

LAURA SPROCH, PhD

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PRESENTATIONS

“Eating Disorders” Training for CASA volunteers, Virtual	March 8, 2024
“Eating Disorders in College Students ” Multiple day training for college counselors, University of Southern Maine	November 3 & December 15, 2023
“Top Concepts Every Clinician Should Know about Eating Disorders” Half day training for providers, Maine General Medical Center	July 17, 2023
“Top Concepts Every Clinician Should Know about Eating Disorders” Half day training for providers, Maine General Medical Center	July 14, 2023
“You Don’t Have to Be an Expert: The Top 12 Most Important Concepts that Every Clinician Should Know about Eating Disorders” Therapist Training, Psychology Specialists of Maine, Virtual	May 5, 2023
“Cognitive Behavior Therapy for Eating Disorders” Full day training for therapists, Sweetser, Virtual	October 21, 2022
“Eating Disorders” Half day training for therapists, HealthReach, Waterville, ME	July 17, 2023
“Cognitive Behavior Therapy for Eating Disorders” Half day training for therapists, Sweetser, Virtual	May 6, 2022
“Evidence-Based Psychological Interventions for Eating Disorders” Community training for practitioners, Sweetser, Virtual	March 18, 2022
“Cognitive Behavior Therapy for Eating Disorders” Half day training for therapists, Sweetser, Virtual	December 18, 2020
“Eating Disorders in a Weight-Biased World” Full day training for therapists, AdCare, Virtual	August 21, 2020
“Cognitive-Behavior Therapy- Enhanced” Extended Therapist Training, Sweetser, Saco, ME	July 25, 2019
“Evidence-based Psychological Interventions for Eating Disorders” Therapist Training, Sweetser, Saco, ME	July 12, 2019
“A Randomized Controlled Trial of Cognitive Remediation Therapy for Anorexia Nervosa: Effects on a Cognitive Restructuring Task” Scientific paper session, International Conference on Eating Disorders, New York, NY	March 15, 2019
“Friend or Foe: Social Media’s Relationship with Eating Disorders and its Impact on Research, Prevention, and Clinical Work”	

Panel discussion, Association of Behavioral and Cognitive Therapies	November 16, 2018
“Treating Eating Disorders: Essential Therapeutic Concepts and Clinical Skills” Full day training for therapists, Parham Doctors’ Hospital	May 21, 2018
“Cognitive Behavior Therapy- Enhanced for Eating Disorders” CEU presentation for campus professionals, The Center for Eating Disorders at Sheppard Pratt	February 12, 2018
“Monitoring Our Monitoring: The Theory Behind Self-Monitoring and How to Practically and Consistently Implement This Tool in the Treatment of Eating Disorders” CEU presentation for ED professionals, The Center for Eating Disorders at Sheppard Pratt	January 16, 2018
“Child and Adolescent Eating Disorders Clinical Case Conference: New DSM-V Diagnoses and Trends” CME Presentation for child and adolescent psychiatrists, Association of Child and Adolescent Psychiatrists Annual Meeting	October 27, 2017
“Cognitive-Behavior Therapy- Enhanced for Eating Disorders” CEU presentation for ED professionals, The Center for Eating Disorders at Sheppard Pratt	September 19, 2017
“Research Updates” CEU presentation for ED professionals, The Center for Eating Disorders at Sheppard Pratt	November 15, 2016
“Cognitive Remediation Therapy for Anorexia Nervosa” CEU presentation for psychologists, Maryland Psychological Association Annual Conference	November 4, 2016
“Implementing Cognitive Remediation Therapy for Anorexia Nervosa in a Clinical Setting: How to Apply CRT in Efficient, Practical, and Resourceful Ways” CEU presentation for clinicians, National Eating Disorders Association’s Annual Conference	October 1, 2016
“Eating Disorders: Diagnosis and Evidence-Based Treatment for Adults” CEU presentation for outpatient mental health providers, Key Point Health Services, Inc.	September 22, 2016
“Cognitive Remediation Therapy for hospitalized patients with anorexia nervosa: A randomized controlled study” Scientific poster presentation, International Conference on Eating Disorders, San Francisco, CA	May 5, 2016
“Mindfulness” Nursing Grand Rounds, Saint Joseph Medical Center	March 16, 2016
“Evidence-Based Treatments Adapted for Group Therapy Formats” CEU presentation for ED professionals, The Center for Eating Disorders at Sheppard Pratt	December 15, 2015
The Illusionists Advanced Screening Panel Discussion for community and professionals, The Center for Eating Disorders at Sheppard Pratt	June 7, 2015
“Cognitive Remediation Therapy: What it is and how we’re researching it” CEU presentation for ED professionals, The Center for Eating Disorders at Sheppard Pratt	April 21, 2015
“Eating Disorders: Diagnosis and Intervention” Nursing Student Lecture, University of Maryland Baltimore Campus	April 20, 2015

<p>“Shifting Views on Health: Normalized Eating and Positive Body Image” Employee Presentation, Northrop Grumman Electronic Systems</p>	<p>February 25, 2015</p>
<p>The Illusionists Screening & Panel Panel Discussion for ED Awareness Week, National Eating Disorder Association</p>	<p>February 23, 2015</p>
<p>“Eating Disorders Overview” Campus-wide presentation and discussion, Washington College</p>	<p>February 16, 2015</p>
<p>“Evidence-Based Treatments Adapted for Group Therapy Formats” CEU presentation for campus professionals, The Center for Eating Disorders at Sheppard Pratt</p>	<p>January 12, 2015</p>
<p>“The Psychology of an Eating Disorder: Signs and Symptoms” ED community program presentation & panel discussion, Reading Hospital System</p>	<p>October 6, 2014</p>

MEDIA

SheReaches Podcast: “Perfectionism and Body Image with Dr. Laura Sproch”
Air Date: October 5, 2017

WBAL-TV 11 TV Hill Segment with Jason Newtown: “How to Treat Eating Disorders”
Air Date: May 21, 2016