



**6<sup>th</sup> Annual Southeastern Eating Disorders Conference 2015**  
**Integrated Treatment for Eating Disorders:**  
**Trauma and Eating Disorders**  
**New Orleans, LA**  
**August 28-29, 2015**  
**Speakers**

**Kim Dennis, MD, CEDS**

Title: Trauma—Effects during the Life Cycle and Co-Occurring Eating Disorders

Bio: Dr. Kim Dennis is an award-winning board-certified psychiatrist who specializes in eating disorder treatment, addictions recovery, trauma/PTSD and co-occurring disorders. As CEO & Medical Director at Timberline Knolls Residential Treatment Center, she supervises the medical staff and sets the overall vision and direction for the treatment program. Dr. Dennis maintains a holistic perspective in the practice of psychiatry. She incorporates biological, psycho-social and spiritual approaches into the individually tailored treatment plan for each resident. Dr. Dennis obtained her medical degree from the University Of Chicago Pritzker School Of Medicine and completed her psychiatry residency training at the University of Chicago Hospitals.

Abstract: Eating disorder behavior allows the individual to suppress unpleasant emotions related to traumatic experiences, to have a sense of control over her emotions and to disassociate from the trauma itself. Other factors play a role in the advent of an eating disorder, including when the trauma occurred and what occurred, as well as a person's brain organization and development. A subsequent eating disorder allows the woman or girl to avoid the pain, shame or guilt associated with any traumatic incident, and to "protect" herself from being hurt again. In this session, Dr. Dennis will examine the consequences of early trauma as seen in the possible development of eating disorders. Reviewing the demographics of trauma across the lifespan, she will present how eating disorders are developed as coping mechanisms to early trauma. Dr. Dennis

will then share specific case examples of how an integrated treatment approach is particularly useful for trauma survivors with eating or co-occurring disorders.

Learning Objectives:

- a. Explain brain organization and development in children, and responses of the childhood brain to trauma.
- b. Describe adaptations to trauma, including eating disorders.
- c. Apply treatment approaches to trauma and eating disorders.