

ANITA A. JOHNSTON, Ph.D.

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CLINICAL PSYCHOLOGIST

Clinical Director, 'Ai Pono Eating Disorders Programs Hawaii, since 2001
Co-founder & Director, Anorexia & Bulimia Center of Hawaii, since 1982
Owner & Co-creator, Light of the Moon Café, since 2013
Executive Director, Eating Disorder Program, Integrative Life Center, since 2019

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
- *Eten in het schijnsel van de maan* Becht, Amsterdam, Netherlands, 1998
- *Die Frau, die im Mondlicht aB* Scherz Verlag, Germany, 1997 Knaur, Germany, 2002
- *Eating in the Light of the Moon,* Korean translation, Nexus Press, 2003
- *Zeny, ktere jedi ve svitu Luny,* SAndrew, Czech Republic, 2010
- *Mangiando Al Chiaro Di Luna* Orme, Italy, 2011
- *Eating in the Light of the Moon,* Japanese translation, Seiwa Shoten, Japan, 2010

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.*

Expressing Disorder film introduction & narration

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PROFESSIONAL KEYNOTES:

- 2019 USJT Conference, Understanding & Treating Eating Disorders with Imagery & Metaphor, **Santa Fe, New Mexico**
- 2018 IAEDP Dallas, *Understanding Eating Disorders Through Metaphor & Storytelling*, **Tampa, FL**
- 2018 IAEDP Tampa, *Finding Meaning in Struggles with Body Image*, **Tampa, FL**
- 2017 ABC Hawaii Conference, *An Integrative Approach to Eating Disorders*, **Honolulu, HI**
- 2016 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**
- 2015 HEDS Conference, *Healing Our Clients, Healing Ourselves*, **Houston, TX**
- 2015 EDRS Conference, *Eating Disorders & the Feminine Life Cycle*, **Petaluma, CA**
- 2014 BEDA conference, *BED & Negative Body Image: Fate or Destiny?* **Denver, CO**
- 2014 EDRS Conference, *Light of the Moon Café Storytelling*, **Petaluma, CA**
- 2013 EDCT Conference, *Eating Disorders & Desire: Healing the Hungry Heart*, **Nashville, TN**
- 2012 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**
- 2011 MRC Foundation, *Love Your Body*, **Chattanooga, TN**
- 2010 Eating Disorder Coalition of Tennessee 7th Annual Forum, *Eating Disorders & Desire: Healing the Hungry Heart*, **Nashville, TN**
- 2007 *Love Your Body Show*, **Winston-Salem, NC**
- 2006 SUMMIT Eating Disorders 4th 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:

- 2019 Soul Hunger Daylong Workshop, Coquitlan, **Canada**
- 2019 Yoga of Recovery Symposium, *Understanding Eating Disorders Through Myth & Metaphor*, **Bahamas**
- 2019 **Japanese** Professional Eating Disorders Training Study Tour, Maui, Hawaii
- 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:

- 2019 University of Hawaii, Psychiatry Residents Program, *Understanding & Treating Eating Disorders*, Honolulu, **HI**
- 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**

WORKSHOPS & RETREATS:

- Tending the Feminine Psyche: Treating BED Paso Robles*, CA: Week-long Training/Retreat, 2019
- Soul Hunger*, **Nashville, TN**: Day-long workshop, 2019
- Four Faces of the Feminine Psyche*, **Atlanta, GA**: Day-long workshop, 2018
- Embodying the Feminine Soul in 2018* **Austin, TX**: day-long workshop
- Tending the Feminine Psyche: Treating BED Paso Robles*, CA: Week-long Training/Retreat, 2018
- 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

PROFESSIONAL CONFERENCES & TRAININGS:

2019 Integrative Life Center professional training, *Cracking the Hunger Code*, Nashville, TN
2019 IAEDP Conference, *Finding Inspiration & Joy in the Recovery Process*, Palm Springs, CA
2018 Central Coast professional training, *Understanding & Treating Eating Disorders*, San Louis
Obispo, CA
2018 Center for Discovery professional training, *Understanding & Treating Eating Disorders*,
Woodland Hills, CA
2018 IAEDP Conference, *The Phenomenon of Mind-Body Hunger*, Orlando, FL
2018 Central Coast professional training, *Understanding & Treating Eating Disorders*, Santa Barbara,
CA
2018 Hawaii Psychological Association Conference, *Treating Eating Disorders: Levels of Care &
Innovative Approaches*, Honolulu, HI
2018 IAEDP Conference, *The Phenomenon of Mind-Body Hunger*, Orlando, FL
2018 Renfrew Foundation Conference, *Finding Hope at the Intersection Between Indigenous
Knowledge and Western Science*, Philadelphia, PA
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