

ANITA FEDERICI, PH.D., C.PSYCH., FAED

Clinical Psychologist | Founder & Clinical Director, The Centre for Psychology & Emotion Regulation
Co-Founder & Co-Owner, Eating Disorder Training Institute (EDTI)
Adjunct Faculty, York University
Expert Clinical Educator, Ontario Provincial Eating Disorders Training Program



Dr. Anita Federici is a clinical psychologist, educator, researcher, and internationally recognized leader dedicated to reimagining eating disorder treatment and complex mental health presentations. Her work integrates contemporary neuroscience, behavioural science, developmental theory, and contextual understanding to develop clinically useful models that help explain why people make sense, reduce stigma, and guide more compassionate, individualized, and effective care.

She is a treatment developer and the co-author of the ***Treating Eating Disorders with DBT: The MED-DBT Protocol*** (Guilford Press, 2026), an integrated conceptual and treatment framework that reconceptualizes eating disorder care to help clinicians better understand why complex eating disorder presentations make sense, moving beyond diagnosis-specific formulations toward individualized, function-based care that addresses the biological, psychological, developmental, behavioural, and environmental processes shaping illness

Dr. Federici is Founder and Clinical Director of **The Centre for Psychology & Emotion Regulation** and Co-Founder and Co-Owner of **the Eating Disorder Training Institute (EDTI)**, where she leads international training, implementation, and consultation initiatives for multidisciplinary teams, hospitals, universities, and healthcare systems. She serves as **Adjunct Faculty at York University** and as an **Expert Clinical Educator with Ontario's Provincial Eating Disorders Training Program**.

Her scholarly work focuses on eating disorders, DBT, trauma, neurodiversity, suicidality, systems implementation, and the translation of research into compassionate, effective clinical care. She is **Guest Editor** for two international journal special issues, and recipient of the **2026 Academy for Eating Disorders Leadership Award in Clinical, Educational, or Administrative Service**. She is a Fellow of the Academy for Eating Disorders.

EDUCATION

Ph.D., Clinical Psychology

York University (2008)

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

Postdoctoral Fellowship

Borderline Personality Disorder Clinic
Centre for Addiction and Mental Health (2008-2009)

M.Sc., Medical Sciences

University of Toronto (2004)

Thesis: *Recovery and Relapse in Anorexia Nervosa: The Patient's Perspective*

B.A. (Honours), Community Health Sciences

Brock University (2002)

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

ACADEMIC & LEADERSHIP APPOINTMENTS

2022-Present

Expert Clinical Educator & Practice Change Agent
Eating Disorders Ontario (formerly The Provincial Eating Disorders Training Program [OCOPED])

2019-Present

Adjunct Faculty
Department of Psychology, York University

LEADERSHIP & ENTREPRENEURIAL APPOINTMENTS

2025-Present

Co-Founder & Co-Owner
Eating Disorder Training Institute (EDTI)

International clinician education organization providing evidence-based education, consultation, implementation support, and professional training in eating disorders, Dialectical Behaviour Therapy (DBT), and the Multidiagnostic Eating Disorder DBT (MED-DBT) model.

2013-Present

Founder & Clinical Director
The Centre for Psychology & Emotion Regulation

Private multidisciplinary psychology practice specializing in eating disorders, dialectical behaviour therapy (DBT), multidagnostic eating disorder – DBT (MED-DBT), trauma, and complex mental health presentations. Provides clinical services, consultation, supervision, program development, and professional education across healthcare systems.

PREVIOUS CLINICAL & RESEARCH APPOINTMENTS

2015-2016

Psychologist, Research and Academics Department, Waypoint Centre for Mental Health Care

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

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

2005-2008

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

2004-2005 - Clinician, Eating Disorders Clinic, Toronto General Hospital

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

AWARDS AND HONOURS

2026	Leadership Award in Clinical, Educational, or Administrative Service, Academy for Eating Disorders (AED). Awarded for sustained international leadership and contributions advancing the treatment and well-being of individuals with eating disorders through clinical innovation, education, and systems development.
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, \$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)

COMPETITIVE RESEARCH FUNDING

Mills, J. (Principal Investigator), **Federici, A.** (Co-Investigator), & Webb, C (Co-Investigator). (2026-2028). *Individuals with multi-diagnostic, complex eating disorders (MED)*. Collaborative and/or Community-based Research Seed Grant (Special Call: Anxiety Research). York University Faculty of Health. \$44,000 CAD.

Roff, C, Taylor, M., **Federici, A.** Colorado Springs Suicide Prevention Grant, 2025, \$15,000. Role: Content Developer and Trainer

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.

EDITORIAL LEADERSHIP

2026-2027

Eating Disorders: The Journal of Treatment and Prevention, in progress (2026).

Special Collection: *Multi-Diagnostic Eating Disorders: From Complex Presentations to Effective Clinical Interventions*. Guest Editor (with Dr. Kimberly Claudat).

2026-2027

Journal of Clinical Medicine

Special Issue: *Emerging Therapeutic Interventions for Eating Disorders through Psychology*.

Guest Co-Editor (with Dr. Jennifer Mills).

SCHOLARLY BOOKS

Federici, A., & Wisniewski, L. (2026). *Treating Eating Disorders with DBT: The MED-DBT Protocol*. New York, NY: Guilford Press.

BOOK CHAPTERS

Federici, A., & Wisniewski, L. (2013). Dialectical behavior therapy for clients with complex and multidagnostic eating disorder presentations. In L. Choate (Ed.), *Eating disorders and obesity: A counselor's guide to treatment and prevention* (pp. 375-398). American Counseling Association.

Fox, J. R. E., Federici, A., & Powers, M. J. (2012). Emotions and eating disorders. In J. R. E. Fox & K. P. Goss (Eds.), *Eating and its disorders* (pp. 167-184). Wiley-Blackwell.
<https://doi.org/10.1002/9781118328910.ch12>

Federici, A., & Wisniewski, L. (2011). Integrating dialectical behaviour therapy and family-based treatment for multidagnostic adolescent patients with eating disorders. In J. Alexander & J. Treasure (Eds.), *A collaborative approach to eating disorders* (pp. 177-188). Routledge.

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*. 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). 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*. Nova Science Publishers.

BOOK REVIEWS

Federici, A. (2011). Review of *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 & Prevention*, 19(4), 371-373.

Federici, A., & Antony, M. M. (2007). Review of *Cognitive-behavioural treatment for generalized anxiety disorder: From science to practice*, by M. J. Dugas & M. Robichaud. *Canadian Psychology*, 48, 271-282.

PEER REVIEWED PUBLICATIONS

Robb, S., & **Federici, A.** (in press). *Stakeholder views on the proposed criteria for "terminal anorexia": A mixed-methods study*. *Eating Disorders: The Journal of Treatment & Prevention*.

Federici, A. (2026). When alarms are ignored: Clinical reflections on ignorance culture in eating disorder care. *BJPsych Bulletin*. Advance online publication.
<https://doi.org/10.1192/bjb.2026.10257>

Federici, A., Adams, M., & Downs, J. (2026). Beyond cognitive primacy in eating disorder treatment: Integrating neurodiversity, chronic invalidation, and multidagnostic realities: A commentary on Murphy et al. (2025). *Eating Disorders*. Advance online publication.
<https://doi.org/10.1080/10640266.2026.2669109>

Dimitropoulos, G., Nicula, M., Krishnapillai, A., Austin, A., Singh, M., Lee, J., Webb, C., Scott, S., Vieira de Almeida, A. C., Bergmann, C., Vander Steen, H., Kimber, M., Mushquash, C., Norman, L., Sauerwein, J., Keshen, A., Boachie, A., Toulany, A., Levinson, A., **Federici, A.**, ... Couturier, J. (2025). Transitions for youth and young adults with eating disorders and/or other mental health conditions: A Canadian guideline. *Journal of Eating Disorders*, 13, 158. <https://doi.org/10.1186/s40337-025-01343-6>

Downs, J., Adams, M., **Federici, A.**, Sharpe, S. L., & Ayton, A. (2025). Equity in eating disorders: A dialectical approach to stigma, expertise, and the co-production of knowledge. *Journal of Eating Disorders*.

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*.

- Ben-Porath, D., **Federici, A.**, Wisniewski, L., & Warren, M. (2014). Dialectical behaviour therapy: Does it bring about improvements in affect regulation in individuals with eating disorders? *Journal of Contemporary Psychotherapy*, 44, 217-226. <https://doi.org/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 versus distraction during food exposure. *International Journal of Eating Disorders*, 46(6), 582-585. <https://doi.org/10.1002/eat.22152>
- Federici, A.**, & Wisniewski, L. (2013). An intensive dialectical behaviour therapy program for patients with multidagnostic eating disorder presentations: A case series analysis. *International Journal of Eating Disorders*, 46(4), 322-332. <https://doi.org/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 & Development*, 90(3), 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.
- 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), 1-10.

SCHOLARLY CORRESPONDANCE

Roff, C. D., Downs, J., Ayton, A., Ibrahim, A., Guarda, A., Hanson, A., **Federici, A.**, Kumar, A., Cook Cottone, C., Virgo, H., Adams, M., Komrad, M., Westmoreland, P., Appelbaum, P., Mehler, P., Pies, R., & Baker, S. (2024). *Re: Assisted dying laws around the world: Proposed UK assisted dying bill fails the public safety test*. **The BMJ**, 387, q2385. Rapid response to Looi, M.-K. (2024), *Assisted dying laws around the world*. <https://www.bmj.com/content/387/bmj.q2385/rr>

PROFESSIONAL PUBLICATIONS & INVITED ARTICLES

- Federici, A.** (2026). *What got lost: Making sense of the gaps between intention and action*. *Be Yourself* (Winter 2026, pp. 12-16). Bulimia Anorexia Nervosa Association (BANA).
- Federici, A.**, & Wisniewski, L. (2025). Applying DBT "outside the box": MED-DBT for multidagnostic eating disorders. *DBT Bulletin*, 9(2), 5-10.
- Federici, A.**, & Downs, J. (2025). *Ending well: Rethinking how eating disorder treatment finishes*. *Be Yourself* (Spring/Summer 2025, pp. 7-11). Bulimia Anorexia Nervosa Association (BANA).

Thomas, C., Claudat, K., Hindle, S., & **Federici, A.** (2024). *What happens next? The principles and practicalities of treating Stage II clients with multiproblem eating disorders*. *DBT Bulletin*, 8(1).

Federici, A. (2023). *Medical Assistance in Dying (MAiD) and eating disorders*. *Be Yourself* (Winter 2023). Bulimia Anorexia Nervosa Association (BANA).

Federici, A. (2022). *Eating disorder treatment within Indigenous communities: Challenges and opportunities*. *Be Yourself* (Winter 2022). Bulimia Anorexia Nervosa Association (BANA).

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

Federici, A. (2016, March). *Mindfulness. Voice of Hope*. Patient/Client & Family Council, Waypoint Centre for Mental Health Care.

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

EDUCATIONAL RESOURCES

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

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

MASTERS THESIS

Federici, A., & Kaplan, A. S. (2004). *Relapse and recovery in anorexia nervosa: The patients' perspective*. ProQuest Dissertations & Theses. (Publication No. MQ95521).

SCIENTIFIC CONFERENCE CONTRIBUTIONS

Klaver, E., **Federici, A.**, Mills, J. S., & Wisniewski, L. (2026, June). MED-DBT training impacts clinicians' attitudes toward clients with multidagnostic ED presentations. Poster presented at the International Conference on Eating Disorders (ICED 2026), Academy for Eating Disorders, The Hague, Netherlands.

Robb, S., **Federici, A.**, Seigal, A., & Mills, J. S. (2026, June). When treatment harms: Hopelessness, futility, and the culture of care in "terminal" anorexia nervosa. Paper presented at the International Conference on Eating Disorders (ICED 2026), Academy for Eating Disorders, The Hague, Netherlands.

Claudat, K., Yadlosky, L., Convertino, L., Friedman, R., & Federici, A. (2026, June). Bridging the gap: Strategies to target trauma symptoms across the continuum of eating disorders care. SIG

Panel presented at the International Conference on Eating Disorders (ICED 2026), Academy for Eating Disorders, The Hague, Netherlands.

Federici, A. (2026, June). Invited chair, Psychiatric Comorbidities paper session. International Conference on Eating Disorders (ICED 2026), Academy for Eating Disorders, The Hague, Netherlands.

Federici, A., & Dimitropolous, G. (2026, June 4). The adapted biosocial theory: A cultural and clinical lens for MED-DBT in adolescents. Educational Session presented at the International Conference on Eating Disorders (ICED 2026), Academy for Eating Disorders, The Hague, Netherlands.

Federici, A. (2026, May 9). Why DBT for eating disorders? Neurometabolic vulnerability, clinical models, and the emergence of MED-DBT. Invited presentation at the International Eating Disorders PIN Summit 26, PIN – Partners in Neuroscience (online).

Federici, A. (2026, April 27). Harbours change: MED-DBT and collaborative contingency management for eating disorders [Workshop]. 8th Biennial Conference of the Eating Disorders Association of Canada (EDAC), Halifax, NS, Canada.

Federici, A. (2026, March 22). *Keeping Your Nervous System Regulated While Helping Them Heal.* Invited presentation, FEAST of Knowledge Annual Conference, F.E.A.S.T. (Families Empowered and Supporting Treatment of Eating Disorders) international conference (virtual).

Federici, A. (2025, September). *Case study.* Workshop presented at the Inaugural Multi-Diagnostic Eating Disorder DBT (MED-DBT) Conference: Reimagining Recovery Approaches, Virtual.

Federici, A., & Malec, D. (2025, September). *Lives worth living: An introduction to MED-DBT.* Workshop presented at the Inaugural Multi-Diagnostic Eating Disorder DBT (MED-DBT) Conference: Reimagining Recovery Approaches, Virtual.

Federici, A., & Dimitropolous, G. (2025, September). *Bridging the gap: DBT and FBT.* Workshop presented at the Inaugural Multi-Diagnostic Eating Disorder DBT (MED-DBT) Conference: Reimagining Recovery Approaches, Virtual.

Federici, A. (2025, September). *Trauma-informed care in relation to eating disorders.* Invited presentation at the Simcoe Muskoka Regional Eating Disorder Symposium, Royal Victoria Regional Health Centre, Barrie, ON, Canada.

Presskreischer, R., Lewis-Smith, H., Tantillo, M., Herrin, M., O'Malley, P., & **Federici, A. (2024, March 16).** Global Think Tank panel presentation. International Conference of Eating Disorders. New York, NY USA

Federici, A. (2024, March 16) co-chair/moderator. Eating Disorders & Phenomenology. International Conference of Eating Disorders. New York, NY USA

Alba, M., Yadlosky, L., **Federici, A.**, Wisniewski, L., Delapp, C., Fox, M. (2024, March 16) Integrating DBT and FBT to Treat Co-occurring Disordered Eating and Suicidal Behavior. SIG panel presentation accepted for the International Conference of Eating Disorders. New York, NY USA.

Federici, A., Silverstein, S., Adams, M., Downs, J., Piekunka, K., & Stokes, L. (2024, March 15) From Suffering to Dying: Is there a Middle Ground? A Dialectical Perspective on Terminality and MAiD. SIG panel presentation accepted for the International Conference of Eating Disorders. New York, NY USA.

Robb, S & **Federici, A.** (2024, March 16) End of Life in Eating Disorders: Views on the Proposed Criteria for Terminal Anorexia. Paper accepted for presentation at the International Conference of Eating Disorders. New York, NY USA

Federici, A., Webb, C., & Couturier, J. (2024, March 14). When Clinicians are Not Cared For: Who is Really Wearing the Oxygen Mask? Half-day workshop accepted at the Clinical Teaching Day for the International Conference of Eating Disorders, New York, NY, USA.

Claudat, K, **Federici, A.**, Hindle, S. & Thomas, C. (2023, November 16). *What happens next? The principles and practicalities of treating Stage II clients with multi-problem eating disorders*. Clinical workshop to be presented at ISITDBT Conference. Seattle, WA, USA.

Federici, A., Dahmer, L. & Zister. (2023, June). *Effectiveness and feasibility of RO DBT in a tertiary care hospital: A qualitative analysis of staff experiences*. Presented at the Radically Open DBT Conference, Chicago, IL, USA.

Dahmer, L, **Federici, A.**, & Zister. (2023, June). *Effectiveness and feasibility of a 30-week RO DBT skills class targeting transdiagnostic clinical presentations: Preliminary results*. Paper presented at the Radically Open DBT Conference. Chicago, IL, USA.

Federici, A. & Grewal, S. (2023, May). *Designing and implementing DBT-ED programming for youth in day treatment. The challenges and the hope*. Half-day workshop presented at the Clinical Teaching Day for the International Conference of Eating Disorders. Washington, D.C., USA.

Federici, A. & Burke, M. (2023, February 27). *Understanding ARFID: Supporting caregivers*. [Webinar].

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. (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., McMain, 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. 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.

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., McMain, 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., & McMain, 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. (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, 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 LECTURES, KEYNOTES & PROFESSIONAL ADDRESSES

2026

Federici, A. (2026, June 17). *Eating disorders in school settings: Assessment, risk, case conceptualization, and practical support for nurses and social workers.* Invited virtual workshop, Branksome Hall, Toronto, ON.

Federici, A. (2026, April 21). *Lives worth living: An introduction to MED-DBT.* Invited 4-hour presentation, Adult Eating Disorders Program, Interior Health, British Columbia.

Federici, A. (2026, April 16). *Early eating disorder risk in neurodiverse youth.* Invited presentation, WonderTree, Ontario, Canada.

Federici, A. (2026, March 31). *Trauma-informed care in geriatrics: Understanding behaviour when words are limited.* Invited presentation, North Simcoe Muskoka Specialized Geriatric Services, Waypoint Centre for Mental Health Care.

Federici, A. (2026, March 23). *Beyond "Treatment Resistance," Part II: From Biosocial Reframing to Clinical Action in Complex Care.* Invited 90-minute presentation, Community Mental Health Association, Guelph-Wellington Ontario Health Team.

Federici, A. (2026, March 22). *Keeping Your Nervous System Regulated While Helping Them Heal.* Invited presentation, FEAST of Knowledge.

Federici, A. (2026, March 14). *Beyond the Surface: An International Perspective on Eating Disorder Treatment.* Invited international webinar, Animenta & ComeStai, Italy.

Federici, A., & Wisniewski, L. (2026, March 10). *Introduction to the MED-DBT Protocol: A Compassionate and Comprehensive Approach to Treating Multifaceted Eating Disorder Presentations.* Invited international webinar, DBT-Linehan Board of Certification, Portland DBT Institute, and Center for Evidence Based Treatment.

Federici, A. (2026, February 23). *Beyond "Treatment Resistance," Part I: A Biosocial Reframing of Complex Clinical Presentations.* Invited 90-minute presentation, Community Mental Health Association, Guelph-Wellington Ontario Health Team.

Federici, A. (2026, February 2). *Responding to dysregulated clients in outpatient services.* Invited 2-hour virtual staff training, Part 2. Canadian Mental Health Association Waterloo-Wellington, ON, Canada.

Federici, A. (2026, February 4 & 6). *Eating Disorders Today: Understanding What's Really Going On.* Invited webinar series, National Initiative for Eating Disorders.

Federici, A. (2026, February 3). *Beyond "Just Eat": Understanding the Hidden Complexities of Eating Disorders.* Invited webinar, Sound Youth Counselling.

Federici, A. (2026, February 2). *Responding to Dysregulated Clients in Outpatient Services*. Invited staff presentation, Part I Canadian Mental Health Association Waterloo-Wellington.

Federici, A. (2026, January 21). *Self-Care: Beyond the Bubble Bath*. Invited public lecture/workshop, Midland Public Library.

Federici, A., & Wisniewski, L. (2026, January 14). *From Complexity to Clarity: Why MED-DBT and How to Target Multiple High-Risk Behaviors in Multidiagnostic Eating Disorders*. Invited webinar, Portland DBT Institute.

2025

Federici, A. (2025, December 21). *What to Say When You Don't Know What to Say*. Invited workshop, FEAST Weekend Workshop Series.

Federici, A. (2025, July). *Eating Disorder Prevention is Suicide Prevention*. Invited presentation, SEA WAVES & Face the Fight Coalition.

Federici, A. (2025, June 13). *The Missing 50%: Who We're Leaving Behind in ED Care – and What to Do About It* [Virtual presentation]. York University.

Federici, A. (2025, April 28). *Bridging the Gap: Neuroscience and Therapy for Clients with Narcissism*. Invited presentation, New Mood Psychotherapy Clinic.

Federici, A. (2025, April 23). *Understanding the Important Relationship Between Eating Disorders and Borderline Personality Disorder*. Invited presentation, Sashbear Foundation.

Federici, A. (2025, February 3). *The Grand Illusion: Understanding Narcissistic Personality Disorder*. Invited presentation, New Mood Psychotherapy Clinic.

Federici, A., & Wisniewski, L. (2025, January 23). *MED-DBT*. Featured Author Panel, DBT Bulletin Launch Party, National Education Alliance for Borderline Personality Disorder.

2024

Federici, A. (2024, December 19). *Overview of MED-DBT*. Invited presentation, MindWell.

Federici, A. (2024, June 7). *Eating Disorders and the Body*. Invited presentation, GI Summit.

Federici, A., Brenna, K., Ki, P., & Haughton, A. (Moderator). (2024, May 23). *To Be Seen*. Invited panel discussion, Sheena's Place.

Federici, A., Medder, R., & @CharlottePB. (2024, February 22). *A Cultured Diet*. Invited panel discussion, Midland Cultural Centre.

Federici, A. (2024, February 4). *Balancing Acceptance and Change for Families*. Invited workshop, FEAST Annual Conference.

Federici, A. (2024, February 1). *Eating Disorders Awareness Week Virtual Town Hall*. Invited panel discussion, Vancouver Island Voices of Eating Disorders.

Federici, A. (2024, January 22). *Getting Unstuck: The Transformative Power of Dialectics in the Inpatient Eating Disorders Environment*. Invited presentation, Hospital for Sick Children Education Day.

2023

Federici, A. (2023, November 21). *Taking Care of the Team: Considerations for Those Working in Eating Disorders*. Invited presentation, Royal Victoria Regional Health Centre.

Federici, A. (2023, October 27). *The Use of Dialectics in Clinical Practice*. Invited presentation, McMaster University Graduate Psychotherapy Association.

Federici, A. (2023, October 25). *Understanding Body Image Disturbances to Enhance Support for Clients*. Invited presentation, Sasha High MD Group.

Federici, A. (2023, October 11). *Getting Unstuck: The Transformative Power of Dialectics in the Inpatient Eating Disorders Environment*. Invited presentation, Hospital for Sick Children Education Day.

Federici, A., Silverstein, S., & Willis, K. (2023, September 22). *Medical Assistance in Dying (MAiD) and Eating Disorders: A Clinical and Ethical Panel*. Invited panel, IAEDP.

Federici, A. (2023, September 27). *DBT for Binge Eating Disorder*. Invited presentation, Sasha High MD Group.

Federici, A. (2023, May 9). *Family Peer Support*. Invited presentation, Danielle's Place.

Federici, A. (2023, February 7). *Breaking Barriers, Building Bridges: A National Conversation About Transforming Care for People with Eating Disorders*. Invited national panel, NEDIC.

2022

Federici, A. (2022, October 4). *Family peer support*. Danielle's Place, Canada (2-hour presentation).

Federici, A. (2022, June 28). *DBT for multidisciplinary adolescent eating disorder treatment teams: Part I. Biosocial theory*. Hospital for Sick Children, Toronto, ON (90-minute presentation).

Federici, A. (2022, March 10). *Neuroscience and eating disorders*. Body Brave (webinar).

Federici, A. (2022, January 31). *Early identification in eating disorders*. Oshawa Psychotherapy Training Institute (virtual webinar).

2021

Federici, A. (2021). *Eating disorders and emotion regulation: Helping families navigate*. Sashbear Foundation (webinar).

Federici, A. (2021, October 5). *Coping with change and re-opening*. TD Wealth Management Group (virtual presentation).

Federici, A. (2021, October 1). *Primary care and eating disorders*. Peterborough Regional Health Centre Grand Rounds, Peterborough, ON.

Federici, A. (2021). *From body rejection to body empowerment*. Waypoint Centre for Mental Health Care (webinar).

2020

Federici, A. (2020, November 18). *Singing in the mud: Psychological strategies to manage anxiety and stay emotionally regulated in the age of uncertainty*. Town of Midland Fire Department, Midland, ON.

Federici, A. (2020, November 4). *Singing in the mud: Psychological strategies to manage anxiety and stay emotionally regulated in the age of uncertainty*. Town of Penetanguishene, Penetanguishene, ON.

Federici, A. (2020, October 22). *Singing in the mud: Strategies for coping with chaos and managing uncertainty*. Collingwood General and Marine Hospital, Collingwood, ON.

Federici, A. (2020, October 8). *Mental health in the workplace*. Waypoint Centre for Mental Health Care, *Mental Health in Motion*, Penetanguishene, ON.

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

Federici, A. (2020, July 24-31). *Coping with uncertainty*. Town of Penetanguishene, ON (three-part presentation series).

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

Federici, A. (2020, February 6). *Sleep issues: What to do when you run out of sheep*. Our Health Series, Midland Cultural Centre, Midland, ON (panel discussion).

2019

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

Federici, A. (2019, November 12). *Understanding emotions: Tips, strategies, and mindfulness*. École Secondaire Le Caron (2-hour presentation).

Federici, A. (2019, November 6 & 13). *Post-traumatic stress: New insights for first responders*. Midland and Penetanguishene Fire Departments (two 3-hour workshops).

Federici, A. (2019, October 29 & November 1). *Understanding emotions: Cognitions to change behaviour*. Town of Penetanguishene Wellness Day.

Federici, A. (2019, May 7). *Understanding emotions in youth: Strategies for parents*. Georgian Bay District Secondary School, Midland, ON.

Federici, A. (2019, February 21). *Managing emotions: Tips and strategies for youth and parents*. Collingwood General and Marine Hospital, Collingwood, ON.

Federici, A. (2019, February 13 & March 26). *Radical leadership: Transforming teams for optimal health and wellness*. Town of Penetanguishene (two workshops for senior management).

2018

Federici, A. (2018, October 19 & 26). *Understanding emotions*. Town of Penetanguishene Wellness Day.

2017

Federici, A. (2017, October 30). *Diabetes and your mental health*. Diabetes Canada, Midland, ON.

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

Federici, A. (2017, June 20). *Hunger games: From the freedom of foodies to the destruction of eating disorders*. Our Health Series, Midland Cultural Centre, Midland, ON (panel discussion).

Federici, A. (2017, May). *Eating disorders can't afford to wait*. Keynote address, WaterStone Foundation Annual Fundraiser.

2016

Federici, A. (2016, October 14 & 21). *Mindfulness 101*. Town of Penetanguishene Wellness Day.

Federici, A. (2016, February 11). *Core mindfulness skills*. Waypoint Centre for Mental Health Care, CBT Awareness Week, Penetanguishene, ON.

2013

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

Federici, A. (2013, January). *DBT for complex eating disorders*. Brock University, Department of Psychology, St. Catharines, ON.

2009

Federici, A. (2009, February 23). *Dialectical behaviour therapy for borderline personality disorder*. University of Toronto, Department of Psychology.

2008

Federici, A. (2008, October 17). *Essentials of cognitive behavioural therapy*. Toronto Metropolitan University (formerly Ryerson University), Department of Psychology.

Federici, A. (2008, October 16). *Introduction to cognitive behavioural therapy for anxiety disorders*. York University, Department of Psychology.

Federici, A. (2008, October). *Adapting DBT for eating disorder clients*. Toronto General Hospital, Eating Disorder Inpatient and Ambulatory Care Programs (two Lunch and Learn sessions).

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

2007

Federici, A. (2007, October 29). *Introduction to cognitive behavioural therapy*. York University, Department of Psychology.

PROFESSIONAL EDUCATION & CLINICAL TRAINING

2026

Federici, A. (2026, June 16 & 19). *When eating disorders and neurodiversity intersect: What caregivers need to know*. Invited workshop, National Initiative for Eating Disorders (NIED), Virtual.

Federici, A. (2026, June). *Dialectical Behavior Therapy for Bulimia Nervosa and Binge Eating Disorder: Assessment and treatment using the MED-DBT approach*. Invited two-day professional training for Counselling Services and the Eating Disorders Team, Carleton University, Ottawa, ON.

Federici, A. (2026, May). *Eating Disorder Foundations*. Three-part invited professional training series, Carleton University, Ottawa, ON.

- Session 1: *Recognizing Eating Disorders Beyond Stereotypes and Myths*
- Session 2: *Contemporary Models of Etiology and Maintenance*
- Session 3: *When Eating Disorders Become Life-Threatening*

Federici, A. (2026, May 4 & 8). *Reducing misunderstanding in clinical care: A biosocial approach to case conceptualization*. Invited professional training, Wyndham House, Guelph, ON.

Federici, A., & Wisniewski, L. (2026). *Facilitators, DBT for Binge Eating Disorder and Bulimia Nervosa Learning Collaborative* (12-session series). Academy for Eating Disorders.

Safer, D., **Federici, A., & Wisniewski, L.** (2026, April 7-8). *Dialectical Behavior Therapy for Binge Eating Disorder and Bulimia Nervosa*. Academy for Eating Disorders Training and Certificate Course.

Federici, A. (2026, April 7 & 10). *Treatment options for eating disorders: What helps, what's available, and how to navigate it*. Two-part professional education workshop, National Initiative for Eating Disorders.

Federici, A. (2026, April 2). *Eating disorders in adolescents: Families, caregivers, and clinical implications*. Professional training presentation, Canadian Mental Health Association Waterloo-Wellington, ON.

Federici, A. (2026, March 9). *Involving Caregivers in MED-DBT for Adolescent Eating Disorders*. Invited 3-hour clinical training, McMaster Children's Hospital Eating Disorders Program, Hamilton, ON.

Federici, A. (2026, March 5). *Targeting Engagement: Core Treatment Constructs of MED-DBT in Day Treatment Settings*. Invited 3-hour clinical training, McMaster Children's Hospital Eating Disorders Program, Hamilton, ON.

Federici, A. (2026, January 29-30). *Reframing the Narrative: A Fresh Look at Personality Disorders in Practice*. Six-hour professional training, SickKids Learning Institute, Toronto, ON.

2025

Federici, A. (2025, November 26). *Compassion meets complexity: Lessons from an adapted biosocial approach to chronic mental illness* [Workshop]. Interprofessional Service Advisory Group (IPSAG) Meeting, Guelph, ON, Canada.

Wisniewski, L., & **Federici, A.** (2025, May - June). **MED-DBT Summer Series, Center for Evidence Based Treatment (virtual).**

- May 6. *Where Do We Start? Sorting High-Risk Behavior for the Complex Eating Disorder Client.*
- June 3. *Empowering Recovery: Integrating Motivation and Commitment Strategies from DBT in the Treatment of Complex Eating Disorders.*
- July 8. *Working Well with Eating Disorder Clients: Behavior Chains and Missing Links Analysis.*

Federici, A. (2025, May 22). *Target Hierarchies & Therapy-Interfering Behaviors in DBT* [Virtual professional training, 4 hours]. The Emily Program.

Federici, A. (2025, April 24). Dialectics, assumptions, and the heart of DBT. Workshop presented virtually to The Emily Program, Ohio.

Federici, A., Wisniewski, L., Kalasunas, A., Malec, D., & Campbell, J. (2025, April). Treating complex and multidagnostic eating disorders: The MED-DBT protocol. Four-day intensive, live-virtual training presented to the SickKids Learning Institute, Toronto, Ontario.

Federici, A. (April 4, 2025). DBT Essentials: A One-Day Introduction to Core Concepts and Skills. Live virtual training presented through Medipsy, Montreal, Quebec.

Federici, A. (2025, March 23). Helping loved ones cope with negative body image and body dysmorphia. Workshop presented virtually for FEAST (Families Empowered and Supporting Treatment of Eating Disorders).

Federici, A., & Downs, J. (2025, March). The practice and practicalities of DBT skills for eating disorders. One-day training presented to the SickKids Learning Institute, Toronto, Ontario.

2024

Wisniewski, L., & **Federici, A.** (2024, December 11). *Integrating Eating Disorders Treatment into DBT. One-day virtual professional training, Center for Evidence Based Treatment, Cleveland, OH, USA.*

Federici, A., & Dimitropoulos, G. (2024, December 9). *Treating Suicide and Self-Injury in Youth with Eating Disorders. One-day professional training, SickKids Learning Institute, Toronto, ON, Canada.*

Federici, A., & Downs, J. (2024, November 18). *Wanting and Not Wanting to Live and to Die: The Concept of a "Life Worth Living" in Eating Disorders Care. One-day professional training, SickKids Learning Institute, Toronto, ON, Canada.*

Federici, A. (2024, November 21). Doing Adherent Individual DBT. One-day virtual professional training, Halton Healthcare, ON, Canada.

Federici, A. (2024, September 24; October 1 & 8). Supporting Someone with an Eating Disorder. Organizer, facilitator, and presenter, three-day virtual professional education conference, Eating Disorders Ontario.

Wisniewski, L., & **Federici, A.** (2024, September 18). DBT in Eating Disorders Treatment. One-day professional training, Center for Evidence Based Treatment, Cleveland, OH, USA.

Federici, A. (2024, September 16, 23, 30; October 7 & 14). DBT Skills Training for Caregivers of Individuals with Eating Disorders. Five-part virtual learning series.

Federici, A. (2024, September 9 & 23). *MED-DBT in Higher Levels of Care. Two-day professional training, Douglas Memorial Hospital, Montréal, QC, Canada.*

Federici, A. (2024, May 23). Doing Adherent Individual DBT. One-day virtual professional training, Halton Healthcare, ON, Canada.

Federici, A. (2024, March 28). Treating Eating Disorders in DBT: Applications for Youth and Families. One-day professional training, SickKids Learning Institute, Toronto, ON, Canada.

Federici, A., Wisniewski, L., Kalasunas, A., Malec, D., & Campbell, J. (2024, February 29; March 1, 7, & 8). Treating Eating Disorders in DBT: The MED-DBT Protocol. Four-day intensive professional training, SickKids Learning Institute, Toronto, ON, Canada.

Federici, A. (2024, February 6 & 8). Foundational Training in Eating Disorders. Two-day virtual professional training hosted by Hôtel-Dieu Grace Healthcare, Windsor, ON, Canada.

Federici, A. (2024, January 16-19). MED-DBT Training for Youth in Day Treatment Settings. Four-day intensive professional training, KK Women's and Children's Hospital, Singapore.

Federici, A. (2024, January 9, 11, & February 15). Advanced Topics in MED-DBT for Higher Levels of Care. Three-session professional training series, McMaster Children's Hospital, Hamilton, ON, Canada.

2023

Federici, A. (2023, December 5 & 12). Advanced Topics in MED-DBT for Higher Levels of Care. Two-session professional training series, McMaster Children's Hospital, Hamilton, ON, Canada.

Federici, A. (2023, November 8-10 & 22-24). MED-DBT in Higher Levels of Care: Treating Multidiagnostic Youth with Eating Disorders. Six-day intensive professional training, McMaster Children's Hospital, Hamilton, ON, Canada.

Federici, A. (2023, October 16-17 & 30-31). MED-DBT Intensive Training. Four-day intensive professional training, New Roads Behavioral Health and Compass Behavioral Health, USA.

Federici, A. (2023, September 19 & 26). DBT and the Dietitian. Two-day professional training, Hamilton Family Health Team, Hamilton, ON, Canada.

Federici, A. (2023, May 4, 11, 18 & 25; September 14, 21, 27; October 6). Foundational DBT Training. Eight-session professional training series, Health Sciences North, Sudbury, ON, Canada.

Federici, A. (2023, January 25; February 2, 16 & 23). DBT for Adolescents with Eating Disorders: The DBT-FBT Framework. Four-day intensive professional training, St. Clair Child and Youth Services, ON, Canada.

Federici, A. (2023, January 19 & 26). Foundational DBT Training. Two-day virtual professional training, Hôtel-Dieu Grace Healthcare, Windsor, ON, Canada.

2022:

Federici, A. (2022, November 21, 28; December 5 & 12). Treating Trauma in Eating Disorders. Four-day professional training, Ontario Network of Sexual Assault and Domestic Violence Treatment Centres, ON, Canada.

Federici, A. (2022, October 27 & November 3). Foundational DBT Training. Two-day professional training for inpatient and day treatment programs, Trillium Health Partners, Mississauga, ON, Canada.

Federici, A. (2022, October 4, 11, 18; November 29; December 6 & 13). Certificate in Dialectical Behaviour Therapy for Adolescent Eating Disorders. Six-session certificate course, SickKids Learning Institute, Toronto, ON, Canada.

Federici, A. (2022, October 4, 11, 18; November 1, 8 & 15). Certificate in Dialectical Behaviour Therapy for Adult Eating Disorders. Six-session certificate course, SickKids Learning Institute, Toronto, ON, Canada.

Federici, A. (2022, September 29-30). DBT Skills: What, When, and How. Two-day professional training, Collingwood General and Marine Hospital, Collingwood, ON, Canada.

Federici, A. (2022, September 22-23). DBT-FBT in Higher Levels of Care. Two-day professional training, Ontario Shores Centre for Mental Health Sciences, Whitby, ON, Canada.

Federici, A. (2022, July 26). DBT for Multidisciplinary Adolescent Eating Disorder Treatment Teams: Part II. DBT Commitment Strategies. Professional training, Hospital for Sick Children, Toronto, ON, Canada.

Federici, A. (2022, June). DBT for Substance Use Disorders. One-day professional training, Michael Garron Hospital, Toronto, ON, Canada.

Federici, A. (2022, May 20). Introduction to DBT for Eating Disorders. One-day professional workshop, Bulimia Anorexia Nervosa Association (BANA), ON, Canada.

Federici, A. (2022, May 19 & 26). CBT and DBT Case Conceptualization: From Theory to Practice. Two half-day professional training workshops, Halton Healthcare, ON, Canada.

Federici, A. (2022, May 12). Chain Analysis: Adapting DBT Skills for Eating Disorder Treatment. Four-hour professional workshop, Oshawa Psychotherapy Training Institute, Oshawa, ON, Canada.

Federici, A. (2022, May 6 & 13). DBT for Eating Disorders in Higher Levels of Care. Two-day professional training, BC Children's Hospital Eating Disorders Program, Vancouver, BC, Canada.

Federici, A. (2022, May 5). Commitment Strategies and Dialectics. Four-hour professional workshop, Oshawa Psychotherapy Training Institute, Oshawa, ON, Canada.

Federici, A. (2022, April 28). DBT-ED Theory, Therapist Stance, and Adapting the Target Hierarchy. Four-hour professional workshop, Oshawa Psychotherapy Training Institute, Oshawa, ON, Canada.

Federici, A. (2022, April 26). Foundational Training in Eating Disorders. One-day professional workshop, Bulimia Anorexia Nervosa Association (BANA), ON, Canada.

Federici, A. (2022, April 4, 11, 18 & 25). Certificate in Dialectical Behaviour Therapy for Adolescent Eating Disorders. Four-session certificate course, SickKids Learning Institute, Toronto, ON, Canada.

Federici, A. (2022, March 23). Doing DBT: Individual Session Structure. Half-day professional workshop, Halton Healthcare, ON, Canada.

Federici, A. (2022, March 9). Doing DBT: Skills Refresh. Half-day professional workshop, Halton Healthcare, ON, Canada.

Federici, A. (2022, March 6 & 9). DBT for Youth Across Levels of Care. Two-day professional training, Michael Garron Hospital, Toronto, ON, Canada.

Federici, A. (2022, March 2). DBT for the Treatment of Eating Disorders: Foundational Concepts. Four-hour professional workshop (three-part series), Envision, Canada.

Federici, A. (2022, February 28; March 7, 21 & 28). Certificate in Dialectical Behaviour Therapy for Adult Eating Disorders. Four-session certificate course, SickKids Learning Institute, Toronto, ON, Canada.

Federici, A. (2022, February 17 & March 3). DBT for Eating Disorders in Higher Levels of Care. Two-day professional training, Peterborough Regional Health Centre Eating Disorders Program, Peterborough, ON, Canada.

Federici, A. (2022, January 31; February 7, 14 & 21). Eating Disorders Foundational Training. Four-session certificate course, SickKids Learning Institute, Toronto, ON, Canada.

Federici, A. (2022, January 31). Eating Disorders Primer: What Every Practitioner Needs to Know. Professional workshop, Oshawa Psychotherapy Training Institute, Oshawa, ON, Canada.

Federici, A. (2022, January 24, 27, 31; February 3). DBT Adapted for the Treatment of Adolescents with Eating Disorders in a Community Organization. Four-session professional training, Kinark Child and Family Services, ON, Canada.

Federici, A. (2022, January 20-21). DBT for Adolescent Eating Disorders: Applications to Hospital Programs. Two-day professional training, Southlake Regional Health Centre, Newmarket, ON, Canada.

Federici, A. (2022, January-June). Certificate in DBT-ED Level 3 Advanced. Twenty-week small-group learning consultation, SickKids Learning Institute, Toronto, ON, Canada.

2021

Federici, A. (2021, November 2 & 8). Understanding and Treating Personality Disorders. Professional training, SickKids Learning Institute, Toronto, ON, Canada.

Federici, A. (2021, November 4; October 7, 21 & 28). DBT for the Treatment of Eating Disorders: Implications for Higher Levels of Care. Four-session professional training series, Halton Healthcare, ON, Canada.

Federici, A. (2021, October 20). Eating Disorders Primer: What Every Practitioner Needs to Know. Professional training, Envision, Canada.

Federici, A. (2021, September). DBT: Foundational Training for Higher Levels of Care. Four two-day professional trainings for adult inpatient teams, Oakville Trafalgar Memorial Hospital, Halton Healthcare, Oakville, ON, Canada.

Federici, A. (2021, July 9, 16, 23 & 30). Dialectical Behaviour Therapy: Foundational Training. Four-session professional training series, North York General Hospital, Toronto, ON, Canada.

Federici, A. (2021, June 14-15 & 21-22). Dialectical Behaviour Therapy Adapted for Adolescent Eating Disorders: The DBT-FBT Framework. Four-day professional training, SickKids Learning Institute, Toronto, ON, Canada.

Federici, A. (2021, June 8, 14, 21 & 22). DBT Training for Adolescent Day Treatment. Professional training, York Hills Centre for Children, Youth and Families, ON, Canada.

Federici, A. (2021, June 11-12). DBT for Eating Disorders: Advanced Topics. Two-day professional training, Oshawa Psychotherapy Training Institute, Oshawa, ON, Canada.

Federici, A. (2021, May 14). DBT Overview. One-day professional training, Health For All Family Health Team, ON, Canada.

2020

Federici, A. (2020, October 23-24). Dialectical Behaviour Therapy for Eating Disorders: Foundational Training. Two-day professional training, Oshawa Psychotherapy Training Institute, Oshawa, ON, Canada.

Federici, A. (2020, October 19-20). Foundational Training in Eating Disorders. Two-day professional training, Windsor Regional Hospital and Bulimia Anorexia Nervosa Association (BANA), Windsor, ON, Canada.

Federici, A. (2020, September 28-29). Foundational Training in Eating Disorders. Two-day professional training, William Osler Health System, ON, Canada.

Federici, A. (2020, September 25-26). Foundational DBT Training. Two-day professional training, Edgewood Health Network, ON & BC, Canada.

Federici, A. (2020, August 20). Understanding and Coping with Emotions. Professional training, Edgewood Health Network.

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

Federici, A. (2020, March 19, 20 & 24). Foundational Training in Dialectical Behaviour Therapy for Inpatient and Day Treatment Settings. Three-day professional training, William Osler Health System, ON, Canada.

Federici, A. (2020, February 8). Eating Disorders: A Day of Education and Support. Five-hour professional workshop, Eating Disorders Awareness Week, Midland Cultural Centre, Midland, ON, Canada.

Federici, A. (2019-2020). Overview of Eating Disorders and DBT Adapted for the Treatment of Eating Disorders. Three-part professional education series, Cleveland Clinic Department of Psychiatry, Cleveland, OH, USA.

Federici, A. (2019, October 21-23; 2020, December 6). Observation and Evaluation of Inpatient and Day Treatment Eating Disorder Programs. Three-day implementation consultation, Trillium Health Partners, Mississauga, ON, Canada.

2018 - 2019

Federici, A. (2019, October 21-22). Foundational DBT Training. Two-day professional training, Trillium Health Partners, Mississauga, ON, Canada.

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

Federici, A. (2019, May 13 & June 13). DBT Skills Training. Professional workshop series, Edgewood Health Network, Montréal, QC, Canada.

Federici, A. (2019, March 21 & 28). Foundational DBT Training. Two-day professional training, Halton Healthcare, Oakville, ON, Canada.

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

Federici, A. (2018-2019). Eating Disorders: From Detection to Treatment. Community professional education series funded by the WaterStone Foundation and delivered to healthcare, post-secondary, and community organizations throughout Ontario:

- (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.

2017 and Earlier

Federici, A. (2017, October 26). Eating Disorders: New Insights for Healthcare Professionals. One-day professional training, Midland, ON, Canada.

Federici, A. (2017, September 22 & 25). DBT Skills Training. Adolescent inpatient team, Hospital for Sick Children, Toronto, ON, Canada.

Federici, A. (2017, April 21). Eating Disorders: Diagnosis, Management, and Referral. Professional education presentation, Collingwood General and Marine Hospital and Family Health Team, Collingwood, ON, Canada.

Federici, A. (2016, December 12-13). DBT Training for Eating Disorders. Two-day intensive professional training, Ontario Community Outreach Program for Eating Disorders (OCOPED), followed by implementation workshops in mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness, therapy-interfering behaviours, and DBT implementation throughout 2017.

- 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).

Federici, A. (2017, February 3-4; 2016, March 18-19). Foundational DBT training for substance use disorders. Intensive professional training, Edgewood Health Network, Toronto, ON, Canada.

Federici, A. (2015, September 30). Managing therapy-interfering behaviours: Applications to eating disorders. One-day professional training, Homewood Health Centre, Guelph, ON, Canada.

Federici, A. (2014, November 24-25). Foundational DBT training for adolescent eating disorder programs. Two-day professional training, Adolescent Inpatient Program, Credit Valley Hospital, Mississauga, ON, Canada.

Federici, A. (2014, November 14). DBT commitment and motivation strategies for clients with eating disorders. One-day professional training, Homewood Health Centre, Guelph, ON, Canada.

Federici, A. (2014, June). Advanced DBT skills. Half-day professional training, Waypoint Centre for Mental Health Care, Penetanguishene, ON, Canada.

Federici, A. (2013-2015). Advanced DBT skills training for the treatment of eating disorders and substance use: A three-part workshop series. WaterStone Clinic, Toronto, ON, Canada.

- Managing Therapy-Interfering Behaviours (June 5, 2014)
- DBT Commitment Strategies (September 12, 2014)

- Behavioural Strategies Workshop (December 5, 2014)

Federici, A. (2012, November). Foundations of dialectical behaviour therapy. Two-day professional workshop, Adult Eating Disorders Program, London Health Sciences Centre, London, ON, Canada.

Federici, A. (2011, April). An introduction to suicidal and self-injurious behaviours. Half-day professional workshop, Counseling Services Center, Baldwin Wallace University, Berea, OH, USA.

Federici, A. (2010, Fall). Treating complex and multidagnostic patients with eating disorders: The case for DBT. Department of Psychology, Case Western Reserve University, Cleveland, OH, USA.

Federici, A. (2010, May). Addressing the behaviours that interfere with the treatment of disordered eating: Self-harm and personality disorders. Half-day professional workshop, Erie County Eating Disorders Task Force, Sandusky, OH, USA.

Federici, A. (2010, April). Dialectical behaviour therapy for the treatment of eating disorders: Inpatient applications. Two-day professional training, Homewood Health Centre, Guelph, ON, Canada.

Federici, A. (2010, April). Understanding eating disorders and suicidal/self-injurious behaviours. Half-day professional training, Lake Geauga Training Committee Educational Ensemble, Cleveland, OH, USA.

Federici, A. (2010, January). DBT basics and beyond: Fundamentals for treating patients with eating disorders. One-day professional training, Cleveland Center for Eating Disorders, Cleveland, OH, USA.

Federici, A. (2009, April-May). Dialectical behaviour therapy for the treatment of eating disorders. One-day workshop and two half-day professional trainings, Halton Healthcare, Oakville, ON, Canada.

Federici, A. (2009, March). Working with personality disorders and DBT: The basics. Three-day professional workshop, Community Mental Health Department, Moncton Hospital, Moncton, NB, Canada.

Federici, A. (2009, January). Borderline personality disorder: Essentials for front-line staff. One-day professional workshop, General Psychiatry and Eating Disorders Programs, Toronto General Hospital, Toronto, ON, Canada.

Federici, A. (2008, October). Borderline personality disorder. Half-day professional workshop, Mental Health Division, Halton Healthcare, Oakville, ON, Canada.

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

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

Federici, A. (2007, April). Understanding and managing self-harm behaviour in adolescent populations. Professional workshop, Open Mind Series, Canadian Psychiatric Research Foundation, Toronto, ON, Canada.

PROGRAM DEVELOPMENT, SYSTEMS IMPLEMENTATION & CONSULTATION

Eating Disorder Projects (including MED-DBT)

- KKH Women and Children's Hospital, Singapore (January 2024 – April 2024) MED-DBT Informed Programming.
- The Bruch Centre, Mexico City (2023 – 2026) CBT-E, FBT Day Program Build.
- Hamilton Health Sciences / McMaster Children's Eating Disorders Program (2014-2016; 2023, June – to present). MED-DBT in Higher Levels of Care.
- Eating Disorders Ontario. Program planning and implementation support. (2022, July – present). Providing monthly 90-minute consultations to provincial eating disorders programs.
- Eating Disorders Ontario. Advanced psychotherapy consultation. (2022, June – present). Providing monthly 90-minute consultations to provincial eating disorders programs.
- Day Hospital Program Design. Kingston General Hospital. (2022, March to Present).
- MED-DBT Program Design, London Health Sciences (June, 2024)
- Outpatient program design (FBT, CBT-E). Royal Victoria Hospital. (2023, January – June 2024).
- DBT-FBT Design in Day Treatment. BC Children's Hospital (2021, May – May, 2024)
- Day Hospital Program Design. Peterborough Regional Health Centre. (2022, March to May 2023).
- DBT in High Levels of Care. Ontario Shores. (2022, March – present).
- IOP Build Windsor Essex: Partial hospitalization program. Bulimia Anorexia Nervosa Association (BANA). (2021, May to May 2023).
- MED-DBT IOP Build, DBT adaptations for day treatment. Hospital for Sick Children (2021, January – present).

- DBT for Higher Levels of Care. London Health Sciences (2022, July to October).
- DBT for eating disorders with adult inpatient, day treatment, IOP. (2015 – 2019).
- Eating disorder, FBT, and DBT training and program redesign. McMaster Children's Hospital. (2014 – 2015).

Standard DBT Projects

- MED-DBT Training and Consultation, McMaster Children's Hospital, Eating Disorders Program (2024 – present)
- DBT Skills Application and Program Support. Collingwood General and Marine Hospital. (2022 – 2023).
- Foundational DBT Training and Application to Hospital Settings. Michael Garron Hospital. (2022, June to June 2023).
- Adolescent DBT Day Treatment Build. York Hills Centre for Children, Youth, and Families. (2021, May – June 2024).
- Outpatient DBT Consultation. Orillia Soldiers. (2021 – 2024).
- DBT and eating disorders application and Support. William Osler Hospital. (2020, June 15 - 2021).
- Outpatient DBT Consultation. Humber College. (2020, April - June).
- DBT Across Levels of Care Build. Halton Healthcare. (2019 – 2023).
- DBT Across Levels of Care Build. Trillium Health Partners. (2018 – 2022).
- DBT in Day Treatment Build. North York General Hospital. (2017 – 2018; and 2021).
- DBT Application in a General Psychiatric Unit. Hotel Dieu Grace, Kingston
- DBT adolescent and adult general psychiatry programs. Trillium Health Partners. (2015 – 2019).

TEACHING, GRADUATE SUPERVISION & MENTORSHIP

UNIVERSITY TEACHING

Instructor (Sole Responsibility)

- **Instructor, Theories of Psychopathology and Psychotherapy**
University of Toronto, Department of Psychology (Summer 2009)
- **Instructor, Community Psychology (PSY 808)**
Toronto Metropolitan University (formerly Ryerson University), Chang School for Continuing Education (Spring 2009)

Teaching Assistantships

- Behavioural Disorders, Toronto Metropolitan 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 SUPERVISION & EXAMINATION

Doctoral Committee Membership

Committee Member

Newman, J. (2024-present). *Implementation of a MED-DBT skills course for caregivers of individuals with eating disorders*. Doctoral ABC Paper, York University.

Siegel, A. (2024-present). *Consent and capacity in anorexia nervosa*. Doctoral ABC Paper, York University.

Second Reader

Fulham, L. (2025). *Thinfluencers: Attributions of attainability towards representations of the thin ideal on social media*. Doctoral ABC Paper, York University.

External Committee Member

Abouzeeni, S. (2025). *Embracing Existential Courage: An Exploration of Women's Recovery Journeys from Bulimia Nervosa*. Doctoral Dissertation, Michigan School of Psychology.

External Committee Member

Capstone MA Project, *Disordered Eating Project*, University of Toronto (Emily Newton, Lexiana MacLean, Xianyi Liang, 2023)

External Examiner

Doctoral Dissertation, York University (Sarah McComb, 2022)

External Examiner

Doctoral Dissertation, University of Guelph (Therese Kenny, 2022)

External Examiner

Doctoral Dissertation, University of Alberta (Michelle Emmerling, 2013)

CLINICAL SUPERVISION

Level	Supervisees
PhD Clinical Supervision	Healey Gardiner (2019, 2022-2024); Ellen Klaver (2021-2022); Nicole Dignard (2019-2020); Sarah Royal (2015-2016); Rachel Lyon (2015-2016); Madalyn Marcus (2014-2015)
MA / Psychological Associate Clinical Supervision	Megan Bolt (2020-2026); Rebecca Graham (2024-2025); Kari Loyst (2024); Cortney Lacroix (2021-2023); Victoria Weatherston (2020-2022); Carla Katsuno (2019-2022); Rachel Gerow (2019-2020); Jessica Clark (2017-2020); Ilana Rubenstein (2014-2015)

PROFESSIONAL LEADERSHIP & SERVICE

Founding Committee Member, Multi-Diagnostic Eating Disorder DBT (MED-DBT) Conference (2024-present)

Member, Eat Breathe Thrive (2025-present)

Member, DBT Consortium (2023-present)

DBT Certification Mentor, Behavioral Tech (2024-present)

Abstract Reviewer, International Conference on Eating Disorders (2022-present)

Advisory Board Member, FEAST (Families Empowered and Supporting Treatment of Eating Disorders) (2024-present)

Member, Training Task Force, Academy for Eating Disorders (2023-present)

Co-chair, Special Interest Group (SIG) Oversight Committee, Academy for Eating Disorders (2022-present)

Advisory Board Member, Body Brave (2019-present)

Consultant, Wicked Bodies (2020-present)

Co-Chair, DBT and Suicide Special Interest Group, Academy for Eating Disorders (2019-2021)

Invited Member, National Strategy Initiative, National Initiative for Eating Disorders (NIED) (2020)

Mentor, International Conference on Eating Disorders (ICED) Mentorship Program (2021)

Member, Social Media Committee, WaterStone Foundation (2017-2019)

Member, Motivational Interviewing Committee, Waypoint Centre for Mental Health Care (2015-2016)

Faculty Member, Faculty of 1000 Medicine, Personality and Impulse Disorders Section (2008-2009)

Faculty, Current Medical Literature: Psychiatry (2008-2009)

Member, Appeals Committee and Education & Training Committee, Borderline Personality Disorder Clinic, Centre for Addiction and Mental Health (2008-2009)

Invited Participant, International Strategic Planning Meeting for Experts in Dialectical Behaviour Therapy, University of Washington, Seattle, WA, USA (2008)

Member, Psychology Residency Committee, St. Joseph's Healthcare Hamilton (2007-2008)

Media, Podcasts & Knowledge Translation

Federici, A. (2025, December). *Body image and eating disorders* [Podcast episode]. FEAST. <https://feast-ed.org/podcast/>

Federici, A. (2025, June 21). *Expert commentary featured in CBC's "Second Opinion" on novel gut-brain treatment approach for anorexia nervosa.*

Federici, A. (Guest). (2025, May 30). *Exception seeking in action: Dr. Anita Federici on changing the system* (Episode 3). [Audio podcast episode]. In C. McLean (Host), *Exception Seekers Podcast*.

Federici, A. (Guest). (2025, May 19). *Treatment Resistant or Systemic Failure? Reframing "Untreatable" Eating Disorders* (Season 1, Episode 218) [Audio podcast episode]. *Full of Beans Podcast*.

Federici, A. (Guest), & Kagan, R. (Interviewer). (2025, February 27). *The controversy surrounding medically assisted dying for long-standing eating disorders* [Audio podcast episode]. *The Trauma & Mental Health Report Podcast*.

Federici, A. (Guest). (2025, February). *Body image, social media, and eating disorders* [Audio podcast episode]. In Bulimia and Anorexia Nervosa Association (Hosts), **BANA Podcast**.

Federici, A. (Guest). (2024, November). *Once shattered: Picking-up the pieces* [Audio podcast episode]. In K. Mazur & L. Mazur (Hosts), **Once Shattered: Picking-up the Pieces Podcast**.

Federici, A. (Guest). (2024, May). *Food Junkies Podcast, Episode 177: Dr. Anita Federici — Understanding eating disorders and DBT.* [Audio podcast episode]. In Clarissa & Vera (Hosts), **Food Junkies Podcast**.

Federici, A. (Guest). (2024, May). *Food Junkies Podcast, Episode 178: Dr. Anita Federici (Part 2) — Clinical insights and complex cases*. [Audio podcast episode]. In Clarissa & Vera (Hosts), **Food Junkies Podcast**.

Federici, A. (Interviewee). (2024, July 23). *"I cannot watch my daughter die"* [News article]. Winnipeg Free Press.

Federici, A. (Guest). (2024, January 15). *Eating disorders, borderline personality disorder, and current treatments* [Audio podcast episode]. Radically Open Podcast.

Federici, A. (Interviewee), & Reed, A. (Interviewer). (2023, November 19). *Ozempic is everywhere and that's triggering for people in recovery from eating disorders, specialists say* [News article]. CBC News. <https://www.cbc.ca/radio/ozempic-eating-disorders-1.7030553>

Federici, A. (Guest), & Castagnini, C. (Host). (2023, November 16). *The dangers of using Ozempic to treat eating disorders* [Audio podcast episode]. Behind the Bite Podcast. <https://behindthebitepodcast.com/episode162-ozempic/>

Federici, A. (Guest). (2023, October). *Weight loss drugs and eating disorders* [Radio interview]. CBC Radio, Ottawa Morning. <https://www.cbc.ca/listen/live-radio/1-100-ottawa-morning/clip/16021939-ozempic-eating-disorders?share=true>

Federici, A. (Guest). (2022). *Eating disorders: Insight and support with Dr. Anita Federici* [Audio podcast episode]. FASD Success Podcast, Episode 068.

Federici, A. (Interviewee), Stockton, T., & Islam, S. (Interviewers). (2022). *COVID-19 is causing a "perfect storm" shadow pandemic of eating disorders* [News article]. Capital Current. <https://capitalcurrent.ca/covid-19-is-causing-a-perfect-storm-shadow-pandemic-of-eating-disorders/>

Federici, A. (Guest). (2022). *The truth about "quiet BPD": Sunshine on the outside, razor blades on the inside* [Audio podcast episode]. Back from the Borderline Podcast.

Federici, A. (Guest). (2021). *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* [Audio podcast episode]. Smart Family Podcast, Episode 054.

Federici, A. (Interviewee). (2020, November 3). *'We can't keep up': Midland area mental-health service providers inundated with calls for help* [News article]. Interview by Andrew Mendler. Simcoe News. <https://www.simcoe.com/news-story/10233796>

Federici, A. (Interviewee). (2020, August 26). *'Every day is a struggle': Orillia woman battling multiple mental illnesses needs your help* [News article]. Interview by Andrew Mendler. Simcoe News. <https://www.simcoe.com/news-story/10146033>

Federici, A. (Guest). (2020, November 20). *Eating disorders and trauma: Speaking with Dr. Anita Federici* [Web interview]. Starts with Youth. <https://www.startswithyouth.com/post/eating-disorders-and-trauma-speaking-with-dr-anita-federici>

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

Federici, A. (Interviewee). (2019, August 12). *Midland psychologist fighting for eating disorder treatment services* [News article]. Interview by Andrew Mendler. Simcoe News. <https://www.simcoe.com/news-story/9541951>

Federici, A. (Guest). (2017, September 14). *Understanding eating disorders* [Audio podcast episode]. Interview by Natalie Harris. Brainstorm Podcast.

PROFESSIONAL AFFILIATIONS

College of Psychologists and Behavior Analysts of Ontario
Ontario Psychological Association
Academy for Eating Disorders
Eating Disorders Association of Canada (EDAC)
Practice Ground (2014 - 2019)