

Behavioral Health Grand Rounds

Wednesday, March 4, 2026

Noon – 1 p.m.

“Ultra Processed Foods: What's all the Fuss? Relevance to Clinical Work with People Who Have Eating Disorders and Complex Comorbidities, A Critical Review”

Presenter:

Kimberly D. Dennis, M.D.

Co-Founder, CEO, and CMO
SunCloud Health
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Join from your device/desktop via Teams

<https://teams.microsoft.com/meet/27559204317249?p=iHeSUMxBt1tO5H62VE>

Join from your phone – Dial 682-273-0674 Conference ID: 378 673 633#

Objectives: Upon completion of this activity, the participants should be able to:

- Describe how diagnosis is made for ultra-processed food use disorder (UPFUD) using clinical interview based on DSM 5 SUD criteria and self-report measures, including modified Yale Food Addiction Scale 2.0 (mYFAS2.0)
- Differentiate the clinical presentations and symptoms of UPFUD and binge-type eating disorders
- Critically analyze complex cases of patients with co-occurring eating, mood, and trauma-related disorders in interprofessional teams to clarify diagnostic formulation, coordinate roles, and improve collaborative treatment planning for patients who have not responded to standard evidence-based ED treatments
- Manage patients diagnosed with ED who meet criteria proposed for UPFUD using a trauma-informed, weight-inclusive transdiagnostic treatment model and specialized, non-diet, nutritional plans incorporating evidence-based assessment tools and clinical trial data
- Describe treatment implications of UPFUD and PTSD for people with ED, including preliminary studies on dietary restraint subscale of the eating disorders examination questionnaire

Target Audience: This interprofessional activity is designed for psychiatrists and licensed psychotherapists. We also invite psychologists, nurses, occupational/physical/recreational therapists, mental health technicians, clergy, administrators, EMS and other professionals working with behavioral health patients to attend.

Format: Didactic presentation with Q&A session

Accreditation: In support of improving patient care, Texas Health Resources is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



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This program complies with the continuing education statutes and rules of the Texas Behavioral Health Executive Council.

Texas Health Resources is an approved CE provider for EMS Providers (DSHS Program Approval Number: 600827) through the Texas Department of State Health Services.

Designation of Credit:

Physicians: The Texas Health Resources designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: 1 contact hour will be provided for nursing

Social Workers and Licensed Professional Counselors: 1 clock hour will be provided for social workers and licensed professional counselors

EMS: 1 CE hour will be provided for EMS providers

Additional Information: For more information, please contact THRJA@texashealth.org or visit ce.texashealth.org