

REGISTRATION

Rate Includes
Lunch

\$100 - Early Registration (Received by November 22)

\$125 - Regular Registration (After November 22)

Group Rate - (3 or more in same envelope who are not already receiving a student discount) deduct \$5 per person.

Student Rate - \$75 (Received by November 22) \$100 (After November 22) - must include copy of a current college ID (student rates are not eligible for additional group discount)

Family Rate - For 2 members \$150, each additional member \$50 each.

Refund Policy

A \$20 administration fee will be deducted from each refund requested after November 22. Refunds will not be issued for registrants who fail to show on the day of the workshop without prior notification to the Nutrition Clinic.

Name: _____

Credentials: _____

Agency: _____

Address: _____

City, State, Zip: _____

Home/Cell Phone: _____

E-Mail: _____

Please Enclose Payment with Registration

Check Enclosed in the Amount of \$ _____

Make Checks Payable to The Nutrition Clinic

For Credit Card Registrants: Visa, Mastercard

Name on Card: _____

Card Number: _____

Exp. Date: _____ Billing zip code: _____

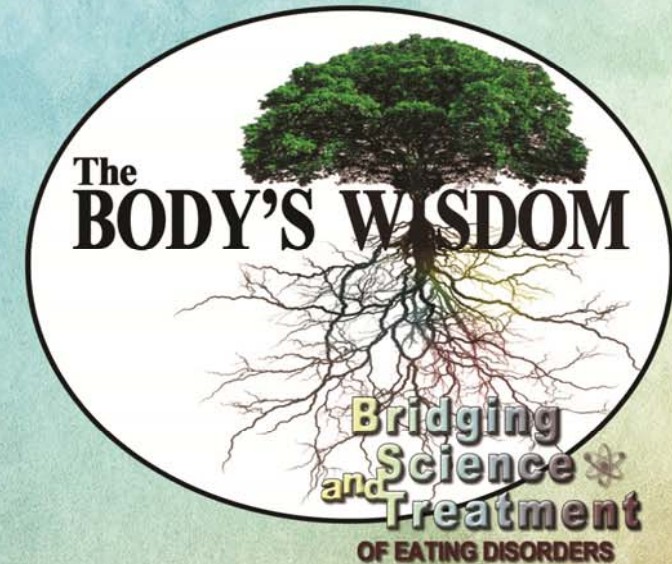
Receipt required: Yes No

The Nutrition Clinic
1003 Walnut Street
Elmira, New York 14901

Telephone: 607-732-5646 Fax: 607-732-0373

Upstate New York Eating Disorder Service
1003 Walnut Street
Elmira, New York 14901

THE 20TH ANNUAL ERIN LEAH ROBARGE MEMORIAL SEMINAR



FRIDAY,
DECEMBER 6, 2019

RADISSON HOTEL
125 DENISON PARKWAY EAST
CORNING, NY 14830

KEYNOTE SPEAKERS



Dr. Ralph Carson, LD, RD, PhD

Dr. Ralph Carson, LD, RD, PhD is a clinical nutritionist and exercise physiologist with nearly 40 years of experience in the treatment of addictions, obesity, and eating disorders. He is Senior Clinical and Research Advisor for Eating Recovery Center. In addition to his clinical practice, Dr. Carson is committed to community education and teaching the next generation of healthcare professionals specializing in exercise therapy, sports nutrition, eating disorders, and obesity. He has published more than 20 articles and book chapters in addition to his books, *Harnessing the Healing Power of Fruit* and *The Brain Fix: What's the Matter with Your Gray Matter*. He is an active board member of the International Association of Eating Disorder Professionals (IAEDP).



Rachel Lewis-Marlow, MS, EdS, LPC, LMBT

Rachel Lewis-Marlow, MS, EdS, LPC, LMBT is a dually Licensed Professional Counselor and a Massage and Bodywork Therapist with advanced training and over 30 years of experience in diverse somatic therapies. She cofounded the Embodied Recovery Institute, which provides training in a trauma-informed, relationally oriented and somatically integrative model for eating disorders treatment. She authored a chapter on Sensorimotor Psychotherapy with eating disorders in *Trauma-Informed Approaches to Eating Disorders*. She is a private consultant to eating disorder treatment facilities and provides ongoing training and supervision to clinical staff. She has had extensive experience as a teacher and presenter, focusing on accessing the body's unique capacity to give voice to the subconscious and to lay the foundation for healing and maintaining psychological and physical health.

SCHEDULE

8:00-8:30am
Registration
(Coffee & Tea Provided)

8:30-8:45am
Welcome
Carolyn Hodges Chaffee, MS, RDN, CEDRD
Andrew Seubert, LMHC, NCC

8:45-11:45am
**"Food and Mood: When Food and Eating
is a Problem in Life"**
Dr. Ralph Carson, LD, RD, PhD

This presentation looks at the interrelationship of emotional and biological factors that contribute to the eating disordered patient's relationship with food. The neurophysiological basis for how trigger foods can lead to obsession and even addiction will be explored. Instilling hope in the healing process is essential for inspiring and maintaining lifelong healing, and the interrelationship of pleasure, engagement, and meaning to the roles of hope and happiness will be explained. Family members and professionals will learn about helpful interventions that they can apply to facilitate constructive lifelong changes for eating disordered individuals.

11:45am-1:00pm
Lunch

1:00-3:45pm
**"The Body Is Speaking: Bring the Body to the
Forefront of Eating Disorder Treatment"**
Rachel Lewis-Marlow, MS, EdS, LPC, LMBT

The body communicates many messages through eating disorder behaviors about how a person survives, thrives, and makes sense of the world. This presentation helps us learn how to listen carefully and understand the messages being conveyed. Recovery is redefined in terms of increased embodiment of our attachment, defense, and sensory systems. Skills will be demonstrated to help clients connect to the gifts of sensitivity and the wisdom of their bodies. In this way, the body becomes a resource in the healing process, rather than an obstacle to manage or overcome.

3:45-4:00pm
Questions & Answers

ABOUT THE CONFERENCE

Eating disorders are complex and multi-layered, and no one treatment modality alone works to end the battle between the disorder and a healthy, functional relationship to food and the body. The wisdom of the body cannot be understood without recognizing the role of neurophysiology as well as what the body is communicating through the disorder. This year's speakers will draw upon their clinical and research backgrounds to explain the interrelationship of emotional and biological factors that contribute to eating disorders. The role of trigger foods in obsession and addiction, as well as the importance of instilling hope through understanding what inspires pleasure, engagement and meaning will be explained in these informative, interactive presentations.

Erin Leah Robarge
10/4/76-2/8/00

Erin struggled with an eating disorder for more than half her life. Yearly, we honor her memory with this conference to increase awareness and promote eating disorder education.

Sponsors

Upstate New York Eating Disorder Service
Nutrition Clinic and Sol Stone Center
607-732-5646 unyed.com

ClearPath Healing Arts Center
607-962-8309 clearpathhealingarts.com

Ophelia's Place
315-451-5544 opheliasplace.org

Eating Recovery Center
877-920-2902 info@eatingrecoverycenter.com

Certificate of Attendance

A certificate of completion for 6 hours will be given for attending this event. There are no approved CEU's.