

iaedp™-Tucson & ED Care Athlete Edge

International Association of Eating Disorder Professionals Foundation Presents

Dr. Riley Nickols, PhD, CEDS

Clinical Themes in the Treatment of Athletes with Eating Disorders within a Multidisciplinary Framework

Date: Thursday, September 15, 2022
Time: 7:45 am - 8:15am Check In, Breakfast & Networking
8:15am – 11:30am Announcements & Presentation
Location: The Venue at The Sheraton
5151 E. Grant Tucson, AZ 85712
Registration: iaedptucson.com **Contact:** tucsoniaedp@gmail.com
iaedp Members: \$35 **Non-Members:** \$40 **Students:** \$15



Upon completion of this intermediate level presentation, you will be able to:

1. Describe roles and frequent challenges encountered within an eating disorder multidisciplinary treatment team when providing treatment for an athlete.
2. Increase understanding and sensitivity about common experiences of athletes during treatment.
3. Improve ability to communicate with colleges, coaches, and athletic staff during and after an athlete's treatment.

Description: Eating disorders are a complex and multifaceted illness, requiring professionals to be especially attuned when it occurs within the sport environment. Providers need to be particularly sensitive and responsive to some frequent challenges that athletes are likely to encounter throughout eating disorder treatment. Specifically, mourning the temporary or permanent loss of sport, concerns about deterioration of fitness and sport performance, over-identification with sport and/or one's eating disorder, perfectionism, and an overestimation of one's health and wellness are some challenges that athletes often encounter during eating disorder treatment. Common themes that often emerge when treating athletes with eating disorders will be discussed as will suggested corresponding clinical interventions. Additionally, recommendations will be provided to facilitate the coordination of care with an athlete's sport family and within a multidisciplinary treatment team.

Speaker Bio: Riley Nickols, PhD, CEDS is a counseling and sport psychologist who specializes in working with athletes to address mental health, performance, and eating concerns. Dr. Nickols obtained an MS in Sport Psychology, an MS in Counseling Psychology, and a PhD in Counseling Psychology. Dr. Nickols consults with professionals to integrate exercise during treatment and is sensitive to the unique demands of eating disorder recovery in relation to training and sport. Currently, Dr. Nickols is on EDCare's Scientific Advisory Board, and is the Senior Program Advisor for Athlete EDGE at EDCare, where specialized intensive eating disorder treatment is provided for athletes. He was previously the Director of the Victory Program, the nation's first residential eating disorder treatment facility for athletes, for 8 years. Dr. Nickols is listed in the U.S. Olympic & Paralympic Committee Mental Health Registry. He is a Certified Eating Disorder Specialist through IAEDP and holds a certificate in the Integrated Treatment of Eating Disorders from the Contemporary Psychotherapy's Center for the Study of Anorexia & Bulimia.

This workshop is appropriate for: Mental health professionals, physicians, nurses, dietitians, nutritionists, school counselors, school psychologists, health coordinators, and other helping professions with an interest in learning more about the prevention, treatment, and recovery from an eating disorder.

3 Continuing Education Credits available: Psychologists - This program is co-sponsored by The Meadows and iaedp-Tucson. The Meadows is approved by the American Psychological Association to sponsor continuing education for psychologists; The Meadows maintains responsibility for this program and its content. Participants must be present for the entire presentation (sign in and sign out required) and complete the evaluation in order to obtain a CE certificate. This course meets criteria for 3.0 hours of continuing education credit hours for psychologists.

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