

Obesity & Eating Disorders

Thursday, October 15, 2026

4:00-8:00 PM

Westin Copley Place • Boston, MA

AGENDA

THURSDAY, OCTOBER 15, 2026

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|----------------|---|
| 4:00 – 4:10 PM | Welcome and Overview Kamryn Eddy, PhD |
| 4:10 – 4:30 PM | Neurobiology of Obesity Laura Holsen, PhD |
| 4:30 – 4:50 PM | Behavioral Weight Loss Therapy for Obesity Ashley Dunford, PhD |
| 4:50 – 5:10 PM | Psychopharmacology of Obesity with Comorbid Eating Disorders Esther Dechant, MD |
| 5:10 – 5:45 PM | Panel Discussion: Dual Management of Obesity <i>and</i> Eating Disorders <i>Moderator:</i> Kamryn Eddy, PhD <i>Panelists:</i> Laura Holsen, PhD; Ashley Dunford, PhD; Esther Dechant, MD |
| 5:45 – 6:15 PM | Break & Dinner Served |
| 6:15 – 6:25 PM | Brief Introduction: Evidence-based Therapies for Eating Disorders Kamryn Eddy, PhD |
| 6:25 – 6:45 PM | Cognitive-Behavioral Therapy for Anorexia Nervosa 20 session version (CBT-20-AN) Jennifer Thomas, PhD |
| 6:45 – 7:05 PM | Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder Evelyna Kambanis, PhD |
| 7:05 – 7:25 PM | Management of Athletes at Risk for Eating Disorders Kendra Becker, PhD |
| 7:25 – 8:00 PM | Panel Discussion <i>Moderator:</i> Kamryn Eddy, Ph.D. |

Panelists: Jennifer Thomas, PhD; Evelyn Kambanis, PhD; Kendra R. Becker, PhD

8:00 PM

Adjourn