

# ANITA A. JOHNSTON, Ph.D.

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## CLINICAL PSYCHOLOGIST

Clinical Director, 'Ai Pono Eating Disorders Programs, Honolulu & Maui, Hawaii  
Co-founder & Director, Anorexia & Bulimia Center of Hawaii, since 1982  
Owner & co-creator, Light of the Moon Café, since 2013

## PROFESSIONAL CERTIFICATION

Licensed Clinical Psychologist  
State of Hawaii 1982 #PSY-233  
State of Colorado 2001 #PSY-2566  
Certified Eating Disorder Specialist & Supervisor  
International Association of Eating Disorder Professionals #4000

## EDUCATION:

1978-1980      California School of Professional Psychology, San Diego, CA  
Degree: Ph.D. Clinical Psychology  
1976-1978      California School of Professional Psychology, San Diego, CA  
Degree: MA Psychology  
1974-1975      United States International University, San Diego, CA  
Degree: MA Psychology  
1970-1972      University of Colorado, Boulder, Colorado  
Degree: BA Psychology  
1968-1970      University of Guam, Mangilao, Guam  
Major: Psychology

## OTHER EXPERIENCE:

1986      Developed Hawaii's first in-patient eating disorders program at  
Kahi Mohala Psychiatric Hospital, Honolulu, Hawaii  
2009-2015      Clinical Advisor, Focus Treatment Centers, Tennessee  
2010-2015      Senior Clinical Consultant, EATFED Eating Disorders IOP, Sydney, Australia

## PUBLICATIONS:

*Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food Through Myths, Metaphors, and Storytelling*, Carol Publishing, New York, 1996  
Gurze Books, Carlsbad, CA 2000

*Mangiando Al Chiaro Di Luna* Orme, Italy, 2011

*Die Frau, die im Mondlicht aB* Scherz Verlag, Germany, 1997      Knaur, Germany, 2002

*Eten in het schijnsel van de maan* Becht, Amsterdam, Netherlands, 1998

*Eating in the Light of the Moon*, Korean translation, Nexus Press, 2003

*The Power of Storytelling*, The Renfrew Perspective Journal, Winter 2002

*Wisdom Tales: Using Storytelling Traditions to Understand and Treat Eating Disorders*, Georgia Psychological Association Journal, Spring 2004

*Eating Disorders As Messengers of the Soul* in Mijares & Khalsa (Eds.) *The Psychospiritual Clinician's Handbook: Alternative Methods for Understanding and Treating Mental Disorders*, The Haworth Press, New York, 2005

*Body Talk: the Use of Metaphor and Storytelling in Body Image Treatment* in Maine, Bunnell, & McGilley (Eds.) *Treatment of Eating Disorders: Bridging the Research Treatment Gap*, 2010

## OTHER:

*The Light of the Moon Café* an online, e-course/support circle and workbook for *Eating in the Light of the Moon*

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## PROFESSIONAL KEYNOTES:

- ABC Hawaii Conference, *An Integrative Approach to Eating Disorders*, **Honolulu, HI** 2017  
MEDA Conference, *Ancient Wisdom & Modern Neuroscience*, **Boston, MA** 2016  
Colorado College, *NEDA Week*, **Colorado Springs, CO** 2016  
IAEDP Dallas, *Body Talk: Using Metaphor to Treat Negative Body Image & Eating Disorders*,  
**Dallas, TX** 2016  
IAEDP Puget Sound, *Ancient Wisdom & Modern Neuroscience*, **Seattle, WA** 2016  
NEDA Walk, *The Joy of Recovery*, **Denver, CO** 2016  
HEDS Conference, *Healing Our Clients, Healing Ourselves*, **Houston, TX** 2015  
EDRS Conference, *Eating Disorders & the Feminine Life Cycle*, **Petaluma, CA** 2015  
BEDA conference, *BED & Negative Body Image: Fate or Destiny?* **Denver, CO** 2014  
EDRS Conference, *Light of the Moon Café Storytelling*, **Petaluma, CA** 2014  
EDCT Conference, *Eating Disorders & Desire: Healing the Hungry Heart*, **Nashville, TN** 2013  
SEED Conference *Storytelling & Metaphor as Medicine for Eating Disorders*, **Nashville, TN** 2012  
BEDA Conference, *Finding Meaning in Struggles with Eating, Weight, & Negative Body Image*,  
**Philadelphia, PA** 2012  
MRC Foundation, *Love Your Body*, **Chattanooga, TN** 2011  
Eating Disorder Coalition of Tennessee 7<sup>th</sup> Annual Forum, *Eating Disorders & Desire: Healing the  
Hungry Heart*, **Nashville, TN** 2010  
2007 *Love Your Body Show*, **Winston-Salem, NC**  
2006 SUMMIT Eating Disorders 4<sup>th</sup> Annual Symposium, *Empowering the Soul:  
Finding Meaning and Purpose in Recovery*, **Sacramento, CA**  
2006 Lindora Learning Festival, **Orange County, CA**  
2006 Miami-Dade National Eating Disorders Awareness Presentation, **Miami, FL**  
2006 Obesity Help Hawaii Conference, **Oahu, HI**  
2005 Closing Ritual, Renfrew Foundation Conference, *Voices From Within*, **Philadelphia, PA**  
2004 Summit Eating Disorders Symposium, *Healing the Soul: What All Clinicians  
Need to Know About Eating Disorders*, **Sacramento, CA**  
2004 EDIN & Ridgeview Institute, *Soul Hunger*, **Atlanta, GA**  
2003 EDIN (Eating Disorder Information Network), *Listen to Your Body Week*  
**Atlanta, GA**  
2003 Closing Address, International Association of Eating Disorders Professionals Symposium, *The  
Healing Power of Storytelling*, **Washington DC**  
2001 The Christy Heinrich Foundation *Keeping the Balance*, **Kansas City, MO**

## INTERNATIONAL:

- 2016 Week-long Training Retreat, *Ancient Wisdom & Eating Disorders*, Athens, **Greece**  
2014 Keynote Speaker, EATFED conference, *Contemporary Research & Cutting Edge Treatment*  
Sydney, **Australia**  
2014 Keynote Speaker, professional conference, *Images, Dialogues, Sounds Around Food, Body, and  
Soul*, Chiavari, **Italy**  
2013 Week-long Professional Training/Retreat, *Tending the Feminine Psyche*, **Costa Rica**  
2012 Professional Training, *Innovations in the Treatment of Eating Disorders*, EDEN Organization,  
Auckland, **New Zealand**  
2012 Professional Training, *Working With Eating Disorders: Hope, Healing, and Change*, EATFED  
Sydney, **Australia**

2012 Professional Training, *Cracking the Code: Understanding & Treating Eating Disorders with Metaphor & Storytelling*, Dublin, **Ireland**  
2008 Keynote Speaker, *Until Your Heart's Content* Conference, Vancouver, **Canada**  
2008 *Soul Cycles* Day-long Workshop, Coquitlan, **Canada**  
2007 Keynote Speaker, *Until Your Heart's Content*, Vancouver, **Canada**  
2007 *Soul Hunger* daylong workshop, Coquitlan, **Canada**  
2007 Keynote Speaker, *Dreams of Every Size Conference*, Bridgepoint Eating Disorders Center, Saskatchewan, **Canada**  
2007 Professional Training, South Pacific Private Hospital, Sydney, **Australia**  
2005 Staff Training, South Pacific Private Hospital, *Clinical Interventions for Eating Disorders*, Sydney, **Australia**  
2005 Professional Workshop, *Working With Eating Disorders: Hope, Change & Healing*. Sydney, **Australia**

### **UNIVERSITIES:**

2017 Honolulu Argosy University, *An Integrative Approach to Eating Disorders*, Honolulu, HI  
2016 Keynote Speaker, Colorado College, *NEDA Week*, Colorado Springs, CO  
2014 Vanderbilt University, *Understanding and Treating Eating Disorders*, Nashville, TN  
2013 University of Illinois, *Deciphering the Hunger Code: Understanding Food Struggles*, Champaign, IL  
2007 Keynote Speaker, University of California, Davis, *Celebrate Your Body Week*, Davis, CA  
2007 Keynote Speaker, St. Mary's University, *National Eating Disorders Awareness Week*, San Antonio, TX  
2006 Keynote Speaker, Women's Wellness Conference, *Finding Freedom From Food, Fat, and Dieting*, University of California, Irvine School of Medicine, Newport Beach, CA  
2005 Keynote Speaker, University of Colorado, *Body Acceptance Month*, Boulder, CO  
2001 Keynote speaker, University of Nebraska, *Celebrating Every Body Conference*, Lincoln, NE  
2001 Staff Training Workshop, University of Nebraska, *How Can I Help?* Lincoln, NE  
2001 Keynote Speaker, University of Colorado, *Eating Disorders Awareness Week*, Boulder, CO

### **PROFESSIONAL CONFERENCES & TRAININGS:**

2017 Vermont Psychological Day-long Training: *Ancient Wisdom Meets Modern Neuroscience in Eating Disorder Treatment*, Stowe, VT  
2017 IAEDP Conference, *Menarche & Peri-menopause: Times for Increased Risk of Eating Disorders*, Las Vegas, NV  
2015 Day-long Professional Training, *Understanding & Treating Eating Disorders Through Metaphor* Carolina House Symposium, Raleigh-Durham, NC  
2015 Emily Program Professional Training, *Understanding & Treating Eating Disorders & Negative Body Image*, Seattle, WA  
2015 IAEDP Conference, *Minding the Mind; Training the Brain*, Phoenix, AZ  
2014 Monarch Cove Conference, *Using Ancient Wisdom & Modern Neuroscience to Treat Eating Disorders*, Monterey, CA  
2013 Professional Presentation IAEDP, *Finding Hope & Meaning in Eating Disorder Struggles*, Orange County, CA  
2013 Ben Franklin Summit Conference, *Ancient Wisdom Meets Modern Neuroscience*, Atlanta, GA  
2013 AMHCA Conference, *Cracking the Hunger Code*, Washington D.C.  
2013 EDRS Conference, *Using Ancient Wisdom & Modern Neuroscience in Treating Eating Disorders*, Petaluma, CA  
2013 Los Angeles Psychological Associations day-long training, *Understanding & Treating Eating Disorders*, Los Angeles, CA  
2013 IAEDP Conference, *Ancient Wisdom Meets Modern Neuroscience in Eating Disorder Treatment*,

Las Vegas, NV  
2012 Professional Training *Getting Out of BED: Understanding & Treating Binge Eating Disorder*,  
Memphis, TN  
2012 Professional Training *The Psychology of Eating*, Santa Barbara, CA  
2012 EDRS Conference, *The Joy of Recovery: Finding Hope & Meaning*, Petaluma, CA  
2012 International Assoc of Eating Disorders Professionals Symposium, *Finding Hope for Recovery*,  
Charleston, NC  
2012 Community Presentation *Understanding Eating Disorders*, San Antonio, TX  
2012 Community Presentation, *Can We Talk? Relationships & Eating Disorders*, Austin, TX  
2011 International Assoc of Eating Disorders Professionals Symposium, *Evidence Based Alternative  
Therapies*, Phoenix, AZ  
2011 EDCT Symposium, *Deciphering the Hunger Code*, Knoxville, TN  
2011 Day-long Professional Training, *Treating Eating Disorders with Imagery & Metaphor* Memphis, TN  
2011 Queen's Obesity Symposium, *Complex Issues Underlying Struggles with Obesity*, Honolulu, HI  
2010 Renfrew Foundation Conference, *Reflections on Eating in the Light of the Moon*,  
Philadelphia, PA  
2010 NEDA Conference *Helping Families Understand the Language of Eating Disorders*  
New York City, NY  
2010 The Emily Program Conference *Deciphering the Hunger Code*, Minneapolis, MN  
2010 Professional Training, *Body Talk: Using Metaphor to Treat Body Image and Eating Disorders*  
Richmond, VA  
2010 International Association of Eating Disorders Professionals Symposium, *Soul to Soul: Bringing  
Presence into the Treatment of Eating & Body Image Issues*, Orlando, FL  
2010 Ben Franklin Summit for Clinical Excellence Conference, *Cracking the Code, Soul Hunger, and  
Eating Disorders and the Feminine Life Cycle*, Las Vegas, NV  
2010 *Deciphering the Hunger Code*, day-long professional training for Berkshire Area Health  
Education Center, Holyoke, MA  
2009 International Association of Eating Disorder Professionals Symposium, *Eating Disorders and the  
Menstrual Cycle*, Long Beach, CA  
2009 Betty Ford Women's Symposium, *Using Metaphor & Storytelling to Uncover Spiritual Hungers  
Beneath Eating Addictions*, Los Angeles, CA  
2009 Austin Eating Disorders Specialists Conference, *Body Talk: Treating Body Image Issues &  
Eating Disorders*, Austin, TX  
2009 Professional Training, *Eating Disorders as Messengers*, University of Richmond, Richmond, VA  
2009 *Soul Hunger: Treating Eating Disorders with Imagery & Metaphor* Professional Training,  
Knoxville, TN  
2009 *Body Talk: Using Metaphor to Treat Body Image & Eating Disorders* Professional Training,  
Chattanooga, TN  
2008 The Psychology of Health, Immunity, and Disease Conference, *Deciphering the Hunger Code*,  
Hilton Head, SC  
2008 Renfrew Foundation Conference *Soul to Soul: Bringing Authentic Presence into the Therapeutic  
Relationship*, Philadelphia, PA  
2008 *Experiential Therapy: Using Myths and Storytelling to Heal Eating Disorder Wounds*,  
Chattanooga, Tennessee  
2008 International Assoc of Eating Disorders Professionals, *Metaphorical Constructs of Hunger*,  
San Diego & Los Angeles, CA  
2008 Professional Training *Using Narrative & Metaphor in Treating Eating Disorders*, Denver, CO  
2008 University of Denver *Understanding Struggles with Food, & Weight*, Denver, CO  
2008 International Assoc of Eating Disorders Professionals Symposium, *Metaphors in Motion*,  
Orlando, FL  
2007 International Association of Eating Disorders Professionals Symposium, *Look Who's Talking:  
ED or the Soul* San Diego, CA

2007 Ben Franklin Summit for Clinical Excellence Conference, *Cracking the Code: Using Storytelling & Metaphors to Understand Eating Disorders*, Las Vegas, NV

2006 International Association of Eating Disorders Professionals, *Working with Metaphors to Integrate Body/Mind/Spirit*, Chicago, IL

2006 Professional Training, Eating Disorder Center of Denver, *Understanding and Treating Eating Disorders Through Imagery and Storytelling*, Denver, CO

2006 Professional Training, *Using Metaphor and Storytelling in Nutrition Counseling* Oahu, HI

2005 Petaluma Health Care District Eating Disorders Forum, *Eating in the Light of the Moon*, Novato, CA

2005 International Association of Eating Disorders Professionals, *Decoding the Language of the Eating Disorder*, Miami, FL

2005 Professional Training Workshop, The Elisa Project Symposium, *Using Metaphor & Storytelling to Create Change and Healing with Eating Disorders*, Dallas, TX

2004 Professional Training Workshop, Ridgeview Institute, *Using Metaphor & Storytelling to Understand and Treat Eating Disorders Across the Lifespan*, Atlanta, GA

2004 International Association of Eating Disorders Professionals, *A Multidisciplinary Approach to the Treatment of Severe Obesity*, Las Vegas, NV

2004 Renfrew Foundation Conference, *Hunger and Severe Obesity*, Philadelphia, PA

2003 Professional Training Workshop, Ridgeview Institute, *Understanding & Treating Eating Disorders* Atlanta, GA

2003 Advanced Professional Training, International Association of Eating Disorders Professionals Symposium, *Eating Disorders as Messengers of the Soul*, Washington DC

2002 Renfrew Foundation Conference, *Round Pegs & Square Holes: Body Image and the Feminine Principle*, Philadelphia, PA

2002 International Association of Eating Disorders Professionals Symposium, *Eating Disorders and the Menstrual Cycle*, Las Vegas, NV

2002 Professional Training Workshop, *Eating Disorders & Other Co-addictions*, Maui, HI

2001 Professional Training Workshop, The Christy Heinrich Foundation, Kansas City, MO

2001 International Association of Eating Disorders Professionals Symposium, *Use of the Feminine Principle for Understanding & Treating Eating Disorders and Working with Eating Disorders: the Middle Phase of Treatment*, San Diego, CA

2001 Renfrew Foundation Conference, *Maidens & Moontime: Exploring the Relationship Between Menarche and Eating Disorders*, Philadelphia, PA

2000 Community Education Seminar, Wilcox Memorial Hospital, *Breaking Free From Struggles With Food, Fat, and Dieting*, Kauai, HI

2000 International Association of Eating Disorders Professionals Symposium, *Understanding Disordered Eating Across the Lifespan*, Orlando, FL

### **WORKSHOPS & RETREATS:**

*Soul Hunger* **Stowe, VT, Modesto, CA** Daylong Workshop 2017

*Tending the Feminine Psyche* **Orcas Island, WA**: Week-long Training/Retreat, 2017

*Soul Hunger*, **Atlanta, GA, Philadelphia, PA, Austin, TX, Seattle, WA**, 2016

*What Did You Eat? Mothers, Daughters, & Diets*, **Austin, TX, Dallas, TX**, 2016

*Does Food Rule Your Life?*, the **Big Island of Hawaii, HI**, 2016

*Using Metaphor to Treat Eating Disorders*, Weeklong training, Newport Academy, Hartford, CT, 2016

*Tending the Feminine Psyche*, **Big Island of Hawaii, HI**: Weeklong Training/Retreat, 2014

*How Do I Look? Women & Body Image*, **Austin, TX**: Evening Workshop 2012

*Wise Woman's Way to 2012*, **Richmond, VA**: Daylong Workshop, 2012

*Wise Woman's Way Into 2012*, **Austin, TX**: Daylong Workshop 2012

*Soul Cycles: Four Phases of the Feminine Psyche*, **Harrodsburg, KY**: 2012

*Tending the Feminine Psyche* **Big Island of Hawaii, HI** : Week-long Training/Retreat, 2011 & 2010

*Coming Home: A Woman's Journey to Self* **Austin, TX**: daylong workshop, 2010

*Soul Union* **Richmond, VA**: daylong workshop, 2010  
*Tending the Feminine Psyche* **Big Island of Hawaii, HI**: Week-long Training/Retreat, 2009 & 2007  
*Soul Hunger* **Austin, TX**: daylong workshop, 2009  
*Nourishing the Sacred Feminine* **Rhinebeck, NY**, **Omega Institute** for Holistic Studies, 2009  
*Soul Cycles* **Austin, TX**: daylong workshop, 2008  
*Mother/Daughter Coming of Age Tea* **Venice, CA**: The Red Tent, 2007  
*Soul Union* **Austin, TX** daylong workshop, 2007  
*Soul Cycles* **San Diego, CA** daylong workshop, 2007  
*Soul Hunger* **Boulder, CO** daylong workshop, 2006  
*Soul Hunger* **San Diego, CA** daylong workshop, 2006  
*Love Your Tree* **New York City, NY** Guest Speaker at, a V-Day project, in conjunction with  
Eve Ensler's Broadway Play, *The Good Body*, 2005  
*Tending the Feminine Psyche* **Big Island of Hawaii, HI**: Weeklong Training/Retreat, 2004 & 2005  
*Tending the Feminine Psyche* **Austin, TX**: **Omega West**, Training Retreat Workshop, 2004  
*Tending the Feminine Soul* **Austin, TX**: Weekend Workshop, 2004  
*Tending the Feminine Soul* **Santa Barbara, CA** Weekend Workshop, 2004