

**EATING DISORDER AND  
ADDICTION SIMILARITIES:  
USING THE 12-STEP RECOVERY MODEL FOR  
EATING DISORDER TREATMENT**

**FARLEY PROFESSIONAL LECTURE  
SERIES**

**The Farley Center at Williamsburg Place  
&  
Timberline Knolls**

**Invite You to Join Us:**

**Friday, March 26, 2010**

**9:00 am - 12:00 pm**

**Kim Dennis, MD  
Medical Director, Timberline Knolls**

3 SACAVA CEU's are available

Free Workshop



**Kimberly Dennis, MD  
Medical Director, Timberline Knolls**

This program will demonstrate the recovery principles incorporated into the treatment of clients with eating disorders and co-occurring eating disorders, substance abuse, and mood disorders which include the 12-step philosophy and experiential therapies such as art therapy, equine therapy and dance and movement therapy. Dr. Dennis will also examine the similarities and differences of eating disorders and substance abuse and review:

**Objectives:**

Participants will:

- Understand the current biological research supporting the links between eating disorders and other addictions.
- Recognize both types of disorders as 'brain illnesses'
- Understand how to implement the 12-step and spiritual principles in eating disorder recovery.
- Understand the myths surrounding the 12-step process, and its true effectiveness for ED sufferers.
- Healing Trauma (Soul): exposure therapy, story-telling, somatic/ alternative therapies, expressive therapies, EMDR.