

Biographical

Name: Ellen Shuman Born: New York, NY

Title: Founder/ Director WellCentered, Inc. Citizenship: United States
- A Weigh Out (www.aveighout.com)
- Acoria Eating Disorder Treatment
- WellCentered Life Coaching
Cincinnati, OH 45208

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Professional Experience

February 1993- Present

WellCentered, Inc.

- **A Weigh Out Life Coaching (www.aveighout.com)**
- **Acoria Eating Disorder Treatment**
- **WellCentered Life Coaching**
- Founder, Director, Program Developer, Coach**
- Cincinnati, OH**

Director and program developer for A Weigh Out Life Coaching, www.aveighout.com, and Acoria outpatient eating disorder treatment in Cincinnati, Ohio, which specializes in the treatment of Binge Eating Disorder (BED). Since founding Acoria in 1993, responsibilities have included BED research and treatment program development, design and facilitation of client workshops, professional trainings, management of day-to-day operation, client intake, coordination of multi-disciplinary treatment team, marketing, newsletter, website design and development.

Since 1997, responsibilities have also included individual and group coaching in the areas of general wellness (WellCentered Life Coaching), emotional eating and binge eating (A Weigh Out Life Coaching) using a "Health at Every Size" Paradigm, plus program development, presentations, professional trainings, facilitation and design of educational teleclasses and telegroups offered worldwide to healthcare professionals who treat people who may have a binge eating disorder, and to people who have BED and want to learn more about the latest research and treatment approaches.

December 1999 - July 2003

Sports Nutrition To Go!
Executive Director
Cincinnati, OH

As Executive Director of a sports nutrition practice with dietitian Dawn Weatherwax, RD/LD, responsibilities included research and program development, book development and publishing

March 1997- January 1998

**Mercy Regional Health System's
"In The Spirit of Wellness"
Radio 1360
Cincinnati, OH**

As producer and host for Mercy Regional Health System's one and a half hour weekly health and wellness radio show, responsibilities included program development and show execution

September 1989 – May 1994

**WCPO-TV's "Family!" Campaign
Special Projects Reporter/Producer
Areas of Concentration: Health &
Family
Cincinnati, OH**

Responsibilities included research and development and on-air execution of news segments, series and half-hour specials on matters of interest to families, i.e. health, education, parenting

September 1981 – August 1989

**(10 month Fellowship at Stanford University
took place during this period, Sept. '88-June '89)**

**WSMV-TV
Special Projects Reporter**

Responsibilities included research and development and on-air execution of news series and documentaries. Principal reporter/producer for Peabody Award winning "4 The Family" Campaign

Publications

Hagan, M. M., **Shuman, E. S.**, Oswald, K. D., Corcoran, K. J., Profitt, J. H., Blackburn, K. Schwiebert, M. W., Chandler, P.C., Birbaum, C. (2002). Incidence of Chaotic Eating Behaviors in Binge-Eating Disorder: Contributing Factors. *Behavioral Medicine*, 28, 99-105.

Manuscript in Preparation

Boggiano, M.M., **Shuman, E.**, Oswald, K. D., Maldonado, C.R. The incidence of shame-ridden bizarre food concocting in individuals meeting criteria for anorexia and bulimia nervosa but not binge-eating disorder: dieting vs. stress as triggers.

Published Abstracts

Oswald, K. D., **Shuman, E.**, Maldonado, C. R., & Artiga, A.I., Boggiano, M. M. Bizarre food concocting as a feature in anorexia and bulimia nervosa but not binge-eating disorder: dieting vs. stress as triggers. Society for the Study of Ingestive Behavior, July 17-22, 2005, Pittsburgh, PA. SSIB Published Abstracts, *Appetite*, 44:371.

Oswald, K. D., Hagan, M.M., & **Shuman, E.** (2002). Incidence of semistarvation-like chaotic behavior in binge eating disorder. National Eating Disorders Association Conference, Santa Monica, CA.

Peer Reviewed Poster Presentations

Rofey, D.L., Matthews, V., Gazollo, S., Corcoran, K.J., **Shuman, E.**, & Schweibert, M. (2004, April). Dialectical Behavior Therapy in women with Binge Eating Disorder. Poster presented at the Academy for Eating Disorders, Orlando, FL.

Rofey, D.L., Loyden, J., Corcoran, K.J., Birbaum, M.C., Lucic, K., **Shuman, E.**, & Schwiebert, M. (2003, April). The prevalence of alexithymia and addictive behaviors in middle-aged women with disordered eating. Poster presented at the annual meeting of the Academy for Eating Disorders, Boulder, Colorado.

Rofey, D.L., **Shuman, E.**, & Corcoran, K.J. (2002, April). Internal consistency of the EDI-2 for a diverse population. Poster presented at the annual meeting of the Academy for Eating Disorders, Boston, MA.

Research in Progress

Principal Investigator along with Mary Boggiano, PhD, University of Alabama:

Through use of a survey, we're gathering data to study the association between BMI and meal patterns (e.g., skipping breakfast). The novel aspect is that this survey will get to the reasons why higher BMI individuals typically skip breakfast (e.g. not feeling hungry because they overate at night). Survey is designed to elucidate reasons behind people's meal patterns. Ultimately this information can be used to design better strategies to modify intake in order to achieve healthier BMIs. We envision behavioral-based plans (e.g., eat at dinner in such a way that you will awake hungry; hunger in the AM can be used to "shape" ones behavior with food at night to achieve healthier eating patterns).

Principal Investigator along with, Deb Burgard, Ph.D and Drew Anderson, PhD , University of Albany: Sustainable Health Practices Registry (SHPR). Survey goal is to determine what actually motivates people to engage in and sustain practices that promote health and well-being. We hope this survey will help us better understand what works for people across the weight spectrum, what supports and what hinders the development of and sustainability of healthy practices in the majority of people. We envision behavioral-based recommendations.

Other Publications

National Eating Disorders Association. (2003). Understanding Emotional Eating. [Handout written for NEDA]. Shuman, E: Author.

National Eating Disorders Association. (2003). Emotional Eating Self-Care Checklist. [Handout written for NEDA]. Shuman, E: Author.

Shuman, E., Weatherwax, D., Nader Heikenfield, R. MacEachen Manzo, J., (2001). *The Official Snack Guide for Beleaguered Sports Parents; A Sports Nutrition Tool for Parents and Coaches*, WellCentered Books, 174 pages.

Education and Training

Graduate

Stanford University
John S. Knight Fellowship
Class of 1989

One of twelve US and seven International
journalists chosen for the 1988-89 academic year

Undergraduate

University of Georgia, BA
1982

Journalism

Institute for Life Coach Training
Coach Training Program

Staff Trainings at the Acoria Center
Facilitator: Diane Menendez, PhD

Membership in Professional & Scientific Organizations

Binge Eating Disorder Association (BEDA) July 2008- Present	Vice President
Academy for Eating Disorders 2002-Present	Co-Chair, Health at Every Size (HAES) SIG
National Eating Disorders Association 2002-Present	Member

Professional and Community Presentations

Professional Presentations

The War Against Obesity: The New Challenge for Eating Disorder Treatment and Prevention,
A Paradigm Shift with Practical Applications
Moderator and Presenter AED SIG Discussion Panel (2008, May)
Academy for Eating Disorders International Conference on Eating Disorders, Seattle, WA

Health at Every Size: Perspectives from Practicing Professionals about the Challenges
and Rewards of this New Treatment Paradigm
Moderator and Presenter, HAES SIG Discussion Panel (2005, April)
Academy for Eating Disorders International Conference on Eating Disorders, Montreal, Canada

Creating Coherent Prevention Programs Across the Weight Spectrum:
How Do We Address Weight Concerns Without Creating Eating Disorders?"
Moderator and Presenter, Prevention and HAES SIGs Joint Discussion Panel (2004, April)
Academy for Eating Disorders International Conference on Eating Disorders, Orlando, FL.,

Shawnee Mental Health Center, Inc.
"Strategies and an Interactive Treatment Plan for Clients with Binge Eating Disorder"
Portsmouth, Ohio
A training for clinicians from several community mental health centers, June 19, 2003

University of Cincinnati: Family Physician's Residency Training Program
"Identifying Emotional and Binge Eating Disorders", January 3, 2002

Southern Ohio Chapter: Employee Assistance Professionals Training
"Working With Emotional and Binge Eaters: Coaching vs. Therapy", September 20, 2000

Clermont Mercy Hospital: Grand Rounds
"Eating Disorders: Issues for Treatment", October 15, 1998

Mercy Health Systems: Mercy Caring Health Partner's Training
"Identification, Intervention and Treatment of Employees with Eating Disorders", March 20, 1998

Northern Kentucky Mental Health Association:
St. Elizabeth Medical Center Continuing Education Program
"When Is It An Eating Disorder?", February 18, 1998

American Heart Association: Annual Cardiac Rehab Conference
“Why Diets Don’t Work”
Ellen Shuman and Mary Morrissey, RD, LD, March 9, 1995

Community Presentations

University of Cincinnati Wellness Center
Body Acceptance Week
“A Weigh Out: Health at Every Size”, April 15, 2003

SPRINGFAIR: First Annual Women’s Health & Fitness Fair
“A Weigh Out: Introduction to Emotional Eating”, April 12, 2003

A Day For Today’s Woman
“Find A Weigh Out: An End To Diets and Out-of-Control Eating” March 8, 2003

Addiction Summit: Faith Community Alliance of Greater Cincinnati
“A Weigh Out: An End to Diets and Out-of-Control Eating”, June 8, 2002

University of Cincinnati Wellness Center
Body Acceptance Week
“Size-ism, Body Image, and Emotional Eating”, April 18, 2002

A Day For Today’s Woman
“A Weigh Out: An End to Diets and Out-of Control Eating”, March 9, 2002

St. Ursula Academy
“Size-ism”, February 26, 2002

Macedonia Living Word Fellowship
“Understanding Emotional Eating”, January 12, 2002

Mercy Health Systems Holistic Health & Wellness Program
“When Is It An Eating Disorder?”, 1st Wednesday of every month, 1997 – 2001

TriHealth Fitness & Health Pavilion
“Body Image & Emotional Eating”
February 24, 1999

Faith Community Alliance of Greater Cincinnati Addiction Summit
“Understanding Emotional Eating”
June 9, 2001

Health Alliance University Hospital Health & Wellness Fair
“Understanding Emotional Eating”
October 11, 2000

Women Today Conference & Expo
“Beyond Fen-Phen and Redux:
What Drives Our Need For The Ultimate Diet?”
February, 8 1998

Acoria Eating Disorder Treatment Center-Day-Long Seminar
“It’s Not About Willpower; The Connections Between Food,

Mood, and Brain Chemistry”
September, 1996

Women Today Conference & Expo
“Beyond Fen-Phen and Redux:
What Drives Our Need For The Ultimate Diet?”
February, 8 1998

Acoria Eating Disorder Treatment Center-Day-Long Seminar
“It’s Not About Willpower; The Connections Between Food,
Mood, and Brain Chemistry”, September, 1996

Fidelity Investments & The Greater Cincinnati Women’s Network
“Why Diets Don’t Work; The Connections Between Food,
Mood, and Brain Chemistry”, August 14, 1996

Bankers Club: Professional Women of the Banker’s Club
“Why Diets Don’t Work; The Connections Between Food,
Mood, and Brain Chemistry”, June 13, 1996

Anderson High School PTA
“The Dangers of Dieting”, March 16, 1996

Speaking of Women’s Health
“Body Image”, March 9, 1996

Morehead University Panhellenic Lecture
“Dieting, Emotional Eating, and Body Image”, February 6, 1996

Morehead University Women’s Conference
“Women and Body Image”, November 11, 1995

Featured Articles, Interviews, Television & Radio Appearances

The Oprah Winfrey Show	City Beat
O; The Oprah Winfrey Magazine	Hyde Park Living
Red Magazine (UK)	Eastern Hills Journal
Healthy Magazine (UK)	Forest Hills Journal
Balance; Canadian Mental Health Association	WLWT-TV
Girl’s Life Magazine	WXIX-TV
Cincinnati Magazine (Cover Story)	WKRC-TV
Cincinnati Woman Magazine (Cover Story)	WCPO-TV
Cincinnati Magazine	WLW Radio
Applause Magazine	WCIN Radio
AtHealth.com	WVXU Radio
Cincinnati Enquirer	WMUB Radio
Cincinnati Post	101.5 FM- The River

Honors and Awards

Eating Disorder Related

Clarion Award
Women in Communications, Inc.

TV Health/Medical News Series Reporting
"Binge Eating Disorder;
Why You Can't Stop Eating" (1993)

Selected Journalism Awards

George Foster Peabody Award
WSMV "4 The Family" Campaign
Special Projects Producer/Reporter (1987)

Robert F. Kennedy Journalism Award
First Prize Television
WSMV Special Projects Unit
"Reflections In Black and White"
Contributing Reporter (1986)

Arc of Excellence Award
Arc National (Association For Retarded Citizens)
Arc Hamilton County Information Video (1993)

Gem Award
Coverage of Women's Issues
Women in Communications, Inc. (1992)

Best in Media Award
National Council For Children's Rights
"Children of Divorce" (1992)

Best in Video Award
Ohio Public Images, Inc.
Arc Hamilton County Information Video (1992)

Emmy Awards (Nashville Mid South Region)
-Best Documentary "The Consuming Secret" (1988)
-Community Service "4 The Family" (1988)
-Information & instructional Television "Spina Bifida" (1987)
-Community Service "4 The Family" (1986)

Best Television News Series
Community Service Award
Nashville Mental Health Association
"Beating The Blues" (1988)

University of Missouri JC Penny Award
-Award for Community Leadership-Medium Market TV
"4 The Family" (1987)
-Award For Community Excellence-Medium Market TV
"4The Family" (1986)

Community Service Arc of Excellence Award
Arc National (Ohio & Hamilton County) (1987)

National Commission on Working Women
Best News Series
"Women Building Bridges" (1979)

