



The University of Arizona Campus Health Services presents  
**Jessica Setnick, MS, RD, CEDRD**

## What Do I Do Now? When Eating Disorders Go Rogue

**Date:** Wednesday February 11, 2015

**Schedule:** 11:30am – Noon Sign In & Lunch  
Lunch provided by Remuda Ranch at The Meadows  
(Sign in required for CEU's/Clock Hours)  
Noon – 1:30pm Presentation

**Location:** University of Arizona Campus Health Service  
Highland Commons  
1224 E. Lowell Street  
Tucson, AZ 85721

**Registration:** Register by Feb 4<sup>th</sup> at <http://jessicasetnick.eventbrite.com>  
Space is limited to 60 participants, reserve your space now!

**Cost:** Free, Includes lunch and 1.5 CEU's/Clock Hours



Jessica Setnick, MS, RD, CEDRD

**Jessica Setnick, MS, RD, CEDRD**, has spent the past 17 years working with individuals with eating disorders and sharing the counseling strategies she developed through presentations and publications, including *The Eating Disorders Clinical Pocket Guide*, *The American Dietetic Association Pocket Guide to Eating Disorders*, and *Eating Disorders Boot Camp*. In 2011, Jessica co-founded IFEDD, the International Federation of Eating Disorder Dietitians, to provide a voice for dietitians in the field and to provide better access to nutrition counseling for individuals with eating disorders. Jessica has received many professional honors, such as *Today's Dietitian* Top 10 Dietitians Making a Difference, the inaugural Texas Dietetic Association Outstanding Nutrition Educator Award, and the inaugural Hallmark Alumni Award for Career Achievement from Texas Woman's University. In 2014, Jessica joined Remuda Ranch at The Meadows in Wickenburg, Arizona, as a Senior Fellow. It is through the generous support of Remuda Ranch at The Meadows that Jessica brings her trademark compassion and humor to this event.

### Description:

The DSM only scratches the surface of the wide variability of symptoms that eating disorder professionals observe. How can we help our patients recover when every time we tackle one behavior, another one develops? In this presentation, Jessica Setnick suggests that dysfunctional eating behaviors can be more effectively categorized by etiology rather than symptomatology, and that this method will lead to more targeted treatment and better outcomes. She also proposes that some eating disorder symptoms, such as body image distortion, are mistakenly categorized as voluntary and changeable rather than psychiatric or biological in nature, and proposes strategies for managing those that cannot be cured.

### Objectives:

1. The participant will be able to utilize a new model for treating all eating disorders regardless of diagnosis.
2. The participant will be able to use the concepts of "Body Blindness" and "The Transitive Property of Fat" to help patients manage body dysmorphia.
3. The participant will be able to add the missing stages to Prochaska's Change Model to identify when Motivational Interviewing is doomed to fail.

PLEASE NOTE: You must register to receive a continuing education certificate. CE Certificates for 1.5 hours of Level 3 education will be given to all Dietetic/Nutrition professionals. One and one-half NAADAC or APA continuing education credits or one and one-half NBCC clock hours will be given.

- 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. Course meets criteria for 1.5 hours of continuing credit hours for psychologists.
- The Meadows is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Provider #5687.
- NAADAC Approved Provider. Provider #000217, 1.5 CEUs.