

Presentation Form

Presenter Bio

Alexandra Salerno, LPC, NCC
Behavioral Health Therapist II
UPMC Center for Eating Disorders
UPMC Western Psychiatric Hospital
Pittsburgh, PA

Alexandra earned her Master's in Clinical Rehabilitation & Mental Health Counseling from The University of Pittsburgh. While pursuing her degree, she completed a clinical internship with a focus on adolescents and eating disorders, encompassing individual and family therapy components.

Alexandra is a Behavioral Health Therapist II at the UPMC Center for Eating Disorders, part of the Western Psychiatric Hospital. She works in the adult outpatient levels of care (Partial Hospitalization Program, Intensive Outpatient Program, and Outpatient), at Bellefield Towers in Pittsburgh, PA.

Alexandra has an interest in research discussing the impact eating disorders have, on an individual's self-identity, especially if there is a history of being an athlete. She is certified by the National Board for Certified Counselors (NCC) and is a licensed professional counselor (LPC) in the state of Pennsylvania.

Holly Kepins, LPC
Behavioral Health Therapist II
UPMC Center for Eating Disorders
UPMC Western Psychiatric Hospital
Pittsburgh, PA

Holly acquired her Master's in Counseling Psychology at Chatham University. During the course of her studies she completed a clinical internship with a focus on adults struggling with eating disorders. The clinical aspect focused on the theories of primarily cognitive behavioral therapy and dialectic behavioral therapy.

Holly is currently a Behavioral Health Therapist II at the UPMC Center for Eating Disorders located in the lower level of Bellefield Towers. She works with various levels of care including that of partial hospitalization, intensive outpatient, and outpatient.

Holly has an interest in developing programming geared towards integrating movement into a clinical setting to aid in the evolving processing of mindfulness as well as body image. Holly is also a personal trainer through NASM and earned her 200 hour yoga teacher training. She is looking forward to integrating her knowledge of movement to assist clients in reforming their ideas of the effects of exercise on the body and mind.

Narrative Description of your Presentation

Title: Eating Disorders in Sports and Performer's

This presentation will discuss the basic components that are looked at within the athletic population. Symptoms will be reviewed, along with body image concerns that these individuals may experience. The presentation will also explore yoga as a form of movement for these individuals and ways this practice can be support in decreasing eating disorder symptoms.

Introductory to intermediate level of information.

Three (3) learning objectives

By the completion of this session, participants should be able to:

1. Describe the relationship between athletes and eating disorders
2. Recognize yoga as a treatment for the symptoms of eating disorders
3. Identify how body image can impact an individual (inside and outside of their sport)

Three (3) current (within the past 10 years) peer-reviewed publications that support the evidence base for the content of your presentation

1. Steinfeldt, J.A., Zakrajsek, R., Carter, H., & Steinfeldt, M.C. (2011). Conformity to gender norms among female student-athletes: Implications for body image. *Psychology of Men & Masculinity, 12*, 391-403.
2. Steinfeldt, J.A., Zakrajsek, R., Body, K.J., Middendorf, K.G., & Martin, S.B. (2014). Role of uniforms in the body image of female college volleyball players. *The Counseling Psychologist, 41*, 791-819.
3. Reel, J.J., Petrie, T.A., SooHoo, S., Anderson, C.M. (2013). Weight pressures in sport: Examining the factor structure and incremental validity of the weight pressures in sport - Females. *Eating Behaviors, 14*, 137-144.