

Breakout Session One**IOWA ROOM**

10:15-11:15 AM

The Threat-Based Brain: Implications for Eating Disorder Risk***SPEAKER: Dr. Melinda Green, HSP, LP, LMHC*****Description:**

Eating disorder symptoms and behaviors are often rooted in anxiety and a need for control. This presentation will examine the ways in which anxiety and a need for overcontrol may contribute to increased eating disorder risk. Treatment techniques for decreasing anxiety and overcontrol will be addressed.

Objectives:

- 1.Explain the relationship between anxiety, overcontrol, and eating disorder symptoms.
- 2.Describe the use of exposure-based techniques to reduce anxiety.
- 3.Demonstrate the use of RO-DBT skills to reduce overcontrol.

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.