



ANITA FEDERICI

Ph.D., C.Psych FAED

EDUCATION

Ph.D. Clinical Psychology (2008); York University, Canada

2004-2008

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

2002-2004

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

Title of Thesis: *The Influence of Social Norms on University Students' Smoking Behaviours*

PROFESSIONAL POSITIONS (Current)

2013 – Present **The Centre for Psychology & Emotion Regulation**
Founder, Clinical Director

2019 – Present **Clinical Psychology Program, York University**
Adjunct Professor

CREDENTIALS AND LICENSING

College of Psychologists of Ontario (Registration #5060)

Cognitive Processing Therapy (CPT Provider)

Cognitive Behaviour Therapy – Enhanced (Eating Disorders)

RO-DBT Level I Training

PROFILE

Dr. Anita Federici is a Clinical Psychologist and the Owner of The Centre for Psychology and Emotion Regulation, a private Clinic specializing in the assessment and treatment of eating disorders, personality disorders, and trauma. Anita has an established reputation for her work as a therapist, clinical trainer, researcher, program director and consultant.

CONTACT

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AWARDS AND DISTINCTIONS

2021 Fellow, Academy for Eating Disorders

2020 'Outstanding individual who has demonstrated a commitment to the enhancement of healthy lifestyles in our community' The Bulimia and Anorexia Nervosa Association (BANA)

2019 Meridian Woman of Business Award

2019 Best Psychologist, The Mirror Reader's Choice Award

2018 Meridian Woman of Business Nominee

2006-07 Ontario Graduate Scholarship (\$15,000)

2004-07 Scholars Award for Academic Achievement (York University) Ontario Graduate (\$15,000)

2005-06 University of Toronto Fellowship Award (\$3,000)

2003-04 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)

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, **\$75,000. Role: Co-Investigator.**

PROFESSIONAL POSITIONS (Past)

2015-2016 Research Psychologist, San Souci Program/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 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, Hamilton
2006-2007	Psychology Intern, Anxiety Treatment and Research Centre, St. Joseph's Healthcare, Hamilton
2005-2007	Psychology Intern, York Psychology Clinic, York University
2004-2005	Clinician, Eating Disorders Clinic, Toronto General Hospital
2005-2006	Group Therapy Facilitator, Sheena's Place, Toronto
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.

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

Graduate (Psychology)

External examiner for Psychology doctoral dissertation at York University (Sarah McComb, 2022)

External examiner for Psychology doctoral dissertation at the University of Guelph (Therese Kenny, 2022)

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

PhD Clinical Supervisor:
Healey Gardiner (2022 – present); Ellen Klaver (2021 - 2022); Nicole Dignard (Aug 2019 - May 2020); Healey Gardinar (May - Aug 2019); Sarah Royal (2015 – 2016); Rachel Lyon (2015 – 2016); Madalyn Marcus (2014 – 2015)

MA Clinical Supervisor:
Cortney Lacroix (2021 - present); Megan Bolt (2020 - present); Victoria Weatherston (May 2020 – August 2022); Carla Katsuno (Sept 2019 – March 2022); Rachel Gerow, MA (May 2019 -2020); Jessica Clark, MA, RP (2017 – 2020); Ilana Rubenstein (2014 – 2015)

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)

Invited Guest Lecturer

Eating disorders and body image treatment through the lens of First Nations, Inuit, and Metis Communities. (2021, January). Presentation given to graduate psychology Rounds (Dr. Jennifer Mills), York University.

Treating complex and multidiagnostic patients with eating disorders: The case for DBT. (2010, Fall). Case Western Reserve University, Department of Psychology, Cleveland Ohio

Overview of eating disorders/DBT adapted for the treatment of eating disorders. (2019, Fall). [Three-part series]. Cleveland Clinic, Department of Psychiatry, Cleveland Ohio

DBT for complex eating disorders. (2013, January). Presentation given to third year psychology class (Dr. Zopito Marini), Brock University.

Dialectical behaviour therapy for borderline personality disorder. (2009, February 23). [Course: *Theories of Psychopathology and Psychotherapy*]. University of Toronto, Department of Psychology

Essentials of cognitive behavioural therapy. (2008, October 17). [Course: *Systems of Psychotherapy (MA level)*]. Ryerson University, Department of Psychology

Introduction to cognitive behavioural therapy for anxiety disorders. (2008, October 16). [Course: *Theoretical Approaches to Counseling and Psychotherapy (4th year undergraduate)*]. York University, Department of Psychology

CBT for obsessive compulsive disorder and generalized anxiety disorder. (2008, June 12). Clinical Behavioural Sciences Program, McMaster University

Introduction to cognitive behavioural therapy. (2007, October 29). [Course: *Theoretical Approaches to Counseling and Psychotherapy (4th year undergraduate)*]. York University, Department of Psychology

SCHOLARLY CONTRIBUTIONS

Articles in Peer Reviewed Journals

Pennell, A., Webb, C. Agar, P., **Federici, A.**, & Couturier, J. (2019). Implementation of Dialectical Behaviour 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., & Warrant, M. (2014). Dialectical Behaviour Therapy: Does It Bring About Improvements in Affect Regulation in Individuals with Eating Disorders? *Journal of Contemporary Psychotherapy*. DOI: 10.1007/s10879-014-9271-2

Marek, R.J., Ben-Porath, 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. DOI: 10.1002/eat.22112

Federici, A., Wisniewski, L., & Ben-Porath, D. (2012). Description of an intensive dialectical behaviour 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. & McMMain, S. (2009). Recent advances in psychosocial treatments for borderline personality disorder. *F1000 Medicine Reports*. 1(51).

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 eating disorder presentations. In Laura Choate (Ed.), *Eating Disorders and Obesity: A Counselor's Guide to Treatment and Prevention* (pp. 375-398). American Counseling 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

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-behaviour 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 weight related 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. (Winter 2022). Eating disorders treatment within Indigenous communities: Challenges and opportunities. BANA: Be Yourself.

Federici, A. (Spring 2021). Radically open dialectical behaviour therapy: Targeting emotional overcontrol to bolster eating disorder treatment. BANA: Be Yourself.

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 disorder patients. Retrieved from: <http://btechedcat.nogginlabs.com/files/ebook/launch.php?id+multiDiag>

Federici, A. (2009). Dialectical behavioural 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: Thompson Nelson. 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. ATT 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.

PROFESSIONAL CONFERENCES, ROUNDS, KEYNOTE PRESENTATIONS

Federici, A. (2022, June). *Implementing innovative DBT-ED programming at high levels of care.* Virtual workshop presented at the International Conference for Eating Disorders. Cancun, Mexico.

Claudat, K., Karen, S., Mitchell, K.S., Menzel, J., **Federici, A.**, Thomas, C.W., & Hindle, S. (2022, June). *Treating Common Comorbidities in Eating Disorders* Virtual panel discussion presented at the International Conference for Eating Disorders, Cancun, Mexico.

Claudat, K., **Federici, A.**, Kim, N., Rush-Wilson, T. (2021, June). *Treating suicidality in ethnic minority groups: Cultural considerations and adaptations.* Panel presented virtually for the International Conference for Eating Disorders, Sydney, Australia.

Federici, A., Hindle, S., & Claudet. *DBT in the age of COVID: Part II.* (2020, September 11). [Webinar]. Presented for the Special Interest Group on Suicide and DBT, Academy for Eating Disorders.

Federici, A., Hindle, S., & Claudet. *DBT in the age of COVID: Part I.* (2020, June 24). [Webinar]. Presented for the Special Interest Group on Suicide and DBT, Academy for Eating Disorders.

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

Federici, A. (2020, November 18). *Understanding and treating eating disorders: What every practitioner needs to know.* Virtual presentation for Body Peace Conference, Ontario, Canada.

Federici, A. (2020, October 14). *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", Ontario, Canada.

Federici, A. & Kerr, A. (2014, June). *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. (2012, November). *Outcomes of a DBT enhanced day treatment program for eating disorders*. Poster 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. (2012, November). A partial hospitalization program that supports family based treatment for adolescents with eating disorders: Focus on changes in mood, suicidality, and emotional 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. (2012, November). *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.

Federici, A. (2012, November). *DBT for the treatment of complex and multidagnostic eating disorder presentations*. Addiction Rounds, Centre for Addiction and Mental Health.

Wisniewski, L. & **Federici, A.** (2012, May). *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. (2011, November). *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., Huges-Scalise, A., **Federici, A.** & Warren, M. (2011, June). *Intensive outpatient program for multi-diagnostic adolescents with eating 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., McMains, S., & Mills, J.S., (2010, November). 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. (2010, November). *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, San Francisco, USA.

Federici, A., Denise, D., Ben-Porath, D.D., Warren, M. & Wisniewski, L. (2010, June). *Effectiveness of a DBT oriented day treatment program for patients with complex eating disorders: Getting creative with evidence-based practice*. Paper accepted at the International Conference on Eating Disorder, Salzburg, Austria.

Federici, A., Wisniewski, L., Denise, D., Ben-Porath D.D., & Warren, M. (2010, May). DBT-enhanced day treatment for multi-diagnostic patients with eating disorders: Affective processing, emotional awareness, & distress tolerance. In A. Federici (Moderator) & S. McMains (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.

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

Poster presented at the International Society for the Improvement and Teaching of Dialectical Behavior Therapy meeting, New York, NY.

Federici, A., McMMain, S., & Links, P. (2009, June). *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. (2009, February). *Dialectical behaviour therapy for chronic suicide/self-injury and eating disorder symptoms*. Suicide Study Rounds, St. Michael's Hospital, Toronto, Ontario.

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

Federici, A., Mills, J. S., & McMMain, S. (2008, May). *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. (2008, April). *Effectiveness of a dialectical behaviour therapy program on an acute inpatient psychiatry unit*. Poster presented at the 20th Annual Research Day, Hamilton, Ontario.

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

Federici, A., Wilcox, L., Mills, J. S., & Gaid, N. (June, 2006). *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, Ontario.

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 trial 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 trial 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, Florida.

INVITED TALKS

Early identification in eating disorders. One hour virtual webinar presented through the Oshawa Psychotherapy Training Institute (January 31, 2022).

Coping with Change and Re-Opening. Virtual talk presented to the TD Wealth Management Group (October 5, 2021).

Primary Care and Eating Disorders. One hour talk presented at Grand Rounds. Peterborough (October 1, 2021).

Singing in the mud: Psychological strategies to manage anxiety & staying emotionally regulated in the age of uncertainty. (2020, November 4) Presented to the Town of Penetanguishene and (2020, November 18) the Town of Midland Fire Departments.

Singing in the mud: Strategies for coping with chaos and managing uncertainty. (2020, October 22). Collingwood Marine Hospital, Collingwood, Ontario.

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

Singing in the mud: Psychological strategies for coping with chaos. (2020, September 24). Alcohol and Gaming Commission of Ontario.

Coping with Uncertainty. (2020, July 24 to 31). [Three one-hour talks]. Town of Penetang.

Obesity: A family affair. (2020, May 28). Panel Presented Novo Nordisk.

Singing in the mud: Psychological strategies for coping with uncertainty. (2020, April 4 and May 11). Novo Nordisk.

Sleep issues: What to do when you run out of sheep. (2020, February 6). [Invited panelist]. Our Health Series. Midland Cultural Centre, Midland, Ontario

Managing emotions in youth. (2019, November 26). Southern Georgian Bay Healthcare.

Understanding emotions: Tips, strategies, and mindfulness. (2019, November 12). [Two-hour talk to Grade 10 students]. at Ecole le Caron.

Post traumatic stress: New insights for first responders. (2019, November 6 and 13). [Two three-hour sessions]. Midland and Penetanguishene Fire Departments.

Understanding Emotions. Cognitions to Change Behaviour. Town of Penetanguishene Wellness Day. (2019, October 29 and November 1).

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

Managing emotions: Tips and strategies for youth and parents. (2019, February 21). Collingwood General and Marine Hospital, Collingwood, Ontario, Canada.

Radical leadership: Transforming teams for optimal health & wellness. (2019, February 13 and March 26). [Two three-hour workshops for senior management]. Town of Penetanguishene, Ontario, Canada.

Understanding emotions. (2018, October 19 and 26). Town of Penetanguishene Wellness Day.

Diabetes and your mental health. (2017, October 30). Diabetes Canada, Midland, Ontario, Canada.

Cognitive behaviour therapy: Thinking your way to health. (2017, October 20 and 27). Town of Penetanguishene Wellness Day.

Hunger games: From the freedom of foodies to the destruction of eating disorders. (2017, June 20). [Invited panelist]. Presented at the Our Health Series, Midland Cultural Centre, Midland, Ontario.

Eating Disorders Can't Afford to Wait. (2017, May). Keynote Address on Eating Disorders presented at the Annual Fundraiser for the WaterStone Foundation.

Mindfulness 101. (2016, October 14 and 21). Town of Penetanguishene Wellness Day.

Core mindfulness skills. (2016, February 11). Waypoint Centre for Mental Health, Penetanguishene, Ontario. Presented during CBT Awareness Week.

How DBT is transforming care, generating hope, and helping clients with eating disorders building a life worth living. (2013, November). National Initiative for Eating Disorders (NIED), Toronto.

Adapting DBT for eating disorder clients. (2008, October). [Two Lunch and Learn]. Presentations at the Eating Disorder Inpatient and Ambulatory Care Programs, Toronto General Hospital, Toronto, Canada.

INVITED WORKSHOPS AND CONSULTATIONS

Program Planning and Implementation Support. (2022, July - present). [Monthly 90 minute consultation]. To provincial eating disorders programs through Eating Disorders Ontario.

Advanced Psychotherapy Consultation. (2022, June - present) [Monthly 90 minute consultation]. To provincial eating disorders programs through Eating Disorders Ontario.

DBT for multidisciplinary adolescent eating disorder treatment teams: Part 2 (DBT Commitment Strategies) Theory (2022, July 26). 90-minute presentation provided to Hospital for Sick Kids, Toronto.

DBT for multidisciplinary adolescent eating disorder treatment teams: Part 1 (Biosocial Theory). (2022, June 28). 90-minute presentation provided to Hospital for Sick Kids, Toronto.

DBT for substance use disorders. (2022, June). One-day workshop presented to Michael Garron Hospital, Canada.

Introduction to DBT for eating disorders. (2022, May 20). One-day workshop presented to BANA.

CBT and DBT case conceptualization: From theory to practice. (2022, May 19 and 26). Two half-day workshops presented to Halton Healthcare.

DBT for eating disorders in higher levels of care. (2022, May 6 and 13). Two-day virtual training presented to the BC Children's Hospital Eating Disorders Program.

Chain analysis; adapting DBT skills for ED treatment. (2022, May 12). 4 hour workshop presented to the Oshawa Psychotherapy Training Institute (OPTI).

Commitment strategies and dialectics. (2022, May 5). 4 hour workshop presented to the Oshawa Psychotherapy Training Institute (OPTI).

DBT-ED theory, therapist stance; adapting the target hierarchy. (2022, April 28). 4 hour workshop presented to the Oshawa Psychotherapy Training Institute (OPTI).

Foundational training in eating disorders. (2022, April 26). One-day workshop presented to BANA.

DBT for the treatment of eating disorders: Foundational concepts. (2022, March 2). Three-part series with 4 hour virtual workshop presented for Envision.

Eating disorders primer: What every practitioner needs to know. (2022, January 31). Oshawa Psychotherapy Training Institute.

DBT adapted for the treatment of adolescents with eating disorder in a community organization. (2022, January 24, 27, and 31, and February 3). Kinark Child and Family Services.

Eating disorders primer: What every practitioner needs to know. (2021, October 20). Envision Virtual Learning.

Understanding and treating personality disorders. (2021, November 2 and 8). SickKids Learning.

DBT For the treatment of eating disorders: Implications for higher levels of care. (2021, November 4, and October 7, 21, and 28). Halton Healthcare.

DBT: Foundational training for higher levels of care. (2021, September). Four two-day trainings for adult inpatient teams. Oakville Trafalgar Hospital.

Dialectical Behaviour Therapy: Foundational training. (2021, July 9, 16, 23, and 30). Four half-day trainings presented to the adult day treatment program. North York General Hospital.

Dialectical Behaviour Therapy adapted for adolescent eating disorders: The DBT-FBT framework. (2021, June 14-15 and 21-22). Trainings presented to the SickKids Learning Institute.

DBT training for adolescent day treatment. (2021, June 8, 14, 21, and 22). Training provided to the York Hills Centre for Children, Adolescents, and Families.

DBT for eating disorders: Advanced topics. (2021, June 11 – 12). Two-day training presented for the Oshawa Psychotherapy Training Institute.

Dialectical behaviour therapy for eating disorders: Foundational training. (2020, October 23 – 24). [Two-day clinical training]. Oshawa Psychotherapy Training Institute, Oshawa, Ontario.

Foundational training in eating disorders. (2020, October 19 – 20). [Two-day presentation]. Presented to the Windsor Essex Hospital and BANA, Ontario, Canada.

Foundational Training in Eating Disorders. (2020, September 28 – 29). [Two-day training]. Presented to William Osler Hospital, Ontario, Canada.

DBT Foundational Training. (2020, September 25 – 26). [Two-day training]. Presented to Edgewood Health Network, Ontario and British Columbia, Canada.

Understanding and Coping with Emotions. (2020, August 20). Edgewood Health Network.

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

Eating Disorders: A Day of Education and Support. (2020, February 8). [Five-hour free workshop]. Eating Disorders Awareness Week. Midland Cultural Centre, Midland, Ontario.

Three full days & half-day observation and evaluation of inpatient and day treatment eating disorder programs. (2019, October 21 to 23 and 2020, December 6). [Three-day workshop]. Trillium Health Partners, Mississauga, Ontario, Canada.

Foundational DBT training. (2019, Oct 21 - 22). [Two-day training]. Trillium Healthcare, Mississauga, Ontario, Canada.

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

CBT-E introduction. (2019, May 21). [One-day workshop]. Chigamik Community Health Centre, Midland, Ontario, Canada.

DBT foundational training. (2019, March 21 and 28). [Two-day clinical training]. Oakville-Trafalgar Hospital/Halton Healthcare, Ontario, Canada.

CBT for eating disorders. (2019, March 3 and 4). [Two-day clinical training]. Ananda Mental Health Workshops, Barrie, Ontario, Canada.

Eating disorders: From detection to treatment. (2019 and 2018). [Six one-hour workshops presented to various community partners]. funded by the WaterStone Foundation:

- (2019, February 19) Chigamik, Midland, Ontario
- (2019, January 18) Georgian College, Collingwood Campus
- (2018, November 2). Simcoe Muskoka Therapeutic Recreation Association, Barrie, Ontario, Canada.
- (2018, October 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.

DBT for eating disorders. (2018, May). Ananda Mental Health Workshops, Barrie, Ontario, Canada.

Eating disorders: New insights for healthcare professionals. (2017, October 26). [One-day clinical training]. Midland, Ontario, Canada.

DBT skills training, adolescent inpatient team. (2017, September 22 and 25). Hospital for Sick Children, Toronto, Ontario.

Eating disorders: Diagnosis, management, and referral. (2017, April 21). Presentation given to the Collingwood General and Marine Hospital and Family Health Team. Collingwood, Ontario.

DBT training for eating disorders. (2016, December 12 and 13). [Two-day intensive]. Presented to the Ontario Community Outreach for Eating Disorders Program (OCOPED;) followed by focused training workshops:

- Managing Therapy Interfering Behaviours (2017, February;; 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, October 19; 1.5 hours)

- Implementing DBT in Intensive Eating Disorder Programs (2017, November 23; 1.5 hours).

DBT foundational training for substance use disorders. (2017, February 3 and 4, and 2016, March 18 and 19). Intensive team training provided to Edgewood Health, Toronto, Canada.

Advanced DBT skills training for the treatment of eating disorders and substance abuse; A three-part series. (2013 – 2015, various dates). [Full day workshops]. WaterStone Clinic, Toronto, Canada:

- *Managing Therapy Interfering Behaviours* (2014, June 5);
- *DBT Commitment Strategies* (2014, September 12);
- *Behavioural Strategies Workshop* (2014, December 5).

Managing therapy interfering behaviours: Application to eating disorders. (2015, September 30). [One day training]. Presented to Homewood Healthcare, Guelph, Ontario.

DBT commitment and motivation strategies: Strategies for clients with eating disorders. (2014, November 14). [Full day training]. Provided to Homewood Healthcare, Guelph, Canada.

DBT foundational training for adolescent patients. (2014, November 24 and 25 and October 18 and 19). [Two-day training]. Presented to the Adolescent Inpatient Team, Credit Valley Hospital, Mississauga, Ontario.

Advanced DBT skills. (2014, June) [Half-day training]. Provided to Waypoint Centre for Mental Health, Penetanguishene Ontario.

Foundations of dialectical behaviour therapy. (2012, November). [Two-day workshop]. Presented to the Adult Eating Disorders Program, London Health Sciences Centre, London, Ontario.

An introduction to suicidal and self-injurious behaviors. (2011, April). [Half-day workshop]. Presented at the Counseling Services Center, Baldwin-Wallace College, Berea Ohio, USA.

Addressing the behaviors that interfere with the treatment of disordered eating: Self-harm and personality disorders. (2010, May). [Half-day workshop]. Presented at the Erie County Eating Disorders Task Force, Sandusky, Ohio, USA.

Dialectical behavior therapy for the treatment of eating disorders: Inpatient applications. (2010, April). [Two-day workshop]. Presented at Homewood Health Care, Guelph, Ontario, Canada.

Understanding eating disorders and suicidal/self-injurious behaviors. (2010, April). [Half-day training]. Presented for the Lake Geauga Training Committee Educational Ensemble, Cleveland, Ohio.

DBT basics and beyond: Fundamentals for treating patients with eating disorders. (2010, January). [One-day training]. Presented to the Cleveland Center for Eating Disorders, Cleveland, Ohio, USA.

Dialectical behaviour therapy for the treatment of eating disorders. (2009, April and May). [One-day workshop and two half-day trainings]. Presented to Halton Healthcare, Oakville, Ontario, Canada.

Working with personality disorders & DBT: The basics. (2009, March). [Three-day workshop]. Presented to the Community Mental Health Department, Moncton Hospital, Moncton, New Brunswick, Canada.

Borderline personality disorder: Essentials for front-line staff. (2009, January). [Full-day workshop]. Presented for Inpatient Psychiatric Staff (General Psychiatry and Eating Disorders Programs), Toronto General Hospital, Toronto, Canada.

Borderline personality disorder. (2008, October). [Half-day workshop] Presented for the Mental Health Division, Halton Healthcare, Oakville, Canada.

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

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

Understanding and managing self-harm behaviour in adolescent populations. (2007, April). Workshop presented at the Open Mind Series of the Canadian Psychiatric Research Foundation, Toronto, Ontario.

INTENSIVE DBT CONSULTATION and/or EATING DISORDER TEAM BUILDS

The Hospital for SickKids, outpatient and day treatment adolescent DBT-ED (January 2021 – present)

London Health Sciences

Bulimia Anorexia Nervosa Association (BANA) Eating Disorders, IOP Build

Windsor Essex: Partial hospitalization program (2021 – Present)

BC Children's Hospital (May 2022 – Present)

Michael Garron Hospital (June 2022 – Present)

Orillia Soldiers: Outpatient DBT

Hotel Dieu Grace, Kingston, outpatient and day treatment, transitional age youth

Peterborough Hospital, outpatient and day treatment, adult

York Hills: Adolescent DBT Day Treatment (June 2021 – May 2022).

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

Edgewood Health Network: Intensive DBT training and consulting, residential substance use (2018 – 2020)

Humber College. DBT consultation in academic setting (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 - 2016)

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)

PROFESSIONAL SERVICE ROLES

Consultant, Eating Disorders Ontario (January 2022 – Present)

Member, Special Interest Groups (SIG) Oversight Committee (SOC) for the Academy of Eating Disorders (2022-2025)
NIED Strategy, co-lead
Wicked Bodies, consultant
Co-Chair (elected) DBT & Suicide Special Interest Group, Academy for Eating Disorders (2019 - 2021)
Body Brave (‡ - present)
Mentor, ICED (2021)
Radically-Open DBT Working Group (September 2018 - Present)
Member, WaterStone Foundation Social Media Committee (2017 – 2019)
Member, Motivational Interviewing Committee, Waypoint Centre for Mental Health (2015 – 2016).
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 – 2009).
Invited Participant, International Strategic Planning Meeting for Experts in Dialectical Behaviour Therapy, University of Washington, Seattle (2008).
Member, Psychology Residency Committee St. Joseph's Healthcare, Hamilton (2007 – 2008).

MEDIA/INTERVIEWS

Back from the Borderline

Federici, A. (2022). #068 Eating Disorders: Insight and Support with Dr. Anita Federici. Apple Podcasts. *The FASD Success Show*. [FASD Success Podcast Episode 068](#)

Federici, A. (2022). COVID-19 is causing a “perfect storm” shadow pandemic of eating disorders. Interview with Talar Stockton and Sami Islam. *Capital Current*. <https://capitalcurrent.ca/covid-19-is-causing-a-perfect-storm-shadow-pandemic-of-eating-disorders/>

Federici, A. (2022). The truth about 'quiet BPD': Sunshine on the outside, razor blades on the inside. *Back from the Borderline: The Official BPD Recovery Podcast*. [Back From the Borderline: The Official BPD Recovery Podcast](#)

Federici, A. (2022, March 10). Body Brave: Neuroscience and eating disorders. <https://youtu.be/-Jc9CWbXSVA>

Federici, A. (2021) Waypoint – From body rejection to body empowerment. <https://youtu.be/taLMYA3xkkE>

Federici, A. (2021). Sashbear: Eating disorders and emotion regulation: Helping families navigate. <https://youtu.be/B3sKuQCUAcs>

Federici, A. (2021). Smart Family Podcast. #054 Defining an eating disorder: What happens psychologically when we stop feeding ourselves; The role of social media and a pandemic; How parents can recognize and support someone with an eating disorder. [Player FM - Internet Radio Done Right](#)

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*. <https://www.simcoe.com/news-story/10233796>

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*. <https://www.simcoe.com/news-story/10146033>

Federici, A. (Nov 20, 2020) Eating Disorders and Trauma: Speaking with Dr. Anita Federici. Starts with Youth. <https://www.startswithyouth.com/post/eating-disorders-and-trauma-speaking-with-dr-anita-federici>

Federici, A. (Jan 29, 2020). Interview with Andrew Mendler. 'Our Health' experts to discuss sleeping issues at Midland Cultural Centre.' *Simcoe News*. <https://www.simcoe.com/whatson-story/9819012>

Federici, A. (Aug 12, 2019). Interview with Andrew Mendler. 'Midland psychologist fighting for eating disorder treatment services.' *Simcoe News*. <https://www.simcoe.com/news-story/9541951>

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