

Breakout Session Three**IOWA ROOM**

2:00-3:00 PM

Solidifying Sense of Self: Essentials for Eating Disorder Recovery***SPEAKER: Dr. Melinda Green, HSP, LP, LMHC*****Description:**

Eating disorder symptoms are often accompanied by a diffuse sense of self which is overly reliant upon the opinions of others. This results in rejection sensitivity and “people pleasing” (sociotropy) in interpersonal relationships. These tendencies can increase a drive for thinness as a mechanism for social approval. This presentation will examine these risk factors and explore treatment techniques for reducing their impact.

Objectives:

- Provide interpersonal risk factors for eating disorders including a diffuse sense of self, sociotropy, and rejection sensitivity.
- Discuss the ways in which these tendencies increase eating disorder risk via thin ideal internalization and maladaptive social comparison.
- Identify treatment techniques for reducing these risk factors.

Speaker Bio:

Dr. Green has specialized in treating and preventing eating disorders for over 25 years. Dr. Green has published numerous scientific articles, book chapters, and a novel, all aiming to educate others about eating disorders. Dr. Green has presented her research at local, regional, national, and international conferences including conventions of the American Psychological Association, the Association for Psychological Science, the Midwest Psychological Association, the National Eating Disorders Association, and the Academy for Eating Disorders. Dr. Green's treatment and prevention research has been featured on Science Daily, Psychiatry Advisor, and Doctor's Radio, as well as other local, regional, and national media outlets. In recognition of her contributions to eating disorder prevention and treatment science, Dr. Green received the 2004 Science Directorate Dissertation Research Award of the American Psychological Association and the 2017 Psychotherapy with Women Award from the American Psychological Association Society for the Psychology of Women. Dr. Green also received a grant from the National Institute of Mental Health to conduct a clinical trial examining the efficacy of a dissonance-based eating disorder treatment paradigm.