



Williamsburg Place Lecture Series

Marty Lerner, PhD

CEO, Milestones in Recovery

Food Addiction: Eating Disorder or Substance Use Disorder?

April 26, 2019 / 9:00–11:00 am / 2 CEUs / No charge

Register at FarleyCenter.com/wpls

The workshop will be held at
The Pavilion at Williamsburg Place
5483 Mooretown Road
Williamsburg, VA 23188

GOALS

Participants will be able to:

- *To familiarize providers with a clear understanding of the similarities between eating disorders and substance use disorders.*
- *To foster an appreciation among providers of the significance of, and prevalence of, eating disorders within the substance use population and the importance of not minimizing its role hindering the CD recovery process.*
- *To understand the dynamics of reward circuits and down regulation of D2 Receptors with respect to substance use disorders and eating disorders – Appreciating the case for classifying some eating disorders as substance use disorders and not a psychiatric disorder.*

OBJECTIVES

Participants will:

- *Become familiar with the special needs [setting and dietary, and medical management] inherent with an eating disorder patient*
- *Learn to identify the ED+CD patient needing to be placed in a specialized residential program and those that may be managed in the CD setting / program.*
- *Become familiar with what an “abstinent food plan” consists of, how it is different from a “diet plan”, and the importance of identifying the specific foods with the highest potential for abuse.*

OVERVIEW

Given the complexity and nature of eating disorders, the presentation seeks to shed light on the growing continuum of research pointing to the “addictive” elements driving pathological [overeating] and the regulation of appetite. The notion some eating disorders resemble other forms of compulsive [or perhaps addictive] disorders is not entirely new. What follows is the prevailing definition of [substance] dependency as it applies to substances of abuse, the biological characteristics of the “addict”, and what these have in common with disordered eating. In addition, the specific “foods of abuse” are identified and the interplay of biology and psychological factors are discussed. The evidence supporting this [“food addiction”] thesis, and the implications of adopting this perspective are also addressed. Below is an outline of specific topics to be included.

ABOUT THE SPEAKER

A graduate of Nova Southeastern University, Dr. Lerner is a licensed and board certified clinical psychologist who has specialized in the treatment of eating disorders since 1980. He has appeared on numerous national television and radio programs that include The NPR Report, 20/20, Discovery Health, and ABC’s Nightline, as well as, authored several publications related to eating disorders in professional literature, national magazines, and newspapers including USA Today, The Wall Street Journal, New York Times, Miami Herald, Orlando and Hollywood Sun Sentinels. An active member of the professional community here in South Florida since finishing his training, Dr. Lerner makes his home in Ft. Lauderdale with his wife Michele and daughters Janelle, Danielle and their dog, Reggie.