

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

Restrictive Eating Disorders in Adolescents and Young Adults

Join Lauren Breithaupt, PhD, for a talk on restrictive eating disorders in adolescents and young adults. She will describe symptoms of restrictive eating disorders, types of restrictive eating disorders, including anorexia nervosa and avoidant restrictive eating disorder (ARFID), brain basis of restrictive eating, and standard treatments and best practice. In addition, Dr. Breithaupt will discuss new treatments for restrictive eating disorders developed at Massachusetts General Hospital, including cognitive behavioral therapy for ARFID and estrogen replacement.

This online program is free and open to MGH staff, patients, and the general public.

To attend this program, click on this link:

<https://partners.zoom.us/j/84266994133>



Featured Speaker: Lauren Breithaupt, PhD

Lauren Breithaupt, PhD, is a clinical psychologist at Massachusetts General Hospital, a National Institute of Mental Health Translational Neuroscience Fellow at Harvard Medical School, and an associate researcher at Karolinska Institute in Stockholm, Sweden. Dr. Breithaupt's work focuses on understanding the neurobiology of restrictive eating disorders and the impact of extreme body composition on mental and physical health. Currently, her work explores the neuroprotective effects of estrogen in females with restrictive eating and excessive exercise. She is currently working on a clinical trial to see if estrogen replacement enhances the blood-brain-barrier in adolescent girls and young women who have irregular or absent menses due to restrictive eating and/or excessive exercise. Clinically, Dr. Breithaupt works with adolescents and young adults struggling with restrictive eating disorders, compulsive or excessive exercise, and poor body image.

Date: Monday, February 22, 2021

Time: 12:00 PM - 1:00 PM

**For more information,
call 617-724-7352 or
email pfic@partners.org**

