

SCHEDULE OF THE DAY
Friday, March 26, 2010

9-10:30

Anorexia Nervosa – Epidemiology, risk factors, diagnosis, and comorbidities

10:30 – 10:45

Break

10:45 - 12:00

Treatment of anorexia Nervosa and a patient interview.

12:00 – 1:00

Lunch

1:00 – 2:30

Bulimia – Epidemiology, risk factors, diagnosis, comorbidities

2:30 – 4:00

Treatment of Bulimia and a patient interview

Conference site is accessible. Call for special accommodation needs (831) 459-8917, ext 205

Directions to the Seacliff Inn

Highway 1 South to State Park Exit. Go left (over highway). Make a left on Old Dominion Court.

Hotel is on right

Highway 1 North make a right off highway. See above.

Highway 17 to South 1. See above

UPCOMING CONFERENCES

April 24, 2010 – The Brain and Addictions
David Presti, Ph.D

May 21, 2010 – TBA

Special Conference (no CEU's)(no cost):
Safe, Empowered, X-traordinary Youth
Summit for Healthy Lives for Queer and Allied Use – April 17, 2010

COURSE DESCRIPTION

The classic eating disorders anorexia nervosa and bulimia nervosa represent relatively common and significant disturbances that require carefully coordinated, comprehensive intervention. There is evidence that treatment can be temporarily successful; however, it is unclear if significant risks and vulnerabilities for recurrence ever completely resolve.

In *Eating Disorders*, we observe the concomitance of pathological thoughts and emotions concerning appearance, eating and food, as well as deviant eating behavior leading to alterations in body composition and functioning. These disorders are classic 'psychosomatic' syndromes in the sense that psychological and somatic functioning are inextricably intertwined.

Eating disorders are often conceptualized as developmental disorders. Once considered quite rare, eating disorders are now being seen with increasing frequency by healthcare professionals. The primary care physician has an important role in the management of patients with eating disorders: in the initial screening for patients afflicted with an eating disorder, and in the subsequent monitoring of the patient's physical state, as well as collaborating with other members of the treatment team.

We will summarize the available evidence base for eating disorders, which we have broadly divided into anorexia, bulimia and related disorders. We discuss in some detail the role the primary therapist plays in identifying the disorder, working with the treatment team and providing essential therapeutic services.

AUTOBIOGRAPHICAL STATEMENT

Hans Steiner was born in **Vienna, Austria** and received his Doctor medicinae universalis (Dr. med. univ. = M.D.) from the Medical Faculty of the University of Vienna, Austria, in 1972. He completed his residency in adult Psychiatry at SUNY Upstate Medical Center, his child and adolescent psychiatry residency at the University of Michigan in Ann Arbor. Currently, Dr. Steiner is Professor Emeritus of Psychiatry and Behavioral Sciences, Child Psychiatry and Human Development at the Stanford University School of Medicine and Distinguished Professor at the Department of Anthropology, History and Social Medicine, University of California at San Francisco, School of Medicine.

He is a Distinguished Fellow of the American Psychiatric Association (APA), a Fellow of the American Academy of Child and Adolescent Psychiatry (AACAP), and the Academy of Psychosomatic Medicine (APM). He is an invited member of the Group for the Advancement of Psychiatry (GAP).

Dr. Steiner is considered an expert in three areas: **1) Aggression and its relationship to psychopathology.** He is regarded as a national and international expert on the overlap between psychopathology, aggression and antisocial behavior.

2) Psychopathologies associated with trauma and victimization and resilience. Abuse and child victimization are important precursors of disorders related to aggression. He has developed extensive data regarding the survivors of extreme adversity.

3) Pediatric and psychiatric comorbidity (i.e. the overlap between pediatric and psychiatric diseases). He has conducted extensive research in juvenile eating disorders, somatoform disorders, the psychiatric sequelae of pediatric disease and intensive treatment systems for pediatric psychiatric comorbidity.