



**Aurora Behavioral Health System
Lunch & Learn CEU Seminar Series**

April 19, 2022 12:00 p.m. – 1:30 p.m.
Aurora East 6350 S. Maple Ave. Tempe, AZ 85283

1.5 CEU Offered

Integrating Treatment for PTSD and Eating Disorders: A Clinical, Research, & Personal Perspective

Through case-based learning, the presentation discusses the DSM 5 criteria and epidemiology for various eating disorders and PTSD. Will show assessment tools and questions that can be used to assess for eating and trauma disorders. Will explore how trauma and eating disorders interact and how to best treat a patient that meets criteria for both eating and trauma disorders including discussing the controversy around the order of treatment modalities. Will discuss nutritional, therapeutic, and medication interventions needed to comprehensively treat a patient.

Learning Objectives:

- Describe the risk factors, etiology, and assessment for eating disorders and posttraumatic stress disorder with a focus on comorbidity.
- Create evidence-based treatment for eating disorders and PTSD, including the use of dialectical behavioral therapy to aid in the containment of emotional dysregulation that can occur through exposure therapy.
- Assess the positive and negative experiences of a patient who sought evidence-based and alternative treatments from a succession of providers for both ED and PTSD

Nicole Garber, M.D.

Nicole Garber, M.D. completed her general psychiatric residency at Emory School of Medicine and her child and adolescent psychiatry fellowship at Baylor College of Medicine. She is double board certified. In addition, she has completed advanced trainings in Dialectical Behavior Therapy (DBT), psychodynamic therapy, mentalization based therapy, and Acceptance Commitment Therapy. She is a fellow of the American Psychiatric Association.

She began her career at the Menninger Clinic, where in addition to being a psychiatrist on a unit for young adults where she provided comprehensive treatment, she also developed the adolescent eating disorder track. She is the former chief of the pediatric and adolescent eating disorder program at Rosewood Centers for Eating Disorders. She is the former medical director at Arizona Children's Association and currently is a board member. She is currently the Vice President of Psychiatric Services at The Meadows Behavioral Health and Chief of Psychiatry at The Meadows Ranch where she provides comprehensive individualized treatment for adolescents and adults with eating disorders, supervises the medical team, writes and implements policies and procedures, and facilitates 2 DBT groups weekly. She provides training and educational opportunities for all medical and psychiatric staff at the Meadows Behavioral Health and assists in quality improvement throughout the system. She speaks locally and nationally on the diagnosis and treatment of eating disorders, addictive disorder, and self-harm and different therapeutic modalities.



Aurora Behavioral Health System Certificate of Attendance

This is to certify that:

Sara Cobb

attended the April 19, 2022 CEU seminar titled:

“Integrating Treatment for PTSD and Eating Disorders: A Clinical, Research, & Personal Perspective”

Presented by:

Nicole Garber, M.D.

1.5 CEU Hour

OMFL: SH4018

OBHL: BSHS-2767

Jordan Peterson

Jordan Peterson, Director of Business Development

Aurora Behavioral Health System