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**“Ta Da”:
2014 iaedp Symposium to Address the Potential for Transcendent
Moments in the Treatment of Eating Disorders**

PEKIN, Ill. (Feb. 21, 2014) – Both clinicians and clients strive to invite, create, and nurture the potential for transcendent experience during the treatment of eating disorders. A groundbreaking, experiential workshop at the 28th annual iaedp Symposium, will explore those unique transcendent moments in the treatment of eating disordered clients- the life changing “Ta Das” experienced by both client and clinician. The workshop will be part of an action-packed conference that will take place February 26 – March 2, 2014 at the Trade Winds Island Resort on St. Pete Beach, Florida.

The workshop will explore transcendence and related phenomenon such as spiritual experience, recovery moments, insight catalysts, genuine relationships, life altering connections, processes of internal and external change, and the changing of the heart. Both clinician and client need to have the self-awareness, breathing room, and safety environment necessary to recognize these moments, as well as the confidence and trust to take risks and proceed. Clinicians’ self-care and artful management of boundaries allow them to project and protect their “best self” to, and with, their clients.

The workshop will also examine research in neuroscience now confirming that the heart functions like a second brain, processing experiences involving knowing, stance, choice, and decision, while sending information to higher cortical centers of the cranial brain. The workshop will adapt this research to the clinical arena, blending nonverbal, right brain, experiential modes of treatment with the relational model to help us to listen to and follow the heart, critical for both clinician and client. Didactic content, discussions, small group exercises, role play, demonstrations,

and reflective and experiential exercises will provide participants with “real time” opportunities to not only understand, but to capture the essence of this powerful process.

The primary presenter of the workshop is Margo Maine, PhD, FAED, CEDS, co-founder of Maine & Weinstein Specialty Group and an expert in eating disorders. She is also the Senior Editor of *Eating Disorders: The Journal of Treatment and Prevention*; Vice President of the Eating Disorders Coalition for Research, Policy, and Action; Founding Member and Fellow of the Academy for Eating Disorders; and a Founder of the National Eating Disorders Association.