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## The Importance of Hope in Eating Disorder Recovery

**Pekin, IL (Feb. 10, 2015)** – Hope is a critical component in recovery from eating disorders, and mostly dependent on clinicians – those who provide treatment – to convey through therapeutic relationships and interventions. The unique skills of how to translate hope are revealed during a workshop at the [2015 iaedp Symposium](#) held March 18 – 22 in Phoenix, offering participants with both evidence-based and practical techniques.

The therapeutic relationship has been identified as one of the most important variables in therapy outcomes. “In fact, hopelessness has been identified as a risk factor for dropping out of treatment, symptoms of co-morbid depression and even suicidality,” says Nicole Siegfried, PhD, CEDS and Clinical Director with Castlewood Treatment Centers, and one of the workshop presenters.

“Our task is to communicate that hope can be conveyed through the therapeutic relationship through the expression of a belief in recovery through strategic use of real-life examples of recovery and sharing statistics on recovery in eating disorders,” adds Mary Bartlett, PhD, an independent mental health consultant, assistant professor of counseling at University of Alabama at Birmingham and also a workshop presenter. According to Dr. Bartlett, the clinician’s skillful use of empathy and validation are among ways to effectively communicate hope.

Drs. Siegfried and Bartlett present “Hope Brokers: Clinicians as Agents of Change in Eating Disorder Recovery” on Sunday, March 22, one of the over 40 workshops and keynote addresses at this year’s [iaedp Symposium](#) for eating disorder professionals. “In attendance will be the brightest and most noted eating disorders professionals from around the country and the globe. The knowledge exchange will be extraordinary,” said Bonnie Harken, Managing Director of The iaedp Foundation.

For registration information about the 2015 iaedp Symposium at the Pointe Hilton Tapatio Cliffs Resort, go to [iaedp.com](http://iaedp.com). Since 1985, the [International Association of Eating Disorders Professionals](#) has

provided education and training standards to an international and multidisciplinary group of various healthcare treatment providers and helping professions.

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