

Eating Disorder Foundation of NL presents

Binge Eating Disorder Webinar

*for Healthcare Professionals
with Dr. Sarah Pegrum & Emily Arthur*

**March 31, 2026
1:00 - 4:00 PM**

Binge Eating Disorder (BED) sits at the intersection of psychology, nutrition, and physical health, yet it is often misunderstood and under-treated. Bringing together perspectives from psychology (Dr Sarah Pegrum) and nutrition (Emily Arthur) this workshop explores the provision of comprehensive, compassionate, and evidence-informed treatment of BED. Participants will explore what distinguishes BED from eating disorders and disordered eating, common comorbidities, and the contextual factors that shape its development and maintenance, including weight stigma and diet culture. The workshop will examine a binge eating cycle before moving into practical guidance on psychological and dietetic treatment, and troubleshooting common clinical challenges. Designed for healthcare providers, this session offers an integrated framework to support more effective, compassionate, and collaborative care for individuals with BED.

Sarah Pegrum is a Psychologist, ACT Peer-Reviewed Trainer, and author specializing in body image, weight stigma, and eating disorders. She has over 15 years of clinical, research, and training experience working with individuals across the eating disorder spectrum, including binge eating disorder. Dr. Pegrum's expertise is grounded in research on lived experience in eating disorders, work in intensive outpatient treatment settings, and ongoing private practice. She is the author of *Break the Binds of Weight Stigma: Free Yourself From Body Image Struggles Using Acceptance and Commitment Therapy* and delivers professional training internationally on eating disorders, body image, self-criticism, weight stigma and ACT. Her clinical and teaching work are guided by values of compassion, safety, curiosity, and clinical integrity, with a strong emphasis on translating theory into practical treatment.

Emily Arthur (she/her) is a Registered Dietitian with a focus in reproductive medicine and gynecology. She practices from a weight-inclusive, sex-sensitive, gender-affirming, and eating disorder-informed framework to address hormone and menstrual health concerns such as fertility, menopause, endometriosis, and PCOS. Emily graduated from Western University (Brescia College) with a Bachelor of Science in Nutrition & Dietetics, and completed her dietetic internship at London Health Sciences Centre. She has completed additional education in sexual and reproductive health via University of Alberta and the American Society of Reproductive Medicine, and works in both private practice and endometriosis research.

REGISTRATION FEE: \$75 STUDENT FEE: \$50 709-722-0500 ext 4 julia@edfnl.ca