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## Topic

Neurobiology of Eating Disorders: Translating Research into Clinical Practice

## Abstract

In this presentation the current knowledge on the biological basis of eating disorders will be shared in language that can be relayed to patients and families. Limitations of the current research will also be covered. The research on the neurobiology of AN is fairly abundant, however less is understood about the biology of BN and BED. The neurobiology of substance use disorders will be mentioned, as well as the evidence for and against the controversial suggestion that BED is a food addiction. Psychiatric medications regulate symptoms of EDs, anxiety and mood disorders by targeting neurotransmitters. How various classes of psychotropic medications work in the brain, as well as potential side effects, will be reviewed.

In summary, this presentation teaches how to utilize knowledge from neurobiological research when formulating a case conceptualization and treatment recommendations.

## Learning Objectives

1. Identify two neurotransmitters involved in eating disorders and explain how they are related to harm avoidance and other associated temperaments.
2. List two classes of psychiatric medications used in the treatment of eating disorders and explain how these medications affect brain chemistry.
3. Describe how to use a neurobiological case conceptualization to inform recommendations for appropriate eating disorder treatment.

## Schedule

*August 19, 2017*

*10:15-11:30 am Presentation*

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