

KARI ANDERSON

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Professional Overview

Having struggled with binge eating and weight stigma herself, Kari's professional career is driven by a personal passion. She has been working with eating disorders for 34 years, positioning herself as a respected clinician and leader in the field working for treatment centers such as Green Mountain at Fox Run, Remuda Ranch and The Rader Institute. She is currently in private practice in Scottsdale, Arizona.

Kari earned her Doctor of Behavioral Health at Arizona State University in 2012 and is faculty for Plymouth State University's Eating Disorder Institute. She also served 10 years on the Certification Committee for the International Association of Eating Disorder Professionals. She has been instrumental in the development of several eating disorder treatment models including; The Remuda Model, Green Mountain's Pathway Program and Co-creator of the Am I Hungry?® Mindful Eating for Binge Eating Program. She blogs for Psychology Today and co-authored the acclaimed book, Eat What You Love, Love What You Eat for Binge Eating: A Mindful Eating Program for Healing Your Relationship with Food and Your Body. Authored books; Food, Body, and Love, but the greatest of these is love was release in 2021. She now offers an online course and Companion Workbook; Food, Body, and Love. A Compassionate and Science-Based Solution for Binge Eating Disorder.

Credentials

- Mental Health Counselor in the State of Washington since 2022
- License Professional Counselor in the State of Arizona since 2004
- Approved Supervisor with AZ Board of Behavioral Health Examiners
- Licensed Clinical Mental Health Counselor in the State of Vermont
- Certified Eating Disorder Specialist and Consultant (CEDS-C) International Association of Eating Disorder Professionals

Education

Doctor of Behavioral Health Arizona State University – Phoenix, Arizona	2012
Master of Science, Counseling Psychology Mount St. Mary's University – Los Angeles, California	1991
Bachelor of Arts, Physical Education and Nutrition Western Washington University – Bellingham, Washington	1984

Experience

Private Practice Counselor & Consultant
myEatingDoctor, LLC – Scottsdale Arizona

December 2018-Current

Executive Director June 2018 to November 2018
KellerLife Center for Eating Disorders – Chandler, Arizona
Start Up Residential Treatment Center
Closed due to lack of funding

Executive Director, Chief Clinical Director July 2014 to May 2018
Green Mountain at Fox Run – Ludlow, Vermont
Program oversight of Women’s Retreat for Healthy Weight and Well-Being
Develop Binge Eating Disorder Program “Pathway”

Faculty Associate August 2015 to Current
Eating Disorder Institute – Plymouth State University – Plymouth, New Hampshire
Teach: Treatment Modalities

Founder and Director October 2009 to December 2014
myBalancedLife, LLC – Phoenix, Arizona
Behavioral health counseling and nutritional services, specializing in eating and weight related disorders, 10-week Binge Eating Disorder treatment program

Executive Administrator, Clinical Director and Therapist March 1995 to July 2009
Remuda Ranch Center for Eating Disorders – Wickenburg, Arizona
Administered operations of 90 bed inpatient center. Designed, tested and monitored programs, Clinical trainer, supervisor, direct patient care services

Therapist January 1990 to February 1995
The Rader Institute – Los Angeles, California

Professional Affiliations

International Association of Eating Disorder Professionals
Certification Committee (2015 – 2024, Consultants Chair)
Phoenix Chapter, President (2021-2023) Media Chair
2019-2020) Research Chair (2013 – 2014)
CEDS-C Certified Eating Disorder Specialist & Consultant
Am I Hungry? Licensed Therapist and Trainer

Publications

Anderson, K. (2023) *Food, Body and Love Companion Workbook*. Scottsdale, Arizona
Anderson, K. (2021) *Food, Body, and Love, but the greatest of these is love*. Scottsdale, AZ
Anderson, K. (2016) *The Role of Mindful Eating in the Treatment of Eating Disorders*. Food for Thought, The Center for Mindful Eating. Summer 2016
Anderson, K. (2015) Pathway: A program for Binge and Emotional Eating. Participant handbook. Women’s Center for Binge and Emotional Eating, Green Mountain at Fox Run

May, M & **Anderson, K.** (2014) *Eat What You Love, Love What You Eat for Binge Eating. A mindful eating program for healing your relationship with food and your body.* Am I Hungry? Publishing: Phoenix, Arizona

May, M. & **Anderson, K.** (2013) *A companion Guide to Eat What You Love, Love What You Eat for Binge Eating. A mindful eating program for healing your relationship with food and your body.* Am I Hungry? Publishing: Phoenix, Arizona.

Anderson, K. (2012) Doctoral Cumulating Research Project: The Mindful Eating Cycle: Treatment for Binge Eating. Arizona State University, Phoenix, Arizona.

Anderson, K. (2010) Discovery Journal: Eating Disorders Patient handbook. Youth Evaluation and Treatment Centers: Phoenix, Arizona.

Anderson, K. (2008) Recovery Journal: Patient handbook. Remuda Ranch Programs for Eating Disorders. Wickenburg, Arizona.

Eberly, M. & **Anderson, K.** (2008) Self-Injurious Behavior in Eating Disorders, *A Handbook of Christian Treatment* (pp. 279-302). ACW Press: Nashville, TN.

Eberly, M., Cabrera, D. Wall, D. and **Anderson K.** (2008) Resistance, Motivation and Change in Eating Disorders, *A Handbook of Christian Treatment* (pp 131-144). ACW Press: Nashville, TN.

Anderson, K. (2006). Group Therapy and Bulimia. *Christian Counseling Today Vol. 14 / No. 2*

Eberly, M. and **Anderson, K.** (2005) Case Study: Anorexia and Self-Injurious Behavior. *The Remuda Review: Christian Journal of Eating Disorders Vol 4/Issue 3, Summer*

Cumella, E. Eberly, M. Fowler, K. **Wolfe, K.** and Cooper, D. (2005) Making residential treatment work. *Behavioral Health Management. Vol. 25 / No. 6 November/December*

Eberly, M. and **Anderson, K.** (2004) Resistance, Motivation, and Change in Eating Disorders. *Remuda Review: Christian Journal of Eating Disorders Vol 3/Issue 1, Winter*

Wolfe, K. (2003) Treatment Transitions: Improving Patient Recovery Through Effective Collaboration. *Eating Disorders Review. September/October Vol. 14 / No. 5*

Wolfe, K. (2003) The isolation of eating disorders. *healthyplace.com*

Wolfe, K. (2003). Eating disorders; Diagnosis, Treatment and Referral with Anorexia & Bulimia. *Caring For People God's Way II; Video Training.* Light University.

Presentations/Webinars

Anderson, K. (2023) Food Fight and body Wars: Food Addiction, Binge Eating Disorder and Obesity in Health Care, CGI Integrated Care Conference. Phoenix, Arizona

Anderson, K. (2023) Body Based Treatment: Looking Through the Lens of Fear. Southwest School for Behavioral Health Conference. Tuscon, AZ

Anderson, K. (2023) Body Based Treatment: Looking Through the Lens of Fear. IAEDP Symposium, Palm Desert, CA

Anderson, K. (2023) It's Complicated! Navigating Biopsychosocial Consideration When Treating Binge Eating Disorder, Ireland International Chapter inaugural meeting.

Anderson, K. (2021) Leveraging the Vagus Nerve in the Treatment of Binge Eating Disorder. IAEDP Virtual Symposium and Phoenix Chapter Event

Anderson, K., Williams, L. (2020) It's Complicated! Navigating the Biopsychosocial Considerations when Treating Binge Eating Disorder. IAEDP Virtual Symposium

Anderson, K., Aldridge, D. et al. (2020-2024) Leading by Example. Consultants Training. IAEDP Symposium

Anderson, K. (2019) Craving Connection: How Science and Faith Converge when Treating Eating Disorders. American Association of Christian Counselors World Conference, Nashville, TN

Anderson, K. (2019) Craving Connection: The Science of Food and Relationships. Southwest School for Behavioral Health Conference. Tuscon, AZ

Anderson, K. (2018) It's Complicated! Navigating through the new science when treating Binge Eating Disorder. 8th New Hampshire Eating Disorders Conference. Meredith, NH

Anderson, K. (2018) New Insights into Binge Eating Disorder. IAEDP. Phoenix Chapter.

Anderson, K. (2018) Understanding Emotional Eating for Health Professionals. Part 1&2. The Center for Mindful Eating. Training Webinar.

Anderson, K. Meadowspring, A. (2018) Leading by Example. Supervisors Training. International Association of Eating Disorder Professionals Symposium, Orlando, Florida.

Anderson, K., Scritchfield, R., May, M., Flores, A., (2017) Opening Doors, helping those with Binge Eating Disorder find Treatment. Binge Eating Disorder Association National Conference, Anderson, K. (2017) New Insights into Binge Eating Disorder. IAEDP Philadelphia Chapter.

Anderson, K. (2017) The Brain Science Behind Binge Eating. Food Body Love Rally. Encore Top 5. Online Symposium.

Anderson, K. (2017) But I Want to Lose Weight, Insights into Binge Eating. EDRD Pro Online Symposium. Brooklyn, NY.

Anderson, K. (2016) Walks Like A Duck... or a Bird of a Different Feather. Similarities and Differences of BED with other ED. International Association of Eating Disorder Professionals. Poster Session. Amelia Island, Florida.

Anderson, K. (2015) All in the Family: Adapting Treatment Practices to Include Binge Eating Disorder. Anorexia Nervosa and Associated Disorders Conference. Naperville, Illinois.

Anderson, K. (2015) A Pathway for Change: Turning Guiding Principles into Practice for Clients with Binge Eating Disorder. International Association of Eating Disorders Professionals. Webinar. May.

Anderson, K. (2015) The Mindful Eating Cycle: Treatment for Binge Eating. Academy of Eating Disorders. Poster Session. Boston, Massachusetts.

Anderson, K. & Hudnall, M. (2014). Understanding Binge Eating Disorder: The Key to Effective Treatment. Eating Disorder Institute Conference. Plymouth State, New Hampshire.

Anderson, K. (2014) Understanding Binge Eating Disorder: The Key to Effective Treatment. International Association of Eating Disorder Professionals, Webinar, July.

Anderson, K. & May, M (2013) The Mindful Eating Cycle: Treatment Framework for Binge Eating. International Association of Eating Disorder Professionals Foundation's Symposium, Lake Las Vegas, NV.

Anderson, K. (2013) Mindful Eating Cycle: Treatment for Binge Eating. American Association of Christian Counselors World Conference. Poster Session. Nashville, Tennessee.

Anderson, K. (2012) Recognizing Binge Eating Disorder in Primary Care. Integrated Behavioral Healthcare Conference. Fall. Arizona State University, Phoenix, AZ.

Anderson K. (2012) Recognizing Binge Eating Disorder in Primary Care. Family Medicine Residency Program. Phoenix Baptist Hospital. Phoenix, AZ.

Anderson, K. (2011) Mindfulness Based Treatment for Eating Disorders. International Association of Eating Disorder Professionals, Arizona Chapter. Phoenix, AZ.

Anderson, K. & Zuercher, J. (2010) Eating Disorders and the Family. National Alliance on Mental Illness, Phoenix, AZ.

Anderson, K., Cabrera, D., Hawker, D. (2008) Comprehensive Treatment for Eating Disorders. Pre-conference Workshop. Christian Association of Psychological Studies. World Conference, Phoenix, AZ.

Anderson, K. (2008) CBT and the 12 Steps: Finally in Harmony. 34th Annual Advanced International Winter Symposium on Addictions. Colorado Springs, CO.

Anderson, K. (2008) CBT and the 12 Steps: Finally in Harmony. Massachusetts Eating Disorder Association, Inc. 13th National Conference, Needham, MA.

Anderson, K. (2007) The Remuda Model. Mandatory Competency Training. Remuda Ranch Conference and Training Centers, Wickenburg, AZ and Milford, VA.

Anderson, K. & Cabrera, D. (2006) The Essentials: Cognitive Behavioral Therapy. Remuda Ranch Conference and Training Center, Wickenburg, AZ.

Anderson, K. & Allen, G (2006) Dealing with Eating Disorders in Your Flock and In His Likeness: Healthy Self Image and Body Acceptance. Woman to Woman Conference. Phoenix, AZ.

Eberly, M. Wall, D. & **Anderson K.** (2006) Self Injury and Eating Disorders: exploring the latest epidemic. Remuda Ranch Conference and Training Center. Wickenburg, AZ.

Anderson, K. (2006) Advanced Treatments for Eating Disorders. Mier Clinics. Battle Creek, MI.

Wandler, K. & **Wolfe, K.** (2004) The Other Dual Diagnosis: Patients With Eating Disorders and Substance Use Disorders. 30th Annual Advanced International Winter Symposium on Addictions. Colorado Springs, CO.

Wolfe, K. (2004) Breaking the Addictive Cycle: A Cognitive Behavioral Approach to the Treatment of Eating Disorders. American Association of Christian Counselors. Summit on Addictions, Eating Disorders and Attention Issues. Dallas, TX.

Wolfe, K. (2004) Breaking the Addictive Cycle: A Cognitive- Behavioral Approach. Counsel Works Conference. Orlando, FL.

Wandler, K. & **Wolfe, K.** (2003) Are Eating Disorders and Addiction? 24th Annual Meeting and Symposium, Academy of Addiction Psychiatry. New Orleans, LA.

Wandler, K. & **Wolfe, K.** (2003) Are Eating Disorders an Addiction? American Association of Christian Counselors. World Conference. Nashville, TN.

Wandler, K. & **Wolfe, K.** (2003) Are Eating Disorders an Addiction? International Association of Eating Disorder Professionals Foundation's Symposium. Washington DC.

Wolfe, K. (2003) Building Bridges: Inpatient and Outpatient Professionals Working as a Team to Promote Positive Recovery. Multi-Service Eating Disorder Association, Inc. 8th Annual National Conference. Brandeis University Waltham, MA.

Wolfe, K. & Cabrera D. (2002) Motivating Treatment Resistant Patients. International Association of Eating Disorder Professionals Foundation Symposium Conference. Lake Las Vegas, NV.

Eberly, M. & **Wolfe, K.** (2000) Wake Up and Live! Special Considerations in the Experiential Treatment of Chronic Eating Disordered Patients. International Association of Eating Disorder Professionals Foundation's Symposium Conference. Orlando, FL.

Wolfe, K. (1999) Family Sculpting in the Treatment of Eating Disorders. International Association of Eating Disorder Professionals Symposium. Phoenix, Arizona

Media

Anderson, K. (2024) guest on Food Junkies Podcast episode 168 Recovery from Food Addiction. March.

Anderson, K (2023) guest Intuitive Eating for Christian Women podcast-December

Anderson, K. (2023) guest on Revelation Wellness Podcast w Alisa Keeton-January

Anderson, K. (2022) guest on Curious About Recovery Podcast: Episode 13; June

Anderson, K. (2021) Guest on *The Eating Disorder Trap Podcast* Robin Goldberg. June

Anderson, K. (2021) Guest on The SeasonED RD: And the Greatest of These is Love. Aug

Anderson, K. (2020) Guest on *Therapist Reasonings and Dietitian Seasonings Podcast*.

Anderson, K. (2020) Guest on *Uncomplicating ...Podcast*, Wyatt & Raetz, February

Anderson, K. (2018) Quoted in *Health Magazine*, July issue

Anderson, K (2018) Guest on *Your brain and Eating...Podcast* Stephaniedodier.Apr

Anderson, K (2018) Guest on *Gurze-Salucore podcast #84*. Binge Eating. April

Anderson, K. (2018) Article written for *FabuPlus Magazine* March issue.

Anderson, K. (2017 – current) Blogging for *Psychology Today*

Anderson, K. (2017) Guest on *Love Food Podcast*. Julie Duffy Dillion

Anderson, K. (2017) Guest on *Body Kindness Podcast*. Rebecca Scritchfield

Anderson, K. (2016) Quoted in *Image Magazine*, New Hampshire, January issue.

Anderson, K. (2014 – 2018) Blogging for *A Weight Lifted*. Green Mountain at Fox Run

Anderson, K. (2006) Appeared on "*Intervention*" television show (Arts & Entertainment).

Anderson, K. (2005) Appeared on "*AM Arizona*" television show (KAZTV) Prescott, AZ.