

Dying to be Beautiful? Body Image, Eating Behaviours and Health in the Caribbean

3rd Biennial Conference December 1-3, 2017

The University of the West Indies, Mona

The Faculty of Social Sciences and the Faculty of Medical Sciences

FRIDAY December 1, 2017

**Venue- FMS Teaching and Research Complex
Registration 8:00 a.m. – 8:45 a.m.**

WELCOME 8:45 a.m. – 9:00 a.m.

**Plenary 1: 9:00 a.m. - 9:45 am: The Media and its influence on Body image
Dr. Michael Rich, Harvard Medical School and Boston Children's Hospital**

Workshops - Session 1: 10:00 a.m. – 11:30 a.m.

An Assessment of Mercury Exposure From Using Skin Lightening Products In Jamaica
Ms. P. Ricketts, Professor M. Voutchko and Professor H. Fletcher

The University of the West Indies, Mona

Intimate Partner Violence Response Training for Helping Professionals
Dr. G. Mason and Mrs. S. Latibeaudier

The University of the West Indies, Mona

How Communities Can Address Media Portrayals of Colorism Through the Lens of Global Public Health
Ms. K. Yu, Ms. C. Brown and Mrs. A. McAdams-Mahmoud

Harvard T.H. Chan School of Public Health and Boston Children's Hospital

Workshops - Session 2: 11:30 a.m. – 1:00 p.m.

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| <p>Obesity, Emotional eating, and Binge Eating Disorder – Why Diagnosis Matters <i>Drs. E. Pluhar and M.B. Freizinger,</i></p> <p><i>Harvard Medical School</i></p> | <p>Eating Disorders in Integrated Pediatric Primary Care Settings: Identification, Management, and Multicultural Considerations <i>Dr. C. Cammarata and Dr. S. Miller</i></p> <p><i>Sidney Kimmel Medical College, Thomas Jefferson University & The Mico University College</i></p> | <p>It's Not Just About the Food ... or the Weight, or the Beauty Routines: Understanding How Emotions Influence the Way We Treat Our Bodies. <i>Mrs. M. Smith</i></p> <p><i>The Renfrew Center for Eating Disorders & The University of the West Indies, Mona</i></p> |
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Lunch: 1:00 p.m. – 2:00 p.m.

Workshops - Session 3 : 2:00 p.m. – 3:30 p.m.

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| <p>Intoxicating Cycles of Shame: The Missing Link in the Treatment of Co- Occurring Eating and Substance Abuse Disorders. <i>Dr. M. Nagib</i></p> <p><i>Timberline Knolls Residential Treatment Center</i></p> | <p>Coloring the Narrative: The Use of Storytelling to Change Skin Tone Ideals <i>Ms. N. Craddock and Mrs. A. McAdams-Mahmoud</i></p> <p><i>University of the West of England & Harvard T.H. Chan School of Public Health</i></p> | <p>Developing Mental Skills for Peak Performance <i>Mr. A. Bateman and Dr. J. Lesyk</i></p> <p><i>The University of the West Indies, Mona & Ohio Center for Sport Psychology</i></p> |
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Workshops - Session 4 : 3:30 p.m. – 5:00 p.m.

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| <p>STRESS: The Contagious Disease How to Protect Your Body and Mind <i>Dr. R. Johnson</i></p> <p><i>The University of the West Indies, Mona</i></p> | <p>Research in Progress <i>Post-Graduate Candidates</i></p> | <p>Body composition – eating your way to a healthy body <i>Dr. S. Wynter and Dr. J. Callender,</i></p> <p><i>Caribbean Institute for Health Research at The University of the West Indies, Mona, & The Nutrition Centre</i></p> |
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Coffee Break 5:00 p.m. – 5:15 p.m.

**Plenary 2: 5:15 p.m. – 6:00 p.m. "Getting Your Beauty Rest: Sleep and Health Outcomes"
Prof. Girardin Jean-Louis, NYU School of Medicine**

Closing Remarks 6:00 p.m. - 6:15p.m.

SATURDAY December 2, 2017

Venue- Faculty of Social Sciences (FSS)

Registration 8:15 a.m. – 9:00 a.m.

Session 1 9:00 a.m. - 10:30 a.m. *Presentation of papers*

Plenary 3: 10:30 a.m. - 11:15 a.m.

**Bringing the mountain to Muhammad: Counseling-plus-smartphone interventions for adolescent risk behaviors
Dr. Lydia Shrier, Harvard Medical School & Boston Children's Hospital**

Coffee Break 11:15-11:30 a.m.

Session 2 11:30 a.m. – 1:00p.m. *Presentation of papers*

Lunch 1:00 p.m. – 2:00 p.m.

2:00 p.m. -2:45 p.m. Keynote address: Jay's journey – a young woman with ED in the Jamaican context

Plenary 4: 2:45 p.m. – 3:30 p.m.

They Rarely Travel Alone: Making the Case for a Transdiagnostic Approach to Understanding and Treating Eating Disorders & Co-morbid Conditions

Ms. Melanie Smith, The Renfrew Centre for Eating Disorders, Florida

Plenary 3: 30 p.m. - 4:15 p.m.

**Not Beyond Hope: Harnessing the Psychological Power of Hope for Recovery and Beyond.
Dr. Margaret Nagib, Timberland Knolls Clinical Development Institute, Chicago**

Closing Remarks 4:15 – 4:30pm

SUNDAY December 3, 2017

**Venue- Faculty of Social Sciences (FSS)
Registration 8:30 a.m. - 9:00 a.m.**

Session 4 9:00 a.m. - 10:00 a.m. Presentation of papers

**Plenary 6: 10:00 a.m. - 10:45 a.m.
"Strong is the new Sexy"
Mr. Martino Redwood, New Phase Fitness Coaching**

**Plenary 7: 10:45 a.m. - 11:30 a.m.
Mental Skills for Accomplishing Your Goals: What We've learned from Athletes
Dr. Jack Lesyk, Sports Psychologist, Ohio Center for Sport Psychology, Cleveland, USA**

Coffee Break 11:30- 12:00pm

**Plenary 8: 12:00 – 12:45 p.m.
The Changing Face of Crime in Jamaica
Dr. Orville Taylor, Department of Sociology, Psychology and Social Work
The University of the West Indies, Mona**

Closing Remarks 12:45 – 1:00pm

***Cultural Showcase & Market Village*
*1:00 p.m. - 3:00 p.m.***