

Meet the F.E.A.S.T. Speakers, Moderators, Panelists and Special Guests

Becky Henry

Becky Henry, Hope Network educates health care providers and families about eating disorders as an author, speaker and coach. Through her book, *Just Tell Her To Stop: Family Stories of Eating Disorders* as well as speaking and coaching she also guides families through the journey of caring for someone with an eating disorder. As a parent who has lived this challenging path, she is passionate about finding more answers and is collaborating with the Academy for Eating Disorders to raise millions of dollars for research. Bringing joy back to families impacted by these most deadly of all mental illnesses is her quest. Hope and joy inspire Becky. She also serves on the F.E.A.S.T. Board of Directors.

Bridget Bonnin

Bridget Bonnin lives with her husband in the warm tropical north of Australia. She has two daughters studying science at University. She works in cultural and environmental interpretation, preparing displays, brochures, signs and other education materials for national parks. Since her elder daughter developed anorexia she has been working with other F.E.A.S.T. families to try to improve treatment options for eating disorders in Australia. Bridget enjoys hanging out with her family, bush walking, traveling and wildlife watching whenever she gets the chance. She also serves on the F.E.A.S.T. Board of Directors.

Carrie Arnold

Carrie Arnold is a writer, author, and blogger in recovery from anorexia. She blogs daily at her popular recovery blog EDBites.com, and has published two books on eating disorders: *Running on Empty* (2004) and *Next to Nothing* (2007) with Oxford University Press. Carrie is currently at work on her third book for Routledge Press titled *Decoding Anorexia: How Science Offers Hope for Eating Disorders* (Fall 2012). She also works as a freelance science writer and has written for a variety of publications including the *Washington Post*, *Scientific American*, *Psychology Today*, *Smithsonian*, and *Self*. When she's not writing, she is playing with her cat, reading, cycling, or indulging her yarn obsession.

Chevese Turner

Chevese Turner, Founder & CEO, Binge Eating Disorder Association (BEDA). Recognizing the need for an organization to advocate on behalf of those with binge eating disorder (BED) and the providers who treat them, Chevese Turner founded BEDA in 2008. She expanded on her efforts to serve the eating disorder community more fully in 2010 by forming a partnership with respected clinician and thought-leader Amy Pershing, LCSW, ACSW of the Eating Disorders Center in Ann Arbor, Michigan, to found

Pershing Turner Centers (PTC) of Annapolis, Maryland. She is currently a member of the Academy for Eating Disorders, the International Association of Eating Disorder Professionals, and the Eating Disorders Coalition. Turner lives in Severna Park, MD with her husband and two beautiful sons.

Colleen Wise

Colleen Wise is a parent—a really good parent. She has been married to Allan Maas forever. She holds degrees in Civil Engineering and Horticulture, but gave up her engineering career to stay home and raise their three children. She now makes her living as a fiber artist and author; she travels the world speaking about her art. She serves her community as a Director of the Fruitland Mutual Water Company and as the President of Celebration Lutheran Church. Still, she considers parenting her lifework. She participated in co-op preschool; she was an active volunteer at every level in the school district; she was a Scout leader for 16 years. When their middle child became ill with anorexia nervosa in 2008, they nursed her back to physical and mental health using FBT principles. They feel fortunate that Colleen found F.E.A.S.T. and Around the Dinner Table early in their daughter's diagnosis; it proved crucial in their daughter's recovery. Helping their child recover from AN has been the most difficult thing they have ever faced. Colleen used to think of herself as an excellent parent; now she considers herself an *extraordinary* parent. Colleen is also a moderator on F.E.A.S.T.'s Around the Dinner Table Forum.

Cynthia M. Bulik, PhD, FAED

Cynthia M. Bulik, PhD, FAED, is the Distinguished Professor of Eating Disorders at the UNC School of Medicine, a Professor of Nutrition in the UNC School of Public Health, and

Director of the University of North Carolina Eating Disorders Program. She has published over 400 scientific papers and chapters on eating disorders. Her research includes treatment, laboratory, epidemiological, and genetic studies of eating disorders. She has a unique ability to translate complex scientific findings into clinically relevant pearls. She is on the F.E.A.S.T. Professional Advisory Panel and holds the first endowed professorship in eating disorders in the United States. Her new book: *The Woman in the Mirror: How to Stop Confusing What You Look Like with Who You Are* (Walker) will be released in December 2011.

Darcy E. Gruttadaro, JD

Darcy E. Gruttadaro, JD is the Director of the NAMI Child & Adolescent Action Center. Ms. Gruttadaro coordinates advocacy, support and education activity with NAMI's 1100 state and affiliate organizations to improve the lives of children, youth, and young adults living with mental illnesses and their families. Before joining NAMI, Ms. Gruttadaro worked as an independent legal advisor and policy analyst for the American Managed Behavioral Healthcare Association (AMBHA) and other health care and advocacy organizations. Ms. Gruttadaro served as a law clerk to the Honorable Kenneth R. Fisher in the U.S. District Court in the Western District of New York. She earned her Juris Doctor degree from Western New England College School of Law and her Bachelor of Science degree from Clarkson University.

Douglas Bunnell, PhD

Douglas Bunnell, PhD, is Vice President and Director of Outpatient Clinical Services for The Renfrew Centers. He is the Past President of the National Eating Disorders Association and the American Anorexia Bulimia Association and has been involved in federal advocacy programs for eating disorders. Dr. Bunnell is in private practice in Wilton, CT. He is a graduate of Yale University and received his doctorate degree from Northwestern University. He is a charter member of the Academy for Eating Disorders, and is a founding member of the Eating Disorders Coalition for Research, Policy, and Action.

James Lock, MD, Ph.D.

James Lock, MD, Ph.D. is Professor of Child Psychiatry and Pediatrics in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine where he also serves as Director of the Eating Disorder Program for Children and Adolescents. Dr. Lock has published over 200 articles, abstracts, books and book chapters. He is the past recipient of a National Institute of Health (NIH) Career Development Award and a current recipient of a Mid-Career Award. He is active in research with 4 currently NIH funded projects related to eating disorder treatment in children and adolescents and young adults as well as numerous national and international collaborations.. His recent research focuses on integrating treatment research with neuroscience in eating disorders, including examining neurocognitive processes and their functional and neuroanatomical correlates. He has lectured widely in the US, Canada, Europe, South America, Asia and Australia. Dr. Lock's current research focused on interventions for anorexia nervosa and bulimia nervosa in younger patients is funded by the National Institutes of Health in the USA. He was awarded the Price Family Foundation Award for Research Excellence in 2010.

Jeanine Cogan, Ph.D.

Jeanine Cogan, Ph.D., is the founding Executive Director and current Policy Director of the Eating Disorders Coalition for Research, Policy & Action. Her policy career began in 1996 when she was awarded the James Marshall Public Policy Fellowship. In 1998, she received an additional highly competitive policy award from the American Psychological Association (APA) as a Science Congressional Fellow where she worked for a Member of Congress. In this role, she conceptualized and wrote a federal bill, the Patient Freedom of Restraint Act, which led to the promulgation of new regulations. In 2000 Dr. Cogan was awarded Fellow status in a division of APA for her outstanding contributions in psychology and public policy. In 2004 she received "Wings of Hope" from Ophelia's Place for inspiring others to make a difference through advocacy. She was the National Honoree for her efforts in educating Congress about eating disorders in 2005 from the HEED Foundation.

Jennifer Whisman

Jennifer Whisman lives in a rural state in the eastern United States with her family. Professionally, she works with teams supporting individuals with autism spectrum disorders and is active in the field of

positive behavior support. After finding few local services and supports when her daughter was diagnosed with anorexia, she and her family found themselves traveling out of state for effective treatment. Her current goals are to increase awareness of eating disorders and evidence-based treatment and advocate for other families in locally, regionally, and internationally. Jennifer serves on the F.E.A.S.T. Board of Directors.

Julie O'Toole, MD, MPH

Julie O'Toole, MD, MPH, is founder and medical director of Kartini Clinic. She is a board certified pediatrician. She has been in private pediatric practice for the better part of two decades. She is a member of the American Academy of Pediatrics, the Society for Adolescent Medicine, AED (Academy for Eating Disorders), NEDA (National Eating Disorders Association), and EDAP (Eating Disorders Awareness and Prevention). Dr. O'Toole is on the F.E.A.S.T. Professional Advisory Panel. She also has a master's degree in public health (international health). As well as being an avid gardener and bookworm, she is a proud parent to four grown children.

June Alexander

June Alexander, an Eating Disorder Awareness advocate and Writer/Columnist/Editor was born December 1950, in Bairnsdale, Australia. She developed Anorexia Nervosa at age 11 in 1962, her illness was diagnosed at age 32, and she "regained identity" at age 55. In 2007, at age 56, Alexander resigned from 30-plus year career in full-time print journalism to write non-fiction with focus on eating disorder awareness and mental health. June is a member of Australian Society of Authors, Victorian Writer's Centre, national and international eating disorder academies (Academy of Eating Disorders, Australian and New Zealand Academy of Eating Disorders, Butterfly Eating Disorder Australian National Network). She was nominated and elected to the F.E.A.S.T. Board of Directors in January 2011.

Kathleen McDonald

Kathleen McDonald Kathleen MacDonald is the Education & Prevention Coordinator for the Gail R. Schoenbach F.R.E.E.D. Foundation (For Recovery & Elimination of Eating Disorders), and the Policy Assistant at the Eating Disorders Coalition for Research, Policy and Action. Kathleen's expertise is in prevention and education through the "F.R.E.E.D. College Speaking Tour", training medical professionals on the identification, prevention, and the treatment of eating and body image disorders; and eating disorders policy. Kathleen's passions include advocating for the passage of the FREED Act (The Federal Response to Eliminating Eating Disorders Act), the first comprehensive bill to address Eating Disorders; education and prevention on college campuses; hiking, fly-fishing, running, reading, learning to cook, painting and writing. She lives near Washington, DC with her English Setter (and her, um, seven cats).

Katie Cullinane

Katie Cullinane is a UK based trainee counselor who has been in recovery from anorexia for the last three years.

Kitty Westin, M.A., L.P.

Kitty Westin, M.A., L.P. began her work in advocacy 11 years ago after her daughter, Anna Westin, died from anorexia. She and her family founded the Anna Westin Foundation in 2000 (now the Emily Program Foundation) and in the past 11 years she has spoken to millions of people about the seriousness of eating disorders through personal appearances and the media. Kitty is the current president of the Emily Program Foundation. She has been an active member of the Eating Disorders Coalition for 10 years and she has served as board president. Kitty has been active in the Academy for Eating Disorders and is currently on the 2012 ICED Scientific Planning Committee, she has served as co-chair of the AED Advocacy/Communications committee and she was a member of the Patient/ Carer Task Force. Kitty is also on the F.E.A.S.T. Professional Advisory Panel.

Laura Collins Lyster-Mensh, M.S.

Laura Collins Lyster-Mensh, M.S., F.E.A.S.T. Executive Director, is a writer from Virginia who became an activist for improved eating disorder treatment after the recovery of her teen daughter from anorexia. Her book, *Eating With Your Anorexic* (McGraw Hill), is a memoir of her family's experience. Collins is an affiliate member of the Academy for Eating Disorders. She has been an invited speaker for the National Eating Disorders Association, the Academy for Eating Disorders, Renfrew Foundation, Ophelia's Place, the University of North Carolina Eating Disorders Program, and Eating Disorders Coalition conferences. Collins writes a blog for *The Huffington Post*, and is also frequently interviewed by the media, including *The Washington Post*, *The New York Times*, *BBC News*, *Wall Street Journal*, *Newsweek*, *NPR*, and *Los Angeles Times*. Her personal blog appears at LaurasSoapBox.net.

Laura Discipio, LCSW

Laura Discipio, LCSW is the Executive Director of (ANAD) the National Association of Anorexia Nervosa and Associated Disorders. ANAD is a 35 year old non-profit, whose mission is to prevent and alleviate the problems associated with eating disorders. In addition to her role at ANAD, Laura works as a clinical social worker in a private practice in Naperville, Illinois and is also a member of the allied staff at Linden Oaks Hospital at Edward. Laura is a member of the NASW, Academy of Eating Disorders, and ANAD.

Leslie Feder, F.E.A.S.T. Vice-Chair and Chair of the Finance Committee, worked in investment banking in New York both before and after earning her MBA, and now works independently in real estate investment, development, and finance in the greater New York City area. She lives in Manhattan with her husband, an obstetrician-gynecologist; they have three children, a 15-year-old girl, a 17-year-old boy, and a 19-year-old girl who is at college. She earned her AB magna cum laude, Phi Beta Kappa from Harvard College, and her MBA from the Harvard Graduate School of Business Administration, where she

also held an Associates Fellowship. She serves as a Director of a not-for-profit housing corporation that is an affiliate of the Phipps Houses, among many other outside interests.

Maria Finnis Chataway, BSc, MBBS, MRCPH

Maria Finnis Chataway, BSc, MBBS, MRCPH is a Paediatric Specialist Registrar in Oxford, UK, and the mother of three young sons. Dr. Finnis' special interest is in developmental paediatrics and neurodisability, including autism.

Mary Beth Krohel

Mary Beth Krohel began her family advocacy in the field of Eating Disorders as a member of NEDA's Parent, Family & Friends Network (PFN) Steering Committee from 2004 -2009.

She was a member of the AED 2011 ICED Scientific Program Committee and is currently a member of the Academy for Eating Disorders Medical Care Standards Task Force, which recently published the "Guide to Medical Management of Eating Disorders". This document has been endorsed by the American Academy of Pediatrics, the American Psychiatric Association, the Canadian Paediatric Society and the Society of Adolescent Health and Medicine. In addition, M.B. is a founding member of F.E.A.S.T. and the current chair of their Medical Education Task Force.

Mary Gutteridge

Mary Gutteridge is the lead moderator of the Around the Dinner Table Forum and a F.E.A.S.T. volunteer. She makes up the M of C&M ED Productions (short instructional videos about eating disorders). She is a designer, movie maker, producer and Social Media developer. Mary is the mother of two with a young adult daughter with Anorexia Nervosa. She is an avid reader and researcher with a background in finance. Her passions include; travel, art, music and fine food.

Olympia Collins

Olympia Collins is living the dream, the dream of kerning fonts all day, that is. She is a recent graduate of VCU Art School, and currently working in Richmond, Virginia as a graphic designer. Along with designing, Olympia enjoys people-watching, photography and keeping up with her fabulously eclectic family.

Rachel Polonsky

Rachel Polonsky is a writer and academic, based in Cambridge, UK. She is the mother of four daughters. She has been a supporter of Laura Collins's work since 2007. She is interested in helping families discover and develop their own resources for dealing with eating-disordered children, and in

promoting evidence-based treatment. Polonsky was nominated and elected to the F.E.A.S.T. Board of Directors for a term beginning January 2011.

Rebecka Peebles, MD

Rebecka Peebles, MD is an Assistant Professor in the Division of Adolescent Medicine at the Children's Hospital of Philadelphia and the University Of Pennsylvania School Of Medicine. Prior to CHOP, she was an Instructor at Stanford University School of Medicine's Division of Adolescent Medicine, Department of Pediatrics, and was primarily involved with the Eating Disorders Clinic and Center for Healthy Weight at the Lucile Packard Children's Hospital. Dr. Peebles' research interests focus on the health outcomes of disordered eating in adolescents of diverse weight ranges, and how the Internet can be used as a vector to both help and harm young people as they try to approach a healthy weight. Her most recent work has been funded by the American Heart Association. Dr. Peebles also serves on the F.E.A.S.T. Professional Advisory Panel.

Richard E. Kreipe, MD, FAAP, FSAHM, FAED

Richard E. Kreipe, MD, FAAP, FSAHM, FAED is a Professor of Pediatrics, former Chief of the Adolescent Medicine Fellowship Director and Chief of the Division of Adolescent Medicine at the University of Rochester; and is Board Certified in Pediatrics and in Adolescent Medicine. Dr. Kreipe is the Medical Director for the Western New York Comprehensive Care Center for Eating Disorders, and the founding director of the Child and Adolescent Eating Disorder Program, both based at the University of Rochester Medical Center's Golisano Children's Hospital. As a pediatrician and adolescent medicine specialist for more than 30 years, he has always assumed that parents are doing the best that they can in trying to help a son or daughter with an eating disorder. He also prefers to frame eating disorders as "developmental" rather than "mental" illnesses, since the former better captures the dynamics underlying the predisposing, precipitating and perpetuating factors associate with eating disorders and recovery from them.

Ruth Sullivan, PhD

Ruth Sullivan, PhD is a pioneer in the field of [autism](#), one of the first parents to be active, an organizer and lifelong crusader for education for people with autism. In 1965, Dr. Ruth Sullivan was one of the founders, of the [Autism Society of America](#) and was its first elected president. Ruth Sullivan was founder and former Executive Director of the [Autism Services Center](#), a [nonprofit](#), licensed [behavioral health](#) care agency that she founded in [Huntington, West Virginia](#) in 1979. She retired from the Autism Services Center on November 1, 2007 at the age of 83. Sullivan is considered a world expert on autism. She has given presentations in many countries including Australia, South Africa, Kuwait, Argentina, the Netherlands and France. She has written many articles on autism from the point of view of parents and of care providers, most recently in the *Handbook of Autism and Pervasive Developmental Disorders* (Wiley, 2005); she wrote the foreword to *The Way I See It: A Personal Look at Autism and Asperger's* (2008) by [Temple Grandin](#), an adult with autism. She is one of the founders of

NARPAA, http://en.wikipedia.org/wiki/Ruth_C._Sullivan_-_cite_note-4 the National Association of Residential Providers for Adults with Autism. Dr. Ruth Sullivan has seven children.

Sarah Krevans

Sarah Krevans, Chair, F.E.A.S.T. Board of Directors also serves as President of Sutter Health Sacramento Sierra Region, a network of hospitals and physician care centers located throughout nine Northern California counties. Ms. Krevans is responsible for setting the overall strategic direction of the Sutter Health Sacramento Sierra Region. She oversees seven acute care hospitals and two mental health facilities with 1,615 beds, more than 11,500 employees, and 535 medical group physicians. She also works closely with aligned physicians in the region to grow Sutter's integrated health care delivery system. Ms. Krevans earned master's degrees in Public Health and Business Administration from the University of California, Berkeley. She is married with three children and lives in Sacramento.

Stephanie B. Milstein, Ph.D.

Stephanie B. Milstein, Ph.D. is a doctoral level clinical psychologist licensed in the state of Michigan. She is an independent practitioner at Dennis & Moye & Associates in Bloomfield Hills, Michigan where she specializes in the treatment of children, adolescents, adults and families affected by eating disorders. She provides Maudsley-Family based parent and family coaching on an individualized basis as well as in a group setting. Dr. Milstein is on staff at Beaumont Hospital in the Division of Adolescent Medicine. She is a member of the team that has implemented Family Based groups for parents and adolescents through the Hough Family Center for Eating Disorders of Beaumont Hospital. Dr. Milstein also is a member of the Professional Advisory Panel F.E.A.S.T. She firmly believes in utilization of teamwork and takes a collaborative approach towards the treatment of eating disorders. She contributed a chapter entitled "Effectively engaging the family in Treatment" in *A Collaborative Approach to Eating Disorders* (Treasure & Alexander, 2011).

Stephanie Bauer, PhD

Stephanie Bauer, PhD serves as Director for Public Affairs for the Academy for Eating Disorders (AED). She is a psychologist and research fellow at the Center for Psychotherapy Research at the University Hospital Heidelberg, Germany. Her areas of professional interest include research related to the prevention and treatment of eating disorders, e-mental health, and service research. She has been involved in several national and international research projects on eating disorders. For example she served as project manager of the Marie Curie Research Training Network INTACT ('Individually tailored stepped care for women with eating disorders') and is Principal Investigator of the project ProYouth ('Promotion of young people's mental health through technology-enhanced personalization of care'), both funded by the European Commission.

Susan Ringwood

Susan Ringwood, Chief Executive, BEAT. After initially training as a teacher, Susan has spent more than 30 years working in the charity sector. She became Beat's Chief Executive September 2002. Susan was a member of the National Institute of Health and Clinical Excellence guideline development group for the treatment of Eating Disorders, and is a lay member of the NICE topic panel for Mental Health. She is a member of the Advisory Board of the Academy of Eating Disorders and is Chair of the Academy's Patient and Carers' Committee. She led the development of the World Wide Charter for Action on Eating Disorders, and was the 2008 recipient of the AED Meehan/Hartley award of Leadership in Advocacy and Public Service. Susan is a member of the Royal College of Psychiatrists Eating Disorders section Executive Committee. She also serves on F.E.A.S.T.'s Professional Advisory Panel.

Thomas R. Insel, M.D.

Thomas R. Insel, M.D., is Director of the National Institute of Mental Health (NIMH), the component of the National Institutes of Health charged with generating the knowledge needed to understand, treat, and prevent mental disorders. His tenure at NIMH has been distinguished by groundbreaking findings in the areas of practical clinical trials, autism research, and the role of genetics in mental illnesses. Prior to his appointment as NIMH Director in Fall 2002, Dr. Insel was Professor of Psychiatry at Emory University. There, he was founding director of the Center for Behavioral Neuroscience, one of the largest science and technology centers funded by the National Science Foundation and, concurrently, director of an NIH-funded Center for Autism Research. From 1994 to 1999, he was Director of the Yerkes Regional Primate Research Center in Atlanta. While at Emory, Dr. Insel continued the line of research he had initiated at NIMH studying the neurobiology of complex social behaviors. He has published over 250 scientific articles and four books, including the *Neurobiology of Parental Care* (with Michael Numan) in 2003. Dr. Insel has served on numerous academic, scientific, and professional committees and boards. He is a member of the Institute of Medicine, a fellow of the American College of Neuropsychopharmacology, and is a recipient of several awards including the Outstanding Service Award from the U.S. Public Health Service. Dr. Insel graduated from the combined B.A.-M.D. program at Boston University in 1974. He did his internship at Berkshire Medical Center, Pittsfield, Massachusetts, and his residency at the Langley Porter Neuropsychiatric Institute at the University of California, San Francisco.

Walter H. Kaye, M.D.

Walter H. Kaye, M.D. is a Professor of Psychiatry at the University of California San Diego and Director of the Eating Disorder Research and Treatment Program. Dr. Kaye attended Ohio State Medical School, trained in neurology at the University of Southern California, and trained in psychiatry at the University of California, Los Angeles. Dr. Kaye was on the faculty of the University of Pittsburgh for 20 years until joining UCSD. His current research is focused on exploring the relationship between brain and behavior using brain imaging and investigating new treatments in anorexia and bulimia nervosa. He is also the principal investigator for an international, multi site collaboration on the genetics of anorexia and

bulimia nervosa. Dr. Kaye has an international reputation in the field of eating disorders and is the author of more than 250 articles and publications. He is also on the F.E.A.S.T. Advisory Panel.