

# Plugged In



April 2009  
Volunteer Report

Volunteer Opportunities and Updates from Eating Disorders Coalition of Tennessee

## Station Camp High School Health Fair



EDCT VOLUNTEER ANGELA HOWELL AND STATION CAMP HIGH SCHOOL STUDENTS AT HEALTH FAIR

## SOUL HUNGER:

Treating Eating Disorders with Imagery & Storytelling

Eating Disorders Coalition of Tennessee-Knox Area will host a training with Anita Johnston, Ph.D. Dr. Johnston is a clinical psychologist in private practice who specializes in eating disorders and women's issues. She is the author of *Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food Through myth, Metaphor, and Storytelling* which has been published in five languages.

Dr. Johnston blends ancient storytelling, modern psychology, spiritual wisdom, and contemporary women's issues in a unique and powerful way. This workshop will be lively, engaging, and full of humor, insight, and compassion. She is known for her ability to use metaphor, stories, and imagery to teach complex psychological concepts in a way that is easily absorbed and eminently practical.

This seminar is designed for mental health professionals of all levels of experience. Registration is now open for this event being held on Thursday, April 23rd, 11:00 a.m. to 2:30 p.m. at the Black Cultural Center UT Campus, 1800 Melrose Center in Knoxville. Cost is \$30 for professionals and \$15 for students.

For more information visit the Professional Training page at [www.edct.net](http://www.edct.net)

## 6th Annual Forum Brings Together Professionals

### Annual Forum for Professionals April 4th

Eating Disorders Coalition of Tennessee is proud to announce our 6th Annual Forum, Eating Disorders and Obesity: A National Crisis?

Jointly sponsored by EDCT and Vanderbilt University School of Medicine. This forum offers a vital perspective on helping clinicians effectively address the theoretical and empirical perspectives in the treatment of eating disorders and obesity. To this end, we offer eleven breakout sessions within which both theoretical and practical applications are discussed.

We are excited and honored to announce our keynote for 2009: Dianne Neumark-Sztainer, PhD, MPH, RD. Dr. Neumark-Sztainer, Professor in the Division of Epidemiology and Community Health at the University of Minnesota, is the author of *I'm Like, SO Fat! Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight Obsessed World* (The Guilford Press).

EDCT's Forum is designed to offer the opportunity for professionals to explore and discuss such important health issues surrounding both eating disorders and obesity. It is imperative that a clearer understanding of the relationship between eating disorders and obesity,

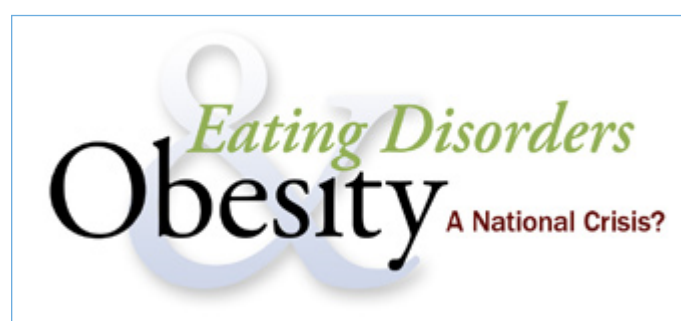
including prevention, theory and research, treatment, and social and cultural issues, be considered and addressed.

Target Audience:

Psychologists, Counselors, Social Workers, School Counselors, Registered Dietitians, Exercise Physiologists, Pediatricians, Internists, Psychiatrists, and Public Policy professionals, and Public Health officials.

APA Approved CEU's available.

Visit [www.edct.net](http://www.edct.net) for more information.



## Upcoming Events and Volunteer Opportunities

**April 2:** *Evening of Song & Story*, 6 pm-9 pm at Richland Country Club. Visit <http://www.edct.net/ess.aspx> for more information.

**April 8:** Annual Forum Kick-Off Reception, 7 pm-9 pm at Hampton Inn & Suites Green Hills. For more information email [bmacnealy@edct.net](mailto:bmacnealy@edct.net)

**April 4:** *Obesity & Eating Disorders: A National Crisis?* 7 am-4:15 pm at The School of Pharmacy on the campus of Lipscomb University. For more information visit [www.edct.net](http://www.edct.net)

**April 8:** EDCT-Middle TN *Fashion for EveryBODY* Committee Meeting at Virago, 6 p.m. For more information email [bmacnealy@edct.net](mailto:bmacnealy@edct.net)

**April 21:** EDCT Executive Committee Meeting. 7:30 am EDCT Office.

**April 23:** EDCT Knox Area *Soul Hunger: Treating Eating Disorders with Imagery & Storytelling*, 11 a.m.-2:30 p.m. at Black Cultural Center UT Campus, 1800 Melrose Center. For more information visit Professional Training page at [www.edct.net](http://www.edct.net)

## THANKS TO YOU!

Rebecca Wright, Mary Lee Barlett, Laura Muck, Waller McIness, Carolyn Johns, Angela Howell, Amanda Hartberger, Annie Farris and Beth Lamb for staffing the booth at area health fairs.

Carolyn Johns for planning the 2009 Annual Forum Breakfast.

Alyson Knop, Cheyenne Metzger, Leigh McGinty, Missy Williams, Nikki Allen, Laura Muck, Missy Williams and Annie Farris for administrative assistance.

Liz Llewellyn, Rhonda Scarlata, Alyson Knop, Missy Williams and Jill Baker for serving on the Membership Committee.

Marshall Romero and Emily Lane for tech support.

Sheri Switzer for contributing to *Weigh-In Wednesday!*

Kendra Gray, Chad Buck, Beth Lamb, Reba Sloan, Irv Rubenstein, Laura Newton, Andrea Barrett, Alice Justiss and Elyse Rochman Folley for planning the 2009 Annual Forum for Professionals.

Lauren O'Neill Crist-Fulk for helping with the newsletter mailing.

Lauren Ray for helping with *Fashion for EveryBODY* 2009 Radio Marketing.

Kim Bushore-Maki and Marsha Litton-Baker for speaking on behalf of EDCT.

Nevin & Myrtianne Downs, Susan Akers, Kathy & Marbut Glenn Gaston, The Wilson Group Real Estate Services, Mary Lee Bartlett, Karen Silien, Linda Morphis and Nancy Beveridge for serving as Co-Writers at *Evening of Song & Story* 2009.

Caroline Mitchell Lusk, Kathy Gaston and Mike Brasel for sharing their story at *Evening of Song & Story*.

Karen Wetherall for chairing Knox Area *Soul Hunger: Treating Eating Disorders with Imagery & Storytelling*.

Christina Hale for making a sponsor logo slideshow for the Annual Forum.

Laura Muck for making a photo slideshow for *Evening of Song & Story*.