



The sole purpose of IFEDD is to **improve the quality of care** of individuals with eating disorders by **improving their access** to eating disorder dietitians.

We accomplish this through our Four Core Missions:

**Advocacy** – Equal Rights and Insurance Coverage for Our Services

**Education & Awareness** – Demonstrating the Value of Our Work

**Research** – Advancing the Evidence Base for Our Work

**Resources** – To Support IFEDD Members and Our Patients

**\*\*NEWS FLASH\*\* 2 SUPER EDD Job opportunities!!!**

If you like SNOW: Green Mountain at Fox Run treatment center in Vermont is looking for a Program Director! Besides being a great job, the lucky person who fills this position will get to work with fabulous IFEDD Founding Member Marsha Hudnall, owner of Green Mountain!

If you like SUN: Cedar Springs Austin is looking for a dietitian for their eating disorders programs (day treatment, partial, and IOP). This lucky person will be working with another IFEDD Founding Member, the fabulous Adrien Paczosa!

For more details about both of these jobs, visit [www.tinyurl.com/eatingdisorderjobs](http://www.tinyurl.com/eatingdisorderjobs).

Know of a job opening for an EDD? Give us the scoop and we will help spread the word!

**\*\*NEWS FLASH #2\*\* 5 Educational Workshops with IFEDD Members-Only Discounts!**

Marci Anderson's Nutrition Counseling for Eating Disorders Workshop April 27, Cambridge, Massachusetts

\$10 OFF for IFEDD members! Contact [Marci@MarciRD.com](mailto:Marci@MarciRD.com)

Ellen Glovsky's Motivational Interviewing Workshop Date Location

\$15 OFF for IFEDD members! Contact [Ellen@TrainingWithDrEllen.com](mailto:Ellen@TrainingWithDrEllen.com)

Molly Kellogg's Counseling Intensive Workshop – various dates and locations

10% OFF on live and on-line workshops using discount code IFEDD at [www.MollyKellogg.com](http://www.MollyKellogg.com)!

Barbara Birsinger's Decoding Disordered Eating and Weight-Related Behaviors online course

25% OFF for IFEDD members! Contact [Research@BarbaraBirsinger.com](mailto:Research@BarbaraBirsinger.com).

Jessica Setnick's Eating Disorders Boot Camp May 23-24, St. Louis

\$25 OFF for IFEDD members! Contact [Info@UnderstandingNutrition.com](mailto:Info@UnderstandingNutrition.com).

## **Mission 1: Advocacy**

### **Eating Disorder Coalition Spring Lobby Day**

Five amazing DC-area IFEDD members are already on board for EDC Lobby Day April 17<sup>th</sup> – Thank you to Elizabeth Holm, Erin Wolf Barnett, Sandra Pinney, Elizabeth Davenport, and Rebecca Scritchfield for your willingness to represent us on Capitol Hill! If you would like to join them, no special qualifications are necessary, just email [info@EDDietitians.com](mailto:info@EDDietitians.com) and we will make the arrangements.

## **Mission 2: Education & Awareness**

### **Treatment Finder**

We continue to update the IFEDD Treatment Finder as new members join us. But many locations remain unclaimed in areas that SURELY have at least one ED dietitian! If you've joined in the last month, please review your Treatment Finder listing to make sure that your contact information is correct. Email any changes to [info@UnderstandingNutrition.com](mailto:info@UnderstandingNutrition.com). And while you're there, if you know someone in an unlisted city or state, let them know that we will spread the word about their practice – all they have to do is join IFEDD at <http://www.eddietitians.com/join-ifedd/> to be listed automatically. It's the best \$25 an EDD can spend.

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### **CEDRD**

We would like to compile a list of IFEDD members who have received their CEDRD so that we can highlight you! Send a quick email to [info@EDDietitians.com](mailto:info@EDDietitians.com).

Wondering if you should apply? The answer is unmistakably yes! If you have been in practice for 5 years or more, you may be eligible for equivalency, where you are certified based on your experience and work in the field without the requirement of taking the test. Application paperwork is available in IFEDD's members-only section, and we will walk you through the application process. If you have other questions, feel free to email [info@EDDietitians.com](mailto:info@EDDietitians.com). The more EDDs who obtain the credential, the more value the CEDRD holds!

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### **Open Requests for Presentations – Submit your proposal to speak!**

The Renfrew Foundation Conference, November 8-10 in Philadelphia. Click here to submit: <http://renfrewcenter.com/news/now-accepting-proposals-for-23rd-annual-renfrew-center-foundation-conference>.

The Eating Disorder Coalition of Tennessee Conference, October 24-25 in Nashville. Submissions due by April 22. Click here to [Download the Call for Proposals application](#).

Would you like a mentor to review or edit your proposal before you submit? We are here for you at [info@EDDietitians.com](mailto:info@EDDietitians.com).

## IFEDD's "Dietitians Change Lives Campaign" Update

No new additions were made this month to the Dietitians Change Lives Campaign. Obviously this is because all of those amazing patients in recovery are busy having wonderful lives thanks to you! If any of your patients are willing to share their experience, point them to the IFEDD website: <http://www.eddietitians.com/a-dietitian-changed-my-life/>. And let them know that although many of the participants have used their full names, submissions may also be left anonymously.

### **Mission 3: Research**

Remember last year's IFEDD study on why dietitians refer to mental health care? The results will be published in a future newsletter after they are published later this spring! Meanwhile, our research consultant Mandy Goldman has come up with a twist for our next survey: Why therapists refer to dietitians. Genius! Not only that, we already have a graduate student/intern on board to plan and implement the study!

Stay tuned for recruitment info in an upcoming newsletter – we will have a link that you can forward to your therapist contacts so that they can participate.

Meanwhile, if you have a great research idea that we can help you implement, let us know at [info@EDDietitians.com](mailto:info@EDDietitians.com). Now that we have a research consultant we are really cooking, and we would love to match you up with a student who wants to do the legwork!

If you are willing to participate in an exceptional high school student's study related to anorexia, the survey is here: <https://www.surveymonkey.com/s/8Y9DKXL>.

### **Mission 4: Resources**

#### **Tools for Practice: Book Review**

Once again IFEDD Founding Member Meagan Rothschild has reviewed a book for us: **Train Your Brain to Get Thin: Prime Your Gray Cells for Weight Loss, Wellness and Exercise**. Read what you need to know before your patients read the book at <http://www.eddietitians.com/members-only/tools-for-practice/>.

If you have written a book directed toward dietitians or individuals with eating disorders or if you would like to review a book, please let us know at [info@EDDietitians.com](mailto:info@EDDietitians.com).

#### **Ambassador Recruitment**

In February IFEDD Founding Member Jessica Setnick and IFEDD Founding Member and Nashville Ambassador Leslie Schilling met up at the Southeast Eating Disorder Conference (SEED) in Birmingham

and made sure every RD they encountered knew all about IFEDD! Meanwhile IFEDD Founding Member and Houston Ambassador Caryn Honig recruited new members at the Houston Eating Disorder Symposium. Would you like to be an IFEDD Ambassador in your area? The only requirement is a willingness to reach out to other EDDs in your hometown and at events in the larger community to share the news about joining IFEDD! Email [info@EDDietitians.com](mailto:info@EDDietitians.com).

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### **Opportunities to Meet at Upcoming Events**

**BEDA Conference** – March 8-10, Bethesda, Maryland

As you know from last month's newsletter, four amazing EDDs will be presenting at BEDA on various aspects of Binge Eating Disorder – Marci Anderson, Leslie Schilling, Marcia Herrin, and Rebecca Scritchfield - all Founding Members of IFEDD.

IFEDD Founding Member and Maryland Ambassador Faye Berger Mitchell is organizing a group to go out to dinner one night. If you have not already expressed your interest and would like to attend, email [info@EDDietitians.com](mailto:info@EDDietitians.com). PS it is not necessary that you attend the conference – you are welcome to meet for dinner if you live nearby – and you do not even have to be a member of IFEDD – although you will be before the evening ends!

**IAEDP Conference** – March 21-24, Lake Las Vegas (click for registration info)

Planning to attend IAEDP? We are organizing a dinner for the Saturday night of the conference. Please email [info@EDDietitians.com](mailto:info@EDDietitians.com) if you would like to attend. And while you're there, cheer on IFEDD Founding Members Barbara Birsinger and Marcia Herrin who will be presenting!

**SCAN Symposium** - April 26 – 28, Chicago, Illinois (click for registration info)

We will either have a gathering Friday evening or have a table together at the Awards Lunch. Attending SCAN or just live in the Chicago area? Email [info@EDDietitians.com](mailto:info@EDDietitians.com) and we'll keep you posted!

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Please let us know where you will be speaking or if you would like to hold an IFEDD gathering at a conference or event you are attending! Anyone going to the Weight Management DPG Conference in Indianapolis or CPSDA in St. Louis in May? What about Indiana, Ohio or West Virginia FNCE? Let us know at [info@EDDietitians.com](mailto:info@EDDietitians.com).

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### **Upcoming Educational Events – 5 Free Webinars from the Comfort of Home or Office**

The Family is the Patient and the Patient is the Family: The Residential Family Restructuring Workshop Recovery Model - Tuesday, March 5

Anxiety Disorder Treatment with Eating Disorder Clients - Tuesday, March 12

Making the Long Journey Home to Eating Disorder Recovery - Wednesday March 13

The Lies that Bind: Opening the Clinical Conversation in Wounded Family Systems - Friday, March 15

The Relentless Struggle for Fulfillment: Eating Disorders and Substance Abuse - Tuesday, March 19th

For information on these and other educational events, visit the IFEDD Continuing Education Calendar at <http://www.eddietitians.com/members-only/continuing-education-calendar/>.

### **New Website Section: Members in the Media**

<http://www.eddietitians.com/members-in-the-media/>.

Have you or another EDD been in the news? Submit a link to [info@EDDietitians.com](mailto:info@EDDietitians.com).

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We are so proud of all the amazing work that EDDs are doing around the globe! Email us about what's happening in your corner and how we can support you!

Not a member yet? Join at [www.EDDietitians.com/join-IFEDD](http://www.EDDietitians.com/join-IFEDD).

\$25 for 1-year RD Membership.

\$10 for 1-year Dietitian Student Membership.

\$1 for Friend of IFEDD (does not expire).

***Food for Thought: "Keep away from people who try to belittle your ambitions. Small people always do that.***

***But the really great make you feel that you, too, can become great."***

***-Mark Twain***

Thanks to Caryn Honig for giving us permission to feast on the excellent Food for Thought in her newsletter! Have a favorite quotation you are willing to share? Email [info@EDDietitians.com](mailto:info@EDDietitians.com).



Featured on the IFEDD website this month:  
IFEDD Founding Member Leanne Johnson,  
who shares her efforts to bring eating disorder  
treatment to her community in Canada.

Read about Leanne at

[www.eddietitians.com/featured-dietitians/](http://www.eddietitians.com/featured-dietitians/).

Previously featured profiles of IFEDD Founding Members  
Caryn Honig, Marci Anderson & Kathryn Fink are also available  
for an extra dose of inspiration!