



6th Annual Southeastern Eating Disorders Conference 2015
Integrated Treatment for Eating Disorders:
Trauma and Eating Disorders
New Orleans, LA
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Speakers

Karen Beerbower, RD, CEDRD, F.iaedp and Pamela Trout, MD, CEDS, FAED

Title: Treatment May be the Trauma in the Pediatric Patient

Bios: Dr Pamela Trout is currently working in private practice as a General Pediatrician in the Orlando Area. Trout has taken a special interest in patients with Eating Disorders since she started private practice in 2006. Now, as a Certified Eating Disordered Specialist, she is an advocate in the area for provider education on Eating Disorders. She has given talks to a variety of audiences; including: local pediatricians, Eating Disorder Network of Central Florida, the local IAEDP chapter, University Behavioral Center, and Orange County school teachers. She has also been a resource at educational events in the community. She now serves on the Medical Advisory Board for Blue Horizons.

Karen Beerbower, MS, RD, LD/N, CEDRD. F.iaedp is a licensed registered dietitian and a certified eating disorder dietitian. She holds a Master of Science degree in Medical

Science and a nutritional pediatric fellowship from the Indiana University School of Medicine. She is the president of Nutritional Guidance, Inc. serving the community in private practice for over 20 years. Karen is clinical director of Blue Horizon Eating Disorder Services LLC. She is the author of *Setting Places* and has provided nutritional expertise through articles, radio, television and public speaking. She has served as an adjunct professor at the University of Central Florida and the University of Evansville. Karen presently serves on the board of directors for the International Association of Eating Disorder Professionals (iaedp) and is an iaedp Approved Supervisor. She strives to bring her experience to others through clinical service and education.

Abstract.: As a general rule traumatic events overwhelm a child's capacity to cope and often result in intense emotional and physical reactions. Children with eating disorders are often unable to identify the trauma and the events leading to the changes in their behavior. Subsequently the treatment often becomes the trauma. As a result, the pediatric eating disorder team has to be trauma informed based not only to possible pre-existing traumatic events but also to the unique reactions of the child to treatment interventions. Adding to the intensity of the situation, the pediatric eating disorder team has to manage the child aggressively and efficiently, knowing that there is a small window of opportunity before harmful physical consequences of their ED become permanent. This is further complicated by the dynamic unpredictable nature of where the child is focusing the trauma of treatment and compliance within the multidisciplinary team. Continuous and organized team communication is required. In contrast to adult ED patients, the care team includes the parents and their perception and acceptance of an eating disorder as a disease. Given these unique and time sensitive issues the pediatric population requires an organized and well-trained team to prevent unnecessary trauma during the treatment process.

Objectives:

Following this presentation, participants will be able to:

- 1) Recognize common presentations of pediatric ED's, including physical and behavioral and unique psychological triggers for their disorder
- 2) Identify the multiple potential triggers of trauma that may occur during the treatment process
- 3) Apply these unique fundamentals addressed in the presentation to work as an effective clinician within a dynamic multidisciplinary pediatric ED treatment team