



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

Melissa Spann, PhD

Title: From Inquiry to Discharge: The spectrum of treatment for trauma in eating disorders

Bio: **Melissa Orshan Spann**, Ph.D. is the Director of Admissions at Oliver-Pyatt Centers. Dr. Spann has presented nationally on topics related to adolescent development and body image. Her clinical interests include experiential therapies, healthy body image, and women's issues across the lifespan. Previously, she served as a primary therapist at OPC, The Renfrew Center and Life Counseling Services. Dr. Spann also worked with Moving Traditions, whose premier program, Rosh Hodesh: It's a Girl Thing! is dedicated to proactively building for health. She received her doctoral degree from Drexel University, Master's degree from University of Miami and undergraduate degree from University of Florida.

Abstract: In this presentation, "From Inquiry to Discharge: The spectrum of treatment for trauma in eating disorders", participants will gain knowledge regarding specialized tools and techniques used to effectively engage clients throughout treatment. From an initial point of inquiry, clients with a co-occurrence of trauma and eating disorder require a specialized approach to treatment in all levels of care. Various treatment techniques and evidence-based practices have proved to have significant results for effective treatment of trauma; however, in the intersection of trauma and eating disorders, specialized consideration of nutritional, medical and eating disorder goals must be given

prior to use of trauma techniques. This presentation will address how to initiate specific trauma-informed therapies according to client background, eating disorder diagnosis, and stage of recovery. During an initial point of inquiry, the use of trauma-informed motivational interviewing provides the client with an opportunity to feel more connected, engaged and as an active participant of their own recovery. This presentation will highlight specifically tools of trauma-informed motivational interviewing as a means to initiate treatment and provide a framework to treatment progression. The speaker will address unique interventions personally used with clients as a trained practitioner of EMDR, tfCBT, psychodrama, and family systems. Case examples and will be highlighted to describe the use of these specific interventions. Additionally, the presenter will provide examples from other clinicians on most challenging trauma eating disorder cases and best practices used.

Learning Objectives:

1. Following this presentation, participants will be able to identify basic principles of Motivational Interviewing.
2. Participants will gain knowledge regarding specific uses of EMDR and psychodrama for clients with co-occurrence of trauma and eating disorders.
3. Participants will learn techniques and be able to explain tools that have been effective with clients with a history of trauma and eating disorders.