

23rd Annual Columbia River Eating Disorder Network Conference

Virtual
Program!

FRIDAY-SATURDAY
April 23-24

Gender Diversity in the Treatment of Eating Disorders: Best Practices and Affirming Care for Transgender, Gender Diverse and Non-Binary Clients

Friday 9 a.m.-1 p.m., Saturday 12:30-5:30 p.m. | 7 CEUs



Transgender, gender diverse and non-binary individuals face significant health disparities, with recent research indicating that these communities have a significantly higher risk of developing eating disorders (ED) as well as a higher prevalence of ED than their cisgender peers.

This year's conference will address the need for more competent care for transgender, gender diverse and non-binary clients, as well as provide a deeper understanding of the unique challenges they may face as they navigate recovery. CREDN encourages attendees to challenge the cisgender-heteronormative approaches to treating ED's

that most traditional ED education provides, and to step into their own understanding of ways in which cisgender privilege and biases about gender identity have impacted the work with ED clients.

Join us as we examine cisgender privilege, care disparities and best practices as we work towards greater gender inclusion and equity in counseling and the treatment of eating disorders.

2021 Presenters and Program



Lindsay Birchfield, MS,
RD, CD Registered Dietitian,
Gender Activist, Creating
Peace with Food



Sand C. Chang, PhD
Psychologist, Author, Trainer,
Clinic Director, Octave Health



Vaughn Darst, MS, RD
Registered Dietitian, Senior
Coordinator of Gender Affirmative
Care, Center for Discovery



Shilo M. George, MS
Speaker, Trainer, Lush Kuntux
Tumtum Consulting



Kia'ikai Iguchi, MSc, MS,
RD, LD, CD Registered
Dietitian, Rogers Behavioral Health

Do No Harm: Centering Trans and Nonbinary Experiences in Body Positive Movements and Eating Disorder Treatment (Chang) **"Don't Tell Me I Can't Love My Body" Nuanced Conversations About Trans-Centered Nutrition** (Birchfield, Darst, Iguchi) **I Hear My Ancestors - "Mé' stse Mo'óna'e!"** (George) **Better Informed: Identifying Strengths and Limitations in a Cisnormative Treatment System** Clinical Research Panel

Registration:

Regular \$125 by 3/26, \$50 after

CREDN Members \$100 by 3/26, \$125 after

Students, Medical Residents \$50

About CREDN

CREDN is a nonprofit organization and diverse community of professionals dedicated to the prevention and treatment of eating disorders. We support a bio-psycho-social conceptualization of eating disorders, recognizing both biological and environmental variables and risk factors. We provide education opportunities to our members and the community, promote awareness surrounding food and body concerns, and provide referral information for those seeking treatment. Learn more at [CREDN.org](https://credn.org)

Register online at go.lclark.edu/graduate/credn