

Eating Disorders,  
Compulsions &  
Addictions, Educational  
Program

THE  
WILLIAM  
ALANSON  
WHITE  
INSTITUTE



# 2010 CONFERENCE SERIES



**RELATIONSHIPS**

**DISSOCIATION**

**ECONOMICS**

**BODIES**

[www.wawhite.org](http://www.wawhite.org)

**Eating Disorders, Compulsions  
& Addictions Service**



WILLIAM ALANSON WHITE  
I · N · S · T · I · T · U · T · E  
of Psychiatry, Psychoanalysis & Psychology

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## THE INSTITUTE

The William Alanson White Institute is a psychoanalytic training facility founded in 1943 and incorporated under the New York Education Law in 1946 as a not-for-profit educational corporation. The Institute trains psychiatrists, psychologists and doctoral level social workers in the theory and practice of psychoanalysis and offers courses in essential psychoanalytic concepts to individuals in other disciplines who wish to extend their skills and understanding in their own professions. It also provides clinical services and outreach programs to a wide range of populations in New York City and surrounding communities.

The curriculum at the Institute is grounded in the interpersonal tradition of psychoanalysis, recognizing the special contributions of two of its co-founders, Harry Stack Sullivan and Erich Fromm. Since its inception, White has been unique among major psychoanalytic training institutes in emphasizing the psychodynamic role of interpersonal relations and interactions within the socio-cultural environment. The founders believed psychoanalysis must address societal as well as individual ills. It is in this spirit that the Eating Disorders, Compulsions and Addictions Service (EDCAS) was established in 1995 to offer clinical services, education, and training. Our goal is to promote a deeper understanding of a treatment approach that draws from the wellspring of contemporary thinking.

## OVERVIEW OF PROGRAM

### The Eating Disorders, Compulsions & Addictions Service

#### Is proud to present our 2010 CONFERENCE SERIES

#### on the topics of RELATIONSHIPS, DISSOCIATION, ECONOMICS, BODIES.

In a series of four conferences, the Eating Disorders, Compulsions & Addictions Service (EDCAS) will explore issues of intimacy, desire, mindfulness, addiction, affect regulation, dissociation, money, compulsivity, irrationality, hunger and the body in contemporary life.

The William Alanson White Institute, with its emphasis on the interplay between cultural, interpersonal and psychological trends is an ideal venue for a dialogue between authors, social and economic analysts, and clinicians.

These conferences will be held on **Saturdays from 9:00 to 3:00pm** at the Institute. It is an opportunity to learn, share ideas, cultivate curiosity, network, socialize, enjoy and eat.

The Dates: **January 9th • February 6th • March 27th • May 1st**

## COST

Four Conference Package: \$495 Register by December 11th, 2009  
Individual conferences: \$135 Register by December 11th, 2009  
At the door: \$165 Space will be limited so early registration is suggested.

Book purchasing & signing by authors will be available at each event.

**PLACE:** The William Alanson White Institute, 20 West 74th Street, NYC 10023

**CONTACT:** Carlos Acha 212-873-0725 Ext. 10 • cpmanuscripts@gmail.com

## REGISTRATION FORM

Please submit this form with your check made payable to The William Alanson White Institute, Attn: Carlos Acha, 20 West 74th Street, New York, N.Y. 10023. For questions about this conference series, please contact Dr. Sondra Wilk at 212-873-7788. Early registration is suggested as space will be limited.

NAME

ADDRESS

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E-MAIL

HOW DID YOU HEAR ABOUT THE PROGRAM?

YOUR CURRENT WORK ROLE

EMPLOYING ORGANIZATION

Please choose which conference(s) you would like to attend.

- CONFERENCE TOTAL PACKAGE – ALL FOUR **\$495** Register by Dec. 11
  - LOVE ACTUALLY
  - WE'RE ALL IN THIS TOGETHER
  - MONEY MATTERS
  - BODIES
- } **\$135** Register by Dec. 11  
**\$165** at door

**Student/Candidate Rates:** **\$225** Four Conference Package  
(*proof of status required*) **\$65** Individual conferences

**Payment Information:** (*These are the only accepted methods of payment*)

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DATE

## EDCAS DIRECTOR and Co-Founder:

Jean Petrucelli, Ph.D.

## EDCAS STEERING COMMITTEE:

Jacqueline Ferraro, D.M.H.; Elizabeth Halsted, Ph.D.; Jill Howard, Ph.D.; Sue Kolod, Ph.D.; Anne Malave, Ph.D.; Sarah Schoen, Ph.D., Janet Tintner, Psy.D.

## FACULTY & SUPERVISORS

Miri Abramis, Ph.D.	Ann Chanler, Psy.D.	Sue Kolod, Ph.D.
Patricia Bellucci, Ph.D.	Olga Cheselka, Ph.D.	Emily Kuriloff, Psy.D.
Mark Blechner, Ph.D.	Jacqueline Ferraro, D.M.H.	Zev Labins, M.D.
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Sandra Buechler, Ph.D.	Evelyn Hartman, Ph.D.	Janet Tintner, Psy.D.
	Jill Howard, Ph.D.	

Brochure Design: Jean Petrucelli, Ph.D.    Layout: Carlos Acha

The William Alanson White Institute is approved by the American Psychological Association to offer continuing education for psychologists. The White Institute maintains responsibility for the program. Credits are awarded on a credit-per-course-hour basis and 80% attendance is required.

The William Alanson White Institute is accredited by the Accreditation Council for continuing Medical Education to sponsor Continuing Medical Education for physicians.

The William Alanson White Institute designates this continuing medical education activity for Category 1 of the Physicians Recognition Award of the American Medical Association.

This program is approved by the National Association of Social Workers (provider # 886341260) for 18 continuing education contact hours.

It is the policy of The White Institute that faculty and sponsors disclose real or apparent conflicts of interest relating to the topics of this educational activity and also disclose discussions of unlabeled/unapproved user of drugs or devices during their presentation(s).

Discrimination against any Institute member or participant on the basis of age, color, gender, disability status, height, weight, marital status, national origin, political persuasion, race, religion, sexual orientation, veteran status, is prohibited.

For further information regarding The William White Alanson Institute, EDCAS and other programs at the Institute, please visit our website at [www.wawwhite.org](http://www.wawwhite.org)

## COMING IN FALL OF 2010

The full EDCAS program will be offered.

## BRIEF OVERVIEW

The EDCAS 32-week comprehensive program combines didactic and clinical seminars, guest lectures, case conferences, and individual and/or group supervision. Its aim is to provide a concentrated, practice-oriented educational experience to mental health professionals who want to use the interpersonal perspective in working with people who have eating disorders, compulsions, or addictions. Each participant will be assigned a mentor who will be available for consultation and support throughout the program. Classes will be held on Fridays beginning September 2010 at the William Alanson White Institute, 20 West 74th Street, NYC.

All classes will integrate clinical case material. Case material by participants will be encouraged. For an application and more information please contact Carlos Acha at 212-873-0725 Ext 10. or [cpmanuscripts@gmail.com](mailto:cpmanuscripts@gmail.com)

The Eating Disorders, Compulsions & Addictions Service

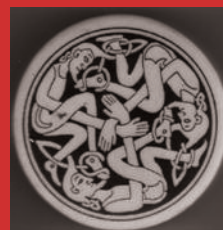
CONFERENCE SERIES - I

## LOVE ACTUALLY

### Entanglements: Real and Imagined

Saturday, January 9th, 2010

The William Alanson White Institute



What is more basic than love? Despite our understanding of its importance, many of us just can't get it right. This conference will address the many ways that love and intimate relationships go awry. Be it chemistry, monogamy, affairs or fantasied affairs, our patients present with both intense relationship struggles, and with the hope of ultimately working out a satisfying relationship.

9:00 to 9:10am

Welcome: Jean Petrucelli, Ph.D., Director of EDCAS

9:10 to 10:00am

**Helen Fisher, Ph.D.**

WHY HIM? WHY HER?

The Drive to Love and Who We Choose

10:00 to 10:50am

**Esther Perel, M.A., LMFT**

Mating in Captivity:

The Paradox of Intimacy and Sexuality

(10 minute break)

11:00 to 12:00pm

Discussion Panel and Q&A

Helen Fisher, Ph.D., Esther Perel, M.A., LMFT,

Jill C. Howard, Ph.D., Don Troise, LCSW

12:00 to 1:15pm

Lunch Break

1:15 to 1:45pm

**Don Troise, LCSW**

*When Love is a Catastrophe*

1:45 to 2:15pm

**Jill Howard, Ph.D.**

*Gone Home: The Never Ending Search of the Commitment Phobic Patient*

2:15 to 3:00pm

Discussion Panel and Q&A

Moderator: Sue Kolod, Ph.D.

Don Troise, LCSW, Jill C. Howard, Ph.D.,

Helen Fisher, Ph.D., Esther Perel, M.A., LMFT.

## WE'RE ALL IN THIS TOGETHER: Dissociated Selves in Transition

Saturday, February 6th, 2010

The William Alanson White Institute

Welcome: Jean Petrucelli, Ph.D.

Morning Panel: 9:00 to 12:00pm

Lunch Break: 12:00 to 1:15pm

Afternoon Discussion: 1:15 to 3:00pm



### Video Case Presentation: Sheldon Itzkowitz, Ph.D.

Discussion:  
Philip M. Bromberg, Ph.D.,  
Elizabeth Howell, Ph.D.,  
Donnel Stern, Ph.D.

Contemporary psychoanalysis has shifted its view on the self from being singular and bounded to multiple, unbounded and discontinuous. With this shift has come a renewed interest in the concept of dissociation as the means by which self states remain distinct, unknown and unintegrated. Dissociation, operating as a defense, prevents the patient from knowing what she can know about herself and her life's experience. In practice, clinicians can miss the subtle state changes that accompany dissociation. Patients at the extreme end of the continuum of dissociative disorders can help us understand pathological dissociation as a means of maintaining rigid boundaries around self-states for the purpose of emotional survival. Dr. Itzkowitz will present a series of video clips of his work with patients who suffer from DID to show how shifts in self states occur. He will demonstrate how he engages these states and uses his experience intersubjectively to help patients loosen their defensive reliance on dissociation.

**Susie Orbach, Ph.D.** is a psychotherapist, psychoanalyst, writer and social critic from London, UK. She co-founded The Women's Therapy Centre in London and the Women's Therapy Centre in NYC with Luise Eichenbaum. A former *Guardian* columnist, she was visiting professor for ten years at the London School of Economics and is the convenor of [www.any-body.org](http://www.any-body.org). She is consultant and co-ordinator of the Dove Campaign for Real Beauty. She is author of 11 books including *Bodies, On Eating, The Impossibility of Sex* and the bestseller *Fat is a Feminist Issue*, and lectures extensively worldwide. Dr. Orbach is an organizer of the Body Attachment Group in NYC and has been creating new theory in our understanding of how we get a body. She has a clinical practice seeing individuals and couples in London.

**Esther Perel, M.A., LMFT** is a couples and family therapist with a private practice in New York City. She is the author of the international bestseller *Mating in Captivity*, now available in 25 languages. Fluent in nine of them, Ms. Perel brings a rich multicultural perspective to her work on couples and sexuality. She serves on the faculty of The Family Studies Unit, Department of Psychiatry, New York University Medical Center, the International Trauma Studies Program and she is an adjunct faculty at The Ackerman Institute for the Family. She is a member of the American Family Therapy Academy and the Society for Sex Therapy and Research, which awarded her the 2009 consumer book award. [www.estherperel.com](http://www.estherperel.com)

**Jean Petrucelli, Ph.D.** is Director and Co-Founder of the Eating Disorders, Compulsions & Addictions Service since 1995, and is a Fellow, Supervising Analyst and member of the Faculty at the William Alanson White Psychoanalytic Institute. She is an associate editor for *Contemporary Psychoanalysis*. Dr. Petrucelli is Editor of the following books— *Knowing, Not-Knowing and Sort-of-Knowing: Psychoanalysis and the Experience of Uncertainty* (Karnac, 2010); *Longing: Psychoanalytic Musings on Desire* (Karnac, 2004) and Co-Editor of *Hungers & Compulsions: The Psychodynamic Treatment of Eating Disorders & Addictions* (Aronson, 2001). She maintains a private practice in NYC.

**Eric Schoenberg, Ph.D.** teaches a course in behavioral economics and decision making at Columbia Business School and is interested in the psychology of money, with a particular emphasis on intergenerational wealth transfers and behavior in financial markets. His career has encompassed both practical experience and theoretical study in business, as Managing Director and Chief Knowledge Officer of Broadview International, a boutique investment bank; in government, as a Foreign Service Officer in the U.S. State Department; and in academia, having received a PhD in Psychology from Columbia University, an MBA in Decision Science from the Wharton School, an MSE in Computer and Information Science from the University of Pennsylvania, and an AB in Biology from Harvard.

**Donnel Stern, Ph.D.** is a Training and Supervising Analyst, and member of the Faculty, at the William Alanson White Institute, and Faculty and Supervisor at the NYU Postdoctoral Program in Psychoanalysis and Psychotherapy. He is the Editor of a book series from Routledge, *Psychoanalysis in a New Key*, and former Editor-in-Chief of *Contemporary Psychoanalysis*. He serves on the Board of Directors of the International Association of Relational Psychoanalysis and Psychotherapy, and is a member of the editorial boards of *Psychoanalytic Dialogues*, *Psychoanalytic Inquiry*, *Psychoanalytic Psychology*, and the *Journal of the American Psychoanalytic Association*. He is the author of many journal articles and the book, *Unformulated Experience: From Dissociation to Imagination in Psychoanalysis* (The Analytic Press, 1997). His new book, *Partners in Thought: Working with Unformulated Experience, Dissociation, and Enactment* has just been published by Routledge (2009).

**Janet Tintner, Psy.D.** is a Supervisor of Psychotherapy, Faculty and Supervisor for the Eating Disorders, Compulsions and Addictions Service at The William Alanson White Institute; Supervisor of Psychotherapy at Teachers College at Columbia and at Rutgers' Graduate School of Applied and Professional Psychology.

**Don Troise, LCSW** is Faculty, Supervisor and member of the Training Committee at the Institute of Contemporary Psychotherapy and in private practice in Manhattan.

**Muriel Dimen, Ph.D.** is Adjunct Clinical Professor of Psychology, NYU Postdoctoral Program in Psychotherapy and Psychoanalysis, and former Professor of Anthropology, Lehman College (CUNY). She is faculty at Massachusetts Institute for Psychoanalysis, Psychoanalytic Institute of Northern California and the Stephen A. Mitchell Center for Relational Psychoanalysis. Dr. Dimen is editor of *Studies in Gender and Sexuality*; associate editor of *Psychoanalytic Dialogues*, and a founding board member and former treasurer of the International Association for Psychoanalysis and Psychotherapy. Her most recent book, *Sexuality, Intimacy, Power* (The Analytic Press, 2003), received the Goethe Award from the Canadian Psychological Association for the Best Book of Psychoanalytic Scholarship published in 2003.

**Kenneth Eisold, Ph.D.** is Past President of the International Society for Psychoanalytic Study of Organizations as well as former Director of the Organizational Program at the William Alanson White Institute. He has written extensively on the psychodynamics of large systems as well as on the organizational dimension of psychoanalysis. His book, *What You Don't Know you Know*, is coming out in January 2010. [www.keneisold.com](http://www.keneisold.com)

**Helen Fisher, Ph.D.** Biological Anthropologist, is a Research Professor and member of the Center for Human Evolution Studies in the Department of Anthropology, Rutgers University and Chief Scientific Advisor to the Internet dating site, Chemistry.com, a division of Match.com. Dr. Fisher is the author of five books including *Why We Love: The Nature and Chemistry of Romantic Love* and *Why Him? Why Her?* She has conducted extensive research and written on the evolution and future of human sex, love, marriage, gender differences in the brain and how biological dimensions of your personality contribute to who you love. [www.helenfisher.com](http://www.helenfisher.com)

**Dan Grech** is the correspondent for the 12-part series on behavioral finance and neuroeconomics called *Your Mind and Your Money*, airing from October 2009 to September 2010 on *Nightly Business Report* on PBS. He's also the co-creator, co-host, co-senior producer of *Under the Sun*, a public radio show airing on 91.3 FM WLRN, South Florida's NPR affiliate. Grech has taught journalism and writing at Princeton University, Columbia University School of Journalism, Florida International University and the Florida Center for the Literary Arts and was a reporter for *Marketplace*, the public radio business news show. He performs improvisational comedy with the Miami troupe, Chasing Tales.

**Irwin Hirsch, Ph.D.** is a Distinguished Visiting Faculty at the William Alanson White Institute. He is Faculty and Supervisor at the Manhattan Institute for Psychoanalysis and Adjunct Professor of Psychology and Supervisor at NYU Postdoctoral Program in Psychotherapy and Psychoanalysis. He is a member of Editorial Boards: *Contemporary Psychoanalysis*; *Psychoanalytic Dialogues*; *Psychoanalytic Perspectives*; *Ricerca Psicoanalitica*. Dr. Hirsch is the author of approximately 70 journal articles, book chapters and reviews, and the book *Coasting in the Countertransference: Conflicts of Self-Interest between Analyst and Patient* (Routledge, 2008).

**Jill Howard, Ph.D.** is Faculty, Supervisor of Psychotherapy at the William Alanson White Institute and maintains a private practice on the upper Westside of Manhattan. She is also an Adjunct Full Professor in the Doctoral Program at Long Island University.

**Elizabeth F. Howell, Ph.D.** is a psychoanalyst, traumatologist and specialist in the treatment of dissociative disorders in private practice in NYC. She is author of the book, *The Dissociative Mind*, as well as many articles on dissociation and gender. Dr. Howell is on the trauma faculty of the National Institute of the Psychotherapies, and the Dissociative Disorders Psychotherapy Training Program, sponsored by the International Society for the Study of Trauma and Dissociation. She is the Book Review Editor for the *Journal of Trauma and Dissociation*, and an Adjunct Associate Professor at NYU Master's Program. She is the recipient of the 2006 Cornelia Wilber Award for outstanding clinical contributions in the field of dissociative disorders for the International Society for the Study of Trauma and Dissociation.

**Sheldon Itzkowitz, Ph.D.** is a Supervisor of Psychoanalysis at the NYU Postdoctoral Program in Psychotherapy and Psychoanalysis, the National Institute for the Psychotherapies, and the Department of Psychiatry at The St. Luke's Roosevelt Hospital Center. Dr. Itzkowitz is Co-Chair of the Interpersonal Track of the NYU Postdoctoral Program in Psychotherapy and Psychoanalysis; President of the Division of Psychoanalysis of The New York State Psychological Association; Associate Editor of *Psychoanalytic Perspectives*, and is in full time private practice in Manhattan.

The Eating Disorders, Compulsions & Addictions Service  
CONFERENCE SERIES - III

## **MONEY MATTERS: The Collapse of Consciousness**

Saturday, March 27th, 2010

The William Alanson White Institute

The gravity of recent socio-economic events raises questions about the applicability of psychoanalytic concepts on a societal level. Can psychoanalytic concepts about the unconscious and dysregulated affects further an understanding of the near financial collapse we just experienced? On personal and systemic levels, how do we understand the failure to spot warning signs of disaster? As analysts we seek awareness in order to help people live differently in the present and the future. If we can better understand individual compulsive irrationality and we account for, instead of trying to exclude, the irrational, can we plan more insightfully for the future in broader cultural matters?



MORNING PANEL: 9:00 to 12:00pm

### **Irrationality and Compulsivity on Matters of Money in our Socioeconomic Culture**

Welcome: Jean Petrucelli, Ph.D.

Introduction: Janet Tintner, Psy.D.

Panel Speakers: **Kenneth Eisold, Ph.D.**  
**David Adler**

**Dan Grech**  
**Eric Schoenberg, Ph.D.**

Moderator: Stuart Kantor, Ph.D.

LUNCH BREAK: 12:00 to 1:15pm

AFTERNOON PANEL: 1:15 to 3:00pm

### **Irrationality and Compulsivity on Matters of Money in the Clinical Situation**

Speakers: **Muriel Dimen, Ph.D.** **Irwin Hirsch, Ph.D.**  
Gender & Money Money in the Psychoanalytic Relationship

Discussant: **Lewis Aron, Ph.D.**

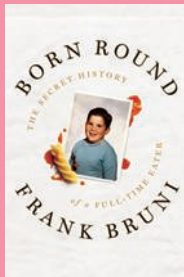
Moderator: Elizabeth Halsted, Ph.D.

## BODIES

# What exactly are these bodies that we are trying to live in?

Saturday, May 1st, 2010

The William Alanson White Institute



MORNING PANEL: 9:00 to 12:00pm

Presenters : **Frank Bruni** and **Susie Orbach, Ph.D.**

Discussant: Judith Brisman, Ph.D.

Moderator: Jean Petrucelli, Ph.D.

Bodies were once celebrated as the bearers of life, the anchors of the soul, harbingers of joy and possibility. Today we can disparage, hate, and betray our bodies. When did that happen, what's gone wrong—and what can we do about it now?

Celebrated *New York Times* food critic Frank Bruni will poignantly take us on his personal journey with his body—one that was filled with torment and despair – and ultimately resolution. Susie Orbach, renowned psychotherapist, psychoanalyst, and social critic, will discuss our culture's journey—one that's filled with messages that denounce the existence of our bodies. Through their inspiring and compelling talks, we will pave the way for the next step of our journey-- what we can do now to heal our bodies, our selves and our cultures.

LUNCH BREAK: 12:00 to 1:15pm

AFTERNOON PANEL: 1:15 to 3:00pm

Case Presentation by Meredith D'Arcy, LCSW

Title: **Hard to Swallow: Dread, Disgust and Dissociation in the Therapeutic Space**

Discussion : The EDCAS Steering Committee – Jacqueline Ferraro, D.M.H.; Elizabeth Halsted, Ph.D.; Jill Howard, Ph.D.; Anne Malave, Ph.D., Sue Kolod, Ph.D.; Sarah Schoen, Ph.D., Janet Tintner, Psy.D.

## PRESENTERS

**David Adler** is the author of *Snap Judgment* (Financial Times Press, 2009) about intuition, evolution, and investing. Previously he co-edited the anthology *Understanding American Economic Decline* (Cambridge University Press). David Adler is a regular contributor to *Barron's Institutional Investor*, and *Financial Planning Magazine*. He has also written for the *New Republic* and *Psychology Today*. He produced the documentary *Financial Insecurity: America's Crisis in Healthcare and Retirement* which was shown on PBS, and is currently working on a documentary on behavioral finance which will air on PBS in 2010.

**Lewis Aron, Ph.D.** is an internationally recognized teacher and lecturer on psychotherapy and psychoanalysis and is the author and editor of numerous books and journal articles. Dr. Aron is the Director of the NYU Postdoctoral Program in Psychotherapy and Psychoanalysis and teaches many ongoing study groups to professional therapists. He was the founding president of the International Association for Relational Psychoanalysis and Psychotherapy (IARPP), co-founder and co-chair of the Sandor Ferenczi Center at the New School and was formerly President of the Division of Psychoanalysis (39) of the American Psychological Association. He is the author of *A Meeting of Minds* (The Analytic Press, 1996), co-editor with Frances Anderson of *Relational Perspectives on the Body* (The Analytic Press, 2000), and editor, with Adrienne Harris and Melanie Suchet, of *Relational Psychoanalysis*; *New Voices Volume II* (The Analytic Press, 2007).

**Judith Brisman, Ph.D.** is Director and Co-Founder of the Eating Disorder Resource Center, NYC. She is co-author of *Surviving an Eating Disorder: Strategies for Family and Friends* (Collins Living, 2009, third edition). Associate editor of *Contemporary Psychoanalysis*. And is on the editorial board of the journal *Eating Disorders* (Bruner Mazel). Dr. Brisman is a supervisor of psychotherapy and a member of the teaching faculty of the William Alanson White Institute and maintains a private practice in New York City.

**Philip M. Bromberg, Ph.D.** is a Training and Supervising Analyst of the William Alanson White Psychoanalytic Institute, and Clinical Professor of Psychology at the New York University Postdoctoral Program in Psychotherapy and Psychoanalysis. He is an Editorial Board member of *Contemporary Psychoanalysis*, *Psychoanalytic Dialogues*, *Journal of the American Academy of Psychoanalysis*, and is a Consulting Editor of *Psychoanalytic Inquiry*. In addition to his numerous journal articles, Dr. Bromberg is perhaps most widely recognized as author of *Standing in the Spaces: Essays on Clinical Process, Trauma, and Dissociation* (1998), and *Awakening the Dreamer: Clinical Journeys* (2006), both volumes published by The Analytic Press.

**Frank Bruni** was the Chief Restaurant Critic for the *New York Times*, a position he held since April 2004. He graduated Phi Beta Kappa from the University of North Carolina at Chapel Hill in 1986 and holds an M.S. degree in Journalism from the Columbia University Graduate School of Journalism, where he won a Pulitzer Traveling Fellowship. Prior to becoming the Chief Restaurant Critic for *The Times*, Frank Bruni was the Rome bureau chief and a reporter in the Washington D.C. bureau assigned to cover Capitol Hill, Congress, Governor George W. Bush's presidential campaign, and the White House. Bruni wrote in *Men's Vogue* of his search for a workout to combat the calories he consumed as a food writer, and later wrote about his addiction to sleeping pills. Bruni moved over to the *Times Magazine* from *The New York Times* in August 2009, which coincided with the release of his new book, *Born Round: the Secret History of a Full-Time Eater*.

**Stuart Kantor, Ph.D.** is a supervising analyst at the White Institute and a member of the Consortium for Research on Emotional Intelligence. As an organizational consultant his work focuses on executive development, team effectiveness and change management. He speaks widely on the topic of leadership and his most recent publication on Executive Adaptability was published by the Center for Creative Leadership. He founded Red Oak Consulting in 1995, led it for several years and eventually sold it to an international consultancy. Dr. Kantor recently launched a boutique executive development firm, Kantor Consulting Associates.

**Meredith D'Arcy, LCSW** received her Master's Degree from Columbia University and is in private practice in New York City. In addition she has post-graduate certificates of completion from the White Institute's Eating Disorders, Compulsions, and Addictions one year educational program and the Institute of Contemporary Psychotherapy's Center for the Study of Anorexia and Bulimia.