

First Symposium 2012

Do you think/know you have an Eating Disorder?
Do you have a family member/friend that needs help?
Are you finding it difficult to cope?
Are you frustrated with all the roadblocks?
What do you feel is missing from the health system?

Topic: Development and Management of Chronic Eating Disorders by
Loved Ones and Family Members
A Word about Compulsory (Involuntary) Treatment
Speaker: Patti Perry RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist
Location: Spring Garden Church, East Lounge,
112 Spring Garden Avenue, Toronto
Date: Monday May 7, 2012
Time: 7:00 pm Coffee — 7:30 pm — 9:30 pm Symposium

Our panel of experts will also include parents who will
describe their experiences with their loved ones, a recovered
ED patient and a nutritionist.

To find out more about NIED, become
involved and/or make a donation, please
contact us at:
www.nied.ca
647 347 2393
Twitter: @niedcanada.ca
Facebook: www.facebook.com/niedcanada

Please share this with anyone
who you know would benefit
from this forum.



Honouring the Journey

National Initiative for Eating Disorders
invites you to an evening of Tribute,
Hope, Celebration and Inspiration

Adath Israel Synagogue
Thursday February 28, 2013 at 7:30 pm

Guest Speaker
Personal Recovery Stories
Light Up the Night
Pastor Gene Templemyer
Rabbi David Seed

This FREE event includes a special guest and refreshments.
RSVP required.

647.347.2393 wendy@nied.ca

www.nied.ca

INVITATION

INVITATION

Awareness ~ Understanding ~ Action

Special Guest Speaker:

Carly Crawford, Find Your Voice Counselling
Panel of Guests

Topic:

Our view of ourselves: from hate to love.
Eating Disorders, Self Esteem, Body Image & Self Love
Open Q & A

Location: Iroquois Ridge High School, IRHS Theatre
1123 Glenaston Drive
Oakville, ON
L6H 5M1

Time: Refreshments 6.30pm Start: 7:00pm

All Welcome Free Event No Registration Required

www.nied.ca info@nied.ca 647 347 2393
www.facebook.com/niedcanada @niedcanada

Honouring the Journey
We invite you to an evening of
Hope, Tribute, Inspiration and Celebration



Sunday, February 23, 2014

Doors Open: 7:00pm
Event Starts: 7:30pm
Location: Adath Israel Synagogue
37 Southbourne Ave.
Toronto, Ontario
M3H 1A4
Free parking

This FREE event includes a special gift and
refreshments

RSVP: Wendy@nied.ca
or call 416-859-7571
www.nied.ca

Guest speaker:

Dr. Blake Woodside,
Director, Inpatient Eating Disorders
Program, Toronto General Hospital,
& Professor in the University of
Toronto's Department of Psychiatry

Sharing personal stories:

Carly Crawford,
Psychotherapist, ED survivor &
NIED steering committee member

John Vandenburg,
Parent of a teenage ED sufferer

76 Educational Symposia in 8 years

NIED's 31st Symposium Welcomes:

Jennifer Schramm, Life Coach, Registered Professional Counsellor &
Equine Facilitated Therapist.

Jennifer has been coaching and counselling for almost 10 years and
has specialized in helping people make peace with themselves. She
has healed herself from an eating disorder, binge drinking and
drugging, depression, anxiety, very low self-esteem, toxic
relationships, perfectionism.

www.jenniferschramm.com



Please join us to hear more
about Jennifer and engage in an
interactive evening of hope an
healing.

First come first serve seating and free
parking is available.

NIED representatives will be available to
do a short presentation on NIED and
make themselves available for any
individual questions regarding Eating
Disorders and support before the event
starts between 6:30 and 7pm.

ALL WELCOME FREE EVENT NO REGISTRATION NEEDED WWW.NIED.CA

When: April 10th, 2014

Where: The Lions Club, 471
Pearl Street, Burlington

L7R 2N4

Time: Doors open 6:30pm

Event begins: 7pm - 8:30pm

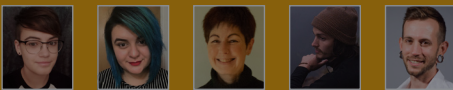
info@nied.ca

www.nied.ca

OUR 64TH FREE
EATING DISORDER
SYMPOSIUM

Eating Disorders in Underrepresented Groups

SPEAKERS:



James Donaldson Michelle Hawrylyshyn Andrea Northcote Michael Van Aragon Jay Walker

When: **Monday, December 3, 2018**

Doors Open: 7:00 pm
Event: 7:30 pm - 9:30 pm

Donations
gratefully
accepted

Where: **Spring Garden Church**

112 Spring Garden Avenue, Toronto, Ontario M2N 3G3
416-223-4593

(Free parking off Kenneth Avenue, behind Church)

For information and to RSVP, email wendy@nied.ca

ALL WELCOME - FREE EVENT - WWW.NIED.CA

SPECIAL HOLIDAY
SUPPORT GROUP

Need support through the Holidays around food and family?

Join us to learn *strategies* on how to cope
through the Holidays.

Guest Presenters:
Stephanie Griver MSW, RSW
Michal Goldreich OT

Free Event. But please
bring a non-perishable item
for the Food Bank.

When: **Monday, December 14, 2015**

7:00 pm - Refreshments
7:30 pm - Start

Where: **Spring Garden Church**

112 Spring Garden Avenue, Toronto, Ontario M2N 3G3
416-223-4593

(Free parking off Kenneth Avenue, behind Church)

For more information, email Wendy Preskow at wendy@nied.ca

ALL WELCOME - FREE EVENT - NO REGISTRATION NEEDED - WWW.NIED.CA

FREE
EATING DISORDER
EVENT

5th Honouring The Journey An event of Hope, Tribute, Inspiration and Celebration

Circle of Understanding: You Are Not Alone



Special Guest Speaker

Shai DeLuca-Tamasi

Cityline Design Expert and
Television Personality.
Sharing his words of
encouragement, wisdom
and recovery.

This event will include a variety of experts who will
discuss and share how Eating Disorders impact those
diagnosed, along with those around them. It will provide
insight to parents, professionals and those struggling
to find hope, as to what this illness is really like.

Moderated by

Carly Crawford Registered Psychotherapist

SUNDAY, FEBRUARY 12, 2017

Doors Open: **1:30pm**

Event: **2:00pm - 4:00pm**

Location: **Adath Israel Synagogue**
37 Southbourne Ave.
Toronto, Ontario M3H 1A4

Free parking

Please RSVP a.s.a.p. to ensure seating for all guests.

ALL WELCOME - RSVP wendy@nied.ca or call 416 859 7571 - WWW.NIED.CA

NIED Educational Symposia (2012 to 2019)

Since 2012, NIED has worked with people with lived experience, professionals, as well as local and national organizations to produce over 70 free evidence-based and evidence-informed educational symposia about Eating Disorders care, support and recovery. Most symposia addressed topics from those who completed our evaluations.

2012

May 7

Development & Management of Chronic Eating Disorders by Loved Ones & Family Members. A word about Compulsory (Involuntary) Treatment

Speaker: Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist

June 11

Significant Personal Healing Experiences

July 16

Families as an Integral Part of the Treatment Team

Speakers: Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist; and Parents

August 13

Stresses, Strains & Developing Resilience

Speakers: Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist; and Parents

September 24

Support for Eating Disorders: Options & Gaps

Speakers: Carly Crawford, Private Counsellor, Find Your Voice Counselling & NIED Steering Committee Representative; and Five Different Women with Five Different Experiences

October 22

The Genetic Component of Eating Disorders & Advances in Treating the Disease

Speaker: Dr. Blake Woodside, Director, Eating Disorders Program, Toronto General Hospital

November 12

Brain Stimulation: A New Kind of Treatment for Mood, Anxiety & Eating Disorders

Speaker: Dr. Jonathan Downar, Clinician-Researcher, Neuropsychiatry Clinic, Toronto Western Hospital

December 10

Unravelling Binge Eating Disorder: The Impact of Physiology & Psychology on BED

Speaker: Lauren Jawno, Author & Registered Holistic Nutritionist

2013

January 15

Perfectionism & Eating Disorders

Speakers: Dr. Heather Wheeler, Ph.D Clinical Psychologist Parents' Stories & Experiences

January 28

Eating Disorders in Youth: Warning Signs, Prevention & Treatment

Speaker-Panel: Carly Crawford, Private Counsellor, Find Your Voice Counselling & NIED Steering Committee Representative; and Natalie John-Carson, MSW, Pediatric Eating Disorders Program, McMaster Children's Hospital

January 31

Signs, Symptoms, Prevention & Treatment of Eating Disorders; Eating Disorder Parent Information Night

Speaker: Dr. Heather Wheeler, Ph.D, Clinical Psychologist

February 11

Family Based Therapy (FBT) & its Role in Treating Eating Disorders

Speaker: Dr. Blake Woodside, Director, Eating Disorders Program, Toronto General Hospital

February 19

Additional Therapies in Treating Eating Disorders

Speakers: Patricia Ki, Art Therapist; Michele Mihalik, Equine Therapist; and Hazel Newton, Drum Therapist

February 28

Honouring the Journey

Speakers: Dr. Traci McFarlane, Psychologist, Eating Disorders Program, Toronto General Hospital; Carly Crawford, Private Counsellor, Find Your Voice Counselling; Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist; and Guests' Personal Recovery Stories

March 18

Family Based Treatment for Adolescent Eating Disorders

Speakers: Dr. Sandra Doyle-Lisek, Psychologist; and Cynthia Shea

April 9

Addressing Eating Disorders in Schools

Presentation to the Mental Health Committee, Toronto District School Board (TDSB), Toronto, Canada

April 11

Eating Disorders Demystified

Speaker: Lauren Jawno, Author, Speaker, Nutritionist & ED Survivor

April 25

Eating Disorders Demystified: Warning Signs & Prevention

Speakers: Lauren Jawno, Author, Speaker, Nutritionist, ED Survivor; F.E.A.S.T. Parent Representative; and Hopewell Representative

May 13

Book Launch: Eating Myself Crazy

Speaker: Treena Wynes, Counsellor, Saskatchewan

2013 cont/...

May 29

Beyond the Vision: Are You Ready to begin Your Life's Journey?

Laurel Crossley, BA, Life Coach

June 10

Emotion-Focused Family Therapy: Training Carers to have a Significant Role in their Loved One's Recovery from an Eating Disorder. A Lifespan Model Integrating Behavioural, Emotional, Motivational, Family & the New Maudsley Approaches

Speaker: Dr. Joanne Dolhanty, Ph.D., CPsych

July 8

How DBT is Transforming Care, Generating Hope & Helping Clients with Eating Disorders build a Life worth Living

*Speaker: Dr. Anita Federici, Ph.D., C.Psych, Director DBT Program, Waterstone Clinic **CANCELLED DUE TO WEATHER***

July 24

Eating Disorders Demystified

Speakers: Lauren Jawno, Author, Holistic Nutritionist, ED Survivor; and Patrick Brown, M.P.

August 12

Open Forum Q&A

Speaker-Panel: Therapist, Parent, Nutritionist

September 9

Perfectionism & Eating Disorders

Speaker: Dr. Heather Wheeler, Ph.D., Clinical Psychologist

October 16

Eating Disorders Demystified

Panel: Dr. Heather Wheeler, Ph.D., Clinical Psychologist; Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist; Lauren Jawno, Author, Holistic Nutritionist, & ED Survivor; Wendy Preskow, Parent

October 23

Our View of Ourselves: From Hate to Love. Eating Disorders, Self Esteem, Body Image & Self Love

Speakers: Carly Crawford, Find Your Voice Counselling; and Guests sharing Personal Stories

November 18

How DBT is Transforming Care, Generating Hope & Helping Clients with Eating Disorders Building a Life Worth Living

Speaker: Dr. Anita Federici, Ph.D., C.Psych, Director DBT Program, Waterstone Clinic

December 9

Open Forum Q&A

Speaker-Panel of Experts: Therapist, Parent, Nutritionist

2014

January 13

Concurrent Eating Disorders, Alcohol & Other Substance Abuse

Speaker: Dr. Christine Courbasson, Psychologist

January 15

Treating Perfectionism in the context of Eating Disorders

Invited talk at Clinical Rounds, Eating Disorder Program, Toronto General Hospital

January 30

Eating at Camp: Preventing, Noticing, Intervening

Workshop presented at the Ontario Camps Association

February 23

Honouring the Journey

Speakers: Dr. Blake Woodside, Director, Inpatient Eating Disorders Program, Toronto General Hospital & Toronto's Department of Psychiatry; Carly Crawford, Psychotherapist, ED survivor & NIED steering committee; and John Vandenburg, Caregiver

April 7

Binge Eating Disorder

Speakers: Dr. Allan Kaplan, Senior Clinician-Scientist, CAMH Access & Transitions Program; and Laura Kaplan, Registered Dietician

April 10

Equine Therapy

Speaker: Jennifer Schramm, Life Coach, Registered Professional Counsellor & Equine Facilitated Therapist

May 28

What Happens in the Community: Surviving & Thriving before & after Intensive Eating Disorder Treatment

Speakers: Dr. Leora Pinhas; Ali Henderson MSW; Dr. Heather Wheeler, Ph.D., Clinical Psychologist; and Guests sharing Personal Stories

June 17

Perfectionism & Living without an Eating Disorder

Speaker-Panel: Dr. Heather Wheeler, Ph.D., Clinical Psychologist; and Guests sharing Personal Stories

July 14

Eating Disorders Open Forum

Speakers: Expert Panel

August 11

Spirituality Deflects the Bullet: How Spirituality can play a Role in the Recovery, Management & Treatment of Eating Disorders

Speakers: Guest Panellists

September 15

Renourishment to Recovery: Parents' Perspectives

Speaker: F.E.A.S.T. (Families Empowered & Supporting Treatment of Eating Disorders)

October 16

Male Body Image & Body Dissatisfaction: The Fitness Industry's Role & Experiences with Exercise

Speakers: Jay Walker, Certified Personal Trainer & an Eating Disorder Survivor; and Guests sharing Personal Stories

November 10

Emotion Regulation, Self-Harm, Substance Abuse, & Disordered Eating

Speakers: Dr. Heather Wheeler, Clinical Psychologist; and Dr. Michele Davis, Clinical Psychologist

December 8

Coping with the Holidays: How Families & Friends can Help Support Someone with an Eating Disorder and/or in Treatment during the Holidays

Speakers from Adult Eating Disorder Program, Toronto General Hospital: Michal Basch, OT; Gina Dimitropoulos, Ph.D, MSW; and Lisa Hoffman, MSW, RSW, RD

2015

January 12

Letting Bodies Be: Eating Disorder Recovery & the Body Beautiful

Speakers: Andrea LaMarre, MSc & PhD Student; and Dr. Carla Rice, Body Image Consultant, Speaker, Author, Canada Research Chair in Care, Gender & Relationships at the University of Guelph

February 2

Resources, Services & Support available in Ontario

Speakers: Connex Ontario, NEDIC, Sheena's Place, MEDACTT

February 22

Honouring the Journey

Speakers: Dr. Gail McVey, C.Psych, Senior Associate Scientist, Community Health Systems Resource Group, The Hospital for Sick Children, Toronto & Director, Ontario Community Outreach Program for Eating Disorders (OCO-PED); Andrea LaMarre, M.Sc. (Special digital stories presentation); and Sam B. Halevy/Bassam (Spoken Word)

February 24

Body, Mind, and Future

Dr. Heather Wheeler, Clinical Psychologist, Invited keynote speaker for Mental Health Day Conference, Halton Region School Board, Burlington, Canada

April 13

The Genetics of Eating Disorders: Current Research & Common Myths

Speaker: Tetyana Pekar, MSc

May 11

Family Based Treatment for Young Adults

Speakers: Gina Dimitropoulos, Ph.D.; Victoria Freeman, MSW, RSW; and Family's personal lived experience of hope and recovery

June 8

Eating Disorders Demystified: Signs, Prevention & Treatment

Speakers: Dr. Heather Wheeler, Clinical Psychologist; and Guests sharing personal stories of lived experiences of hope and recovery

July 13

Stigmas towards Individuals with Eating Disorders & Their Families

Speakers: Gina Dimitropoulos, Ph.D.; Victoria Freeman, MSW, RSW

August 10

The Role of Support in Helping Loved Ones Conquer Eating Disorders

Speakers: Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist; Stephanie Griver, BSW, MSW, RSW, Support Group Facilitator, NIED

October 5

Desperate to Recover & Terrified to Change: Understanding Ambivalence in Eating Disorder Recovery

Speaker: Courtney M. Watson, MSW, RSW

November 16

Recent Brain & Treatment Research on Eating Disorders

Speaker: Allan S Kaplan MSc MD FRCP(C)

December 14

Need Support through the Holidays around Food & Family? Join us to learn strategies on how cope through the Holidays

Speakers: Stephanie Griver, BSW, MSW, RSW, Support Group Facilitator, NIED; Michal Goldreich, OT

2016

February 28

Honouring the Journey: One Size fits all: A look at recovery beyond diagnosis

Speakers: Dr. Heather Wheeler, Clinical Psychologist, Carly Crawford, Psychotherapist; and Guests sharing Personal Stories

March 28

Family Involvement & the Challenges of Transition to Adult Care for Eating Disorders

Speakers: Dr. Jennifer Couturier, Child and Adolescent Psychiatrist Medical co-director, Paediatric Eating Disorders Program, McMaster Children's Hospital; Associate Professor, Departments of Psychiatry & Behavioural Neurosciences, Paediatrics, and Clinical Epidemiology & Biostatistics, McMaster University; and Guests sharing Personal Stories

April 25

Interpersonal Psychotherapy (IPT) for Binge Eating Disorder (BED) & Bulimia

Speaker: Cindy Goodman Stulberg, Psychologist, Director, Institute for Interpersonal Psychotherapy

May 18

Introducing "Alice": Ways to stop Binge Eating

Speaker: Deborah Berlin-Romalis, BSW, MSW, RSW, Executive Director of Sheena's Place. Adjunct Lecturer, Factor-Inwentash Faculty of Social Work, University of Toronto

July 11

"Aha" Moments: Turning Points in your Recovery Journey

Speaker: Panel discussion with people sharing their lived experiences. Facilitated by Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist

October 14

Mindfulness, Eating, and Bodies

Speaker: Dr. Heather Wheeler, Clinical Psychologist University of Toronto, Scarborough Workshop presented at the 3rd Annual Mindfulness Summit

November 1

Co-design: What would Treatment look like if we asked patients what they needed to recover

Speaker: Dr. Leora Pinhas

November 22

The Female Athlete Triad: Navigating Athletics in Eating Disorder Recovery

Speakers: Carly Crawford, Registered Psychotherapist; Tessa Finelli, Personal Trainer, Fitness Instructor & Team Coach

2017

February 12

5th Honouring the Journey: Circle of Understanding: You are not Alone

Speaker: Shai DeLuca-Tamasi
Moderated by Carly Crawford, Registered Psychotherapist

April 20

Ways to Stop Binge Eating: Introducing "Alice"

Speaker: Deborah Berlin-Romalis

June 5

It Takes a Village: A Team Approach to Recovery

Speakers: Jennifer Couturier, Geetha Rao, Sara Wolfe, Stephanie Griver
Panel discussion moderated by Carly Crawford, Registered Psychotherapist

September 11

Missed Connections: The Role of Faulty Wiring in Anorexia

Speaker: Amy Miles, MA, PhD Candidate

November 22

Real Talk: Eating Disorders Demystified

Panel discussion moderated by Carly Crawford, Registered Psychotherapist
Speakers: Sara Wolfe, Andrea LaMarre, Alexandra Franceshini

2018

February 11

6th Honouring the Journey: It Takes a Village

Panel discussion with people sharing their lived experiences;
Guest Speaker: Shai DeLuca-Tamasi
Moderated by Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist

June 11

Optimizing Bone Health in Children & Adolescents with Eating Disorders

Speaker: Debra K. Katzman, MD, FRCPC

August 13

Eating Disorders in Adults 40+

Speakers: Leslie McCallum, B.Comm, MSW, RSW, Ph.D Candidate; Individuals in midlife share lived experiences insights on other Eating Disorders

October 22

Diverse Cultural Expressions of Eating Disorders

Speakers: Panel discussion with people sharing their lived experiences.
Moderated by Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist

December 3

Eating Disorders in Underrepresented Groups

Speakers: James Donaldson, Michelle Hawrylyshyn, Andrea Northcote, Michael Van Arragon, Jay Walker

2019

February 11

Current Transformative Innovations in Eating Disorders & Body Positivity

Speakers: Jill Andrew, Suzanne Philips, Sonia Seguin & Helen Vlachoyannacos
Facilitated by: Marie Tomeoki, NIED Education Committee

April 7

7th Honouring the Journey: Care for the Caregiver

Speakers: Panel discussion with parents
Moderated by Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist

July 22

66th Town Hall on Eating Disorders panel

At its September 12, 2019 meeting, NIED's Board of Directors unanimously appointed one of its co-founders, Patti Perry, RN, MSN, Nurse Psychotherapist, as a Lifetime Officer of NIED

“in recognition of her unparalleled and steadfast contributions to the educational mission of NIED, NIED's educational symposia and Honouring the Journey, and her positive contributions to the lives of people affected by Eating Disorders across Canada and around the world.”

Thank you, Patti, to you and so many volunteers, for producing and delivering high-quality educational opportunities to help others learn and share in safety and with love.

- NIED BOARD OF DIRECTORS