

The Douglas Mental Health University Institute  
part of the Montreal West Island IUHSSC  
presents:

## Eating Disorders

Videoconference 2018-2019 (French series)

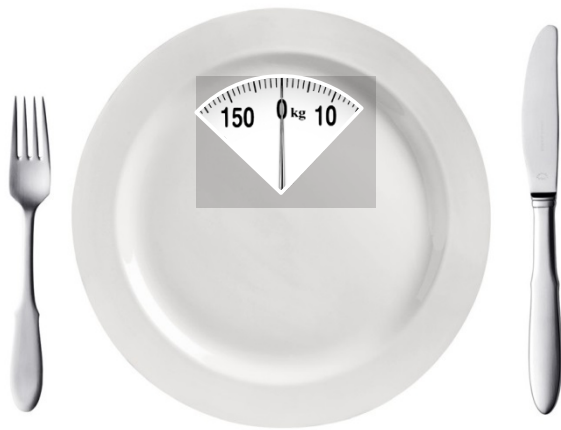
**\*\*Free\*\***

[Eventbrite](#) registration

[IRIS](#) registration

[ZOOM](#) registration

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## PROGRAM

Dates and Times	Themes
<p><b>Tuesday, October 2<sup>nd</sup>, 2018</b> 10:00 a.m. – 12:00 a.m. IRIS number: <b>1187193</b></p>	<p><b>Real-world treatment for people with eating disorders: Best practices in action</b></p> <p>This training provides an overview on the evaluation and treatment of people affected by eating disorders and aims to help practitioners perfect their skills in conducting evaluations and interventions with this clientele.</p> <p><i>Howard Steiger, Ph.D, Psychologist, Head, Eating Disorders Continuum, Douglas University institute, Montreal West Island Integrated University Health &amp; Social Service Centre (IUHSSC)</i></p>
<p><b>Tuesday, November 6, 2018</b> 10:00 a.m. – 12:00 a.m. IRIS number: <b>1187200</b></p>	<p><b>The biopsychosocial model of eating disorders: Evaluation and intervention</b></p> <p>The presentation will look at the biopsychosocial perspective for the treatment of eating disorders. The biopsychosocial model will be first presented and will then be applied more precisely to eating disorders in regards to the conceptualisation of the disorder and the psychoeducation that can be offered.</p> <p><i>Chloé Paquin Hodge, Psy. D. Psychologist, Eating Disorders Continuum, Douglas Institute, West Island Integrated University Health &amp; Social Service Centre (IUHSSC)</i></p>
<p><b>Tuesday, December 4, 2018</b> 10:00 a.m. – 12:00 a.m. IRIS number: <b>1187201</b></p>	<p><b>Cognitive Behavioral Therapy for treating Eating Disorders</b></p> <p>This training is designed to allow clinicians to learn concrete tools from Cognitive Behavior Therapy which will serve them in treating clients who have Eating Disorder symptoms. Case examples and diagrams will be used to illustrate key concepts.</p> <p><i>Shiri Freiwald, Psychotherapist and Knowledge Exchange Coordinator, Eating Disorders Continuum, Douglas Institute, West Island Integrated University Health &amp; Social Service Centre (IUHSSC)</i></p>

<p><b>Tuesday, January 15, 2019</b>  10:00 a.m. – 12:00 a.m.  IRIS number: <b>1187474</b></p>	<p><b>Dialectical Behaviour Therapy and Eating Disorders</b></p> <p>This presentation will provide an overview of Dialectical Behaviour Therapy (DBT) including key concepts, terms and treatment strategies. The presentation will then address the adaptation of DBT for Eating Disorders (EDs) how to apply specific core DBT skills in the treatment of EDs, as well as how to integrate DBT interventions into a Cognitive-Behavioural framework. Case examples will be used to illustrate key concepts.</p> <p><i>Lea Thaler, Ph.D., Psychologist, Eating Disorders Continuum, Douglas Institute, West Island Integrated University Health &amp; Social Service Centre (IUHSSC)</i></p>
<p><b>Tuesday, February 12, 2019</b>  10:00 a.m. – 12:00 a.m.  IRIS number: <b>1187481</b></p>	<p><b>Family-based treatment (FBT), an approach in treating adolescents with Eating Disorders</b></p> <p>The Family-based treatment (FBT) model for adolescents with Eating Disorders (Anorexia, Bulimia, Avoidant and Restrictive Food Intake Disorder) will be exposed and case histories in which FBT was used will be presented.</p> <p><i>Caroline Drolet, Clinical Nurse, FBT therapist, Eating Disorders Continuum, Douglas Institute, West Island Integrated University Health &amp; Social Service Centre (IUHSSC)</i></p>
<p><b>Tuesday, March 26, 2019</b>  10:00 a.m. – 12:00 a.m.  IRIS number: <b>1187486</b></p>	<p><b>Assessing medical risk in individuals with Eating Disorders: A practical guide for physicians and other healthcare professionals.</b></p> <p>This training is intended to inform physicians and other healthcare professionals on the assessment and medical risk management for individuals with eating disorders. We will discuss how to evaluate the severity of the eating disorder and how to determine the level of risk. In addition, tips on signs and symptoms to watch for in the follow-up will be shared as well as interventions to minimize the risk.</p> <p><i>Dr Mimi Israel, Psychiatrist, Eating Disorders Continuum, Douglas Institute, West Island Integrated University Health &amp; Social Service Centre (IUHSSC)</i></p>
<p><b>Tuesday, April 23<sup>rd</sup>, 2019</b>  10:00 a.m. – 12:00 a.m.  IRIS number: <b>1187706</b></p>	<p><b>Eating Disorders and refeeding</b></p> <p>The goal of the talk is to allow for a better understanding of the way in which Eating Disordered behaviors present themselves as well as of important notions relating to refeeding.</p> <p><i>Linda Falcon, nutritionist, Eating Disorders Continuum, Douglas Institute, West Island Integrated University Health &amp; Social Service Centre (IUHSSC)</i></p>

# Instructions for Videoconference Registration

## 2018-2019 INING SERIES IN EATING DISORDERS

### 1. IRIS PLATFORM

DATES	IRIS NUMBERS
October 2 <sup>nd</sup> , 2018	1187193
November 6, 2018	1187200
December 4, 2018	1187201
January 15, 2019	1187474
February 12, 2019	1187481
March 26, 2019	1187486
April 23 <sup>rd</sup> , 2019	1187706

### Before the videoconference:

- Book your room with a videoconference device from 8:00 am to 12:30 pm.
- Proceed to register your site:
  - If you have access to Iris, search for videoconferences that have the **Iris numbers** above and in the **“Participating Systems”** section, add your station.
  - If you do not have access to IRIS, please contact the person who has this access in your institution and ask him / her to add your site in the **“Participating Systems”** section.

### Registration deadlines

Reservations will be possible up to one hour before the event.

### The day of the videoconference

Start the appliance at 8:30 am and have a technician or a representative in the room to participate in the 30 minute pre-test before the conference. Ensure that participants know how to reach the technician in the event of technical difficulties during the videoconference.

### 2. Plateforme ZOOM

- To access the conference, please click on the following link: [www.zoom.us/j/5255277020](http://www.zoom.us/j/5255277020)

### Need help?

To register your site in videoconference:

Jean-Charles Monney

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