXPERTS

This year's agenda is packed with presentations from leading BED thought leaders, researchers, and clinicians, including:

- Timothy Brewerton, MD, DFAPA, FAED
- Cynthia Bulik, PhD, FAED
- Deb Burgard, PhD
- Ralph Carson, PhD, RD
- Jane Hirschmann, CSW
- Carol Munter
- Wendy Oliver-Pyatt, MD, FAED, CEDS
- Amy Pershing, LMSW, ACSW
- Ruth Striegel-Moore, PhD, FAED
- Marian Tanofsky-Kraff, PhD, FAED
- Denise Wilfley, PhD, FAED
- Emma Wood, PsyD

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## INCREASE KNOWLEDGE AND BUILD SKILLS

A variety of presentations, panel discussions, and interactive workshops will focus on topics that include:

- Integrated BED treatment for men, women, and children
- Food vs. behavior addictions
- Mindfulness tools to reduce emotional eating
- Weight loss surgery research and realities
- Attachment issues in people with BED
- The impact of trauma on BED development
- The link between weight stigma and BED
- How to fight weight stigma
- Recovery maintenance for individuals and families
- The impact of DSM-5 inclusion\* on BED diagnosis and treatment
- BED and insurance
- The importance of BED education and advocacy to raise awareness

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## CHOOSE A TRACK JUST FOR YOU

Separate tracks on Saturday allow you to dive deep into topics you want to learn about most. Whether you're a treatment provider looking to build clinical skills to help treat clients, someone who struggles with binge eating disorder seeking solutions, or a family member who wants to know what to say to a loved one, there is a track designed for you. Three tracks target:

- Mental health and other treatment professionals
- Registered dietitians and nutritionists
- Individuals, families, and friends touched by BED



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## BINGE EATING DISORDER IN DSM-5

2013 marks an important milestone for binge eating disorder. The fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), to be published in May 2013, is expected to include binge eating disorder as an official diagnosis code.\*\*

BED is the most prevalent of all eating disorders—affecting 10 million men and women, or three times the number of people with anorexia and bulimia combined. At last, binge eating disorder will receive the recognition it deserves.

How will this impact diagnosis and treatment? Find out at the BEDA 2013 National Conference.

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## CELEBRATE WITH US ON SATURDAY NIGHT

Join an evening of fun, fanfare, and fundraising after Saturday's sessions, where you will:

- Meet two BED pioneers, the legendary Jane Hirschmann and Carol Munter, authors of *Overcoming Overeating* and *When Women Stop Hating their Bodies*
- Watch the “Beneath the Floorboards” premiere of the documentary ANAD, BEDA, and NORMAL produced to raise awareness of how pervasive and damaging weight stigma is in our society

And there's much more in store. Visit our website for details as they become available: [www.bedaonline.org](http://www.bedaonline.org). This event is a fundraiser. Conference registration does not include entry into this event.

\*Continuing education credit for this event is sponsored by *The Institute for Continuing Education*. **The Conference offers a total of 18.00 contact hours, with the daily breakout of credit of: March 8, 2013: 6.50 hrs.; March 9, 2013: 7.00 hrs; March 10, 2013: 3.50 hrs.** CEUs are available to psychology, counseling, social work, marriage-family therapy, drug-alcohol, and nursing. CEUs are \$25.00 and can be paid with registration or on-site.

\*\*Although BED is expected to be included in the final version of the DSM-5, BEDA recognizes changes to BED's status as a formal designation can occur without warning.



Where there's help, there's hope.

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## Binge Eating Disorder in the Spotlight: BEDA 2013 National Conference



## Register Today

For complete conference details,  
agenda, and to register, visit:  
[www.bedaonline.org](http://www.bedaonline.org)

Registration fee includes conference, breaks,  
handout materials, lunches, and continuing  
education verification.

ADA: If you have special needs, please contact  
Carol Galle at 855.855.BEDA (2332) x 2.

Attend the BEDA 2013 National Conference (March 8-10, 2013) to:

- Learn how to stop the binge cycle
- Gain tools for treatment and recovery
- Unite with fellow advocates

### 2013 Sponsors



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