



Laura K. Biron, MBA, RDN, CD, CEDRD, KYT

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EDUCATION

Master of Business Administration in Health Care Management Boston University Graduate School of Management	1988
Combined Dietetic Internship with coursework towards MS Nutrition Massachusetts General Hospital and MGH Institute of Health Professions, Combined Dietetic Internship-Graduate Degree Program.	1984
Bachelor of Science, Nutrition and Food Science Bradley University, Peoria, Illinois	1983

PROFESSIONAL TRAININGS & CERTIFICATIONS

500 Hour Yoga Teacher Training in Integrative Yoga Therapeutics New England School of Integrative Yoga Therapeutics, Cambridge, Massachusetts	2015 - 2017
Certified Eating Disorder Registered Dietitian International Association of Eating Disorder Professionals (IAEDP)	2013
200 Hour Kripalu Yoga Teacher Training Kripalu Center for Yoga and Health, Stockbridge, Massachusetts	2012
Professional Training in Mindfulness Based Eating Awareness (MB-EAT) Jean Kristeller, PhD and Char Wilkins, MSW University of California, San Diego Medical School Continuing Education	2009
Certified Facilitator for V-Trim Weight Management Program University of Vermont	2008
Maudsley Training, James Lock, MD, PhD and Daniel LeGrange PhD Portland, Maine	2008
Professional Training in Mindfulness-Based Stress Reduction (MBSR) in Mind-Body Medicine, John Kabat-Zinn and Santi Santorelli Omega Institute, Rhinebeck, New York	2008
Certificate of Training in Childhood and Adolescent Weight Management Commission on Dietetic Registration	2006

PROFESSIONAL EXPERIENCE

- Nutrition Therapist/Registered Dietitian in Private Practice** 1998 - Present
Living Better Nutrition, Stowe, Vermont
Provide individual medical nutrition therapy for disordered eating, weight management, digestive health and wellness, integrating evidence based nutrition therapy and mindfulness modalities. Provide external review of medical nutrition therapy policies for Vermont Medicaid and Blue Cross Blue Shield of Vermont with a focus on coverage for treatment of eating disorders. Supervise interns from University of Vermont undergraduate program in Nutrition.
- Nutrition Therapist** 2008 - Present
The Adams Center for Mind and Body, South Burlington, Vermont
Developed and administer nutrition program for the treatment of patients with eating disorders, integrating evidence based nutrition therapy and mindfulness modalities. Facilitate Mindful Eating and Mindful Yoga classes for the Center.
- Kripalu Yoga Instructor** 2012 - Present
Oxygen, Stowe, Vermont
- Program Assistant** 2013 - Present
Kripalu Center for Yoga and Health, Stockbridge, Massachusetts
 - *The Mindful Table: Nutrition and Cooking Immersion.* Annie Kay and Chef Jeremy Smith instructors. March 2015.
 - *Getting High: Yoga, Meditation, and the Infinite Pharmacy Within,* Tommy Rosen, founder Recovery 2.0, instructor. February 2014
 - *Digestive Health A Holistic Approach.* Kathie Swift and Susan Lord instructors. October 2013
 - *MB-EAT Professional Training,* Jean Kristeller and Andrea Lieberstein instructors. June 2013
 - *MB-EAT for the Community,* Jean Kristeller and Andrea Lieberstein instructors. October 2012
- External Professional Reviewer** 2011 - 2015
Blue Cross Blue Shield of Vermont
- Adjunct Professor** 2008 - 2012
VTrim Weight Management Program
University of Vermont Continuing Education
- Adjunct Instructor, Introduction to Nutrition** 2003 - 2011
Community College of Vermont
- Registered Dietitian Nutritionist, Outpatient Nutrition and Diabetes Education** 2007 - 2011
Central Vermont Medical Center
Provide medical nutrition therapy for patients with eating disorders, diabetes, cardiovascular disease, obesity and gastrointestinal disorders.
- Registered Dietitian Nutritionist** 2004 - 2006
Nutrition Services, Copley Hospital, Morrisville, Vermont

Provided both inpatient and outpatient nutrition therapy services. Developed and conducted nutrition outreach programs at local schools, senior living centers and health fairs.

Nutrition Research Grants Financial Administrator 1992 - 1994
Department of Nutrition, Harvard School of Public Health, Boston, MA

Program Administrator 1988 - 1992
Occupational and Environmental Health Center, The Cambridge Hospital, Cambridge, MA

Administrative Dietitian 1984 - 1987
Dana Farber Cancer Institute, Boston, MA

PROFESSIONAL MEMBERSHIPS

- International Association of Eating Disorder Professionals
 - Vermont Academy of Nutrition and Dietetics
 - Board Member, Consumer Protection Coordinator, 2012 – present
 - Board Member, Reimbursement Representative, 2006 – 2011
 - International Federation of Eating Disorders Dietitians
 - Dietitians in Integrative and Functional Medicine Dietetic Practice Group of the Academy of Nutrition and Dietetics
 - The Center for Mindful Eating
 - Disordered Eating and Eating Disorders Subunit of the Sports, Cardiovascular and Wellness Dietetic Practice Group of the Academy of Nutrition and Dietetics
 - Behavioral Health Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics
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HONORS AND AWARDS

- Advisor to the Office of the Secretary of State of Vermont for the Profession of Dietetics. Appointed January 2008 through December 2013
 - Emerging Dietetic Leader Award, 2007 presented by the Vermont Academy of Nutrition and Dietetic Association
 - Elizabeth Hiser Memorial Nutrition Scholarship Awarded 2009 to support attendance at 5 Day Professional Training in Mindfulness Based Eating Awareness (MB-EAT)
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PROFESSIONAL PUBLICATIONS/PRESENTATIONS

Presenter - Yoga and Eating Disorders. October 2014
2.5 hour workshop. 23rd Annual Yoga Teachers Conference: The Power of Yoga Therapy. Kripalu. Stockbridge, Massachusetts

Presenter - *What You Need To Know About Eating Disorders.* May 2014
Presentation to Burlington Community Health Team Nutritionists, Fletcher Allen Health Care. Burlington, Vermont

Co-Author - *Transitioning Care Effectively: A Guide for the Expert Level Registered Dietitian Nutritionist (RDN) Working with Clients with Eating Disorders.* 2014

SCAN Advanced Practice Guide. Sports, Cardiovascular, and Wellness Nutrition Dietetic Practice Group of co-authors. Disordered Eating and Eating Disorder Subunit of the Sports, Cardiovascular and Wellness Nutrition, A Dietetic Practice Group of the Academy of Nutrition and Dietetics

Co-Presenter - *Recruiting Tips for Finding the Right Consumer Protection Coordinator* 2013
Webinar. Academy of Nutrition and Dietetics, Public Policy, Licensure Open Forum.

Presenter - *Mindful Yoga for Weight Management* March 2013
Workshop. Oxygen, Stowe, Vermont.

Presenter - *Medical Nutrition Therapy for the Treatment of Eating Disorders: Adequate Insurance Coverage for Comprehensive Treatment.* May 2012
Presentation to the medical directors of Vermont Managed Care. Burlington, VT.

Guest Speaker and Yoga Instructor - *Eat for Life: Mindfulness-based Weight Management Program* February 2012
Montpelier Integrative Health Center, Central Vermont Medical Center

Presenter - *Mindful Eating* October 2012
4 week workshop for Stowe Public Schools Faculty and Staff, Stowe, Vermont.

Contributor - *Identification and Treatment of Eating Disorders in Correctional Facilities* September 2012
Contributed content for nutrition therapy portion of presentation. State of Vermont Correctional Facilities. Burlington, Vermont.

Presenter - *Mindful Eating for Diabetes Educators* October 2011
Vermont Association of Diabetes Educators Annual Conference, Shelburne, VT.

Presenter - *Exploring Mindful Eating* April 2011
Vermont Dietetics Association Annual Conference, Montpelier, VT.

Presenter - *Mindful Eating Tools* March 2011
Bariatric Surgery Support Group, Central Vermont Medical Center, Barre, VT.

Presenter - *How Mindful Eating can Help Manage Your Blood Sugar* January 2011
Diabetes Support Group, Central Vermont Medical Center, Barre, VT.

Presenter - *Insurance Coverage for Medical Nutrition Therapy in the Treatment of Eating Disorders in Vermont* July 2010
Presentation to the Adult and Pediatric Medical Directors and Medical Case Managers, Vermont Managed Care.

Presenter - *Insurance Coverage for Medical Nutrition Therapy in the Treatment of Eating Disorders in Vermont.* March 2010
Presentation to the Medical Director of Blue Cross Blue Shield of Vermont. Williston, VT

Panel Member - *Treatment of Eating Disorders Q and A* February 2009
Panel Member of Eating Disorder Treatment Professionals, Eating Disorders

PROFFSSIONAL SUPERVISION PROVIDED/RECEIVED

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LOCATION	DATES	TO WHOM
Burlington, Vermont	June 2014 to present Weekly, 30 minute sessions	Lauren Fowler, RDN, Nutritionist, Vermont Center For Integrative Therapy
Phone supervision	2 hour Monthly Peer Supervision Group for dietitians in private practice with at least 30 minutes spent with supervision:7/17/14, 5/8/14, 4/3/14, 3/11/14, 1/16/14, 10/24/13, 9/26/13, 8/8/13, 6/6/13, 5/2/13,3/28/13, 2/21/13, 1/24/13, 12/20/12, 11/15/12, 9/20/12, 8/16/12, 7/19/12, 5/24/12, 3/15/12, 1/19/12, 12/15/11, 9/22/11. These phone supervision sessions have been going on for at least 5 years and include email communications between calls. I do not have the exact dates of sessions prior to 9/22/11.	Hilary Warner, MPH, RD/LD Susan Engle, MOE, RD/LD Connie Rieser, RD/LD
The Adams Center for Mind and Body, South Burlington, VT	2008 – present 1 hour, 2-3 times per month.	Treatment team meetings for ED professionals facilitated by Suzanne Adams, MA, Director, The Adams Center
Vermont Center for Integrative Therapy (VCIT), Burlington, VT	7/27/10 – 8/24/10 Weekly, 1 hour sessions.	Treatment team meetings for ED professionals facilitated by Bree Greenberg Benjamin, LFMT, Director, VCIT

I have supervised dietitians seeing patients with eating disorders at both Central Vermont Medical Center, Barre, VT and Copley Hospital, Morrisville, VT during my employment. Times not available.

I have received professional supervision from:

- Marcia Herrin, EdD, MPH, RD, LD 10/29/10, 11/1/10, 2/15/11, 6/20/11, 11/3/11 – 1 hour sessions
- Evelyn Triboli, MS, RD 10/2009 – 1 hour session
- Jessica Setnick, MS, RDN, CEDRD prior to 2009. Times not available
- Molly Kellogg, RD, LCSW prior to 2009. Times not available

CEU EQUIVALENCY REQUIREMENTS

In addition to the Professional Development Portfolio Continuing Education Logs (attached) I have engaged in the following professional education:

Treating Binge Eating Disorder: Evidence Based Best Practices and the Role of the Nutrition Professional.

Marsha Hudnall, MS, RDN, CD, presenter. Vermont Academy of Nutrition and Dietetics, Annual Conference (4/10/14, 1 CPE Unit)

Integrative Medicine in Depression and Mood Disorders: Research to Practice.

David Mischoulon, MD, PhD and Gretchen Vannice, MS, RD presenting.

Advanced Techniques for Improving Outcomes in Clients with Eating Disorders.

Marcia Herrin, EdD, MPH, RD, LD and Maria Larkin, MEd presenting.

Overcoming Obstacles in ED Treatment.

Dena Cabrera, PsyD and Debra Johnston, RD presenting. Academy of Nutrition and Dietetics 2010 Food and Nutrition Conference and Expo (FNCE), Boston, Massachusetts. (11/8/10 – 11/9/10, 4.5 CPE Units)

Integrative Medicine in the Treatment of Eating Disorders.

Walter Greenblatt, MD, Medical Director Walden Behavioral Care, presenter. Newton, Massachusetts. (9/25/10, 6 CPE units)

Mindful Eating: Working with Groups. Megrette Fletcher, Med, RD, CDE, Presenter

Weekly phone supervision group for dietitians teaching mindful eating groups. (9/30/09 – 12/16/09, 6 CPE Units)

Interrupting the Cycle: Effective Nutrition and Behavioral Strategies for Treating Binge Eating Disorder.

Walden Behavioral Care, Waltham, Massachusetts. (11/12/09, 4 CPE units)

Professional Training in Mindfulness Based Eating Awareness (MB-EAT).

Jean Kristeller, PhD and Char Wilkins, MSW presenting. University of California, San Diego Medical School Continuing Education. (6/09, 30 CPE units)

Professional Approaches for Improvement in Weight, Body Image and Disordered Eating.

22nd Annual Symposium of the Sports, Cardiovascular and Wellness Nutrition Dietetics Practice Group of the Academy of Nutrition and Dietetics. (3/24/06 - 3/26/06, 11 CPE units)

Eating Disorder Bootcamp.

Jessica Setnick, MS, RDN, CEDRD. (5/05. 1.5 day workshop)