

# F.E.A.S.T. 2012 Conference Speaker Bios

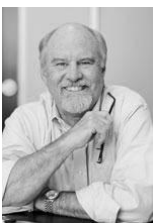
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**Laura Collins Lyster-Mensh**, M.S. is a writer from Virginia who became an activist for improved eating disorder treatment after the recovery of her teen daughter from anorexia. Her book, *Eating With Your Anorexic*, is a memoir of her family's experience. Collins is the Executive Director and founder of F.E.A.S.T., an affiliate member of the Academy for Eating Disorders, and volunteers with the Eating Disorders Coalition. She is a frequently invited speaker on the topic of parents and eating disorders, including presentations for the National Eating Disorders Association, the Academy for Eating Disorders, Renfrew Foundation, Ophelia's Place, the University of North Carolina Eating Disorders Program, and Eating Disorders Coalition.



**Jeff Bell** is a nationally recognized author, speaker, and radio news anchor. His two books, *Rewind, Replay, Repeat* and *When in Doubt, Make Belief*, have established Bell as a leading authority on uncertainty and motivation. Since *RRR*'s publication, Bell has traveled extensively across the United States, becoming a sought-after motivational speaker, while lending his support to numerous nonprofit organizations, including Mental Health America and the International OCD Foundation, for which he serves as a national spokesperson. Bell offers his audiences a unique, engaging, and insightful perspective on the many challenges that uncertainty presents and the "greater good" decision-making techniques that can motivate anyone to thrive amidst these challenges.



**Dr. Craig Johnson** has been a leader in the field of Eating Disorders for more than 30 years. He is the Chief Clinical Officer of Eating Recovery Center in Denver, Colorado. He is a Clinical Professor of Psychiatry at the University of Oklahoma Medical School and has formerly held faculty appointments at Yale, University of Chicago and Northwestern University Medical Schools. Dr. Johnson was the Founding Editor of the International Journal of Eating Disorders and a founding member of the Academy for Eating Disorders and the Eating Disorders Research Society. He is also Past President of the National Eating Disorders Association. Dr. Johnson has authored three books, more than 70 scientific articles and has been the recipient of several distinguished contribution awards.



**Carrie Arnold** is a F.E.A.S.T. advisor and freelance science writer. Her most recent book, *Decoding Anorexia: How Breakthroughs in Science Offer Hope for Eating Disorders* was published this September by Routledge Press. She blogs regularly at ED Bites, and has written for a variety of publications, including *Scientific American*, *Psychology Today*, *Self*, *Smithsonian*, and *AARP*. Carrie received her Master's in Public Health from the University of Michigan and a Master of Arts in Science Writing from Johns Hopkins. When she is not writing about science or eating disorders, she enjoys crocheting and knitting, cycling, and annoying her cat.



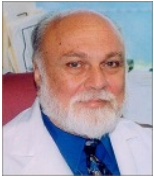
**Carolyn Costin** is a clinician and educator in the field of eating disorders. Recovered herself, Carolyn pioneered the concept of being fully recovered. Costin is the founder and director of Monte Nido & Affiliates. She is an international speaker and the author of several books, including *8 Keys to Recovery from an Eating Disorder*, *100 Questions and Answers about Eating Disorders*, *The Eating Disorder Sourcebook*, and *Your Dieting Daughter*.



**Dr. Stephanie Milstein** is on staff at Beaumont Hospital in the Division of Adolescent Medicine. She is involved in group facilitation and program development for the Hough Center for Eating Disorders for parents and adolescents who are struggling with eating disorders. She is an active advocate and community presenter. She is a member of the National Eating Disorder Association (NEDA) as well as the Academy for Eating Disorders (AED) and is working towards empowering consumers and their family members to advocate on behalf of their recovery. She is on the clinical advisory board for F.E.A.S.T. Dr. Milstein is a contributing author in *A Collaborative Approach to Eating Disorders: Effectively Engaging the Family in Treatment* edited by June Alexander & Janet Treasure.



**Dr. Julie O'Toole** is founder and medical director of Kartini Clinic. She is a board certified pediatrician and has been in private pediatric practice for the better part of two decades. She is a member of the American Academy of Pediatrics, the Society for Adolescent Medicine, AED (Academy for Eating Disorders), NEDA (National Eating Disorders Association), and EDAP (Eating Disorders Awareness and Prevention). She also has a master's degree in public health (international health). As well as being an avid gardener and bookworm, she is a proud parent to four grown children.



**Tomas J. Silber, M.D., M.A.S.S.** serves as Director for Education and Training of the Section of Adolescent and Young Adult Medicine at Children's National Medical Center and Professor of Pediatrics and Health Care Sciences at The George Washington University, Washington, D.C. He is boarded in pediatrics with a subspecialty board in adolescent medicine, and serves as Director of the Office of Ethics at Children's National Medical Center. In June of 2010 he was inducted as Fellow of the Academy for Eating Disorders. Dr. Silber is the editor of six books, on the editorial board of two journals, guest editor of six journals, author of over 200 articles and 44 book chapters. Dr. Silber's particular areas of interest are eating disorders, psychosomatic medicine, international adolescent health and bioethics.



**Beth Mayer, LICSW** has been in the eating disorders field for 27 years. She is nationally recognized for her work in the eating disorders field and has spoken at conferences around the country. Beth is currently the President of MEDA. Beth has been the Program Director of three community-based adolescent programs for Riverside Community Care, a nonprofit, healthcare and human services organization that delivers mental health, early intervention and substance abuse treatment services throughout Eastern and Central Massachusetts. Beth has a private clinical practice and for 20 years has been providing individual, couples and family therapy with a focus on eating disorders, addictions, sexual abuse, clinical depression and multiple personality disorders.



**Lisa Kantor**, a Los Angeles lawyer and partner in Kantor & Kantor LLP, represents people denied health benefits for treatment of both physical and mental illnesses. Most recently, Ms. Kantor has focused her efforts litigating insurance company denials of coverage for residential treatment of eating disorders. Kantor & Kantor is the only law firm in the country with a distinct eating disorder practice staffed with lawyers and other professionals experienced in the specific needs of people who have been denied benefits for eating disorder treatment. In August 2012, she won the first federal court ruling that determined health plans must pay for all medically necessary treatment for mental illnesses, including residential treatment. For her achievements, Ms. Kantor was named a Top Woman Lawyer by *the Los Angeles Daily Journal* and an Attorney of the Year by the *San Francisco Recorder*. She received a “Special Recognition” award from the International Association of Eating Disorders Professionals Foundation and a California Women Lawyers’ Woman of Distinction Award.



**Dr. Debra Katzman** is a Professor of Paediatrics in the Division of Adolescent Medicine, Department of Paediatrics at the University of Toronto. Dr. Katzman is also an Associate Scientist at the Research Institute at The Hospital for Sick Children. She holds academic cross appointments as an Associate Member in the Department of Human Development and Applied Psychology, Ontario Institute for Studies in Education at the University of Toronto and is a Member of the Institute of Medicine at the University of Toronto. Her primary academic interest is the medical complications of adolescent eating disorders. She has focused her research in the area of osteoporosis in young girls with anorexia nervosa. Dr. Katzman is also investigating brain structure and function in young women with anorexia nervosa using magnetic resonance imaging.



**Mary Beth Krohel** began her “education” in the field of eating disorders in 2003 and started making advocacy connections at the NEDA conference in 2004 as an original member of the Parent, Family & Friends Network (PFN) Steering Committee. She initiated the first PFN Newsletter in 2006. In 2007 she became a member of the Academy for Eating Disorders (AED) and helped form the Medical Care Standards Task Force (MCSTF).



**Dr. Mark Warren** is the Co-Founder and Medical Director of the Cleveland Center for Eating Disorders. A graduate of the Johns Hopkins University Medical School, he completed his residency at Harvard Medical School. He is on Faculty at Case Western University Medical School. Dr. Warren is a Distinguished Fellow of the American Psychiatric Association, a Fellow of the Academy of Eating Disorders, where he leads the SIG in Males and Eating Disorders, a two-time recipient of the Exemplary Psychiatrist Award of the National Alliance for the Mentally Ill, and a winner of the Woodruff Award. Dr. Warren co-chairs the Academy of Eating Disorders Presidential Task Force for Medical Care and serves on the London-based Succeed Foundation Medical Advisory Board. His practice focuses on bringing the most up to date research into the practice of evidence-based care.



**Dr. Sarah Ravin** brings a fresh perspective to her clinical work which is grounded in the latest scientific research on the etiology and treatment of mental disorders. Since 2009, she has been in solo private practice in Coral Gables, FL, where she treats children, adolescents, and young adults with eating disorders, anxiety disorders, and mood disorders. Dr. Ravin utilizes a variety of evidence-based approaches including Maudsley Family-Based Treatment (FBT), Cognitive-Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Acceptance and Commitment Therapy (ACT). Channeling her natural energy, passion, and optimism into her work, Dr. Ravin is committed to helping each patient achieve full recovery. Dr. Ravin also writes a popular blog on eating disorders and related topics in psychology.