

Jessica Setnick, MS, RD, LD, CSSD

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Jessica Setnick is known around the globe as an eating disorders expert with a sense of humor. The practical ideas she proposes and the hilarious way she presents them have endeared her to community and professional audiences alike.

Jessica conveys authority without judgment and analysis without disapproval, allowing listeners to reflect on and laugh at their own imperfections. With lighthearted lessons on serious subjects, Jessica conveys that the eating and weight problems we face have roots in our past, but the power to change is very much in our present. As she says, "Small changes are the heart of any revolution... as long as we change the things that really matter."

Because of her accessibility and easy manner, Jessica's fans may forget that she has an extensive education. It is her background in human behavior (she holds a Bachelor's degree in Anthropology from The University of Pennsylvania) combined with her expertise in dysfunctional and disordered eating (she is a Registered Dietitian with a Master's Degree and writes books and articles about eating disorders) that have led to her unique ability to see what others miss.

After treating thousands of patients in the hospital and out, Jessica has adapted and fine-tuned her eating disorder counseling into a teachable method that works for patients labeled "difficult," "unwilling," and "non-compliant." She trains other professionals to use her "Universal Precautions" to identify the underlying issues influencing patients' eating. She bases her presentations on the latest research into human brain function, decision-making, motivation and personality, but she slips it into her stories so that listeners can relate.

Jessica will wow your audience with straightforward facts, her unorthodox point of view, and most of all, her message of hope that even thinking different thoughts about eating is a step in the right direction. Her insight into why our patients make the choices they do and her knack for teaching us to help them change is what sets Jessica apart from other eating pros who simply tell us what we already know.

To bring Jessica to your event, for a list of upcoming venues, and for more information, please visit www.UnderstandingNutrition.com/Speaker, email Info@UnderstandingNutrition.com, or call 214-503-7100.

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Jessica Setnick, founder of *Eating Disorders Boot Camp* and author of *The Eating Disorders Clinical Pocket Guide*, is known for her straightforward approach to educating health professionals and the public about eating disorders and the connections between mental health and nutrition. She currently divides her time between private practice nutrition counseling, teaching workshops, and consultation and supervision with new practitioners.

CAREER HIGHLIGHTS:

Author, *Eating Disorders Clinical Pocket Guide*, published in 2005, second edition to be published by The American Dietetic Association as "The American Dietetic Association Pocket Guide to Eating Disorders" in 2010.

Founder, *Eating Disorders Boot Camp: Training Workshop for Professionals*.

Past Chair, Behavioral Health Nutrition, Practice Group of the American Dietetic Association.

PROFESSIONAL CREDENTIALS:

Registered and Licensed Dietitian, Commission on Dietetic Registration/State of Texas
Certified Specialist in Sports Dietetics, Commission on Dietetic Registration
Certified Worksite Health Promotion Director, Cooper Institute for Aerobics Research

EDUCATION AND TRAINING:

Master of Science in Exercise Physiology & Sports Nutrition and Dietetic Internship
Texas Woman's University, Denton, Texas

Bachelor of Arts in Anthropology: Human Biology & Nutrition
University of Pennsylvania, Philadelphia, Pennsylvania

POSITIONS:

| | |
|----------------|---|
| 1996 – Present | Owner, Understanding Nutrition, PC |
| 2001 – 2006 | Consulting Dietitian, Project Kids Early Childhood Intervention |
| 2000 – 2003 | Consulting Dietitian, Baylor Executive Edge |
| 1998 – 2002 | Consulting Dietitian, The Premier Club |
| 1998 – 2000 | Clinical Dietitian, Children's Medical Center of Dallas |
| 1997 – 1999 | Adjunct Faculty, Richland College |
| 1995 – 1996 | Adjunct Faculty, Texas Woman's University |

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HONORS and AWARDS:

Outstanding Nutrition Educator Award Recipient, Texas Dietetic Association, 2010
Excellence in Practice Eating Disorders Award, Behavioral Health Nutrition, 2010
Media Recognition Award Nominee, Dallas Dietetic Association, 2008
Distinguished Alumna Award Nominee, Texas Woman's University, 2007
The Radial Group Vision Award Finalist, 2007
Second Place News Feature Award Recipient, College Fraternity Editors, 2004
Eating Disorders Awareness Award Recipient, The Elisa Project, 2000
Young Dietitian of the Year Award Recipient, American Dietetic Association, 2000
Young Dietitian of the Year Award Recipient, Texas Dietetic Association, 2000

PROFESSIONAL and CONSUMER PUBLICATIONS:

Micronutrient Deficiencies and Supplementation in Anorexia and Bulimia Nervosa: A Review of Literature. Nutrition in Clinical Practice. 2010; 25(2):137-142.

Success Story: Jessica Setnick, Understanding Nutrition and EatingDisorderJobs.com. Profile in: Dunford, Marie. *Fundamentals of Sport and Exercise Nutrition.* 2010. Human Kinetics. ISBN #0-7360-7631-X.

Eating Disorders, chapter published in: *American Dietetic Association Nutrition Care Manual,* 2008.

Nutrition and Addictions: A Guide for the Professional, by Anne S. Hatcher. 2008. Behavioral Health Nutrition. Editor.

Nutrition Intervention in the Treatment of Anorexia Nervosa, Bulimia Nervosa and Other Eating Disorders: Position of the American Dietetic Association. Journal of the American Dietetic Association. 2006;106(12):2073-2082. Content Advisor.

Web of Controversy – Investigating “Pro-eating Disorder” Websites. Today's Dietitian. 2007; 9(5).

Eating Disorders and Pregnancy: Nutrition Counseling Strategies for Dietetics Professionals. SCAN's Pulse. 2006;25(4).

Silence the Food Critic. Eating Disorders Today. 2006;4(3).

Eating Disorders throughout the Lifespan. Women's Health and Reproductive Nutrition Report. 2006.

What's Eating Your Patients? Solving Emotional Eating from the Inside Out, Co-authored with Michelle Negri, Bariatric Times. 2006; 3(1).

Healthy Holiday Eating: Enjoying the Season While Making Healthy Choices. One-hour workshop training manual. 2006.

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PUBLICATIONS, continued:

The Eating Disorders Clinical Pocket Guide: Quick Reference for Healthcare Providers. 2005. ISBN 0-9764002-4-3.

Breastfeeding and Body Image: Is There a Connection? Women's Health and Reproductive Nutrition Report. 2005.

The Working Woman's Book of Hope and Healing: For Women Working Their Way Through Life, Co-authored with Kelly Coutee and Shannon Purtell. 2005. ISBN 0-9764002-5-1.

The Survivor's Book of Hope and Healing, Co-authored with Kelly Coutee and Shannon Purtell. 2005. ISBN 0-9764002-3-5.

Jessica Setnick's Eating Disorders Boot Camp: Training Workshop for Professionals Home-Study Course. 2005. ISBN 0-9764002-0-0.

The Eating Disorders Book of Hope and Healing: Affirmations for Anyone Who Eats, Co-authored with Kelly Coutee and Shannon Purtell. 2005. ISBN 0-9764002-2-7.

The Eating Disorders Book of Hope and Healing: Children's Edition, Co-authored with Kelly Coutee and Shannon Purtell. 2005. ISBN 0-9764002-1-9.

Why Diets Don't Work... And What Does. One hour workshop training manual. 2005.

How Do I Know If I Need Help? Developmental Issues, Dietetics in Developmental and Psychiatric Disorders. 2005

Making Fitness Fit with the Setnick Sisters, weekly column in the Texas Jewish Post newspaper, June 2002 – December 2004.

Eating Disorders and Pregnancy. Developmental Issues, Dietetics in Developmental and Psychiatric Disorders. 2004.

Eating Disorders: Are We Dealing with the Real Issues? The Arrow of Pi Beta Phi. 2003. Summer.

Three-Year Follow-up Study of Children and Adolescents with Anorexia Nervosa Initially Treated in a Continuum of Care Program, Co-authored with Dr. David Waller et al. International Journal of Eating Disorders. 2003.

Diagnosing Hidden Eating Disorders: Uncovering a Hidden Epidemic. Dallas Medical Journal. 2002; July.

Top 10 Tips to Help Your Picky Eater. Dallas Child Magazine. 2002; September.

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PUBLICATIONS, continued:

Nutrition Guidelines for the Young Athlete, chapter in the Dallas-Fort Worth Hospital Council Manual of Nutrition Therapy.

Nutrition for Diabetes. Children's Medical Center of Dallas Clinical Update. 1999.

Healthy Eating Attitudes in Elementary School? - An Assessment of Attitudes and Behaviors Related to Eating and Body Image Disorders; Master's Thesis, 1997.

Nutritional Implications in the Prevention and Treatment of Athletic Injuries; unpublished.

PROFESSIONAL PRESENTATIONS:

What's Eating Your Clients? Solving Eating Disorders from the Inside Out. Northern Metro Counseling Association Summer Conference, Frisco, Texas, June 2010.

Eating Disorders Boot Camp: Training for Professionals, The Emily Program, St. Paul, Minnesota, June 2010.

Eating Disorders and Personality Disorders, Benjamin Franklin Institute Summit for Clinical Excellence, Las Vegas, Nevada, May 2010.

Food Fairy Tales, Benjamin Franklin Institute Summit for Clinical Excellence, Las Vegas, Nevada, May 2010.

The Secret Lives of Eating Disorders, National Strength and Conditioning Association Annual Conference, Las Vegas, Nevada, March 2010.

Eating Disorders 911 – What Every Dietitian Needs to Know, Houston, Texas, January 2010.

Eating Disorders Boot Camp: Training for Professionals, Houston, Texas, January 2010.

Eating Disorders Boot Camp: Training for Professionals, Las Vegas, Nevada, December 2009.

Eating Disorders Boot Camp: Training for Professionals, Charlotte, North Carolina, May 2009.

Double Your Referrals...Without Getting Off the Couch! Webinar, May 2009.

Eating Disorders Boot Camp: Training for Professionals, Boston, Massachusetts, April 2009.

Eating Disorders Boot Camp: Training for Professionals, Phoenix, Arizona, February, 2009.

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PROFESSIONAL PRESENTATIONS continued:

Personality Disorders 411: For Professionals Treating Eating Disorders Webinar, February 2009.

Eating Disorders Boot Camp: Training for Professionals, Miami, Florida, January 2009.

Eating Disorders Boot Camp: Training for Professionals, Dallas, Texas, December 2008.

Eating Disorders and Personality Disorders, The Renfrew Foundation Conference, Philadelphia, Pennsylvania, November 2008.

Eating Disorders Boot Camp: Training for Professionals, Torrance, California, September 2008.

Eating Disorders Boot Camp: Training for Professionals. Colorado Springs, Colorado, July 2008.

Eating Disorders 411: What Every Dietitian Should Know, Texas Dietetic Association Conference, Austin, Texas, April 2008.

Eating Disorders Boot Camp: Training for Professionals, New York, New York, April 2008.

Addressing Eating Disorders Among Athletes at the High School and College Level, American Association of Health, Physical Education and Recreation Directors National Convention, Fort Worth, Texas, April 2008.

Eating Disorders Boot Camp: Training Workshop for Professionals, Manhattan, Kansas, February 2008.

Eating Disorders Boot Camp: Training Workshop for Professionals, Birmingham, Alabama, January 2008.

Eating Disorders Boot Camp: Training Workshop for Professionals, Dominican University, Chicago, Illinois, July 2007.

Eating Disorders Boot Camp: Training Workshop for Professionals, Columbia University Teacher's College, New York, New York, May 2007.

Eating Disorders Boot Camp: Training Workshop for Professionals, University of Texas, Austin, Texas, January 2007.

What's Eating Your Clients?, Dallas Counselors Association, December 2006.

Eating Disorders Boot Camp: Training Workshop for Professionals, Del Amo Hospital, Torrance, California, December 2006.

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PROFESSIONAL PRESENTATIONS continued:

Eating Disorders Boot Camp: Training Workshop for Professionals, Minneapolis, Minnesota, October 2006.

Eating Disorders in Inpatient Care, Parkland Memorial Hospital, Dallas, Texas, October 2006.

Eating Disorders Boot Camp: Training Workshop for Professionals, Duke University, Durham, North Carolina, July 2006.

Eating Disorders and Pregnancy, Academy of Eating Disorders, Barcelona, Spain, June 2006.

Eating Disorders Boot Camp: Training Workshop for Professionals, Portland, Oregon, May 2006.

Eating Disorders Boot Camp: Training Workshop for Professionals, Columbia Teacher's College, New York, New York, March 2006.

Eating Disorders: Cutting Edge Strategies, Sports, Cardiovascular and Wellness Nutritionists Symposium, Nashville, Tennessee, March 2006.

Eating Disorders Boot Camp: Training Workshop for Professionals, University of Denver Hospital, Denver, Colorado, March 2006.

Eating Disorders Boot Camp: Training Workshop for Professionals, VA Hospital of San Francisco, San Francisco, California, January 2006.

Eating Disorders Boot Camp: Training Workshop for Professionals, Boston, Massachusetts, December 2006.

Grace Under Pressure: The Dietitian's Use of Self in Treatment, The Renfrew Center Foundation Conference, Philadelphia, Pennsylvania, November 2006.

Helping Obese Children and Teens without Diets, Iowa Dietetic Association Annual Conference, Des Moines, Iowa, November 2006.

Managing Eating Disorders in Any Practice Area, Iowa Dietetic Association Annual Conference, Des Moines, Iowa, November 2006.

Nutritional Rehabilitation of Anorexia Nervosa in Pediatrics, Dangerous Diets: Obesity and Eating Disorders, Medical City Dallas, Texas, October 2005.

Eating Disorders and Obesity in Children: How to Manage One without Creating the Other, Pediatric Nutrition Network, Dallas, Texas, September 2005.

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PROFESSIONAL PRESENTATIONS continued:

Eating Disorders Boot Camp: Training Workshop for Professionals, Madonna University, Detroit, Michigan, September 2005.

Eating Disorders Boot Camp: Training Workshop for Professionals, Del Amo Hospital, Torrance, California, July 2005.

Raising Healthy Kids in a Fast Food World, National Center for Youth Issues Regional Conference, Dallas, Texas, June 2005.

Eating Disorders Boot Camp: Training Workshop for Professionals, King of Prussia, Pennsylvania, May 2005.

Eating Disorders, Employee Assistance Program Association, Dallas, Texas, April 2005.

What's Eating Your Clients? Eating Disorders and Trauma, Association of Traumatic Stress Specialists Annual Conference, Dallas, Texas, April 2005.

Eating Disorders: Identification, Prevention and Recovery, Missouri State Department of Health, Columbia, Missouri, March 2005.

I Can't Believe You Just Said That! What to Do When You Can't Say What You Feel, Austin Dietetic Association Wellness Symposium, February 2005.

Eating Disorders: What Every Future Dietitian Needs to Know, Bastyr University, Seattle, Washington, March 2005.

Eating Disorders Boot Camp: Training Workshop for Professionals, Seattle, Washington, March 2005.

Eating Disorders Boot Camp: Training Workshop for Professionals, Eating Disorders Center, San Diego, California, February 2005.

Is This Normal? How to Answer Questions about Child Feeding and Growth, Early Childhood Intervention Consortium, Texas Scottish Rite Hospital, Dallas, Texas, October 2004.

What's Eating Your Clients: Solving Eating Disorders from the Inside Out, Illinois Dietetic Association Fall Seminar, Bloomington, Illinois, September 2004.

What's Eating Your Clients: Solving Eating Disorders from the Inside Out, Center for Change, Orem, Utah, August 2004.

Eating Disorders Boot Camp: Training Workshop for Dietitians, St. Alphonsus Family Center, Boise, Idaho, June 2004.

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PROFESSIONAL PRESENTATIONS continued:

Eating Disorders Boot Camp: Training Workshop for Dietitians, Zale Lipshy University Hospital, Dallas, Texas, May 2004.

Eating Disorders Boot Camp: Training Workshop for Dietitians, Baltimore, Maryland, May 2004.

Eating Disorders Boot Camp: Training Workshop for Dietitians, Columbia University Teacher's College, New York, New York, April 2004.

Eating Disorders Boot Camp: Training Workshop for Dietitians, Atlanta Center for Eating Disorders, Atlanta, Georgia, March 2004.

Eating Disorders and Pregnancy: Complications and Treatment Strategies, Fort Worth Dietetic Association Spring Seminar, Fort Worth, Texas, March 2004.

Helping Chubby Children: Nutrition Education and Treatment Strategies, Medical City Dallas Pediatrics Grand Rounds, Dallas, Texas, March 2004.

Eating Disorders Boot Camp: Training Workshop for Dietitians, Clarian Methodist Hospital, Indianapolis, Indiana, February 2004.

Adventures in Private Practice: A Private Journey in the Public Eye, Dallas Dietetic Association Spring Seminar, Dallas, Texas, January 2004.

Nutrition Counseling Strategies for a Fast Food World, Texas Woman's University, Denton, Texas, January 2004.

Eating Disorders Boot Camp: Training Workshop for Dietitians, St. Vincent Infirmary, Little Rock, Arkansas, December 2003.

Eating Disorders in Pregnancy: Complications and Treatment Strategies for Mother and Child, Renfrew Foundation Conference, Philadelphia, Pennsylvania, November 2003.

Eating Disorders Boot Camp: Training Workshop for Dietitians, full-day workshop, After the Diet VI, San Antonio Texas, October 2003.

Eating Disorders and Pregnancy: What Every Dietetics Professional Should Know, Developmental Issues, Fall 2003.

What's Eating Your Clients, Presbyterian Hospital of Dallas Annual Social Work Conference, August 2003.

Eating Disorders Boot Camp, Santé Center for Healing, Argyle, Texas, July 2003.

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PROFESSIONAL PRESENTATIONS continued:

Eating Disorders Boot Camp: Training Workshop for Health Professionals, St. Joseph's Hospital, Helena, Montana, July 2003.

Eating Disorders Boot Camp: Training Workshop for Health Professionals, Alpha Phi Sorority House, Los Angeles, California, July 2003.

Eating Disorders and Pregnancy, UT Southwestern 26th Annual Conference in Women's Health Care, Dallas, Texas, April 2003.

What's Eating Your Clients: Solving Eating Disorders from the Inside Out, Mental Health Association of Greater Dallas Annual Adolescent Symposium, Plano, Texas, April 2003.

What's Eating Your Patients: Handling Eating Disorders in Any Practice Area, Texas Dietetic Association Annual Food and Nutrition Conference and Exhibition, Houston, Texas, April 2003.

What's Eating Your Patients: Handling Eating Disorders in Any Practice Area, East Texas Dietetic Association Spring Seminar, March 2003.

Hidden Messages in Food Advertisements: Why They Matter, San Antonio Dietetic Association Spring Seminar, March 2003.

What's Eating Your Patients: Handling Eating Disorders in Any Practice Area, Wichita Dietetic Association monthly meeting, February 2003.

Is this Normal? How to Handle Childhood Feeding Problems, Texas Early Childhood Intervention Annual Statewide Conference, April 2002.

Helping Obese Children and Teens without Diets, Inner Escapes Tending the Feminine Psyche, Santa Barbara, California, April 2002.

Helping Obese Children and Teens without Diets, East Texas Dietetic Association Spring Seminar, Tyler, Texas, March 2002.

Is this Normal? Answering Questions about Child Feeding, Grand Rounds, Medical City Dallas Hospital for Children, October 2001.

Eating Disorders, What Every Future Dietitian Should Know, Texas Student Dietetic Association Annual Meeting, Fort Worth, Texas, 2001.

Preventive Nutrition for Young Women, UT Southwestern/March of Dimes 24th Annual Conference in Women's Health Care, Grapevine, Texas, April 2001.

The Children and Teen Faces of Eating Disorders, American Dietetic Association Food and Nutrition Conference and Exhibition, Denver, Colorado, October 2000.

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PROFESSIONAL PRESENTATIONS continued:

Helping Sporty Kids Beat the Heat, Pediatric Nutrition Network monthly meeting, Arlington, Texas, July 2000.

Medical Complications of Eating Disorders, Dallas Dietetic Association Spring Seminar, Dallas, Texas, March 2000.

Assessment and Treatment of Feeding Problems, University of Texas Southwestern Medical School Coordinated Undergraduate Program for Dietitians, February 2000.

Grand Rounds: Failing to Thrive, Children's Medical Center of Dallas, February 2000.

Eating Disorders: What Every Dietitian Should Know, Dallas Dietetic Association, Dallas, Texas, January 2000.

Eating Disorders in Children and Adolescents: The Dietitian's Role, The Elisa Project Symposium for the Prevention and Treatment of Eating Disorders, Dallas, Texas, October 1999.

Eating Disorders: Nutrition Assessment and Intervention, University of Texas Southwestern Medical School Campus Nutrition Alliance, Dallas, Texas, August 1999.

Helping Obese Children and Teens Without Diets, Sports, Cardiovascular and Wellness Nutritionists Symposium on Disordered Eating and Obesity, Cincinnati, Ohio, March 1999.