

ANITA FEDERICI

PH.D, C.PSYCH

267 King Street, Midland Ontario, L4R 3M4

Phone

249.492.2673

Fax

249.492.2640

Email

Anita@MidlandDBT.com

Website

www.AnitaFedericiPHD.com

EDUCATION

PH.D. Clinical Psychology (2008); York University, Canada (2004-2008)

Degree: Clinical Psychology; Advisor: Jennifer S. Mills, Ph.D

Title of Dissertation: *Dialectical Behaviour Therapy Skills Training for Suicidal, Self-Injurious, and Eating Disorder Behaviours in Patients with Borderline Personality Disorder*

M.Sc. Medical Sciences (2004) University of Toronto, Canada; (2004-2008)

Advisor: Allan S. Kaplan, MD FRCP(C); Title of Thesis: *Recovery and Relapse in Anorexia Nervosa: The Patient's Perspective*

B.A Honours Community Health Sciences (2002) Brock University, Canada (1999-2002)

Advisor: Kelli-an Lawrance, Ph.D; Title of Thesis: *The Influence of Social Norms on University Students' Smoking Behaviours*

LICENSING

College of Psychologists of Ontario (Registration #5060)

PROFESSIONAL POSITIONS (CURRENT)

2013 - Present

Founder, Clinical Director

The Centre for Psychology & Emotion Regulation
(previously, Dr. Anita Federici & Associates)

2013 - Present

Research & Clinical Psychologist

Clinical Director, Dr. Federici & Associates.

Adjunct Professor, School of Graduate Studies, York University

Elected Co-Chair, Special Interest Group: DBT and Suicide, Academy for Eating Disorders (Term 2019-2022)

PROFESSIONAL POSITIONS (PAST)

2015 - 2016

Research Psychologist, San Souci Program and Research and Academics Department, Waypoint Centre for Mental Health

2013 - 2015

Director, DBT Training & Supervision, WaterStone Clinic

2011 - 2013

Psychologist, Eating Disorders Program, Credit Valley Hospital

2011 - 2013

Research Consultant, Cleveland Center for Eating Disorders

2012, July - December

Psychologist, Eating Disorders Program, St. Joseph's Healthcare Hamilton

2009 - 2011

Director, Dialectical Behaviour Therapy Program
Cleveland Center for Eating Disorders

2008 - 2009

Postdoctoral Fellow; Borderline Personality Disorder Clinic
Centre for Addiction and Mental Health. Supervisor - Dr. Shelley McMain

2005 - 2008

Research Analyst/Clinician, Borderline Personality Disorder Clinic,
Centre for Addiction and Mental Health

2007 - 2008

Clinical Psychology Resident; St. Joseph's Healthcare, Canada
Supervisors: Dr. Randi McCabe, Dr. Peter Bieling, Dr. Ian Smith

2006 - 2007

Psychology Intern; Anxiety Treatment and Research Centre,
St. Joseph's Healthcare, Canada

2005 - 2007

Psychology Intern; York Psychology Clinic, York University

2004 - 2005

Clinician; Eating Disorders Clinic, Toronto General Hospital (2005)

2005 - 2006

Group Therapy Facilitator, Sheena's Place

2002 - 2005

Research Analyst/Coordinator, Eating Disorders Clinic,
Toronto General Hospital

2001 - 2002

Project Coordinator/Author, Leave the Pack Behind,
Brock University

2001

Research Assistant, Department of Health Sciences,
Brock University (2001)

Phone

249.492.2673

Fax

249.492.2640

Email

Anita@MidlandDBT.com

Website

www.AnitaFedericiPHD.com

GRANTS RECEIVED (External Peer-Reviewed)

McMain, S., Pos, A., & **Federici, A.**, Ontario Ministry of the Attorney General, Ontario Victim Services Secretariat, "Self-Harm Behaviour in Adult Survivors of Childhood Sexual Assault: An Evaluation of a Skills Training Intervention", 2007-2008, Amnt **\$75,000. Role: Co-Investigator.**

AWARDS and SCHOLARSHIPS

2019	Meridian Woman of Business Award
2018	Meridian Woman of Business Nominee
2006-2007	Ontario Graduate Scholarship (\$15,000)
2004-2007	Scholars Award for Academic Achievement (York University) Ontario Graduate Scholarship (\$15,000)
2005-2006	University of Toronto Fellowship Award (\$3,000)
2003-2004	Ontario Graduate Scholarship (\$15,000)
2003-2004	Ontario Graduate Scholarship (\$15,000)
2001	Canadian Millennium Scholarship (\$3,000)
1999-2002	Dean's Honour List (Brock University)
1999-2002	Scholars Award for Academic Achievement (Brock University)

SCHOLARLY CONTRIBUTIONS

Articles in Peer Reviewed Journals

Pennell, A., Webb, C., Agar, P., **Federici, A.**, & Couturier, J. (2019). Implementation of Dialectical Behavior Therapy in a Day Hospital Setting for Adolescents with Eating Disorders. *Journal of the Canadian Academy of Child and Adolescent Psychiatry*. Available online: PMID: 31001348

Ben-Porath, D., **Federici, A.**, Wisniewski, L., & Warren, M. (2014). Dialectical Behavior Therapy: Does It Bring about Improvements in Affect Regulation in Individuals with Eating Disorders? *Journal of Contemporary Psychotherapy*. Available online: DOI: 10.1007/s10879-014-9271-2

Marek, R. J., Ben-Porath, D. D., **Federici, A.**, & Wisniewski, L., & Warren, M. (2013). Targeting premeal anxiety in eating disordered clients and normal controls: A preliminary investigation into the use of mindful eating vs. distraction during food exposure. *International Journal of Eating Disorders*, 46, 6, 582-585. DOI:10.1002/eat.22152

Federici, A., & Wisniewski, L. (2013). An Intensive DBT Program for Patients with Multidiagnostic Eating Disorder Presentations: A Case Series Analysis. *International Journal of Eating Disorders*, 46, 4, 322-332. Available online: doi: 10.1002/eat.22112.

Federici, A., Wisniewski, L., & Ben-Porath, D. (2012). Description of an intensive dialectical behavior therapy program for multidagnostic clients with eating disorders. *Journal of Counseling and Development, Special issue on prevention and treatment of eating disorders*, 90, 330-338.

Federici, A., Harrington, J. L., Summerfeldt, L. J., McCabe, R. E., Purdon, C. L., & Antony, M. M. (2010). Consistency between self-report and clinician-administered versions of the Yale-Brown Obsessive Compulsive Scale (Y-BOCS). *Journal of Anxiety Disorders*, 24, 7, 729-733.

Federici, A. & McMain, S (2009). Recent advances in psychosocial treatments for borderline personality disorder. *F1000 Medicine Reports*, 1:51

Phone

249.492.2673

Fax

249.492.2640

Email

Anita@MidlandDBT.com

Website

www.AnitaFedericiPHD.com

Federici, A. & Kaplan, A. S. (2007). The patients' account of relapse and recovery in anorexia nervosa: A qualitative study. *European Eating Disorders Review*, 16, 1-10

Book Chapters

Federici, A. (2013). Dialectical behavior therapy eating disorders: DBT for clients with complex and multidagnostic eating disorder presentations (pp. 375-398). In Laura Choate (Ed.), *Eating Disorders and Obesity: A Counselor's Guide to Treatment and Prevention*. American Counseling Association Press.

Fox, J.R. E., **Federici, A.**, & Powers, M. J. (2012). Emotions and eating disorders. In J. R. E. Fox and K. P. Goss (Eds.) *Eating and its disorders* (pp. 167-184). Chichester, UK: Wiley & Sons, Ltd. DOI: 10.1002/9781118328910.ch12

Fox, J.R. E., **Federici, A.**, & Powers, M. J. (2012). Emotions and eating disorders: Treatment implications. In J.R. E. Fox and K. P. Goss (Eds.) *Eating and its disorders* (pp. 315-337). Chichester, UK: Wiley & Sons, Ltd. DOI:10.1002/9781118328910.ch21

Federici, A. & Wisniewski, L. (2011). Integrating Dialectical Behaviour Therapy and Family Based Treatment for Multidiagnostic Adolescents Patients with Eating Disorders. In J. Alexander & J. Treasure (Eds.) *A collaborative approach to eating disorders* (pp. 177 – 188). New York, NY: Routledge Press.

Federici, A., Rowa, K., & Antony, M. M. (2009). Adjusting treatment for partial- or non-response to contemporary cognitive-behavioral therapy. In D. McKay, J. Abramowitz, & S. Taylor (Eds.), *The expanded scope of cognitive-behaviour therapy: Lessons learned from refractory cases*. Washington, DC: American Psychological Association.

Antony, M.M., **Federici, A.**, & Stein, M.B. (2009). Overview and introduction to anxiety disorders. In M.M. Antony & M.B. Stein (Eds.), *Oxford handbook of anxiety and related disorders* (pp. 3-15). New York: Oxford University Press.

Federici, A. & Kaplan, A. S. (2009). Overview of the biopsychosocial risk factors underlying anorexia nervosa. In I. Dancyger & V. Fornari (Eds.), *Evidence based treatments for eating disorders: Children, adolescents and adults*. New York: Nova Science Publishers.

Book Reviews

Federici, A. (2011). Review of the book *Handbook of assessment methods for eating behaviors and weightrelated problems: Measures, theory, and research* (2nd ed.), by D. B. Allison & M. L. Baskin] *Eating Disorders: The Journal of Treatment and Prevention*, 19, 4, 371-373.

Federici, A. & Antony, M. M. (2007). Review of the book *Cognitive-behavioural treatment for Generalized Anxiety Disorder: From science to practice*, by M. J. Dugas & M. Robichaud] *Canadian Psychology*, 48, 271-282.

Other Publications

Federici, A. (March, 2016) Mindfulness. Article presented in the Voice of Hope (quarterly newsletter of the Patient/Client & Family Council at Waypoint Centre for Mental Health).

Wisniewski, L. & **Federici, A.** (n.d.) Multidiagnostic eating disordered patients. Retrieved from: <http://btechedcat.nogginlabs.com/files/ebook/launch.php?id=multiDiag>.

Federici, A. (2009). Dialectical behaviour therapy for eating disorders. *The Bulletin of the National Eating Disorders Information Centre (NEDIC)*, 24, 2.

Mills, J. S. & **Federici, A.** (2007). *Abnormal Psychology*. Psychology Permacharts. Toronto, ON: ThompsonNelson ISBN/ISSN: 1554312027

Federici, A. & Kaplan, A. S. (2004). Relapse and recovery in anorexia nervosa: The patients' perspective. Proquest Digital Dissertations, 43 (03) 992, Jun 2005 (Publication No. AAT MQ95521).

Travis, H., **Federici, A.**, Lawrance, K., & Lawler, S. (2002) *Smoke/Quit*. Funded by the Ministry of Health and Long Term Care and Health Canada.

Phone

249.492.2673

Fax

249.492.2640

Email

Anita@MidlandDBT.com

Website

www.AnitaFedericiPHD.com

Presentations at Professional Conferences

Federici, A. (Nov 18th, 2020). Understanding and Treating Eating Disorders: What Every Practitioner Needs to Know. Body Peace Conference, Ontario, Canada.

Federici, A. (Oct 14th, 2020). Twenty Years in Research and Clinical Practice: Remarks on the Evolution of Client-Centred Care and the Science of Behaviour Change. Keynote Address Presented at the Therapeutic Recreation Ontario Annual Conference entitled: "Vision 2020: The Future of TR" in Ontario, Canada

Federici, A. & Kerr, A. (June, 2014). Eating disorders and concurrent disorders: How to be effective in the educational setting. Presented at the Summit on Mental Health & Substance Use. Toronto, Ontario.

Pona, A., **Federici, A.**, Malec, D., Ben-Porath, D. D., & Wisniewski, L. (November, 2012). Outcomes of a DBT enhanced day treatment program for eating disorders. Poster to be presented at the Association for Behavioral and Cognitive Therapies (ABCT) 46th Annual Convention, National Harbor, MD.

Hughes-Scalise, A., **Federici, A.**, Standish, J., & Wisniewski, L. (November, 2012). A partial hospitalization program that supports family based treatment for adolescents with eating disorders: Focus on changes in mood, suicidality, and emotion regulation. Poster presented at the Association for Behavioral and Cognitive Therapies (ABCT) 46th Annual Convention, National Harbor, MD.

Hughes-Scalise, A., Wisniewski, L., **Federici, A.**, Altman, S., & Warren, M. (November 2012). Treating adolescents with anorexia nervosa: Using a partial hospitalization program to support Family Based Treatment. Poster presented at the Obesity and Eating Disorders Special Interest Group Cocktail Hour at the Association for Behavioral and Cognitive Therapies (ABCT) 46th Annual Convention, National Harbor, MD.

Wisniewski, L. & **Federici, A.** (May, 2012). Advanced Workshop: DBT and the treatment of complex ED patients. Half-day workshop presented at the Clinical Teaching Day for the International Conference of Eating Disorders, Austin, Texas.

Federici, A., Wisniewski, L., & Warren, M. (November, 2011). Early results and commentary on the innovative multi-diagnostic eating disorder DBT program for adult patients. Poster presented at the ISITDBT meeting, Toronto, Canada.

Mishne, S., Wisniewski, L., Hughes-Scalise, A., **Federici, A.**, & Warren, M. (2011) Intensive outpatient program for multi-diagnostic adolescents with dating disorders: description and development. Poster presented at the international conference of the Families Empowered And Supporting Treatments for Eating Disorders (FEAST), Virginia, USA.

Federici, A., McMain, S., & Mills, J. S., (November, 2010). Dialectical Behavior Therapy Skills Training for Multi-Diagnostic Patients: Treating Eating Disorders in the Context of Borderline Personality Disorder. In A. Ekblad (Chair) & L. Dimeff (Discussant) Adaptations of Dialectical Behavioral Therapy: Novel Modes of Delivery and New Populations Served. Symposium presented at the Annual Conference for the Association of Behavioral and Cognitive Therapies (ABCT), San Francisco, USA.

Federici, A., Lynch, T., Wildes, J., & Wisniewski, L. (November, 2010). Broadening our Conceptualizations and Clinical Approaches for the Treatment of Chronic Anorexia Nervosa. Clinical Round Table presented at the Annual Conference for the Association of Behavioral and Cognitive Therapies (ABCT), San Francisco, USA.

Federici, A., Denise D. Ben-Porath, D. D., Warren, M., & Wisniewski, L. (June 2010). Effectiveness of a DBTOriented Day Treatment Program for Patients with Complex Eating Disorders: Getting Creative with Evidence-Based Practice. Paper accepted at the International Conference on Eating Disorders, Salzburg, Austria.

Federici, A., Wisniewski, L., Denise D. Ben-Porath, D. D., Warren, M. (May, 2010). DBT-Enhanced Day Treatment for Multi-Diagnostic Patients with Eating Disorders: Affective Processing, Emotional Awareness, & Distress Tolerance. In A. Federici (Moderator) & S. McMain (Discussant), *Innovative Methods for Understanding and Working with Emotions in Patients with Complex Eating Disorders: Getting Creative with Empirically-Based Treatments*. Symposium presented at the Annual Conference of the Society for the Exploration of Psychotherapy Integration (SEPI), Florence, Italy.

Phone

249.492.2673

Fax

249.492.2640

Email

Anita@MidlandDBT.com

Website

www.AnitaFedericiPHD.com

Federici, A., Wisniewski, L., Ben-Porath, D. D., & Warren, M. (November, 2009) *DBT-enhanced day treatment for multi-diagnostic patients with complex eating disorders: description, effectiveness, and future directions*. Poster presented at the ISITDBT meeting, New York, NY.

Federici, A., McMMain, S., & Links, P. (June, 2009). *Reasons for Deliberate Self-Injurious and Suicidal Behaviour among Individuals with Borderline Personality Disorder*. Panel presented at the annual meeting of the Society for Psychotherapy Research, Santiago, Chile.

Federici, A., Mills, J. S., & McMMain, S. (May, 2008). *Effectiveness of a DBT skills group for patients with eating disorders and Borderline Personality Disorder: An adjunctive approach to the treatment of multi-impulsivity*. Paper presented at the International Conference on Eating Disorders, Seattle, Washington.

Federici, A., Carroll, M., Volman, L., Colonerus, T., Berger, J., Adam, C., & D'Andrade, J. (April, 2008). *Effectiveness of a dialectical behaviour therapy program on an acute inpatient psychiatry unit*. Poster presented at the 20th Annual Research Day, Hamilton, ON.

Federici, A., & Bewell, C. (November, 2007). *Incorporating exercise in eating disorder treatment*. Poster presented at the annual meeting of the Canadian Group Psychotherapy Association, Toronto, ON.

Federici, A., Wilcox, L., Mills, J. S., & Gaid, N. (2006, June). *Understanding eating disorders: The role of attention*. Poster presented at the International Conference on Eating Disorders, Barcelona, Spain.

Attia, E., Kaplan, A. S., Schroeder, L., **Federici, A.**, & Staab, R. (2005, September). *Atypical antipsychotic medication in anorexia nervosa*. Symposium presentation given at the meeting of the Eating Disorders Research Society, Toronto, ON.

Federici, A. (2005, June). *Demystifying Phenomenological Research Methodology in a Clinical Population*. In C. M. Kristiansen (Chair), *Qualitative research and women: Process and content*. Symposium conducted at the meeting of the Canadian Psychological Association, Montreal, Canada.

Federici, A. & Kaplan, A. S. (2005, June). *Relapse and recovery in anorexia nervosa: The Patients' Perspective*. Poster presented at the meeting of the Canadian Psychological Association, Montreal, Canada.

Federici, A., Schroeder, L., Attia, E. & Kaplan, A. (2005, May). *Recruitment for an open trail of olanzapine vs. aripiprazole in patients with anorexia nervosa: A two-site study*. Results from the Toronto site. Poster presented at the International Conference on Eating Disorders, Montreal, Canada.

Schroeder, L., Federici, A., Attia, E. & Kaplan, A. (2005, May). *Recruitment for an open trail of olanzapine vs. aripiprazole in patients with anorexia nervosa: A two-site study*. Results from the New York site. Poster presented at the International Conference on Eating Disorders, Montreal, Canada.

Federici, A. & Kaplan, A. (2004, May). *The patients' perspective of etiology, recovery and relapse in anorexia nervosa*. Poster presented at the International Conference on Eating Disorders, Orlando, FL

Phone

249.492.2673

Fax

249.492.2640

Email

Anita@MidlandDBT.com

Website

www.AnitaFedericiPHD.com

Teaching and Supervisory Experience

Sole Responsibility Teaching

Instructor, Theories of Psychopathology and Psychotherapy
University of Toronto, Department of Psychology, Summer 2009

Instructor, Community Psychology (PSY 808)
Ryerson University, Chang School for Continuing Education, Spring 2009

Teaching Assistantships

Behavioural Disorders , Ryerson University, Department of Psychology, 2006
 Health Psychology, York University, Department of Psychology, 2006
 Psychology of Women, York University, Department of Psychology, 2005
 Health and Behaviour, Brock University, Department of Health Sciences, 2002
 History of Medicine, Brock University, Department of Health Sciences, 2002
 Program Planning and Evaluation, Brock University, Department of Health Sciences, 2001

Invited Academic Lectures

Invited Talk, Eating Disorders and Body Image Treatment through the Lens of First Nations, Inuit, and Metis Communities. Presentation to be given to graduate psychology Rounds (Dr. Jennifer Mills), York University (2021, January).

Invited Talk, DBT for Complex Eating Disorders. Presentation given to third year psychology class (Dr. Zopito Marini), Brock University (January 2013).

Invited Talk, National Initiative for Eating Disorders (NIED), Toronto
 How DBT is Transforming Care, Generating Hope, and Helping Clients with Eating Disorders Build a Life Worth Living (November, 2013).

Invited Talk, Addiction Rounds, Centre for Addiction and Mental Health, Toronto Innovations and Advancements in the Treatment of Patients with Complex and Multidiagnostic Eating Disorder Presentations (November, 2012).

Guest Lecturer, Case Western Reserve University, Department of Psychology, Cleveland Ohio
 Title: Treating Complex and Multidiagnostic Patients with Eating Disorders: The Case for DBT (Fall, 2010).

Guest Lecturer, Cleveland Clinic, Department of Psychiatry, Cleveland Ohio
 Title: Overview of Eating Disorders/DBT Adapted for the Treatment of Eating Disorders (Three-part series; Fall 2009)

Guest Lecturer, University of Toronto, Department of Psychology (February 23, 2009)
 Title: Dialectical Behaviour Therapy for Borderline Personality Disorder
 Course: *Theories of Psychopathology and Psychotherapy*

Guest Lecturer, Ryerson University, Department of Psychology (October 17, 2008)
 Title: Essentials of Cognitive Behavioural Therapy
 Course: *Systems of Psychotherapy (MA level)*

Guest Lecturer, York University, Department of Psychology (October 16, 2008)
 Title: Introduction to Cognitive Behavioural Therapy for Anxiety Disorders
 Course: *Theoretical Approaches to Counseling and Psychotherapy (4th year undergraduate)*

Guest Lecturer, Clinical Behavioural Sciences Program, McMaster University (June 12, 2008) Title: *CBT for Obsessive Compulsive Disorder and Generalized Anxiety Disorder*

Guest Lecturer, York University, Department of Psychology (October 29, 2007)
 Title: Introduction to Cognitive Behavioural Therapy
 Course: *Theoretical Approaches to Counseling and Psychotherapy (4th year undergraduate)*

Supervision

External examiner for Psychology doctoral dissertation at the University of Alberta (Michelle Emmerling, 2013).

PhD Clinical Supervisor: Nicole Dignard (Aug 2019 - May 2020); Healey Gardinar (May - Aug 2019); Sarah Royal (2015 - 2016); Rachel Lyon (2015 - 2016); Madalyn Marcus (2014 - 2015).

College of Psychotherapists: Carla Katsuno (Sept 2019 - present); Victoria Weatherston (May 2020 - present); Rachel Gerow, MA (May 2019 - present); Jessica Clark, MA, RP (2017 - 2020); Ilana Rubenstein (2014 - 2015).

Phone

249.492.2673

Fax

249.492.2640

Email

Anita@MidlandDBT.com

Website

www.AnitaFedericiPHD.com

Clinical Supervisor to practicum students (PhD and Masters):

- Waypoint Centre for Mental Health, Penetanguishene, Canada (2015)
- Cleveland Center for Eating Disorders (2009 – 2011)
- Borderline Personality Disorder Clinic, CAMH, Toronto, Canada (2007 – 2008)
- Anxiety Treatment and Research Centre, St. Joseph's Healthcare, Hamilton, Canada (2006 – 2008)

Intensive DBT Consultation and/or Eating Disorder Team Builds

Oakville Trafalgar Memorial Hospital/Halton Healthcare: DBT program redesign and training for inpatient and outpatient mental health services, adult and adolescent. (March 29, 2019 - present)

William Osler Hospital: DBT and eating disorders (June 15, 2020 - present)

Edgewood Health Network: Intensive DBT training and consulting (2018 - present)

Humber College. Provided ongoing DBT consultation (April - June 2020)

Trillium Health Partners. DBT for eating disorders with adult inpatient, day treatment, IOP. DBT training and program design for adolescent and adult general inpatient psychiatry programs (2015 - 2019)

McMaster Children's Hospital. Eating disorder, FBT, and DBT training and program redesign (2014 - 2015)

Invited Talks

Invited Talk, Singing In The Mud: Psychological strategies to manage anxiety & staying emotionally regulated in the age of uncertainty. Presented to the Town of Penetanguishene (2020, Nov 4) and the Town of Midland Fire Departments (2020, Nov 18).

Invited Talk, Singing in the Mud: Strategies for Coping with Chaos and Managing Uncertainty. Collingwood Marine Hospital (2020, Oct 22).

Invited Talk, Mental Health in the Workplace. Waypoint Centre for Mental Health's Annual "Mental Health in Motion" event. (2020, October 8).

Invited Talk. Singing in the Mud: Psychological Strategies for Coping with Chaos. Alcohol and Gaming Commission of Ontario Sept 24, 2020.

Invited Talk, Understanding and Coping with Emotions. Edgewood Health Network (2020, Aug 20).

Invited Talk Town of Penetanguishene: Coping with Uncertainty (three one hour talks given 2020, July 24 - 31).

Invited Panelist, Obesity: Obesity: A Family Affair presentation. May 28, 2020, Novo Nordisk.

Invited Talk, Singing in the Mud: Psychological Strategies for Coping with uncertainty. Novo Nordisk two on May 11, April 14, 2020.

Invited Panelist. Our Health Series. Sleep Issues: What To Do When You Run Out of Sheep. (2020, Feb 6).

Invited Talk, Managing emotions in youth. Presented to Southern Georgian Bay Healthcare (Nov 26, 2019).

Invited Talk, Understanding emotions: Tips, Strategies, and Mindfulness. Presented a two-hour talk to grade ten students at Ecole le Caron (2019, Nov 12).

Invited Talk, Post Traumatic Stress: New Insights for First Responders. Two, three-hour sessions presented to the Midland and Penetanguishene Fire Departments (2019, Nov 6 & 13).

Phone

249.492.2673

Fax

249.492.2640

Email

Anita@MidlandDBT.com

Website

www.AnitaFedericiPHD.com

Town of Penetang, 2019 Invited Talk, Town of Penetanguishene Wellness Day. Understanding Emotions. Cognitions to Change Behaviour. (2019, Oct 29 & Nov 1).

DBT Skills Training. Workshop. Edgewood Health Network, Montreal, Quebec, Canada. (2019, May 13 & June 13).

Understanding Emotions in Youth: Strategies for Parents. Two-hour presentation. Georgian Bay District Secondary School, Midland, Ontario, Canada. (2019, May 7).

Invited Talk, Managing Emotions: Tips and Strategies for Youth and Parents. Collingwood General and Marine Hospital, Collingwood, Ontario, Canada. (2019, Feb. 21).

Invited Talk, Town of Penetanguishene Wellness Day. Understanding Emotions (2018, Oct 19 & 26).

Invited Talk, Diabetes Canada, Midland, Ontario, Canada. Diabetes and Your Mental Health (2017, Oct 30).

Invited Talk, Keynote Address on Eating Disorders presented at the Annual Fundraiser for the WaterStone Foundation (2017, May).

Invited Talk, Town of Penetanguishene Wellness Day. Cognitive Behaviour Therapy: Thinking your way to Health (2017, Oct. 20 & 27).

Invited Panelist. Hunger Games: From the Freedom of Foodies to the Destruction of Eating Disorders. Presented at the Our Health Series, Midland Cultural Centre, Midland, Ontario (2017, June 20).

Invited Talk, Town of Penetanguishene Wellness Day. Mindfulness 101 (2016, Oct 14 & 21).

Invited Lecture, Waypoint Centre for Mental Health, Penetanguishene, Ontario. Core Mindfulness Skills. Presented during CBT Awareness Week (2016, Feb 11).

Invited Talk, Diabetes Canada, Midland, Ontario. Diabetes and Your Mental Health (Oct 30, 2017).

Invited Talk, Keynote Address on Eating Disorders presented at the Annual Fundraiser for the WaterStone Foundation (May , 2017).

Invited Talk, Town of Penetanguishene Wellness Day. Cognitive Behaviour Therapy: Thinking your way to Health (October 20 & 27, 2017).

Invited Panelist. Hunger Games: From the Freedom of Foodies to the Destruction of Eating Disorders. Presented at the Our Health Series, Midland Cultural Centre, Midland, Ontario (June 20, 2017).

Invited Talk, Town of Penetanguishene Wellness Day. Mindfulness 101 (Oct 14 & 21, 2016).

Invited Lecture, Waypoint Centre for Mental Health, Penetanguishene, Ontario. Core Mindfulness Skills Presented during CBT Awareness Week (Feb 11, 2016).

Invited Workshops

Federici, A. (2020, Oct 23 – 24). Dialectical Behaviour Therapy for Eating Disorders: Foundational Training. Two-day clinical training, Oshawa Psychotherapy Training Institute, Oshawa, Ontario, Canada.

Federici, A. (2020, Oct 19 – 20). Two Day Foundational Training in Eating Disorders presented to the Windsor Essex Hospital and BANA, Ontario, Canada.

Federici, A. (2020, Sept 28 – 29). Two-day Foundational Training in Eating Disorders presented to William Osler Hospital, Ontario, Canada.

Federici, A. (2020, Sept 25 – 26). Two Day DBT Foundational Training presented to Edgewood Health Network, Ontario and British Columbia, Canada.

Phone

249.492.2673

Fax

249.492.2640

Email

Anita@MidlandDBT.com

Website

www.AnitaFedericiPHD.com

Federici, A., Hindle, S., & Claudet. (2020, Sept 11). DBT in Age of Covid: Part II. Webinar presented for the Special Interest Group on Suicide and DBT, Academy for Eating Disorders.

Federici, A., Hindle, S., & Claudet. (2020, June 24). DBT in Age of Covid: Part I. Webinar presented for the Special Interest Group on Suicide and DBT, Academy for Eating Disorders.

Federici, A. (2020, May 22 – 23). Dialectical Behaviour Therapy for Eating Disorders: Foundational Training. Two-day clinical training, Oshawa Psychotherapy Training Institute, Oshawa, Ontario, Canada.

Federici, A. (2020, March 19, 20, 24). Foundational Training in Dialectical Behaviour Therapy for inpatient and Day Treatment Settings. William Osler Hospital, Ontario Canada.

Federici, A. (2020, Feb 8). Eating Disorders: A Day of Education and Support. Five hour free workshop provided as part of Eating Disorders Awareness Week.

Federici, A. (2019, Oct 21 – 23 and 2020, Dec 6). Three full days & half-day observation and evaluation of inpatient and day treatment eating disorder programs. ED Evaluation x 3 days Trillium Health Partners, Mississauga, Ontario, Canada.

Federici, A. (2019, May 13 & June 13). DBT skills Training Workshop. Edgewood Health Network, Montreal, Quebec, Canada.

Federici, A. (2019, May 21). CBT-E - Introduction. One day workshop. Chigamik Community Health Centre, Midland, Ontario, Canada.

Federici, A. (2019, March 21 & 28). DBT Foundational Training. Two-day clinical training, Oakville-Trafalgar Hospital/Halton Healthcare, Ontario, Canada.

Federici, A. (2019, March 3 - 4). CBT for Eating Disorders. Two-day clinical training. Ananda Mental Health Workshops, Barrie, Ontario, Canada.

Federici, A. (2019, Feb 13 & March 26). Radical Leadership: Transforming Teams for Optimal Health & Wellness. Two, three-hour workshops for senior management, Town of Penetanguishene, Ontario, Canada

Federici, A. (2019, Oct 21 - 22). Two Day Foundational DBT Training, Trillium Healthcare, Mississauga, Ontario, Canada

Federici, A. (2019, Jan 18 & Feb. 19). Eating Disorders: From Detection to Treatment. Six-hour workshops presented to various community partners, funded by the WaterStone Foundation:

- (2019, Feb 19). Chigamik, Midland, Ontario
- (2019, Jan 18). Georgian College, Collingwood Campus
- (2018, Nov. 2). Simcoe Muskoka Therapeutic Recreation Association, Barrie, Ontario, Canada.
- (2018, Oct. 10). Georgian College, Orillia Campus, Ontario, Canada.
- (2018, June 14.) University of Guelph, Ontario, Canada.
- (2018, June 13). Laurier University, Waterloo, Ontario, Canada.
- (2018, May 4). Georgian College, Barrie Campus, Ontario, Canada.

Federici, A. (2018). DBT for Eating Disorders, Ananda Mental Health Workshops, Barrie, Ontario, Canada.

Federici, A. (Oct 26, 2017). Eating Disorders: New Insights for Healthcare Professionals. One-day clinical training, Midland, Ontario.

Federici, A. (Sept 22 & 25, 2017). DBT Skills Training, Adolescent Inpatient Team, Hospital for Sick Children, Toronto, Ontario.

Federici, A. (April 21, 2017). Eating Disorders: Diagnosis, Management, and Referral. Presentation given to the Collingwood General and Marine Hospital and Family Health Team. Collingwood, Ontario.

Phone

249.492.2673

Fax

249.492.2640

Email

Anita@MidlandDBT.com

Website

www.AnitaFedericiPHD.com

Federici, A. (2016, Dec. 12 – 13). Two day intensive DBT training for Eating Disorders presented to the Ontario Community Outreach for Eating Disorders Program (OCOPEd;) followed by focused training workshops:

- Managing Therapy Interfering Behaviours (2017, Feb.; 1.5 hours)
- Mindfulness Skills for Eating Disorders (2017, March 24; 3 hours)
- Distress Tolerance Skills for Eating Disorders (2017, April 20; 3 hours)
- Emotion Regulation Skills for Eating Disorders (2017, June 15; 3 hours)
- Interpersonal Effectiveness Skills for Eating Disorders (2017, July 13; 3 hours)
- Implementing DBT in Outpatient Eating Disorder Programs (2017, Oct. 19; 1.5 hours)
- Implementing DBT in Intensive Eating Disorder Programs (2017, Nov. 23; 1.5 hours)

Phone

249.492.2673

Fax

249.492.2640

Email

Anita@MidlandDBT.com

Website

www.AnitaFedericiPHD.com

Federici, A. (March 18 - 19, 2016; Feb 3-4, 2017). DBT Foundational Training for Substance Use Disorders. Intensive team training provided to Edgewood Health, Toronto, Canada.

Federici, A. (2013 – 2015, various dates). *Advanced DBT Skills Training for the Treatment of Eating Disorders and Substance Abuse: A Three Part Series*. Full day workshops provided on *Managing Therapy Interfering Behaviours* (June 5, 2014); *DBT Commitment Strategies* (Sept 12, 2014); *Behavioural Strategies Workshop* (Dec 5, 2014). WaterStone Clinic, Toronto, Canada.

Federici, A. (Sept 30, 2015). *Managing Therapy Interfering Behaviours: Application to Eating Disorders*. One day training presented to Homewood Healthcare, Guelph, Ontario.

Federici, A. (Nov 14, 2014). *DBT Commitment and Motivation Strategies: Strategies for Clients with Eating Disorders*. Full day training provided to Homewood Healthcare, Guelph, Canada.

Federici, A. (Oct 18-19, 2014; Nov 24 – 25, 2014). *DBT Foundational Training for Adolescent Patients*. Two day training presented to the Adolescent Inpatient Team, Credit Valley Hospital, Mississauga, Ontario.

Federici, A. (June, 2014). *Advanced DBT Skills*. Half-day training provided to Waypoint Centre for Mental Health, Penetanguishene Ontario.

Federici, A. (2012, November). *DBT for the Treatment of Complex and Multidiagnostic Eating Disorder Presentations*. Addiction Rounds, Centre for Addiction and Mental Health.

Federici, A. (2012, November). *Foundations of Dialectical Behaviour Therapy*. Two-day workshop presented to the Adult Eating Disorders Program, London Health Sciences Centre, London, Ontario.

Federici, A. (2011, April). *An Introduction to Suicidal and Self-Injurious Behaviors*. Half-day workshop presented at the Counseling Services Center, Baldwin-Wallace College, Berea Ohio, USA.

Federici, A. & Wisniewski, L. (2010, May). *Addressing the Behaviors that Interfere with the Treatment of Disordered Eating: Self-Harm and Personality Disorders*. Half-day workshop presented at the Erie County Eating Disorders Task Force, Sandusky, Ohio, USA.

Federici, A. (April, 2010). *Dialectical Behavior Therapy for the Treatment of Eating Disorders: Inpatient Applications*. Two-day workshop presented at Homewood Health Care, Guelph, Ontario, Canada.

Warren, M. & **Federici, A.** (March, 2010). *Understanding Eating Disorders and Suicidal/Self-Injurious Behaviors*. Half-Day Training presented for the Lake Geauga Training Committee Educational Ensemble, Cleveland, Ohio.

Federici, A. (2010, January). *DBT Basics and Beyond: Fundamentals for Treating Patients with Eating Disorders*. One-day in-house training presented to the Cleveland Center for Eating Disorders, Cleveland, Ohio, USA.

Federici, A. (2009, April & May). *Dialectical Behaviour Therapy for the Treatment of Eating Disorders*. One day workshop and two half-day trainings presented to Halton Healthcare, Oakville, Ontario, Canada

Federici, A. (2009, March). *Working with Personality Disorders & DBT: The Basics*. Three-day workshop presented to the Community Mental Health Department, Moncton Hospital, Moncton, New Brunswick, Canada.

Federici, A. (2009, January). *Borderline personality disorder: Essentials for Front-Line Staff. Full-day workshop presented for Inpatient Psychiatric Staff* (General Psychiatry and Eating Disorders Programs), Toronto General Hospital, Toronto, Canada.

Federici, A., (February, 2009). *Dialectical Behaviour Therapy for Chronic Suicide/Self-Injury and Eating Disorder Symptoms.* Suicide Study Rounds, St. Michael's Hospital, Toronto, Ontario.

McMain, S. & **Federici, A.** (2008, October). *Borderline personality disorder.* Half-day workshop presented for the Mental Health Division, Halton Healthcare, Oakville, Canada.

Federici, A. (2008, October). *Efficacy of dialectical behaviour therapy skills training for suicidal, self-injurious, and eating Disorder behaviours in patients with borderline personality disorder.* Presentation for the Anxiety and Mood Disorders Clinical Rounds Series, Centre for Addiction and Mental Health, Toronto, Canada.

Federici, A. (2008, October). *Adapting DBT for eating disorder clients.* Two Lunch and Learn series presentations at the Eating Disorder Inpatient and Ambulatory Care Programs, Toronto General Hospital, Toronto, Canada.

Federici, A. (2008, July). *Borderline personality disorder: A practical approach.* Half-day workshop presented at the Canadian Mental Health Association, Toronto, Canada.

Federici, A. (2007 – 2008) *Adapting DBT for inpatient populations.* Series of 4-hour workshops presented for front-line hospital staff at St. Joseph's Healthcare, Hamilton, Canada.

Federici, A. (2008, September). *Efficacy of a DBT skills group in the treatment of eating disorder symptoms and deliberate self-harm in BPD* (September 17, 2008). Presentation for the Eating Disorders Clinic Research Rounds, Toronto General Hospital, Toronto, Canada.

Davies, L., **Federici, A.,** & Burckell, L. (2007, April). Understanding and managing self-harm behaviour in adolescent populations. Workshop presented at the Open Mind Series of the Canadian Psychiatric Research Foundation, Toronto, ON.

Professional Affiliations (Current)

College of Psychologists of Ontario

Ontario Psychological Association

Academy for Eating Disorders

Eating Disorders Association of Canada (EDAC)

Practice Ground (2014 - 2019)

Phone

249.492.2673

Fax

249.492.2640

Email

Anita@MidlandDBT.com

Website

www.AnitaFedericiPHD.com

PROFESSIONAL SERVICE ROLES

2019 - Present	Co-Chair (elected) DBT & Suicide Special Interest Group, Academy for Eating Disorders
2018 - Present	Radically-Open DBT Working Group
2017 - 2018	Member, WaterStone Foundation Social Media Committee
2015 - 2016	Member, Motivational Interviewing Committee, Waypoint Centre for Mental Health
2008 - 2009	Member, Faculty of 1000 Medicine – Faculty of the Personality and Impulse Disorders, Section of the Psychiatry Faculty, Current Medical Literature – Psychiatry
2008 - 2009	Member, Appeals Committee; Education and Training Committee; Borderline Personality Disorder Clinic, Centre for Addiction and Mental Health, Toronto, Canada
2008	Invited Participant, International Strategic Planning Meeting for Experts in Dialectical Behaviour Therapy, University of Washington, Seattle
2007 - 2008	Member, Psychology Residency Committee St. Joseph's Healthcare, Hamilton

Phone

249.492.2673

Fax

249.492.2640

Email

Anita@MidlandDBT.com

Website

www.AnitaFedericiPHD.com

Media/Interviews

Federici, A. (Nov 3, 2020). Interview with Andrew Mendler. 'We can't keep up': Midland area mental-health service providers inundated with calls for help. Simcoe News.

Federici, A. (Aug 26, 2020.) Interview with Andrew Mendler. 'Every day is a struggle': Orillia woman battling multiple mental illnesses needs your help. Simcoe News.

Federici, A. (Aug 12, 2019). Interview with Andrew Mendler. Midland psychologist fighting for eating disorder treatment services. Simcoe News.

Federici, A. (Jan 29, 2020). Interview with Andrew Mendler. 'Our Health' experts to discuss sleeping issues at Midland Cultural Centre. Simcoe News.

Federici, A. (Sept 14, 2017). Interview with Natalie Harris. Understanding Eating Disorders. Brainstorm Podcast.

<https://www.simcoe.com/news-story/10146033--every-day-is-a-struggle-orillia-woman-battling-multiple-mental-illnesses-needs-your-help/>

<https://www.simcoe.com/news-story/10233796--we-can-t-keep-up-midland-area-mental-health-service-providers-inundated-with-calls-for-help/>

<https://www.simcoe.com/news-story/9541951-midland-psychologist-fighting-for-eating-disorder-treatment-services/>

<https://www.simcoe.com/whatson-story/9819012--our-health-experts-to-discuss-sleeping-issues-at-midland-cultural-centre/>