

amy'sGIFT

2026 QUAD CITIES EATING DISORDER CONFERENCE

Location

Waterfront Convention Center
2021 State St.,
Bettendorf, IA



Date

Friday
Oct. 2nd 2026



Time

8:30AM – 3:00PM



KEYNOTE SPEAKER

Ann

Saffi-Biasetti

Somatic Psychotherapist,
Author, Consultant, and
Educator



Audience

Physicians, Psychiatrists, ARNPs, Social Workers, Counselors, Nurses, Psychologists, Dietitians, CN's, APN's, other Health Care Professionals, and the General Public

CME/CE Info

All providers looking for credits will also need to create a profile and register at <https://cmetracker.net/MCRF/>. All speakers have signed disclosure agreements, and any conflicts of interest will be presented prior to the event. Evaluations will be submitted on the day of the event for credit.



The Sensing, Feeling Body in Eating Disorder Treatment: *Breaking Through the Mind/Body Divide*

RSVP TODAY!

To purchase and/or reserve your tickets at Eventbrite
CLICK HERE or visit **qcedconference.com**
Questions? Email **info@amysgift.com**

This activity has been planned and implemented in accordance with the Essentials and Standards of the Iowa Medical Society through the joint sponsorship of Amy's Gift and Midwest Cardiovascular Research Foundation. Midwest Cardiovascular Research Foundation is accredited by the Iowa Medical Society to sponsor continuing medical education for physicians.

Midwest Cardiovascular Research Foundation designates this Live activity for a maximum of 4.5 *AMA PRA Category 1 Credits*. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Nursing: 4.5 contact hours awarded by the Iowa Board of Nursing Provider. This program may be used for 4.5 contact hours for ANCC recertification. Nursing IL may use CE certificate for IL license renewal.

All others: You may be eligible for up to 5.4 continuing education hours. Refer to your administrative guidelines.

Sponsors



UnityPoint Health
Robert Young Center



Registration/Welcome

8:00-8:30 AM

*Light breakfast will be provided for attendees. Vendor fair will be available in the lobby.***Keynote Presentation****QUAD CITIES ROOM**

8:30-10:00 AM

The Sensing, Feeling Body in Eating Disorder Treatment:

Breaking through the Mind/Body Divide

KEYNOTE SPEAKER: Ann Saffi Biasseti, PhD, LCSW, C-IAYT

Neuroscience, trauma research, and consciousness studies now validate and respect the wisdom of great mystics, Indigenous cultures, yogis, and spiritual teachers who have long understood the deep interconnectedness of our bodies and minds. Despite this understanding, the concept of "mind over body" continues to dominate, especially in the treatment of eating disorders. What might change if we allowed the body to inform our treatment as much as the mind? Together, we will explore why our clients' bodies are among the greatest resources for fostering holistic recovery: an approach that honors neurobiology, lived experiences, and the importance of embodiment.

15 MIN BREAK w/ VENDOR FAIR**Breakout Session One**

10:15-11:15 AM

ILLINOIS ROOMGold Sponsor ERC
presents**Breaking the Silence:
Eating Disorders in Midlife**Laura Briz, MD, Psychiatrist
*educational credits offered***IOWA ROOM**Gold Sponsor Green Counseling
presents**The Threat-Based Brain:
Implications for Eating Disorder Risk**Dr. Melinda Green, HSP, LP, LMHC
*educational credits offered***BETTENDORF ROOM**Bronze Sponsor Odyssey
presents**Caregiver Support:
How to Show Up for Your Loved Ones &
Care for Yourself**Gabriella Sloan, LCPC, LMHC
*general public session***Lunch****MAIN ROOM**

11:30 AM-12:30 PM

2026 QC EATING DISORDERS CONFERENCE SCHEDULE

Breakout Session Two

12:45-1:45 PM

ILLINOIS ROOM

Silver Sponsor EDCI
presents

**Applying Acceptance and Commitment
Therapy (ACT) in the Treatment of Eating
Disorders: A Values-Based,
Compassion-Focused Approach**

Sabrina Rogers, MA, NCC, LMHC

educational credits offered

IOWA ROOM

Silver Sponsor Monte Nido
presents

**Unintended Consequences of "Healthy"
Eating and Exercise Education**

Alison St. Germain, MS, RD, LD, CEDS

educational credits offered

BETTENDORF ROOM

Platinum Sponsor Robert Young Center
presents

**BE REAL Materials:
Body Confident Tools for Professionals,
Parents, Adolescents and Children**

Diane Hudson, MEd, LMHC

general public session

15 MIN BREAK w/ VENDOR FAIR

Breakout Session Three

2:00-3:00 PM

ILLINOIS ROOM

Gold Sponsor ERC
presents

**Fertility, Hormones & Healing:
Eating Disorders and Reproductive Health**

Laura Briz, MD, Psychiatrist

educational credits offered

IOWA ROOM

Gold Sponsor Green Counseling
presents

**Solidifying Sense of Self:
Essentials for Eating Disorder Recovery**

Dr. Melinda Green, HSP, LP, LMHC

educational credits offered

BETTENDORF ROOM

Bronze Sponsor Odyssey
presents

**Befriending Your Body:
Embodiment and Mindfulness
Practices for Eating Disorder Support**

Alex Kurauskas, LMHC

general public session