

iaedp-Tucson™ Chapter

International Association of Eating Disorder Professionals Foundation



Vaughn Darst, MS, RDN

Treatment Priorities for Gender Diverse Clients with Eating Disorders

Date: Friday, April 12, 2024
Time: 7:45 am - 8:15am Check In, Breakfast & Networking
8:15am – 12:00pm Announcements & Presentation
Location: The Venue at Sheraton
5151 E. Grant
Tucson, AZ 85712
520-325-1541
Registration: <http://iaedptucson.com>
Contact: tucsoniaedp@gmail.com
IAEDP Members: \$35 **Non-Members:** \$40
Students: \$15 **At the door:** \$45



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Upon completion of this intermediate level presentation, participants will be able to:

1. Describe the foundational principles of gender affirmative care, as applied to eating disorder treatment.
2. Identify the roles and responsibilities for providers who provide gender-affirming care to gender diverse populations.
3. Discuss relevant case examples of gender non-conforming clients seeking eating disorder treatment.
4. Identify at least three barriers to treatment for gender diverse clients with eating.

Description: Clinicians have a handful of misunderstandings about what it might look like to support transgender and non-binary clients, and this results in a limited capacity to address systemic barriers faced by these clients when accessing eating disorder treatment. A deeper look into the needs of gender diverse client populations reveals numerous ways clinicians can advocate for high quality, gender affirmative care in a variety of treatment settings. This session will explore strategies to work with gender dysphoria, body image, and common client and clinician concerns.

Speaker Bio: Vaughn Darst is a Registered Dietitian who specializes in treating eating disorders in clients who identify as transgender, non-binary, fat and/or neurodivergent. Vaughn received his MS in Nutrition from USC, and his BA in Critical Theory and Cultural Studies, with a concentration in Transgender Studies, from Scripps College. Prior to becoming a dietitian Vaughn completed two fellowships at Children’s Hospital Los Angeles, and also served as a Health Educator in the Cal State System for over a decade.

Vaughn’s main areas of focus are intuitive eating, Health at Every Size®, and body liberation advocacy. He seeks to work collaboratively with clients to establish a nourishing relationship to food and their body. Vaughn owns All Gender Nutrition, a virtual private practice, serving primarily queer, transgender and gender diverse clients with disordered eating and body image concerns. His TEDx Talk, “In a World That is Wrong About Us,” addresses the unique concerns of clients for whom their eating disorder exists at the intersection of gender, fatness, food, and identity.

This workshop is appropriate for: Mental health professionals, physicians, nurses, dietitians, nutritionists, school counselors, school psychologists, health coordinators, and other helping professions with an interest in learning more about the prevention, treatment, and recovery from an eating disorder.

3 Continuing Education Credits available: Psychologists - This program is co-sponsored by The Meadows and iaedp-Tucson. The Meadows is approved by the American Psychological Association to sponsor continuing education for psychologists; The Meadows maintains responsibility for this program and its content. Participants must be present for the entire presentation (sign in and sign out required) and complete the evaluation in order to obtain a CE certificate. This course meets criteria for 3 hours of continuing education credit hours for psychologists.

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