

Calendar of Events

September 5, 2025

Family-Based Treatment (FBT) for Adolescents with Eating Disorders Including Ethical Considerations

12:00 PM - 02:00 PM EST

This course will discuss the evidence supporting Family-Based Treatment (FBT) as a first-line intervention for youth with eating disorders. We will review the core principles of FBT, as well as the interventions that occur in each phase of FBT. We will then review common myths and misconceptions about FBT. De-identified case examples will be used to illustrate these points.

Dr. Jessica Van Huysse is a Clinical Associate Professor in the Department of Psychiatry at the University of Michigan and serves as the Clinical Director of the Comprehensive Eating Disorders Program. A licensed clinical psychologist, Dr. Van Huysse specializes in the treatment of eating disorders in youth. Her research focuses on the genetic and environmental factors that contribute to the development of eating disorders, as well as identifying predictors of treatment outcomes. Through both her clinical work and research, she is dedicated to advancing evidence-based care and improving long-term recovery for individuals affected by these complex conditions.

October 3, 2025

Psychological Treatments for Chronic Pain and Headache

12:00 PM - 02:00 PM EST

Chronic pain is among the most common, costly, and disabling medical conditions in the United States and worldwide. Best practices in chronic pain management require multidisciplinary approaches; a key component of multidisciplinary care is psychological/behavioral treatment. This course will provide an overview of the evolving definition of chronic pain, empirically supported behavioral treatments for chronic pain and headache disorders, strategies for implementing evidence-based psychological approaches for pain management, and emerging treatments for the reduction of pain and headache symptoms.

John (Drew) Sturgeon is a fellowship-trained, licensed clinical psychologist and Clinical Associate Professor in the Department of Anesthesiology at the University of Michigan School of Medicine. He completed his PhD in clinical psychology at Arizona State University and postdoctoral pain psychology fellowship in the Department of Anesthesiology, Perioperative, and Pain Medicine at the Stanford University School of Medicine. He has been extensively trained and continues to treat people with chronic pain using a combination of cognitive-behavioral therapy, Acceptance and Commitment Therapy (ACT), and emotion- and meditation-focused approaches to pain management. His research interests include contributors to individual resilience in chronic pain, comprehensive statistical modeling of adaptation to chronic pain, fatigue, social factors in the experience of pain, and novel and disseminable behavioral interventions for chronic pain. Dr. Sturgeon has published 80 peer-reviewed articles and book chapters in the areas of resilience and vulnerability factors in chronic pain and stress, psychological interventions for chronic pain, and the broader role of psychosocial factors in chronic pain.