



GREATER PHILADELPHIA CHAPTER
MARCH 24, 2023 via ZOOM
8:00 – 8:30AM ET - MINDFULNESS MOVEMENT
8:30 – 10:30AM ET - 2.0 CE HOUR TALK
[IAEDP Greater Philadelphia \(greaterphillyiaedp.com\)](http://iaedp.org/greaterphillyiaedp.com)

Mindfulness Movement



Jamie Carbaugh
Certified Personal
Trainer (CPT)

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**Register
Here!**

Treating Eating Disorders in Athletes

2.0 CE Hour



Amy Gooding, PsyD
Clinical Psychologist
at Eating Recovery
Center and Pathlight



Adee Levinstein, MS,
RD, LD, CEDS-S
Nutrition Manager at
Eating Recovery
Center and Pathlight



This presentation will review assessment of eating disorders and dietetic and psychological treatment of eating disorder in athletes of diverse identities. Presenters will specifically address the epidemiology of eating disorders in athletes of all gender identities and ages, the prevalence of specific eating disorders across racial and ethnic identities in different types of sport, and the nutritional needs of athletes in different sports based on gender identity and age.

Objectives:

- Describe the benefits of a team approach in treating student athletes diagnosed with eating disorders.
- Explore athlete identity and its role in the prevention, treatment and recovery process of athletes diagnosed with eating disorders.
- Identify mechanisms that maintain eating disorders within the athletic environment and ways treatment professionals can support athletes in their recovery.



The International Association of Eating Disorders Professionals 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. The International Association of Eating Disorders Professionals is solely responsible for all aspects of the program.



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CE's are provided by The International Association of Eating Disorders Professionals, PO Box 1295, Pekin, IL 61555. marie@iaedp.com www.iaedp.com

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 psychologist. PSCP: The Psychology Network maintains responsibility for the program and its content. This program provided 2 hour of CE credits for psychologist