



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

At the Binge Eating Disorder Association's (BEDA) third annual conference, attendees will deepen their knowledge of binge eating disorder (BED)—also referred to as emotional or compulsive eating or food addiction—and gain essential tools for effective treatment and lasting recovery.

Top experts in the field will share in-depth information 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



Register Now

For complete BEDA 2013 National Conference details, agenda, and to register, visit: www.bedaonline.org



BINGE EATING DISORDER IS NO LONGER HIDING BENEATH THE FLOORBOARDS.

Binge eating disorder 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.

And 2013 marks an important milestone for BED. The fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) will include binge eating disorder as an official diagnosis code.

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

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

Those who struggle with BED 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.

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

ESSENTIAL TOOLS FOR TREATMENT AND RECOVERY

Treatment providers will learn about the latest, most effective binge eating disorder treatment approaches to pave clients' paths to recovery.

Individuals with BED, family, and friends will gain the knowledge needed to fully understand and ultimately overcome the binge eating cycle.

THREE TARGETED TRACKS

New this year—three tracks on Saturday will allow attendees to dive deep into topics for:

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

TOPICS AND TRENDS FROM BED EXPERTS

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

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

*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.



SATURDAY NIGHT'S FUNDRAISER SPOTLIGHTS BED PIONEERS AND MOVIE PREMIER

Join the Binge Eating Disorder Association after Saturday's sessions conclude for an evening of fun, fanfare, and fundraising.

Meet Two BED Pioneers—the legendary Jane Hirschmann and Carol Munter, authors of the groundbreaking books, *Overcoming Overeating* and *When Women Stop Hating Their Bodies*, as they receive the first BEDA Pioneer Award

Watch the “Beneath the Floorboards” Premiere—a 20-minute sneak preview of the documentary ANAD, BEDA, and NORMAL partnered to produce to raise awareness about how pervasive and damaging weight stigma is in our society. View trailer: <http://www.youtube.com/watch?v=h39w7nMqyNo&feature=youtu.be>

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

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