



## **CDP Presents Eating Disorders: Assessment and Treatment in a Military Behavioral Health Context**

Eating Disorders are serious and complex mental health disorders that are estimated to affect nearly 30 million U.S. citizens over the course of their life, including Service members. In fact, the incidence of Eating Disorders in Service members is rising, with female service members at particularly elevated risk. Based on reports from the Defense Medical Surveillance System between 2017 and 2021, annual incidence rates of Eating Disorders rose from 1.1% to 2.2% in male Service members and from 11.4% to 18.7% in female Service members. However, these prevalence rates may be underestimated given that Service members are not actively screened for Eating Disorders after entering service, and many may under report symptoms to avoid stigma and/or potential negative impact to career. In addition, military life and stressors can contribute to disordered eating patterns to conform to body composition standards and perceived expectations for the ideal physical appearance of a Service member. Behavioral health providers play a critical role in identifying, treating, and referring those experiencing symptoms related to Eating Disorders. They possess the expertise to utilize diagnostic screening and symptom measures, as well as the ability to engage in evidence-based treatments while monitoring need for referral to a different level of care. This webinar provides evidence-based guidance for behavioral health providers to enhance their knowledge in assessment and first- and second-line interventions for Eating Disorders. It also addresses information on how to navigate a Service member's needs and unique considerations given their military context.

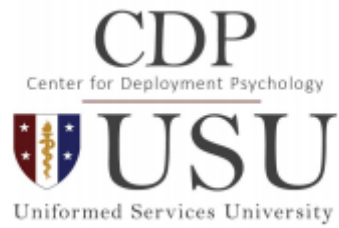
**Target Audience:** For behavioral health providers who treat military personnel, veterans, and their families.

**Instructional Level:** Introductory

**Learning Objectives:**

Attendees will be able to:

- Integrate appropriate assessments and select evidence-based treatments for eating disorders in clinical practice when working with military populations.
- Understand the multidisciplinary nature of and different levels of care for eating disorders to inform when referrals may be warranted.



### **Agenda for CDP Presents Webinar**

<b>Webinar room prep and Lobby time</b>	<b>11:30 am - 12:00 PM</b>
<b>Welcome to CDPP and Speaker Intro</b>	<b>12:00 pm - 12:05 PM</b>
<b>Speaker Presents</b>	<b>12:05 pm - 1:25 PM</b>
<b>Question and Answer</b>	<b>1:25 pm - 1:30 PM</b>



## Location Information

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**Address:**

[http://deploymentpsych.ce21.com/item/cdpp\\_may\\_2024](http://deploymentpsych.ce21.com/item/cdpp_may_2024)

May 14th, 2024, 12:00 - 1:30 PM

## Participate

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**Registration Information:**

Participants can register via the link provided above, utilizing the CE21 system.

**Cost/Refunds:** Zero cost, no refund policy

**Special Accommodations:**

If you require special accommodations due to a disability, please contact Micah Norgard at [micah.norgard.ctr@usuhs.edu](mailto:micah.norgard.ctr@usuhs.edu) 2 weeks prior to the training so that we may provide you with appropriate service.



## **Presenters**

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### **Jason Lavender, Ph.D.**

Dr. Jason Lavender is an Associate Professor in the Department of Medicine at USUHS, and the Director of Research for the Military Cardiovascular Outcomes Research (MiCOR) Program with the Metis Foundation. He has 15+ years of experience in the eating disorders field, with a research focus on risk/maintenance factors and the unique manifestation and assessment of disordered eating among males. He has published more than 150 journal articles and book chapters, and recently co-edited a book on eating disorders in boys and men. He is a Fellow of the Academy of Eating Disorders, and has received research funding from the NIMH.

There is no commercial support or conflict of interest to report for these presenters.

## **Continuing Education**

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The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

The Center for Deployment Psychology offers attendees 1.5 credit hours for participation in this training. Participants attending events in person are required to sign-in at the start of the training and sign-out at the conclusion of the training in order to attain CE credit. Participant attendance data will be collected electronically during webinars. There is a 30-day time limit post-training to complete all CE requirements. If you do not wish to complete the evaluation, please contact the training event's POC after the training event. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to Micah Norgard at [micah.norgard.ctr@usuhs.edu](mailto:micah.norgard.ctr@usuhs.edu).

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