

# A Family Affair: 2022 Fall Gathering & Educational Event

Hosted by Monte Nido & Affiliates  Monte Nido & Affiliates  
Treating Eating Disorders

THE RADNOR HOTEL, Wayne, PA

\$35 guests, \$25 iaedp members

\*REGISTRATION FEE WILL BE COLLECTED AT THE EVENT\*

FRIDAY, NOVEMBER 4, 2022 9AM-2PM

## Agenda

9am - Registration, Networking, and Coffee

9:45am - Presentations Begin

11:45am - Break

12:15pm - Working Lunch Presentation

1:45pm - Q+A and Closing Remarks

Save your Seat via Eventbrite today!  
[tinyurl.com/iaedpfamilyaffair](https://tinyurl.com/iaedpfamilyaffair)

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Questions? Email [philaiaedp@gmail.com](mailto:philaiaedp@gmail.com)



## Managing Family Dynamics in Eating Disorder Treatment

1.5 credits

Danielle Small, MS, LMFT, CEDS

Regional Director Northeast, Monte Nido & Affiliates

This presentation will explore the significance of proper assessment and re-assessment of the family system. What information, skills and exposures are needed for successful care will be examined. Additionally, the importance of naming potential barriers within the family system will be processed; as addressing such barriers must occur in order to effectively challenge the six key maintaining factors in an adolescent's eating disorder. Lastly, we will discuss how to approach a family's micro-culture with both honesty and sensitivity to move past these barriers and ultimately partner with primary care givers.

### Objectives:

- Describe key goals for family work in the treatment of eating disorders.
- List ways family culture may inadvertently sustain a teen's connection to their eating disorder.

## Creating More Drama: Opening Family Communication through Psychodrama

1.5 credits

James D. "Buck" Runyan, MS, LMFT, LPC, CEDS, F.iaedp

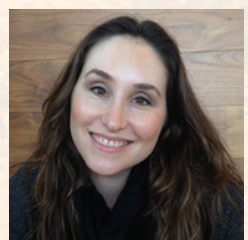
Executive Director, Hidden River Healing

This highly dramatic presentation will address the complex nature of family communication. Due to alexithymia, eating disordered clients experience significant frustration describing their thoughts and emotions. Likewise, their family members believe they are at minimum misunderstood and frequently not heard by their loved one with the eating disorder. Using the psychodrama technique called Family Sculpting, a therapist can provide a safe atmosphere which allows clients with each of their family members to reveal perceptions, experiences, and emotions through body positioning. Patients, parents, and siblings discover Family Sculpting helpful to safely reveal their emotional tensions along with providing visual models to describe their communications. Family Sculpting allows clinicians a venue to stage the opening of tense interrelation dynamics while gently guiding the communications for a favorable result.

### Objectives:

- Describe how Family Sculpting is beneficial within family and group therapy settings.
- Explain how to implement the Family Sculpting technique.

## Our Presenters



**Danielle Small, MS, LMFT, CEDS**

Danielle Small is a licensed marriage and family therapist with extensive experience in the treatment of Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, ARFID and compulsive over-exercise. Danielle has worked in several clinical settings, including intensive out-patient, partial-hospitalization and residential eating disorder treatment. She has been a member of the Monte Nido team since 2013, working at multiple sites on both coasts. Danielle began at Monte Nido's Eating Disorder Center of California in Los Angeles, was Clinical Director of Monte Nido's Eating Disorder Center of Boston, as well as Clinical Director at Monte Nido's adolescent residential treatment center in New York, Clementine Briarcliff Manor. She currently oversees all clinical programming and operations for Monte Nido & Affiliates' residential and day treatments in the Northeast region. Danielle is dedicated to helping clients learn to accept their bodies and embrace their spirit while also connecting to their intellectual curiosity. She endeavors to do so with humor, warmth and candor.



**James D. "Buck" Runyan, MS, LMFT, LPC, CEDS, F.iaedp**

James is the Executive Director for Healing at Hidden River eating disorders Residential programs in Chester, New Jersey. His prior roles have included supporting eating disorder treatment programs as a Chief Operations Officer, Executive Director, Clinical Director, Program Director and Therapist. For a number of growing organizations, he has been an expert consultant on a vast array of business and treatment topics and has been in private practice treating clients with Eating Disorders, Self-Injurious Behavior and Bariatric Surgery. Buck had served on the International Association of Eating Disorder Professionals Board of Directors from 2010 through 2016. He is a past President for the Board of Directors and was an active member of the IAEDP Certification Committee and founding President for the national network of IAEDP chapters. He is credentialed as a California MFT, an Arizona LPC, IAEDP CEDS and a Fellow of iaedp. His Alma Mater is California Baptist University.

### CE credit information:

This event is co-sponsored by the PSCP: The Psychology Network and iaedp Greater Philadelphia chapter. PSCP: The Psychology Network is approved by the American Psychological Association to sponsor Continuing Education for psychologists. PSCP: The Psychology Network maintains responsibility for the program and its content. This program provides 3 Hours of CE credits for Psychologists. iaedp is a Continuing Professional Education Accredited Provider, under Provider #IN004 recognized by the Commission of Dietetic Registration. iaedp Foundation has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5912. Programs that do not qualify for NBCC credit are clearly identified. iaedp Foundation is solely responsible for all aspects of the program.

