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## PROGRAM DESCRIPTION

When a person struggles with an eating disorder their relationship to food can read like a clandestine taboo love affair—anticipation fueling excitement, intimacy enveloped in secrecy and disappointment and emptiness when it's over. These patients have lost faith in the human reliability of the other so they progressively either withdraw from or never really develop a relationship with others. This withdrawal or avoidance for the eating disordered patient may be seen as a false outward presentation of sociability to the world at large that belies his or her inner secret retreat to that singular most important relationship—their relationship to the world of food.

How do we as therapists attempt to create safety in the eating disordered patient's world of chaos where out of control or over control are the only known staples of their diet? When you begin to work with an anorexic, bulimic or compulsive binge eater, you discover the deep level of entrenchment that the eating disorder has in their lives. How do we as therapists learn to speak "their language", a language of food and bodily concerns, while introducing and integrating mindfulness in our clinical work?

Using clinical case material, this presentation will present a detailed, practical exploration of how one works analytically with anorexic, bulimic, and binge-eating patients beyond symptom alleviation. Understanding the neurobiological underpinnings and the implications of these findings in clinical treatment, the concepts of attachment theory, self regulation and affect regulation will be viewed as interpersonal constructs. The need for novelty will be illustrated in clinical moments where the relational field shifts. The ongoing exploration of interactions between patient and therapist, the many 'bodies' in the room, why a particular intervention is chosen, as well as transference and countertransference concerns will be discussed. Issues of body obsession, diagnosis, assessing the level of care, and techniques involving contracts, food charts, and food language as metaphor, will be viewed as part of the bridge one builds to enter the ritual-filled world of the eating disordered patient.

The secrets that patients with eating disorders bring to therapy reveal a basic ambivalence, between the urge to retain and the urge to expel. Their relationship to secrets could be thought of like their relationship to food--the dynamics in the tensions of wanting and not wanting to know themselves and be known in revealing their secrets to another; doing and undoing, depriving and over sharing. The core of their identity, their most 'secret self' is felt to be somehow spoiled or dirty in its knowing and revealing itself to an Other and self protection occurs through the maladaptive function of dissociation. Dissociation is not-knowing there is a secret you are keeping. This presentation examines how secrets further extend the compartmentalization of self and self and body states as it is played out in treatment and explores how relating in new ways to eating disordered patients facilitates the uncovering of secrets so that the patient can move from "being" the secret to "knowing" the secret.

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## LEARNING OBJECTIVES

**At the conclusion of Day 1 of this program, participants will be able to:**

1. Understand and utilize interpersonal perspectives in the treatment of anorexia, bulimia and binge eating disorders.
2. Describe eating disordered patient's capacities to self soothe and regulate internal experience, as a way to understand how to work more effectively with the relational component of the eating disorder as it plays out in treatment and in the world.
3. To utilize the integration of other treatment modalities within the interpersonal framework with the goal of extending the knowledge in this arena to broader clinical practice.
4. Conceptualize how disordered eating is the psychic inability to care for one's self and to make better clinical use of this perspective through the contexts of attachment, self-state and body-state theory, self-regulation and affect regulation issues.
5. Effectively apply action oriented techniques to enhance clinical treatment with patients with eating disorders.

**At the conclusion of Day 2 of this program, participants will be able to:**

1. To develop an understanding about the role of secrets in eating disorders and how secrets can further extend the compartmentalization of self and self and body- states as its played out within a treatment.
2. Describe the concept of dissociation and at least one dimension of the theory related to its use in clinical work with patients with eating disorders.
3. To explore issues of shame and trust embedded in eating disorder behaviors and secrets to better understand enactments that occur in clinical treatment.

# ABOUT THE PRESENTER

**Jean Petrucelli, Ph.D.** is Director & Co-Founder of the Eating Disorders, Compulsions and Addictions Service (EDCAS); Fellow; Supervising Analyst; Teaching Faculty; Conference Advisory Board (CAB) Chair and Founding Director of the Eating, Disorders, Compulsions & Addictions one year educational certificate program at The William Alanson White Institute for Psychotherapy and Psychoanalysis. She is an Adjunct Clinical Professor for New York University's Postdoctoral Program in Psychotherapy and Psychoanalysis and Co-Chair of the IH Faculty Selection and Curriculum Committee; Adjunct Clinical Professor of The Institute for Contemporary Psychology (ICP); Associate Editor for Contemporary Psychoanalysis; member of The BODI Group (with Susie Orbach, The Woman's Therapy Center, The New School, and body movement therapists) conducting research on the Intergenerational Transmission of Body Image and Embodiment.

Dr. Petrucelli is Editor of the books: *Body-States: Interpersonal and Relational Perspectives on the Treatment of Eating Disorders* (Routledge, 2015); *Knowing, Not-Knowing & Sort-of-Knowing: Psychoanalysis and the Experience of Uncertainty* (Karnac Books, 2010); and *Longing: Psychoanalytic Musings on Desire* (Karnac Books, 2006); Co-editor of the book *Hungers and Compulsions: The Psychodynamic Treatment of Eating Disorders and Addictions* (Rowen & Littlefield, 2009, 2001) and most recently, Co-editor with S. Schoen of *Unknowable, Unspeakable and Unsprung: Psychoanalytic Perspectives on Truth, Scandal, Secrets & Lies* (Routledge, 2016). Dr. Petrucelli specializes in the interpersonal treatment of eating disorders and addictions and lectures nationally and internationally at conferences, analytic institutes and divisions, colleges, universities, and treatment facilities. She is in private practice on the upper west side in New York City.

## DPA CONVENTION & PROGRAM AGENDA

### FRIDAY, OCTOBER 21

8:00 – 9:00 AM	<i>Registration and continental breakfast</i>
9:00 AM – 12:15 PM	<i>Morning program session with 15-minute break</i>
12:15 – 1:15 PM	<i>Lunch</i>
1:15 – 4:30 PM	<i>Afternoon program session with 15-minute break</i>
4:30 – 5:30 PM	<i>Break</i>
5:30 – 6:30 PM	<i>Student Poster Presentations, cocktails, hors d'oeuvres, browse exhibits and silent auction items</i>
6:30 – 9:00 PM	<i>Buffet Dinner and Silent Auction</i>

### SATURDAY, OCTOBER 22

7:30 – 9:00 AM	<i>Continental Breakfast (for all conference attendees)</i>
7:45 – 8:45 AM	<i>DPA Annual Meeting (members only)</i>
9:00 AM – 12:15 PM	<i>Morning program session with 15-minute break</i>

**“Interpersonal Treatment of Eating Disorders, Disordered Eating and Body Image Issues: Integrating Neurobiology, Attachment, Affect Regulation and Clinical Conundrums,”** sponsored by the Delaware Psychological Association, has been approved for a total of 9 CE credits, (6 credits for the Friday workshop and 3 credits for Saturday). The Delaware Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Delaware Psychological Association maintains responsibility for this program and its contents.

**IMPORTANT NOTICE: THOSE WHO ATTEND THE WORKSHOPS AND COMPLETE THE EVALUATION FORM WILL RECEIVE CONTINUING EDUCATION CREDITS. PLEASE NOTE THAT APA CE RULES REQUIRE THAT WE ONLY GIVE CREDIT TO THOSE WHO ATTEND THE ENTIRE WORKSHOP. THOSE ARRIVING MORE THAN 15 MINUTES AFTER THE SCHEDULED START TIME OR LEAVING BEFORE THE WORKSHOP IS COMPLETED WILL NOT RECEIVE CE CREDITS.**

# DPA CONVENTION REGISTRATION - 2016

Join Your COLLEAGUES IN DEWEY BEACH – OCTOBER 21 & 22, 2016

(See "THREE EASY WAYS TO REGISTER" below)

NAME (AS IT SHOULD APPEAR ON NAME TAG)

DEGREE/POSITION TITLE

MAILING ADDRESS

E-MAIL ADDRESS

CITY, STATE, ZIP CODE

PHONE NUMBER

## REGISTRATION FEES

### FULL CONFERENCE PACKAGE (9 CE CREDITS)

INCLUDES PROGRAM ON BOTH DAYS, CONTINENTAL BREAKFASTS, LUNCH AND DINNER ON FRIDAY  
ADD FRIDAY DINNER FOR MY GUEST(S) @ \$50 PER PERSON

DPA Member	Non-Member	Student
<b>\$230.</b>	<b>\$295.</b>	<b>\$115.</b>
\$ _____	\$ _____	\$ _____

### FRIDAY ONLY – FULL DAY (6 CE CREDITS)

INCLUDES FRIDAY PROGRAM, CONTINENTAL BREAKFAST, AND LUNCH  
ADD FRIDAY DINNER(S) FOR MYSELF/GUEST @ \$50 PER PERSON

<b>\$175.</b>	<b>\$220.</b>	<b>\$80.</b>
\$ _____	\$ _____	\$ _____

### SATURDAY ONLY – HALF DAY (3 CE CREDITS)

ADD FRIDAY DINNER(S) FOR MYSELF/GUEST @ \$50 PER PERSON

<b>\$80.</b>	<b>\$100.</b>	<b>\$45.</b>
\$ _____	\$ _____	\$ _____

**TOTAL**

\$ _____	\$ _____	\$ _____
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SPECIAL DIETARY REQUESTS: \_\_\_\_\_

## THREE EASY WAYS TO REGISTER!!

### THREE EASY WAYS TO REGISTER!!

- Register online at [www.depsych.org](http://www.depsych.org)
- Telephone the DPA office at 302-475-1574
- Complete and Mail this registration form with your check, MasterCard, Visa or American Express number to:  
Delaware Psychological Association  
P. O. Box 718  
Claymont, DE 19703-0718  
Please make checks payable to DPA

DPA Member: (circle one) Yes No

Credit Card # \_\_\_\_\_

Expiration Date: \_\_\_\_\_ CV Code (on back of card) \_\_\_\_\_

Today's Date: \_\_\_\_\_

MasterCard  VISA  American Express

Signature \_\_\_\_\_

## HOTEL ACCOMMODATIONS

Hotel accommodations for the 2016 DPA Convention are being provided by:

### HYATT PLACE DEWEY BEACH HOTEL

1301 Coastal Highway  
Dewey Beach, DE 19971  
[www.hyattplacedeweybeach.com](http://www.hyattplacedeweybeach.com)

For reservations, call 1-888-591-1234

To reserve a room at the DPA Convention Rate, you will need to contact the hotel directly no later than September 30, 2016 and identify yourself as attending the DPA Convention. Please refer to group code "G-DEPA" when making your reservation. Room type (king or two-bedded) can be confirmed at the time of the reservation. The Hyatt Place Dewey Beach and Conference Center are smoke-free facilities. To reserve a room at the DPA Convention Rate, you will need to contact the hotel directly no later than September 30, 2016 and identify yourself as attending the DPA Convention. Please refer to group code "G-DEPA" when making your reservation. Room type (king or two-bedded) can be confirmed at the time of the reservation. The Hyatt Place Dewey Beach and Conference Center are smoke-free facilities.

### DPA Convention Room Rates:

**\$149.00 Single/Double Occupancy**

The above rates are based on single or double occupancy and are subject to an 8% hotel occupancy tax. All reservations must be guaranteed. Individuals will be asked to provide a one night's room and tax deposit in order to guarantee a reservation. Deposits may be made by cash, check or major credit card.

CANCELLATIONS RECEIVED BY OCTOBER 17, 2016 WILL BE REFUNDED IN FULL, LESS A \$25 ADMINISTRATIVE FEE. NO REFUNDS WILL BE GRANTED AFTER OCTOBER 17, 2016.