A Message from our President  
Judi-Lee Webb, Ph.D., CEDS

Greetings!!!

We are excited to share our Resource Guide with you as well as information about the International Association of Eating Disorders Professionals (iaedp) - Atlanta Chapter. We are a local non-profit chapter of the ieadp Foundation, which was established in 1985 by a group of progressive thinkers. One of iaedp’s goals is to ensure the highest standards of education, training, and professionalism to a multidisciplinary group of healthcare providers who treat the full spectrum of eating disorder issues.

The mission of the Atlanta Chapter is to Educate and Connect Healthcare Professionals in the Treatment of Eating Disorders. To help fulfill this mission we developed this resource guide which provides information about our chapter, members, certified eating disorders treatment professionals, our 2016 chapter sponsors, as well as treatment information. It is our hope that his guide will help you and your colleagues as you treat and refer individuals and families who are affected by these illnesses. As an organization, we recognize that collaboration among treatment professionals is a key factor in the recovery process. Therefore, we encourage you to use this resource guide to help promote connections and dialogue among professionals across healthcare disciplines.

Due to the critical and oftentimes lethal nature of eating disorders, it is extremely important that patients receive treatment from professionals with expertise. Iaedp offers a highly respected certification process for those who wish to receive specialized credentials in their work with people with eating disorders. In this guide, you will find a list of local professionals who have been certified by ieadp Foundation as well as treatment centers who are leaders in the field.

Each year our chapter offers continuing education events, networking/social events, and an annual gala. We invite you join us at our events. Please feel free to reach out to us at atlantaiaedp@gmail.com or by contacting one of our board members. You can also learn more about our chapter by visiting www.atlantaiaedp.com and through our Facebook page – iaedp Atlanta Chapter.

We look forward to hearing from you!!

Warm Regards,

Judi-Lee Webb, Ph.D., CEDS

Founding President ~ iaedp-Atlanta Chapter
A message from our Medical Liaison
Anna Tanner, MD, FAAP, FSAHM, CEDS

Primary care providers are uniquely positioned to help patients with eating disorders, yet very few have received significant training on how to do so. Most medical providers however will at some time encounter a patient with one of these illnesses. This resource guide is intended for those providers in our community who want to learn more about how to manage the medical complications of this very ill population.

Eating disorders are extremely prevalent, affecting an estimated 10-12 million Americans. In addition, they are the most lethal psychiatric illness. Death in patients with eating disorders is primarily due to medical complications or suicide. Contrary to many stereotypes, eating disorders can affect patients at any age, they can affect males and well as females, and they can affect minority populations.

In all of the Eating Disorders, the medical complications are primarily due to the behaviors associated with that particular eating disorder. Thus, in patients with Anorexia Nervosa, the medical complications are primarily related to the effects of starvation on the whole body. In Bulimia Nervosa, the medical complications are primarily due to the method and frequency of purging. Patients who have self-induced emesis may have abdominal, esophageal and parotid symptoms. Patients who abuse laxative or diuretics may present with constipation or edema. In patients with Binge Eating Disorder, medical complications are most often secondary to the obesity that accompanies this condition over time. Most importantly, patients who present with medical symptoms that stem from eating disorder behaviors will not get well until the underlying eating disorder is correctly identified and treated.

Primary care physicians can be an important part of the team for a patient with an eating disorder. Since eating disorders are a mental illness with medical complications, these patients need a multi-disciplinary team and to be placed in an appropriate level of care. All patients with eating disorders will require therapy, with a therapist experienced in treating eating disorders. Additionally, almost all patients will need to work with a nutritionist with experience in treating patients with eating disorders. Most patients will also require the services of a psychiatrist with experience in treating patients with eating disorders. Many patients will need to attend group therapy sessions and some will even require hospitalization at a center specializing in eating disorders. The level of care required for each patient is determined by the severity of eating disorder thoughts and the severity of medical illness. Unless both psychiatric and medical needs are initially assessed and addressed, the patient becomes less likely to have a successful outcome.

Within this guide are some brief descriptions of the most common Eating Disorders seen in primary care, a quick screening tool to be used when an eating disorder is suspected, suggestions for the initial medical evaluation, and a reminder of those patients most likely to be a risk for Refeeding Syndrome, a potential lethal complication seen in some patients with the most significant weight loss. Included also is a list of our chapter sponsors/treatment facilities and trained providers here in Atlanta.

We hope you find this resource guide useful, and please never hesitate to reach out to any of the iaedp members listed for further support and advice.
Thank you for joining us in our efforts!
Anna B. Tanner, MD, FAAP, FSAHM, CEDS

ATLANTA CHAPTER BOARD MEMBERS  
(2014-2016)

PRESIDENT
Judi-Lee Webb, Ph.D., CEDS
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Dr. Judi-Lee Webb is a Licensed Psychologist, Certified Eating Disorders Specialist (CEDS), and the Founding President of ieadp-Atlanta Chapter. Dr. Webb is also the co-owner of New Directions Counseling Center, with locations in Smyrna/Vinings and Buckhead. She conducts individual, couples, and family therapy as well as workshops and consultations for clients, schools/universities, community agencies, professionals and corporations. Dr. Webb has been treating eating disorders, weight management, and other mental health issues since 2001. Utilizing a collaborative, direct, and interactive approach, with a touch of humor, Dr. Webb teaches her clients healthy coping skills so they can pull from their “toolbox” throughout their lives and obtain the ultimate goal of happiness and well-being.

PRESIDENT ELECT and TREASURER
Diane Hilleary, LCSW, CEDS
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Diane Hilleary is a psychotherapist in private practice in Brookhaven. She has been treating clients and families with eating disorders for the last 10 years. She was formerly the Clinical Coordinator of the eating disorder treatment program at Ridgeview Institute and has presented at and attended national eating disorder conferences. Diane also specializes in treating girls and women with anxiety and mood disorders, addiction, suicidality and self-harm. Diane is intensively trained in Dialectical Behavior Therapy and leads multiple DBT groups in her practice.

SECRETARY
Jessie Alexander, LPC, NCC
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Jessie Alexander has over ten years of experience researching and working with the psychiatric, addiction, and dual populations. Jessie’s expertise is in stage one stabilization of chronic, complex trauma and she was the Clinical Coordinator for the Women’s Center for Trauma and Eating Disorders at Ridgeview Institute. Jessie is now the Program Director at Silver Ridge in North Carolina.
EDUCATION CHAIRPERSON
Amber Martin Corbi, LPC
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Amber Martin Corbi is a psychotherapist in private practice in Brookhaven and the Director of Community Outreach at Focus Treatment Centers in Chattanooga, TN. Amber specializes in the treatment of eating disorders, trauma, depression, anxiety and substance use disorders and has extensively trained with eating disorder expert, Dr. Anita Johnston- author of Eating in the Light of the Moon. Due to her own recovery from an eating disorder, she shares her understanding for the struggle of living with unhealthy eating and is passionate about supporting those continuing to struggle in finding their own path of recovery.

HOSPITALITY CHAIRPERSON
Amanda Morse, LPC, NCC, CEDS
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Amanda Morse is a licensed professional counselor and a certified eating disorders specialist who has been in the field since 2006. She has worked in a variety of treatment settings ranging from intensive residential treatment to running her own private practice and currently sees clients in downtown Decatur. Amanda feels most energized when sitting with clients in session and is passionate about reducing the stigma associated with mental health and addictive disease. Specialty areas include eating disorders, mood disorders, addiction, trauma, family dynamics, and bereavement. Additionally, she leads a weekly ANAD group for the Decatur community.

MARKETING CHAIRPERSON
Gail Phillips, LCSW
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Gail Phillips has specialized in the treatment of Eating Disorders since 1988 and has been in private practice in Buckhead since 1991. She helps individuals, parents, families and couples with all types of eating problems and disorders. She also treats addictions, anxiety, depression, personality disorders, and relationship and parenting problems. Gail provides supervision for therapists desiring to understand and manage their own eating and body-image countertransference issues and to become better able to assist their clients attain full recovery from eating disorders and other psychological problems. Gail and her husband, a clinical psychologist, often provide conjoint couples and family therapy.

MEDICAL LIASONS CHAIRPERSON
Anna Tanner, MD, FAAP, FSAHM, CEDS
770-995-0823
Dr. Anna Tanner is a board-certified Pediatrician who specializes in the care of complicated adolescent patients, with a special emphasis on treating patients with eating disorders. After receiving her BA from Williams College, she completed medical school and residency at Vanderbilt University. After working as a Clinical Instructor at Vanderbilt in the Division of Adolescent and Young Adult Medicine, she started the Teen Center at GPAM upon moving to Georgia in 1999. The International Association of Eating Disorder Professionals has named her as a Certified Eating Disorder Specialist. Additionally, she holds the designation of Fellow in the Society of Adolescent Health and Medicine. Dr. Tanner has been very involved in local advocacy and education efforts and currently serves as Adjunct Assistant Professor of Pediatrics for Emory University School of Medicine. She has been recognized each year, from 2013 to 2016, by Atlanta magazine as a “Top Doctor”.

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Dr. Nina Kram Schlachter, created and ran eating disorder programs for 26 years. Presently, she has a private practice in Atlanta. A graduate of Vassar College and the Des Moines University School of Osteopathic Medicine, she completed her psychiatry residency at Emory University School of Medicine. She is a Distinguished Fellow of the American Psychiatric Association and is boarded in both psychiatry and family medicine and served a Chief Resident position in both residencies. She has served as Adjunct Professor of Psychiatry at the Morehouse School of Medicine and has taught and mentored many medical students and residents. She has authored numerous articles and lectured frequently on the topic of eating disorders, affective disorders and women’s issues.

Leslie Cox is a registered dietitian, board certified in pediatric nutrition who specializes in all forms of eating disorders. Leslie works as a clinical nutritionist at Children’s Healthcare of Atlanta where she is a founding member of the inpatient eating disorder team, which provides medical stabilization for children and adolescents with eating disorders. Leslie also specializes in medical nutrition therapy for children and adolescents with a variety of gastrointestinal conditions; complex feeding issues requiring nutrition support, and infants and children with failure to thrive.

Sasha Asumaa is a Licensed Professional Counselor in the state of Georgia. She has 10 years of experience working with eating disorders including pre and postoperative bariatric surgery, anorexia, bulimia, and binge eating disorder in both a hospital and outpatient setting. Sasha also has a passion for working with women ages 15 and up with chronic illness, thyroid disease, infertility, trauma, addiction, and family and relationship problems including domestic violence. Sasha is a Certified Eating Disorders Specialist (CEDS), a Master Addiction Counselor (MAC) and is also EMDR trained. Sasha is currently in private practice in the East Cobb area of Marietta.

Laura Knox graduated from Mercer University's School of Medicine, Marriage and Family therapy program in 2011. She works in private practice and enjoys working with individuals, families and couples with eating disorder issues. Laura is intensively trained in DBT (Dialectical Behavior Therapy) and often uses this modality in sessions as well as leading groups for adults and teens. Laura is passionate about working collaboratively with other ED professionals to provide comprehensive care - ranging from feeding issues, body image issues, family dynamic issues, co-occurring mental health issues and more.
SOCIAL MEDIA CO-CHAIRPERSON
Rebecca Clegg, MS, LPC, CEDS
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Rebecca Clegg is the president and founder of Authentic Living, an Atlanta based psychotherapy practice specializing in the treatment of women in recovery from eating disorders, compulsive overeating and emotional eating, and individuals seeking assistance in their weight management efforts. She is also the founder of Life Beyond The Diet.com, an online community that offers health coaching and educational programs focused on helping women heal their relationship with food and create an overall healthier lifestyle.

RESEARCH & STUDENT LIASONS CHAIRPERSONS
Meg Martinez, MA
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Meg Martinez is a doctoral student in Emory's clinical psychology program studying with Dr. Linda Craighead. After receiving her bachelor's degree from Yale University in 2010, Meg worked at the Columbia Center for Eating Disorders in New York, NY. Under the leadership of Drs. Tim Walsh, Evelyn Attia, and others, Meg was involved in cutting-edge research projects including a large clinical trial of a novel pharmacological treatment of Anorexia Nervosa. Currently, Meg's research interests focus on the development and evaluation of novel psychotherapies for the treatment of Anorexia.

RESEARCH & STUDENT LIASON CHAIRPERSON
Keira Oseroff, MSW, LCSW
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Keira Oseroff is a Licensed Clinical Social Worker, specializing in the treatment of those struggling with eating disorders, childhood feeding issues and dual diagnosis. She received her Bachelor's degree from The George Washington University and her Master's degree in Social Work from the University of Georgia. Since 1999, Keira has worked in a variety of clinical settings including residential treatment and private practice, working with individuals, couples, families and groups. Additionally, Keira serves as Clinical Supervisor for the Atlanta staff at Hope Homes Recovery. She is passionate about the important distinction between treating people, not disorders.
Anorexia Fact Sheet

About Anorexia Nervosa:
- Approximately 90-95% of anorexia nervosa sufferers are girls and women.
- Between 0.5–1% of American women suffer from anorexia nervosa.
- Anorexia nervosa is one of the most common psychiatric diagnoses in young women.
- Between 5-20% of individuals struggling with anorexia nervosa will die. The probabilities of death increases within that range depending on the length of the condition.
- Anorexia nervosa has one of the highest death rates of any mental health condition.
- Anorexia nervosa typically appears in early to mid-adolescence.

Definition of Anorexia:
- Restricted energy intake - unable to maintain a healthy weight. Considerable amount of weight loss in a short period of time.
- A fear of gaining weight - even when malnourished, starved, or underweight.
- Distorted body image - see themselves as normal weight when they are really dangerously underweight

Sub-Types of Anorexia:
- Restricting subtype - Counting calories, skipping meals, restricting certain food groups, rigid thinking about food and obsessive thoughts and rules
- Binge Eating/Purging Subtype - severe restriction on the amount of food and types of food they will eat, but also engages in binge eating and/or purging behavior as well.

Physical Signs:
- Rapid weight loss/frequent weight changes
- Loss or disturbance of menstruation in women/ decreased libido in men and women
- Fainting or dizziness
- Feeling cold most of the time
- Feeling bloated, constipated, developing intolerance to certain foods
- Feeling tired and sleep disturbances
- Lethargy and low energy
- Facial changes
- Fine Hair (Lanugo) appearing on face and body
Psychological Signs:
• Preoccupation with eating food, body shape, and weight
• Feeling anxious and/or irritable around meal times
• Intense fear of gaining weight
• Unable to maintain a normal body weight for their age and height
• Depression and Anxiety
• Reduced capacity for thinking and increased difficulty concentrating
• All or Nothing thinking
• Having a distorted body image
• Low self-esteem and perfectionism
• Increased sensitivity to comments relating to food, weight, body shape, and/or exercise
• Extreme body image dissatisfaction

Behavioral Signs:
• Dieting behavior
• Deliberate misuse of laxatives, appetite suppressants, enemas, or diuretics
• Repetitive or obsessive behaviors relating to body shape and weight
• Evidence of binge eating
• Eating in private and avoiding meals with other people
• Anti-social behavior - withdrawal from family and friends
• Secrecy around eating
• Compulsive or excessive exercising
• Radical changes in food preferences
• Obsessive rituals around food preparation and eating
• Preoccupation with preparing food for others, recipes, and nutrition
• Self-harm, substance abuse, or suicide attempts

Resources: nationaleatingdisorders.org and nedc.com.au
Bulimia Fact Sheet

About Bulimia Nervosa:
- Bulimia nervosa affects 1-2% of adolescent and young adult women.
- Approximately 80% of bulimia nervosa patients are female.
- People struggling with bulimia nervosa usually appear to be of average body weight.
- Many people struggling with bulimia nervosa recognize that their behaviors are unusual and perhaps dangerous to their health.
- Bulimia nervosa is frequently associated with symptoms of depression and changes in social adjustment.
- Risk of death from suicide or medical complications is markedly increased for eating disorders.

What is Binge Eating?
- Eating a very large amount of food within a relatively short period of time
- Feeling a sense of loss of control while eating

Purging Behaviors Include:
- Vomiting, misusing laxatives or diuretics, fasting, excessive exercise, use of any drugs (illicit, prescription and/or over the counter) inappropriately for weight control

Physical Signs:
- Frequent changes in weight (loss or gain)
- Signs of damage due to vomiting including swelling around the cheeks or jaw, calluses on knuckles, damage to teeth and bad breath
- Feeling bloated, constipated or developing intolerances to food
- Loss of or disturbance of menstrual periods in girls and women
- Fainting or dizziness
- Feeling tired and sleep disturbances

Psychological Signs:
- Preoccupation with eating, food, body shape and weight
- Sensitivity to comments relating to food, weight, body shape or exercise
- Low self-esteem, feelings of shame, self-loathing or guilt, particularly after eating
- Having a distorted body image
- Obsession with food and need for control
- Depression, anxiety or irritability
- Extreme body dissatisfaction
Behavioral Signs:

- Evidence of binge eating
- Vomiting or using laxatives, enemas, appetite suppressants or diuretics
- Eating in private and avoiding meals with other people
- Isolating - spending more and more time alone
- Repetitive or obsessive behaviors relating to body shape and weight
- Secretive behavior around food
- Compulsive or excessive exercising
- Dieting behavior
- Frequent trips to the bathroom during or shortly after meals which could be evidence of vomiting or laxative use
- Erratic behavior
- Self-harm, substance abuse, or suicide attempts

Resources: nationaleatingdisorders.org and nedc.com.au
Binge Eating Disorder (BED) Fact Sheet

About Binge Eating Disorder:
- The prevalence of BED is estimated to be approximately 1-5% of the general population.
- Binge eating disorder affects women slightly more often than men—estimates indicate that about 60% of people struggling with binge eating disorder are female and 40% are male.
- People who struggle with binge eating disorder can be of normal weight or heavier than average weight.
- BED is often associated with symptoms of depression.
- People struggling with binge eating disorder often express distress, shame, and guilt over their eating behaviors.
- People with binge eating disorder report a lower quality of life than people who do not binge eat.

What is Binge Eating?
- Eating a very large amount of food within a relatively short period of time.
- Feeling a sense of loss of control while eating.

Physical signs:
- Feeling tired and not sleeping well
- Feeling bloated, constipated or developing intolerances to food

Psychological Signs:
- Preoccupation with eating, food, body shape and weight
- Extreme body dissatisfaction and shame about their appearance
- Feelings of extreme distress, sadness, anxiety and guilt during and after a binge episode
- Low self esteem
- Increased sensitivity to comments relating to food, weight, body shape, and/or exercise
- Depression, anxiety or irritability

Behavioral Signs:
- Evidence of binge eating (e.g. disappearance or hoarding of food)
- Secretive behavior relating to food (e.g. hiding food and food wrappers around the house)
- Evading questions about eating and weight
- Increased isolation and withdrawal from activities previously enjoyed
- Erratic behavior (e.g. shoplifting food or spending large amounts of money on food)
- Self-harm, substance abuse or suicide attempts

Resources: nationaleatingdisorders.org and nedd.com.au
The Medical Evaluation of the Patient with an Eating Disorder:

A provider should be concerned and evaluate further any patient with:

- Excessive concern over weight
- Inappropriate dieting
- Pattern of weight loss
- Amenorrhea
- Failure to achieve appropriate increases in height or weight in a growing child

Common presenting symptoms:

- **Anorexia Nervosa**
  - Weight loss
  - Amenorrhea
  - Dizziness/syncope
  - Chest pain/palpitations
  - Seizures
  - Fatigue/weakness
  - Abdominal pain/constipation
  - Spontaneous or low impact fractures
  - Hair loss
  - Dry skin
  - Cold intolerance
  - Depression

- **Bulimia Nervosa**
  - Irregular menses
  - Palpitations
  - Acid reflux
  - Fatigue/weakness
  - Constipation or diarrhea
  - Upper and/or lower extremity edema
  - Frequent sore throat
  - Sensitive teeth
  - Swollen cheeks
  - Depression
Concerned providers can administer the SCOFF questionnaire:
1. Do you make yourself sick because you feel uncomfortably full?
2. Do you worry you have lost control over how much you eat?
3. Have you recently lost one stone (about 15 pounds) in a 3 month period?
4. Do you believe yourself to be fat when others say you are too thin?
5. Would you say that food dominates your life?

An appropriate initial medical evaluation should include:
- Height, weight, BMI
- Oral temperature
- Orthostatic vital signs
- Physical exam
- Laboratory evaluation

For all patients:
- Complete blood count (CBC)
- Comprehensive metabolic panel (CMP), phosphorous, calcium, and magnesium
- Urinalysis
- Thyroid function tests

If significant or suspected self-induced emesis:
- Amylase and lipase

If significant weight loss, bradycardia, syncope, or electrolyte abnormalities:
- Electrocardiogram (EKG)

For any male patient and all female patients with amenorrhea over 6 months:
- Bone densitometry (DEXA)

For females with amenorrhea also consider:
- Pregnancy test (urine HCG)
- Consider luteinizing hormone (LH), follicle stimulating hormone (FSH), prolactin, and estradiol

If possible malignancy or inflammatory bowel disease:
- Erythrocyte sedimentation rate (ESR)
- Consider immune globulin A and serum tissue transglutaminase (TTG)

NOTE: Normal labs do not mean the patient is not sick.
Patients most at risk for Refeeding Syndrome are those with:

ANY ONE of the following:
- BMI<16
- Weight loss > 15% in the previous 3-6 months
- Little or no nutritional intake for >10 days
- Low levels of potassium, phosphorous or magnesium before refeeding

OR

ANY TWO of the following:
- BMI <18.5
- Weight loss of >10% in the previous 3-6 months
- Little or no nutritional intake for >5 days
- History or alcohol abuse or drugs including insulin, chemotherapy, antacids
- Diuretics

Refeeding Syndrome can be DEADLY and patients at risk should be admitted for medical stabilization and management of the medical complications of refeeding.

Lastly, fluid boluses should be avoided in eating disorder patients. Specifically, those with low heart rates and blood pressures and those who are purging.
Medical complications involved with Eating Disorders include:

- Malnutrition
- Dehydration
- Electrolyte Imbalance
- Hyponatremia (related to water-loading)
- Refeeding Syndrome
- Vitamin and mineral deficiencies
- Lanugo (soft downy hair on face, back, arms)
- Edema
- Muscle atrophy
- Impaired neuromuscular function
- Amenorrhea
- Easily bruising skin
- Dental problems - decalcification of teeth, erosion of tooth enamel, severe decay, gum disease
- Liver failure
- Bad circulation
- Slowed irregular heartbeat
- Arrhythmias of the heart
- Angina
- Heart Attack
- Infertility
- Polycystic Ovarian Syndrome
- Problems during pregnancy
- Depression
- Lowered body temperature
- Cramps, bloating, constipation,
- Diarrhea, incontinence
- Osteopenia
- Arthritis
- TMJ Syndrome or related TMJ problems
- Orthostatic Hypotension
- High blood pressure/hypertension
- Low platelet count/thrombocytopenia
- Disruption in blood sugar levels
- Diabetes
- Ketoacidosis
- Iron Deficiency/Anemia
- Kidney infection/failure
- Osteoporosis
- Mallory-Weiss tear
- Gastric rupture
- Gastrointestinal Bleeding
- Esophageal reflux
- Barrett’s esophagus
- Cancer
- Insomnia
- Chronic Fatigue syndrome
- Hyperactivity
- Callused or bruised fingers
- Dry skin & hair/Brittle hair & nails
- Hair loss
- Peptic ulcers
- Pancreatitis
- Digestive difficulties
- Weakness/fatigue
- Seizures
- DEATH
Anorexia affects your whole body

**Brain and Nerves**
- can't think right, fear of gaining weight, sad, moody, irritable, bad memory, talking, changes in brain chemistry

**Hair**
- hair thins and gets brittle

**Heart**
- low blood pressure, slow heart rate, fluttering of the heart (palpitations), heart failure

**Blood**
- anemia and other blood problems

**Muscles, Joints, and Bones**
- weak muscles, swollen joints, bone loss, fractures, osteoporosis

**Kidneys**
- kidney stones, kidney failure

**Body Fluids**
- low potassium, magnesium, and sodium

**Intestines**
- constipation, bloating

**Hormones**
- periods stop, problems growing, trouble getting pregnant
- If pregnant, higher risk for miscarriage, having a C-section, baby with low birthweight, and postpartum depression

**Skin**
- bruise easily, dry skin, growth of fine hair all over body, get cold easily, yellow skin, nails get brittle

How bulimia affects your body

**Brain**
- depression, fear of gaining weight, anxiety, dizziness, shame, low self-esteem

**Cheeks**
- swelling, soreness

**Mouth**
- cavities, tooth enamel erosion, gum disease, teeth sensitive to hot and cold foods

**Throat & Esophagus**
- sore, irritated, can tear and rupture, blood in vomit

**Muscles**
- fatigue

**Stomach**
- ulcers, pain, can rupture, delayed emptying

**Skin**
- abrasion of knuckles, dry skin

Resource:
Levels of Care for Eating Disorders Treatment

If you find yourself with a patient that you believe is struggling with an eating disorder, there are many types of treatment available to that person. If you or your patient are unsure about which level of care is appropriate, the following guidelines will be helpful.

**Outpatient Care:** The patient is treated at an outpatient therapist’s office weekly or as therapist sees fit. The patient may also see a psychiatrist, dietician, and a medical doctor on an outpatient basis.

- Patient is medically stable and does not need daily medical monitoring
- Patient is psychiatrically stable and is able to function in everyday social, educational, or work settings
- Patient is able to make continued progress in recovery.
- Patient is healthy enough to be unsupervised the majority of the time

**Intensive Outpatient Program (IOP):** The patient is treated at a treatment center several times per week for a few hours at a time. This often involves process groups and some meal support. Typically, the patient is also seeing a therapist weekly as well as other professionals such as a psychiatrist, dietician, and a medical doctor.

- Patient is medically stable and does not need daily medical monitoring
- Patient is psychiatrically stable and is able to function in everyday social, educational, or work settings
- Patient is able to make continued progress in recovery
- Patient is stable enough to leave the treatment program at the end of each day

**Partial Hospitalization Program (PHP):** The patient is treated at a treatment center 5-7 days per week for most of the day. The patient would either sleep at home or stay at a residence on site or near the treatment program. Group therapy, individual and family sessions, as well as meal support are part of this treatment. A dietician, a therapist, a psychiatrist, and a medical doctor are part of the treatment team.

- Patient is medically stable
- The eating disorder impairs function, but without an immediate risk
- Patient still needs daily assessments of mental status and their physiology
- Patient is unable to function in normal social, educational, or work settings
- Engaging in daily eating disorder behaviors such as bingeing, purging, restricting, or other means to control weight
**Residential Treatment:** The patient is treated at the treatment facility 24 hours a day/7 days a week. This level of treatment involves group therapy, individual and family sessions, as well as meal support. A dietician, a therapist, a psychiatrist, and a medical doctor are part of the treatment team.

- The patient may be medically stable.
- The patient is psychiatrically impaired and unable to continue to make progress at the Partial Hospitalization, Intensive Outpatient or Outpatient levels of care

**Inpatient Treatment Program (INP):** The patient is treated on a medical support unit. This level of support provides medical stability, group therapy, individual and family sessions, as well as meal support. A dietician, a therapist, a psychiatrist, and a medical doctor are part of the treatment team.

- The patient has unstable or has depressed vital signs.
- Laboratory results indicate acute health risk
- The patient has complications due to coexisting conditions such as diabetes
- The patient is psychiatrically unstable with worsening symptoms and/or is suicidal with the inability to contract for safety.

*Resources: NEDA - www.nationaleatingdisorders.org/treatment-settings-and-levels-care
ECRI Institute Bulimia Resource Guide - www.bulimiaguide.org*
Why Refer to a Specialist?

Specialists are well trained and experienced in the treatment of eating disorders. Some have obtained certification from the International Association of Eating Disorders Professionals (ieadp). Specialists make recommendations for levels of treatment appropriate for each patient and make referrals to other team members such as psychologists, therapists, dieticians, psychiatrists, physicians, group therapy and treatment programs.

Certified Eating Disorders Specialists (CEDS) in Atlanta:

<table>
<thead>
<tr>
<th>Eating Disorders Specialist</th>
<th>Location</th>
<th>Contact Information</th>
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<td>Amanda Morse, LPC, CEDS</td>
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<td><a href="mailto:ajones.counseling@gmail.com">ajones.counseling@gmail.com</a> 404-452-1825</td>
</tr>
<tr>
<td>Helen Morton, LCSW, LMFT, CEDS, MAC, CCS, BETCS, iaedp supervisor</td>
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</tr>
<tr>
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</tr>
<tr>
<td>Anna B. Tanner, MD, FAAP, FSAHM, CEDS</td>
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<td>gwinettpeds.com/teen-center 770-995-0823</td>
</tr>
<tr>
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<td><a href="mailto:drjudi-lee@ndcatalanta.com">drjudi-lee@ndcatalanta.com</a> 770-293-1950 ext. 102</td>
</tr>
</tbody>
</table>
## iaedp-Atlanta Chapter Members:

<table>
<thead>
<tr>
<th>Chapter Member</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Candace B. Adair, MD</td>
<td>Midtown</td>
<td>benewellness.com 404-343-3870</td>
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<td>North Carolina</td>
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<tr>
<td>Sasha Asumaa, LPC, CEDS, MAC</td>
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<td>abycounseling.com 404-216-1135</td>
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<td>Jessica Baker, Ph.D., CEDS</td>
<td>North Fulton</td>
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</tr>
<tr>
<td>Susan Berel, Ph.D.</td>
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<td>Dalton</td>
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<td>Carol Ann Brannon, RD,LD</td>
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<td>Sara Bright, MS</td>
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</tr>
<tr>
<td>Genie Burnett, Psy.D., CEDS</td>
<td>Lawrenceville</td>
<td>mannahfund.org 770-495-9775</td>
</tr>
<tr>
<td>Erin Bushman, RD, LD</td>
<td>Marietta</td>
<td>erinbushman.com 330-760-9702</td>
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<tr>
<td>Emily Caliento, LPC</td>
<td>Buckhead</td>
<td><a href="mailto:emily@ndccatlanta.com">emily@ndccatlanta.com</a> 770-293-1950 ext. 204</td>
</tr>
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<td>Jennifer Carson, LAPC</td>
<td>Dawsonville</td>
<td><a href="mailto:embersonly@yahoo.com">embersonly@yahoo.com</a> 703-217-3627</td>
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<tr>
<td>Irene Celcer, LCSW</td>
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<td><a href="mailto:celcer@comcast.net">celcer@comcast.net</a> 464-869-8902</td>
</tr>
<tr>
<td>Michele Clark, CHHC</td>
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</tr>
<tr>
<td>Rebecca Clegg, LPC, CEDS</td>
<td>Buckhead</td>
<td>rebecaclegg.com 404-295-1359</td>
</tr>
<tr>
<td>Jacqueline Cohen, LPC, CHHT, CPC</td>
<td>Marietta</td>
<td>therapymama.com 404-822-1026</td>
</tr>
<tr>
<td>Name</td>
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<td>Email</td>
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<tr>
<td>Amber Martin Corbi, LPC</td>
<td>Brookhaven</td>
<td><a href="mailto:amberc@focustn.com">amberc@focustn.com</a></td>
</tr>
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<td>Atlanta</td>
<td><a href="mailto:leslie.cox@choa.org">leslie.cox@choa.org</a></td>
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<td>Angela Dainas, LMFT</td>
<td>Marietta</td>
<td><a href="mailto:angela.dainas@gmail.com">angela.dainas@gmail.com</a></td>
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<td>Amanda Dellinger, LPC, NCC, CPCS</td>
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</tr>
<tr>
<td>McCall Dempsey</td>
<td>St Simons</td>
<td>southernsmash.org</td>
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<td>harriscandc.com</td>
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<td>Name</td>
<td>City</td>
<td>Contact Information</td>
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<td>Susanne Stribling, Psy.D.</td>
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</tr>
</tbody>
</table>
# Free Groups for Eating Disorder Support

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact</th>
<th>Phone</th>
<th>Other Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EDA</strong>&lt;br&gt;Mondays at 6:30pm&lt;br&gt;Free Groups for Eating Disorder Support&lt;br&gt;Location: Park Avenue Baptist Church 486 Park Avenue SE Atlanta, GA 30312</td>
<td>Jordan</td>
<td>502-314-9671</td>
<td></td>
</tr>
<tr>
<td><strong>Family Support Group</strong>&lt;br&gt;(family and friends only)&lt;br&gt;Mondays 6pm&lt;br&gt;Location: Ridgeview Institute 3995 South Cobb Dr. Smyrna, GA 30080 E-East - Room 4</td>
<td>Lauren Greenway, LPC</td>
<td>770-434-4568 Women's Unit</td>
<td></td>
</tr>
<tr>
<td><strong>ANAD</strong>&lt;br&gt;Mondays 7-9 pm&lt;br&gt;Location: 12700 Century Dr. Suite E Alpharetta, GA 30009</td>
<td>Michele Clark, CHHC</td>
<td>404-406-2844</td>
<td></td>
</tr>
<tr>
<td><strong>ANAD</strong>&lt;br&gt;for Adults&lt;br&gt;6pm-7pm&lt;br&gt;Location: Midtown Psychotherapy 1708 Peachtree St. NW Suite 530 Atlanta, GA 30309</td>
<td>Allison Collins, LMSW</td>
<td>404-990-4888 <a href="http://www.midtownpsychotherapy.org">www.midtownpsychotherapy.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>ANAD</strong>&lt;br&gt;for Friends and Family&lt;br&gt;Mondays 7-8 pm&lt;br&gt;Location: Midtown Psychotherapy 1708 Peachtree St. NW Suite 530 Atlanta, GA 30309</td>
<td>Erin English, Ph.D.</td>
<td>404-369-1058 RSVP before first group</td>
<td></td>
</tr>
<tr>
<td><strong>ANAD</strong>&lt;br&gt;for Teens&lt;br&gt;Monday 7-8pm&lt;br&gt;Location: Midtown Psychotherapy 1708 Peachtree St. NW Suite 530 Atlanta, GA 30309</td>
<td>Michele Clark, CHHC</td>
<td>404-406-2844 RSVP before first group</td>
<td></td>
</tr>
<tr>
<td><strong>EDA</strong>&lt;br&gt;Phone Meeting&lt;br&gt;Monday 7 pm EST&lt;br&gt;Location: Via phone</td>
<td>712-432-0385 Bridge 797101#</td>
<td></td>
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</tr>
<tr>
<td><strong>F.E.D</strong>&lt;br&gt;Family and Friends of People with Eating Disorders&lt;br&gt;Fridays 12:30-2:00pm&lt;br&gt;Location: 333 Sandy Springs Circle Suite 127 Sandy Springs, GA 30328</td>
<td>Ephrat Lipton, LCSW</td>
<td>404-202-0932 <a href="mailto:ephratlipton@gmail.com">ephratlipton@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>EDA</strong>&lt;br&gt;Phone Meeting&lt;br&gt;Tuesday 10 am EST&lt;br&gt;Location: Via Phone</td>
<td>712-432-0385 Bridge 797101#</td>
<td></td>
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</tr>
<tr>
<td><strong>ANAD</strong>&lt;br&gt;Wednesdays 6-7pm&lt;br&gt;Location: Ridgeview Institute 3995 S Cobb Dr. Smyrna, GA 30080 Professional Building North</td>
<td>Joey Pulley, LPC</td>
<td>770-434-4568 ext. 4103 <a href="http://www.ridgeviewinstitute.com">www.ridgeviewinstitute.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>EDA</strong>&lt;br&gt;Wednesday 8 pm&lt;br&gt;Location: Online Support</td>
<td>Visit <a href="http://www.eatingdisordersanonymous.org/online.html">www.eatingdisordersanonymous.org/online.html</a> during the scheduled meeting time</td>
<td></td>
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</tr>
<tr>
<td><strong>ANAD</strong>&lt;br&gt;Thursdays 5-6pm&lt;br&gt;Location: KSU 1000 Chastain Rd Kennesaw, GA 30144 UC Building - Room 222</td>
<td>Elizabeth Lang</td>
<td>678-797-2538 <a href="mailto:recovery@kennesaw.edu">recovery@kennesaw.edu</a> only meets during the school year</td>
<td></td>
</tr>
<tr>
<td><strong>ANAD</strong>&lt;br&gt;Thursday 5pm-6pm&lt;br&gt;Location: 360 Therapy 2565 Thompson Bridge Rd. Suite 207 Gainesville, GA 30501</td>
<td>Susanne Stribling, Psy.D. And Linh Lam, LPC</td>
<td>Susanne 770-540-0610 Linh 678-582-8501 <a href="mailto:susanne@360therapygainesville.com">susanne@360therapygainesville.com</a> or <a href="mailto:linhlamlpc@gmail.com">linhlamlpc@gmail.com</a></td>
<td></td>
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</tbody>
</table>
| **ANAD**  
Thursday  
7-8pm | First Baptist Church  
308 Clairmont Avenue  
Decatur, GA 30030  
Meeting is in room S218  
Enter through side door located under the portico | Amanda Morse,  
LPC, CEDS | 404-452-1825 | amada.morse@decaturfamilypsychiatry.com |
| **EDA**  
Group  
Thursdays  
7:30 pm | Located at Triangle Clubhouse  
702 Lakeshore Circle  
Atlanta, GA 30324 | Melissa | 404-702-7022 | mgbaden@gmail.com |
| **EDA**  
Thursday  
8 pm | Phone support | 712-432-0385 Bridge 797101# |  |
| **EDA**  
Group  
Friday, 1:00pm EDT  
Online Support | Ridgeview Institute  
3995 S Cobb Dr.  
Smyrna, GA 30080  
Professional Building North | Rotating | 770-434-4567 | www.ridgeviewinstitute.com |
| **ANAD**  
Saturdays 10-11am | St. Luke’s Church  
Room 212  
1978 Mt. Vernon Rd.  
Atlanta, GA 30338 | Page Love,  
MS, RD, LD | 770.395.7331 | www.nutrifitga.com  
nutrilove@aol.com |
| **EDA**  
Phone Meeting  
Saturday  
9 am EST  
Phone Support | Announced monthly | Page Love,  
MS, RD, LD | 770.395.7331 | Must RSVP in order to get location for the month  
www.nutrifitga.com  
nutrilove@aol.com |
| **Breakfast Club**  
Free meal group  
8:30-9:30am Every other Thursday or Saturday of the Month | The Phoenix House  
4121 Southside Dr.  
Acworth, GA 30101 | Kris Shock | 678-480-4275 | www.soargeorgia.com |
| **EDA**  
Eating Disorders Anonymous  
Sundays 5-6 pm | Phone Support | 712-432-0385 Bridge 797101# |  |
| **EDA**  
Sunday 1 pm EST | Online Support |  |  | Visit www.eatingdisordersanonymous.org/online.html during the scheduled meeting time |

*ANAD = Anorexia Nervosa and Associated Disorders  
*EDA = Eating Disorder Anonymous
RECOMMENDED WEBSITES

IAEDP-ATLANTA CHAPTER - atlantaiaedp.com
IAEDP FOUNDATION - iaedp.com
NEDA - nationaleatingdisorders.org
ACADEMY FOR EATING DISORDERS - aedweb.org
    F.E.A.S.T. - feast-ed.org
    ANAD - anad.org
    EDIN - myedin.org
    MANNA - mannafund.org
GURZE BOOKS - gurzebooks.com

Please visit our website at www.atlantaiaedp.com and our Facebook page - iaedp Atlanta Chapter for our latest information, news & events.
2015 - 2016
EVENTS

- **2/17/15 ~ Professional Education/Networking Event**
  “Ahhh Yoga: The Benefits of Yoga for You and Your Clients”
  Presenter: Beth Ziegler, LPC, RYT

- **4/10/15 ~ CE Event sponsored by Rosewood Center for Eating Disorders**
  “Perfectly Imperfect: Understanding the Link Between Perfectionism, Shame, and Eating Disorders”
  Presenter: Lee Neagle, MA

- **4/21/15 ~ Bowling – Social Event**

- **6/5/15 ~ CE Event sponsored by Timberline Knolls**
  “Intoxicating Cycles of Shame: The Missing Link in the Treatment of Co-Occurring Eating and Substance Abuse Disorders”
  Presenter: Margaret Nagib, Psy.D.

- **9/18/15 ~ CE Event sponsored by Oliver-Pyatt Centers and Castlewood Treatment Centers**
  “The Power of Connection: Social Media and It’s Impact on Neurobiology in the Adolescent Brain”
  Presenter: Melissa McLain, Ph.D., CEDS
  “Cultivating Hope in Eating Disorders Treatment”
  Presenter: Nicole Siegfried, Ph.D., CEDS

- **10/16/15 ~ Annual Gala ~ “Behind the Mask” ~ Masquerade Ball**
• 1/29/16 ~ **Professional Education/Networking Event**
  “Feed The Soul: Story-Telling with Eating Disorders expert Dr. Anita Johnston”

• 2/18-21/16 ~ **iaedp National Symposium 2016-Amelia Island, FL**

• 4/15/16 ~ **CE Event sponsored by MARR (Metro Atlanta Recovery Residences)**
  "Feeding Off Each Other: Eating Disorders and Substance Use Disorders"
  Presenter: Jim Seckman, MAC, CACII, CCS, MDiv.

• 7/20/16 ~ **Presentation/Networking Event**
  Presenter: Julie Holland Faylor, MHS, CEDS, iaedp™ Fellow

• 7/22/16 ~ **CE Event sponsored by Veritas Collaborative**
  “Medical Complications of Eating Disorders: Lasting Impact of Delayed Diagnosis and Treatment”
  Presenter: Kerry Landry, MD, MS

• 8/5/16 ~ **CE Event sponsored by The Renfrew Center of Georgia**
  “Complex Treatment for the Complex Eating Disorder Client: Enhancing Change with Acceptance and Commitment Therapy”
  Presenter: Gayle Brooks, Ph.D.

• 9/16/16 ~ **CE Event sponsored by Timberline Knolls**
  “Be Body Positive – Professional Training”
  Presenter: Elizabeth Scott, LCSW

• 10/21/16 ~ **Annual Gala – “Speakeasy Soiree” ~ A Roaring 20’s Casino Night**
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