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**Hynes Recovery Services** has brought together some of the top providers in our area who are available to provide assessments for collegiate athletes struggling with eating disorders. In addition, our team has identified additional resources designed to help support the university community in addressing this important issue – including experts available for consultations, trainings, and/or recovery presentations at educational institutions nationwide. Please review the information in this directory and reach out to those individuals and/or programs you feel can be useful to the students in your care.

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*The content of this guide is for informational purposes only. Hynes Recovery Services does not recommend or endorse any of the treatment resources included in this directory. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment, and we do not warrant or represent in any way the accuracy or medical approval of any of these treatment resources. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a suspected or actual medical condition and its treatment.*

# Introduction to Collegiate Athletes with Eating Disorders

## Introduction to Athletes with Eating Disorders

Drive, passion, and determination are characteristics that enable athletes to push themselves both mentally and physically to excel in their respective sports. Athletes, especially elite athletes, are quite familiar with the concepts of sacrifice and hard work to achieve their goals. Unfortunately, some of the same personality traits that are thought to contribute to the development of a successful athlete can also be found in those with disordered eating (DE) or an eating disorder (ED).

**Female Athlete Triad (Triad)** is a condition characterized by the interrelationship of energy availability, menstrual function, and bone health, existing along a spectrum (1). Collegiate female athletes are a group that has attracted a particular amount of attention regarding the presence of Triad, DE, and EDs. In several large studies, it was found that 0-8% of elite and college female athletes meet criteria for a clinical ED based on DSM-IV criteria (2-3), while 14-19% of female collegiate athletes were found to have subclinical symptom levels (4-5). Athletes participating in leanness sports, in which a lean frame or body weight is perceived as important for performance, exhibit a higher prevalence of EDs/DE (~60%) versus their counterparts in non-leanness sports and controls (6-8). Leanness sports include gymnastics, ballet, figure skating, cheerleading, cycling, lightweight rowing, synchronized swimming, cross country running, and others. Although most research in the past has focused on females, males can also struggle with EDs and DE. Therefore, coaches and team staff should be aware of the signs and symptoms that signify a concern in this population as well.

### Signs and symptoms of EDs in athletes:

- Isolating behavior (especially around meal times)
- Ritualistic eating
- Excessive use of restroom after meals
- Avoidance of team meals
- Excessive or rapid weight loss
- Over-concern with body image
- Mood changes
- Fatigue
- Decreased exercise performance
- Excessive or obligatory exercise beyond that required for a specific sport
- Stress fractures
- Frequent injuries and/or decreased recovery time

# Introduction to Collegiate Athletes with Eating Disorders

Coaches and other athletic staff should be educated on the signs and symptoms of DE/EDs to better identify athletes in need of intervention. The NCAA 2007 guidelines for managing student mental health issues state that the individual who initially approaches a suspected athlete should be someone who is comfortable discussing sensitive issues, and who also has some authority in the sport environment (9). This may be the coach or in many instances, the athletic trainer. Many collegiate athletes struggle with self-disclosure around their eating disorders for fear of losing a starting position, loss of scholarship, removal from team practices, or disappointing teammates and coaches. Therefore, the point of initial discussion around concerns for the athlete should be handled in a gentle and private manner.

## **Guidelines on initial intervention with athletes struggling with disordered eating / eating disorders:**

- Approach the athlete in a non-judgmental, non-accusatory manner
- Speak with the athlete in a private setting to help minimize any further embarrassment or shame
- Focus your conversation on concern for the athlete's overall health and well-being
- Reinforce that the team and athletic staff are here to support the athlete throughout the entire recovery process

An interdisciplinary team with a highly collaborative approach is recommended for treatment of DE/EDs. The treatment team should consist of a physician, psychologist or psychotherapist, registered dietitian, and in the case of an athlete, may also include a physical therapist, athletic trainer, and/or coach. This team will help to bring different perspectives and expertise, while also encouraging a holistic approach to treatment. Throughout this treatment process, it can be helpful to closely involve the athlete's coach so that the individual feels supported by not just his/her family, but also his/her athletic family, which can lead to a better prognosis and cooperation with treatment recommendations. It is also quite helpful to have a treatment contract in place. This can be shared with the athlete and members of the coaching staff in order to eliminate confusion around level of activity, return to play, and other recommendations from the clinical team.

Parents, coaches, and athletes can refer to the NCAA, NEDA and Female Athlete Triad Coalition websites for many resources around eating disorders in athletes and the Triad (10-12). In addition, NEDA has developed a toolkit to help coaches and athletic staffs create an environment that promotes healthy fueling and positive body image in athletes (refer to page 16 in this guide for a link to this resource). The NCAA also has a great number of resources on approaching an athlete with an eating disorder, and potential treatment options.

**Kate Ackerman, MD, MPH, FACSM**

**Laura Moretti, MS, RD, CSSD, LDN**

**Marilou Shaughnessy, PsyD**

***[Female Athlete Program / Division of Sports Medicine, Boston Children's Hospital](#)***

# Introduction to Collegiate Athletes with Eating Disorders

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# Kate Ackerman, MD, MPH – Sports Medicine Physician



## **Kate Ackerman, MD, MPH**

Director, Female Athlete Program  
Assistant Professor, Harvard Medical School  
Boston Children's Hospital  
Division of Sports Medicine  
319 Longwood Avenue  
Boston, MA 02115

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**Fax:** (617) 730-0178

**Appointments:** (617) 355-3501

**E-mail:** [sports.medicine@childrens.harvard.edu](mailto:sports.medicine@childrens.harvard.edu)

Click [here](#) for program website.

## **Biography**

**Dr. Kate Ackerman** graduated from Cornell University, where she was a Varsity rower, obtained her MD from Johns Hopkins, and her MPH from the Harvard School of Public Health. She did her internal medicine residency at the Hospital of the University of Pennsylvania, her Sports fellowship at Boston Children's, and her endocrine fellowship at Brigham and Women's, followed by a research fellowship at Massachusetts General Hospital (MGH). She is triple boarded in internal medicine, sports med, and endocrine. She is a current team physician for the US Rowing Senior, Junior, and Para National Teams, and is an affiliated physician with the Boston Marathon, the Boston Ballet, and multiple local high schools and colleges. Her research and clinical interests largely focus on Female Athlete Triad and Relative Energy Deficiency in Sport (RED-S). She is a member of the IOC's RED-S Committee, a member of the Hypothalamic Amenorrhea taskforce for the Endocrine Society, and a fellow of the American College of Sports Medicine. She holds appointments in the Endocrine Divisions of MGH and Children's, and is the Medical Director of the Female Athlete Program at Boston Children's, Division of Sports Medicine, where she sees female athletes of all ages.

**Athletic Background:** Prior to college, Dr. Ackerman was active in musical theatre, cheerleading, swimming, and skiing. At Cornell, she discovered rowing and became a member of the Varsity Women's Rowing Team. She went on to become a nationally-ranked lightweight rower after college, medaling at multiple National Championships and eventually competing in the World University Games and the World Championships in sculling events. Since retiring from elite competition, she continues to race in the Head of the Charles, and has won multiple medals in team boat and singles events. She travels with the US National Team to various international events as a team physician.

**Dr. Ackerman can present on the following topics:** Female Athlete Triad; Relative Energy Deficiency in Sport (RED-S); Eating Disorders in Sport; Common Injuries in Female Athletes; Rowing Injuries; Exercise-Associated Hyponatremia; and other topics on request.

# Leigh P. Van Dusen, MS, LDN – Sports Nutritionist



## Leigh P. Van Dusen, MS, LDN

1 Mifflin Place

Suite 260

Cambridge, MA 02138

**Telephone:** (646) 369-2255

**Fax:** (617) 658-1869

**E-mail:** [leigh@vandusennutrition.com](mailto:leigh@vandusennutrition.com)

**Website:** [www.vandusennutrition.com](http://www.vandusennutrition.com)

**Other Office Location:** Needham

## Private Practice Information

**Years in Practice:** 13

**Session Fees:** Initial Assessment: \$175 for 60 minutes; Follow-up Sessions: \$150 for 45 minutes, \$200 for 60 minutes

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** None. All services are private pay.

## Biography

**Leigh Van Dusen, M.S., L.D.N.** is a Licensed Nutritionist and has been in the field of eating disorders for 15 years. After graduating from Tufts University with a B.S. in Civil Engineering, Leigh earned her M.S. in Human Nutrition/Nutritional Biochemistry from the Tufts School of Nutrition Science and Policy in Boston, MA. Leigh then worked at The Renfrew Center of New York and The Center for the Treatment of Eating Disorders in Livingston, NJ. In 2002, Leigh opened a private practice in New York City and in 2008, she moved back to Massachusetts where she opened a private practice in Cambridge, MA and became the consulting nutritionist for the Middlesex School in Concord, MA. Leigh specializes in eating disorders, disordered eating and sports nutrition and incorporates metabolic testing. Leigh's interests pertain to prevention of eating disorders in weight-centric sports, recovery from injuries through adequate nourishment, as well as helping athletes remain in or return to sport while in recovery from an eating disorder. Leigh has designed and implemented nutrition therapy support groups, conducted educational presentations to students, athletic teams and faculty and supervised other practicing nutritionists.

**Athletic Background:** Leigh competed as a gymnast throughout her childhood and eventually at the national level. Upon entering High School, Leigh participated on the tennis, swimming & diving and lacrosse teams. Junior and senior years, Leigh was ranked first singles on the varsity tennis team. Leigh went on to play tennis and dive at Tufts University and then transitioned to club rugby. Post-college, Leigh ran the Boston Marathon and also competed as a triathlete in half-ironman and shorter distance races.

**Leigh Van Dusen can present on the following topics:** Injury Prevention through Adequate Nutrition; Diets, Eating and Exercise Disorders and their Effect on Metabolism; Healthy Eating on a College Campus; Nutrition Counseling Post-Inpatient Treatment for an Eating Disorder; and Nutrition Strategies for Achieving Optimal Athletic Performance.

# Laura J. Goodman, LMHC – Eating Disorder Therapist



## Laura J. Goodman, LMHC

68 Main Street

Suite 3

Andover, MA 01810

**Telephone:** (978) 475-1617

**E-mail:** [ljgoodman3@sbcglobal.net](mailto:ljgoodman3@sbcglobal.net)

## Private Practice Information

**Years in Practice:** 24

**Session Fees:** \$150 for 50-minute session

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** Aetna, Neighborhood Health, Fallon, and Tufts Navigator

## Biography

Laura Goodman, M.Ed., LMHC, is a licensed mental health counselor specializing in the field of eating disorders for more than twenty years. After graduating from Boston College with a master's degree in Counseling Psychology, Laura returned to her hometown of Andover, MA where she started her psychotherapy practice, with a concentration in children and adolescents, and a specialty focus in the area of eating disorders. In addition to individual, group, and family psychotherapy, Laura started an eating disorder program at Andover High School, worked with Andover's local newspaper to address adolescent concerns, and provided numerous speaking engagements, in-service trainings, and consultations to Andover and other communities in Massachusetts and New Hampshire. During this time, Laura also authored three books on eating disorders: "**Eating Disorders: Journey to Recovery Workbook**", "**Eating Disorders: Time for Change**", and "**Is Your Child Dying to be Thin?**". Laura was on a national eating disorder board of directors for 10 years, where she also provided assessments, served as a consultant to the Groton School for many years, and has spoken nationally on the topic of eating disorders to parents, coaches, and other athletic organizations, including USA Gymnastics.

**Athletic Background:** Laura was a competitive tennis player for many years before transitioning to coaching and teaching tennis. At twenty years of age, Laura was the youngest coach at Andover High School, and brought her tennis team to States each of her four years. Laura continued to teach tennis throughout her college and graduate school years, and returned to competition during this time, before retiring from the sport due to athletic injuries. Laura's athletic background continues, however, as two of her children are competitive swimmers.

**Laura Goodman can present on the following topics:** Identification of Eating and/or Body Image Concerns within the Collegiate Athlete Population; Assessment and Referral of the Collegiate Athlete; and Transitioning Collegiate Athletes Back to Campus Post-Treatment

# Dawn Hynes, MSW – Clinical Case Management



## **Dawn Hynes, MSW**

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Suite 392  
Wellesley, MA 02481

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**Telephone:** (339) 222-1947

## **Private Practice Information**

**Years in Practice:** 15

**Session Fees:** \$125 per hour

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** None. All services are private pay.

## **Biography**

**Dawn Hynes, MSW**, Founder of Hynes Recovery Services (HRS), is also an Advisory Board member of the Academy for Eating Disorders. She holds a Master's Degree in Social Work from Washington University in St. Louis. Dawn is a passionate advocate dedicated to making eating disorder treatment accessible to more people and providing practitioners with state of the art training and resources. For the past 15 years, Dawn has been active in eating disorder recovery work as an advocate, clinician, and volunteer. She has trained staff, developed clinical manuals, and worked with groups and individuals at Boston Children's Hospital and Laurel Hill Inn's Residential Treatment Program. As a volunteer, she has helped hundreds of families find resources and treatment referrals, created and distributed comprehensive eating disorder manuals to organizations nationwide and has also worked with a team of clinicians helping both celebrities and Olympic athletes connect to treatment.

Dawn is available to provide guidance to student-athletes when securing outpatient treatment teams and seeking admission to an eating disorder treatment facility, as well as transition services post-treatment and overall clinical case management. In addition, she can also provide intervention consults to family members and university staff (health care practitioners, coaches, athletic trainers, and AD's).

# Grayson Kimball, DPE – Sports Psychology Consultant



## Grayson Kimball, DPE

9 Knollwood Drive  
Dover, MA, 02030

**Telephone:** (617) 875-4910

**E-mail:** [info@gtkports.com](mailto:info@gtkports.com)

**Website:** [www.gtkports.com](http://www.gtkports.com)

## Private Practice Information

**Years in Practice:** 15

**Session Fees:** Initial Assessment: \$150 for 60 minutes; Follow-up Sessions: \$100 for 45 minutes

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** None. All services are private pay.

## Biography

**Grayson Kimball, D.P.E.**, is a certified sport psychology consultant and president of GTK Sports, a sport psychology consulting organization. He is a member of the Association for Applied Sport Psychology, the United States Olympic Committee Sport Psychology Registry, lead faculty member in the Sport & Exercise Psychology program with Argosy University Online, and an adjunct professor at Northeastern University. Dr. Kimball coordinates the sport psychology coaching program with the New England Academy of Tennis and the High Performance Tennis Academies at the Longfellow Tennis Clubs. Dr. Kimball is the author of *Grateful Running: Mental Training for the Long Distance Runner* and has completed 7 marathons, served as the Head Coach for Boston Marathon Charity Teams, and consults with numerous endurance training teams. Through his applied work with Olympic, professional, collegiate, high school, youth, and recreational athletes, Dr. Kimball has established a proven method for achieving peak performance in sport and life.

**Athletic Background:** Grayson competed in basketball and baseball throughout high school. In his late 20's, he started to participate in distance running and ran the Boston Marathon in 2002. Over the past 15 years, he has completed 7 marathons, 11 half-marathons, and 1 sprint triathlon.

**Dr. Kimball can present on the following topics:** Strategies for Achieving Peak Performance in Sport, including - Self-Confidence, Goal-Setting, Motivation, Focus & Concentration, Imagery, Managing Performance Anxiety, Handling Competitive Pressure, Overcoming Competitive Fears, and Coping with Athletic Injury

# Caroline Silby, PhD, MEd – Sports Psychology Consultant



## **Caroline Silby, PhD, MEd**

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**E-mail:** [csilby@mindspring.com](mailto:csilby@mindspring.com)

**Website:** [www.drsilby.com](http://www.drsilby.com)

## **Private Practice Information**

**Years in Practice:** 20

**Session Fees:** \$350 for Initial Consultation; \$250 for 45-minute follow-up.

**Sliding Scale:** Yes – for National, Olympic, World Team athletes with limited funding.

**Accepted Insurance Plans:** None. All services are private pay.

## **Biography**

**Caroline Silby, Ph.D., M.Ed.**, is a nationally recognized expert on the development of adolescent athletes. She has worked on an individual basis with two Olympic Gold Medalists, twelve Olympians, two Paralympian Gold Medalists, three World Champions, fourteen National Champions, dozens of professional dancers and hundreds of National Team members and Division I student-athletes and their coaches. In 2001, she joined American University as Adjunct Faculty. Dr. Silby is the author of, **Games Girls Play: Understanding and Guiding Young Female Athletes** (St. Martin's Press, 2000, 2001) and contributing author to, **Sports Secrets and Spirit Stuff** (American Girl Company, 2006). Dr. Silby's work focuses on using sports to empower athletes to grow into healthy, happy and successful adults who simultaneously have sport outcomes that match their capabilities.

Dr. Silby can provide education and guidance for parents and coaches regarding how best to support the elite athlete. This includes return to play decisions post-injury and upon completion of eating disorder treatment. Dr. Silby is available for consultations with parents, athletes and coaches via SKYPE, Facetime and phone.

**Athletic Background:** Dr. Silby was a member of the National Figure Skating Team. She later served on the U.S. Figure Skating Association Board of Directors and the U.S. Olympic Committee Athlete Advisory Council.

**Dr. Caroline Silby can present on the following topics:** **The Why, What and When of Mental Fitness Training; Psychological Considerations for Underperformance and Recovery; Injury Prevention and Recovery; Body Image; ED/DE in Sport; Performing Your Best When It Counts the Most; Team Dynamics; Communication; Motivational Climate; and Stress Management.**

# Renfrew Center: Support Group for Female Athletes



## Group Leader(s): Renfrew Center of Boston Clinical Team

### Contact Information:

**Phone:** 1-800-RENFREW

### Name of Group:

Female Athletes Eating Disorders Group

### Group member composition:

This group is open to adolescent/adult females.

### Day / Time of Group:

Contact The Renfrew Center for current group date and time.

### Group location:

The Renfrew Center of Boston: 870R Commonwealth Ave., Boston, MA 02215

\* Entrance is in the rear on Dummer Street.

### Payment information:

Insurances are accepted and group fee is dependent upon insurance.

### Parking Availability:

Options: Garage parking at 925 Commonwealth Avenue; public transportation is available via the Green B Line exiting at the BU West stop, or via the 57-bus; metered parking on side streets (St. Paul St., Amory St., and Comm Avenue); free 2-hour parking one block parallel on Egmont Street.

### Description:

Collegiate and high school female athletes often face additional pressures to feel legitimized and competitive within their sport. This group will provide a safe and supportive environment in which women can explore the unique challenges influencing eating behaviors and body image as athletes. This group will also address the underlying emotional, behavioral and interpersonal factors which impact an athletes' disordered eating and body image concerns. Individuals will develop coping skills and strategies to minimize risk, balance lifestyles and prioritize health while pursuing athletic endeavors.

Discussion topics include: navigating a performance-focused mindset, competitiveness, the pursuit of physical perfection, obsessive-compulsive behaviors, team culture, "weight cutting", depression, sexuality, low self-esteem and substance abuse.

# Boston Children's Hospital Female Athlete Program



## Boston Children's Hospital Sports Medicine

### Female Athlete Program at Boston Children's Hospital

The Female Athlete Program at Boston Children's Hospital is a multidisciplinary team highly specialized in the treatment of girls and young women struggling with The Female Athlete Triad. This condition is characterized by low energy availability, menstrual dysfunction and decreased bone mineral density. Their clinical team helps young female athletes increase their energy availability, resume regular menstrual cycles, improve bone health and address other health and performance concerns.

Their team cares for athletes of all ages, from novices to elite professionals. Starting with thorough initial evaluations, they also work closely with the athlete, family, and coaches (when appropriate) to help support the athlete through their recovery. They customize an individualized treatment plan and continuously evaluate the efficacy of this plan throughout the course of treatment.

The team at BCH's Female Athlete Program is comprised of individuals with specialty certifications and extensive experience treating low energy availability and disordered eating. Team members include Sports Medicine and Endocrine Physician Kathryn Ackerman, MD, MPH, FACSM, Sports Psychologist Marilou Shaughnessy PsyD, and Sports Dietitian Laura Moretti, MS, RD, CSSD. This multidisciplinary team works closely and collaboratively to ensure consistency of care and treatment goals.

In addition to clinical support, the Female Athlete Program is also available to help develop workshops for your campus or sport community. They have the convenience of being located across the street from the Micheli Center for Sports and Performance as well as Children's Hospital at Waltham. Please feel free to contact them directly for more information.

#### Female Athlete Program

Division of Sports Medicine at Boston Children's Hospital

20 Hope Ave, Ste G10

Waltham, MA 02453

**Office:** (617) 355-3501

**Website:** <http://www.childrenshospital.org/centers-and-services/female-athlete-program>

# Residential Facility for Athletes with Eating Disorders



The Victory Program at McCallum Place is a program designed for competitive male and female athletes that provides treatment to help athletes overcome their eating disorders while significantly improving physical and psychological health for maximum performance and emotional wellbeing. The program is the result of a collaboration between Kimberli McCallum, MD, FAPA, CEDS, a nationally recognized expert in treating eating disorders, and Ron Thompson, PhD, FAED, and Roberta Sherman, PhD, FAED, pioneers in the field of treating athletes with eating disorders who have advised both the NCAA and the Medical Commission of the International Olympic Committee on these issues. The Victory Program is the first treatment center in the country crafted specifically to treat high-level adolescent and adult athletes who struggle with disordered eating. Victory staff are caring and experienced experts in the field of eating disorders and sport, who understand not only the special treatment needs of this population, but also understand and appreciate the importance of sport in the life of a serious athlete.

Sport performance is of paramount importance to serious athletes. For that reason, the athlete's performance is not avoided or forgotten while in residential care; rather, it is interwoven into eating disorder treatment. An athlete does not need to choose between sport and recovery. Victory Program staff do not believe that the athlete's health and treatment should ever be subordinated to sport. At the same time, these providers do not believe that performance has to be ignored in effective treatment. The Victory Program utilizes a team approach, which means that patients benefit from individual sessions with:

- Medical professionals providing on-site psychiatric and general medical care
- Sport psychologists mentally preparing athletes for competition and working with coaches, sports medicine staff, and teammates
- Sports dietitians providing education specific to meeting nutritional needs for training, competition, and recovery
- Eating disorder therapists addressing distorted thoughts and maladaptive behaviors contributing to the development and sustainment of the individual's eating disorder
- Exercise and performance specialists providing physical therapy, rehabilitation support and other training needs

A critical component of recovery is navigating re-entry into life and competition without an eating disorder. Their multiple levels of care provide the right balance between support and independence. This includes the following treatment options:

- Residential care
- Extended (10 hour) and traditional (6 hour) day treatment
- Transitional apartment living
- Intensive outpatient care

# Residential Facility for Athletes with Eating Disorders



The Victory Program also offers group therapy and education, equipping athletes with the skills, knowledge, and personal transformation that will allow them to leave treatment on a path toward recovery. Victory groups include:

- Sports nutrition
- Sport psychology
- Fitness and sport specific training
- DBT and CBT based therapy groups
- Issues related to family of origin and sport family
- Body image
- Expressive arts therapies and experiential groups
- Mindfulness and meditation skills
- Yoga
- Meal therapy, meal outings, and exposures
- Relapse prevention and discharge planning

Additionally, program staff will work with athletes, their families and teams, coaches, and trainers to provide education and aftercare planning.

The combination of McCallum Place's evidence-based treatment philosophy regarding athletes and eating disorders coupled with the Victory Program staff, and its belief that athletes constitute a unique subpopulation of eating disorder patients, truly make it a program that is one of a kind. The team believes that athletes need specialized approaches to identification, management, and prevention, but especially eating disorder treatment.

At the Victory Program, athletes with an eating disorder will encounter a program designed specifically for them. In addition to programming for eating disorders focusing on the sport environment, sports nutrition, sports related body image, the "sport family", and return to sport, the Victory Program encourages athletes to build mental toughness and positive body images as resources for recovery.

## **The Victory Program: Eating Disorder Treatment for Athletes**

McCallum Place Centers for Eating Disorders

231 W. Lockwood Avenue, Suite 201

St. Louis, MO 63119

**Intake and Admissions:** (800) 828-8158

**Website:** [www.mccallumplace.com/the-victory-program.html](http://www.mccallumplace.com/the-victory-program.html)

## Speaker's Bureau



**Carolyn Black Becker, PhD**, is a Professor of Psychology and licensed clinical psychologist who specializes in body image interventions in addition to treatment/prevention of eating disorders. Dr. Becker's work primarily focuses on dissemination and implementation of scientifically-supported interventions in clinical settings. She has conducted NIMH-funded research with female athletes since 2007. As part of this work, she developed the Female Athlete Body Project, which is currently being studied in a large scale randomized controlled efficacy trial. Dr. Becker is a Fellow of the Academy of Eating Disorders (AED) and was the 2009 co-recipient of the AED's Research-Practice Partnership Award for her work in partnering with stakeholder communities to disseminate evidence-based interventions. She also received NEDA's 2009 Lori Irving Award for Excellence in Eating Disorders Prevention.

(E-mail: [cbecker@trinity.edu](mailto:cbecker@trinity.edu))



**Jen Carter, PhD** is a counseling psychologist with specialties in sport psychology and eating disorders. She emphasizes strength, optimism, and mindfulness in her quest to help adults and adolescents achieve peak performance in multiple life domains. Jen is the Director of Sport Psychology at Ohio State University Sports Medicine Center, where she provides mental health and performance psychology counseling to OSU athletes, sports medicine patients, students with eating disorders, and individuals in the community. She has also worked at The Center for Balanced Living, an eating disorder clinic. Jen was a student-athlete at Kenyon College, where she earned the Division III Swimmer of the Year award in 1993.

(E-mail: [jennifer.carter2@osumc.edu](mailto:jennifer.carter2@osumc.edu))



**Kim Dennis, MD, CEDS**, is an award-winning board-certified psychiatrist who specializes in eating disorder treatment, addictions recovery, trauma/PTSD and co-occurring disorders. As CEO & Medical Director at Timberline Knolls Residential Treatment Center in Lemont, Ill., she supervises the medical staff and sets the overall vision and direction for the treatment program. Dr. Dennis maintains a holistic perspective in the practice of psychiatry. She incorporates biological, psycho-social and spiritual approaches into the individually tailored treatment plan for each resident. During her college career, Dr. Dennis played college basketball and softball for the University of Chicago. Today, she is a national expert and presents around the country on the topic of exercise addiction, eating disorders and more.

(E-mail: [kdennis@timberlineknolls.com](mailto:kdennis@timberlineknolls.com))

## Speaker's Bureau



**Caryn Honig, MEd, RD, LD**, is a dietitian specializing in eating disorders and disordered eating. She has owned The Healthy Weigh, an eating disorders outpatient nutritional counseling practice, for the past 20 years. She is also a senior clinical dietitian at Texas Children's Hospital Employee Health and Wellness Clinic and is an adjunct professor at the University of Houston. Her mission is to help patients achieve a normal, healthy relationship with food and their bodies. Caryn was a nationally ranked and collegiate All-American tennis player and has received many awards throughout her athletic career. She suffered from anorexia, bulimia and compulsive over-exercise in the 70's and 80's when not much was known about eating disorders. Caryn is now in recovery and is a healthy, recreational athlete.

(E-mail: [carynhonig@gmail.com](mailto:carynhonig@gmail.com))

To view Caryn's recovery story, click [here](#).



**Claudette Peck, LCMHC, RD, CSSD, LD** is a licensed clinical mental health counselor and a registered, licensed dietitian with a specialty certification in sports dietetics (CSSD). Claudette has held adjunct faculty positions at the University of Vermont and Plymouth State University. Most recently, she has served as the co-chair of Dartmouth College's Eating Disorders Consultation Team, and as Dartmouth's Sports Dietitian. Claudette recently piloted a new screening and assessment protocol for Relative Energy Deficiency in Sport (RED-S). Claudette provides clinical services, case consultations, and helps to construct eating disorder team protocols. She presents at high schools, colleges, and regional conferences on the topics of: sports nutrition; eating disorder assessment/treatment; case management; medical withdrawal policy creation and implementation; and assessment of athletes with low or relative energy deficiency.

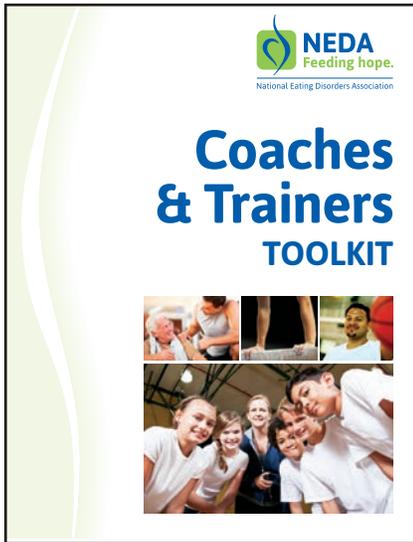
(E-mail: [claudette@claudettepeck.com](mailto:claudette@claudettepeck.com)).



**Tiffany Stewart, PhD** is an Associate Professor, the Dudley and Beverly Coates Endowed Professor, and the Director of the Behavior Technology Laboratory at the Pennington Biomedical Research Center (PBRC; Baton Rouge, LA). Dr. Stewart's research program targets eating disorders, body image, and obesity, with a focus on assessment, treatment, and prevention. Dr. Stewart has been a pioneer in the development of e-health technologies and community-based programs. Her work includes a NIH funded multi-site trial investigating the prevention of eating disorders in female collegiate athletes across the U.S., called the Female Athlete Body (FAB) Program. Dr. Stewart is also Founder/CSO of Body Evolution Technologies Inc., a science based venture dedicated to taking body image and eating disorder assessment, prevention, and treatment programs from bench (science) to bedside (programs everyone can access).

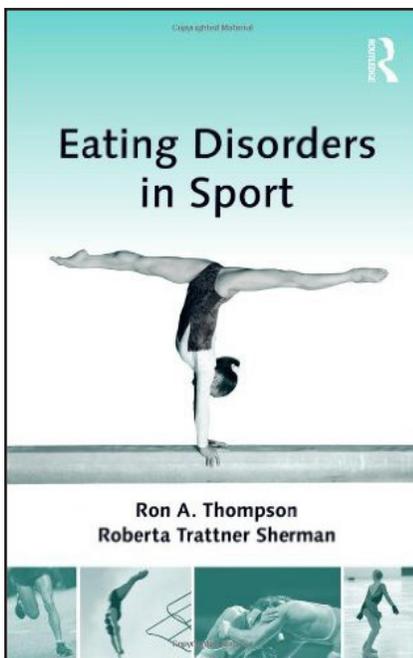
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# Educational Resources



## [Coaches & Trainers Toolkit](#)

**The Coaches & Trainers Toolkit** is a great resource to share with university staff interested in learning more about how to best support athletes struggling with body image and/or eating concerns. Topics include: eating disorder signs and symptoms specific to an athletic setting, the physiological impact of eating disorders on athletic performance, The Female Athlete Triad, factors that put athletes at risk for eating disorders, encouraging healthy and appropriate exercise and training for student-athletes, early intervention strategies for coaches, and personal stories.



## [Eating Disorders in Sport](#)

Over the past fifteen years, there has been a great increase in the knowledge of eating disorders in sport and effective means of treatment. In this book, the authors draw on their extensive clinical experience to discuss how to identify, manage, treat, and prevent eating disorders in sport participants. They begin by examining the clinical conditions related to eating problems, including descriptions of specific disorders and a review of the relevant literature. Special attention is given to the specific gender and sport-related factors that can negatively influence the eating habits of athletes.

The second half of the book discusses identification of participants with disordered eating by reviewing symptoms and how they manifest in sport; management issues for sport personnel, coaches, athletic trainers, and healthcare professionals; treatment; and medical considerations, such as the use of psychotropic medications.

# ED Prevention Program for Student-Athletes



## FEMALE ATHLETE BODY PROJECT

Promoting Health and Performance in Female Athletes

### What is FAB?

- × An eating disorder (ED) prevention program
- × Program focused on maximizing health and athletic performance in female athletes
- × Peer-facilitators lead interactive training sessions
- × Behavioral exercises and tools to jumpstart healthy changes

### Your Opportunity to Benefit

The Female Athlete Body Project (FAB) is currently recruiting campuses to participate in a new study of FAB. Your university could be one of 52 schools across the country selected to participate in the next large dissemination study (application to NIH June 2015) of the FAB program. By being a part of the FAB program study, you have an opportunity to offer this ED prevention/body image improvement program to your female athletes. If you are selected to participate, your school will be assigned to either an online or peer led version of the program. The FAB program is offered at no cost to your school.

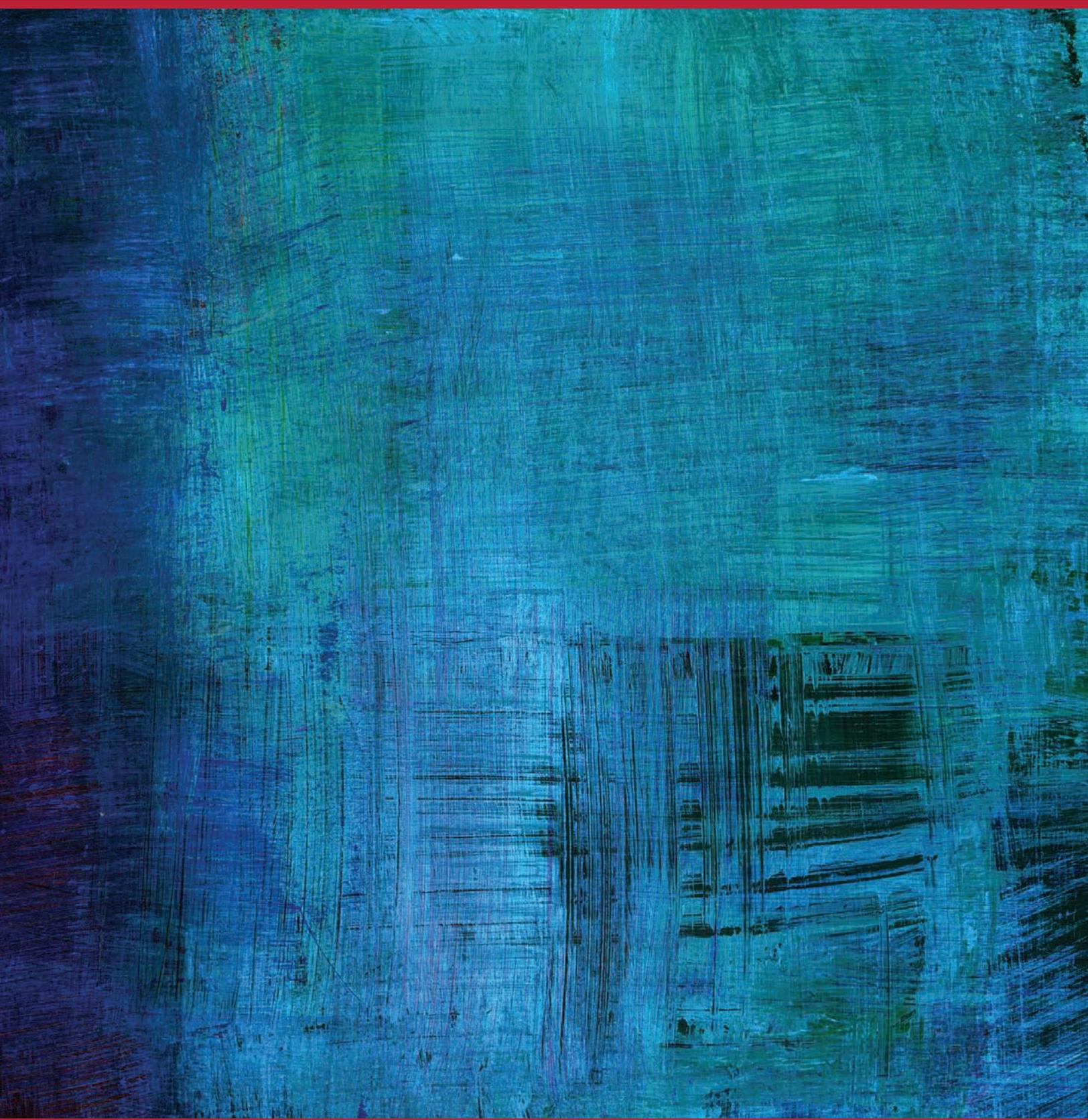
### The Need for FAB

- × Female athletes have an increased risk of developing eating disorders (*Thompson & Sherman, 2010*)
- × Female athletes in some sports fear that weight gain will harm their performance
- × Up to 70% of female athletes unintentionally do not consume enough calories, producing an energy deficit (*Hinton, 2005*)

#### For more information contact:

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