



Dr. Martin Lerner, PhD to be a Keynote Speaker at the 2nd Annual Food Addiction Conference in Boston at UMass

October 05, 2015

October 05, 2015 - PRESSADVANTAGE -

Boston, Ma: The UMass Department of Psychiatry and the Food Addiction Institute will hold their 2nd Annual Food Addiction Conference on Friday and Saturday, October 16th and 17th, 2015 at the UMass Medical School and Dr. Marty Lerner has been scheduled as Keynote Speaker.

Friday, October 16th is titled "A Toolkit for Physicians, Dietitians, Therapists and Other Health Professionals" and is geared to professionals that work in the eating disorder community and will focus on the practical details of screening, diagnosis and treating food addiction. CEU's will be offered for this conference.

Dr. Lerner will be the first keynote speaker at 8:45 am and the topic will be "Neurotransmitters and the Brain". Dr. Lerner is the CEO and co-founder of Milestones in Recovery, an eating disorder treatment program located in South Florida. He has been treating food addiction and eating disorders for 32 years.

On day two of the Food Addiction Conference, Saturday, October 17, 2015 the theme is "Be Mentally Well: Trouble with Food? Sorting It Out with a Focus on Recovery". This one day symposium is for anyone

struggling with food issues, their family members and the professionals that work with them directly. Dr. Lerner will present, "The Principles of Recovery" from 10:15 am to 11:45 am.

Additional contributors include: Mark Cheren, EdD; Douglas Ziedonis, MD, MPH; Beth Rocchio, MD; Pamela Peeke, MD, MPH, FACP; Vera Tarman, MD; Joan Iland, PhD; Esther Helga Guðmundsdóttir MSc; Theresa Wright, MS, RD, LDN; Rhona Epstein, PsyD; Phil Werdell, MA

Presentations to the public will help you to sort out:

The difference between normal eating, emotional eating, food addiction or some combination of these. Describe the key aspects of recovery. Identify ways of shaping a food plan to best meet your own individual needs. Explain what one needs to do in order to stay on the path to recovery and prevent relapse. Articulate the spiritual dimensions of recovery work, regardless of one's own particular beliefs.

The Conference will be held at the University of Massachusetts Medical School, University Campus, Albert Sherman Center 2nd Floor Auditorium and the Faculty Conference Room 1st Floor, 55 Lake Avenue North, Worcester, MA 01655. Registration is required in advance and all registrations must arrive by October 6, 2015. There will be no onsite registration.

For additional information on the event call 508 856- 8786 or go to: www.umassmed.edu/psychiatry/food-addiction-conference/

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For more information about Milestones In Recovery, contact the company here: Milestones In Recovery Cathy Geller (855) 644-3188 cgeller@milestonesprogram.org 2525 Embassy Drive, Suite 10 Cooper City, Florida 33026

Milestones In Recovery

Milestones In Recovery began in 1999 to fill a void in the continuum of care offered to folks with an eating disorder. Milestones seeks to provide a supportive and structured experience in a less restrictive setting for eating disorders treatment.

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