

**Presentation Form**  
**Webinar Title: Eating Disorders Basics**  
**Webinar Date: February 12, 2020**

<b>Presenter Bio</b>
<b>Rachel Kolko Conlon, PhD</b> Research Instructor University of Pittsburgh School of Medicine Pittsburgh, Pennsylvania
<p>Rachel Kolko Conlon, PhD received her bachelor’s degree in Psychology from Brown University in Providence, Rhode Island, and received her master’s and Doctoral degrees in Clinical Psychology from Washington University in St. Louis, Missouri. She completed her clinical internship at UPMC Western Psychiatric Hospital (WPH)</p> <p>Rachel is on faculty in the Department of Psychiatry of the University of Pittsburgh School of Medicine. Her work focuses on obesity and eating disorders in children, adults and families, with an emphasis on increasing access to evidence-based care. She also studies behavioral and biological factors among individuals and families in relation to obesity and eating disorders. Rachel is the author of several articles and had delivered multiple presentations at local meetings and international scientific conferences that address obesity in the context of eating disorders, binge eating disorder and associated factors, and evidence-based intervention for binge eating disorder. She also serves as a study interventionist for weight management and wellness intervention with pregnant and postpartum women and provides supervision for the UPMC Center for Eating Disorders. Rachel has been involved in the development and supervision of the weekly Binge Eating Disorder Group and individual outpatient treatment for clients with Binge Eating Disorder.</p>
<b>Name and Narrative Description of your Presentation – Basic</b>
<b>Eating Disorders Basics</b> This presentation will provide an overview of basic information about eating disorders for clinicians who work in a general practice or who are interested in learning about eating disorders. The program will cover information about how to assess for eating disorders and how to differentiate between eating disorders. We will discuss typical care team providers including the role of dietitians and medical providers and coordination of care needs in this population. We will also provide information about recommended evidence-based treatment for eating disorders.
<b>Three (3) learning objectives</b>
By the completion of this session, participants should be able to: <ol style="list-style-type: none"><li>1. Assess clients for the presence of an eating disorder</li><li>2. Recognize typical involved provider roles and the importance of collaborative care</li><li>3. Identify at least one evidenced based treatment for eating disorders</li></ol>
<b>Three (3) current (within the past 10 years) <u>peer-reviewed</u> publications that support the evidence base for the content of your presentation</b>
<ol style="list-style-type: none"><li>1. American Psychiatric Association (2013) <i>Diagnostic and Statistical Manual of Mental Disorders (5<sup>th</sup> ed)</i>. Washington, DC: Author</li><li>2. Fairburn, CG (2008) <i>Cognitive Behavioral Therapy and Eating Disorders</i>. New York: Guilford Press.</li><li>3. Kass, A. E., Kolko, R. P., &amp; Wilfley, D. E. (2013). Psychological treatments for eating disorders. <i>Current opinion in psychiatry</i>, 26(6), 549–555.</li></ol>