



COMMUNITIES OF PRACTICE

Community of Practice for Peer Support Recovery Specialists

Community Conversation: Supporting People Navigating Eating Challenges – July CoP

Our Facilitators:

[National Center of Excellence for Eating Disorders](#) & [Peer Recover CoE](#)



Christine Peat, PhD, FAED, LP

Director, NCEED

Dr. Peat received a PhD in Clinical Psychology from the University of North Dakota and completed postdoctoral training in eating disorders research at UNC Chapel Hill. She is currently the Director of the SAMHSA-funded National Center of Excellence for Eating Disorders and an Associate Professor of Psychiatry at UNC Chapel Hill. In her clinical duties, Dr. Peat is a Licensed Psychologist who focuses on the treatment of eating disorders across the spectrum with a primary focus on binge eating. She also conducts pre-surgical evaluations and provides follow-up care for bariatric surgery patients in conjunction with the UNC Bariatric Program. Given her broader

training in behavioral medicine, Dr. Peat also provides psychological interventions to patients who are struggling with both medical conditions (e.g., diabetes) and psychiatric illness.

In addition, Dr. Peat's research interests center on the etiology and treatment of both eating and weight disorders, with a primary focus on binge eating disorders, overeating, and obesity. She is particularly interested in the intersection between obesity, bariatric surgery, and eating pathology and investigating the outcomes associated with success after bariatric surgery. Dr. Peat also evaluates the available treatment options for binge-eating disorder and investigates medical morbidities associated with eating disorders.



Stephanie Zerwas, PhD

Dr. Stephanie Zerwas is a clinical and developmental psychologist and Adjunct Associate Professor in the Department of Psychiatry Department of Psychiatry, School of Medicine at the University of North Carolina at Chapel Hill (UNC-CH). She is also the former Clinical Director of the UNC Center of Excellence for Eating Disorders. Dr. Zerwas is a nationally recognized researcher of the developmental psychopathology of eating disorders and disordered eating; her research focuses on modeling the genetic risk for eating

disorders, trans-generational effects of eating disorders and the developmental trajectories associated with eating psychopathology.

Dr. Zerwas is also a licensed clinical psychologist and maintains an active private practice, Flourish Chapel Hill, where she works with teens, young adults with eating disorders and anxiety.



Rachel W. Goode, PhD, MPH, LCSW

Dr. Rachel Goode is an Assistant Professor at the School of Social Work, University of North Carolina at Chapel Hill and a key content expert with the National Center of Excellence for Eating Disorders. The focus of her research is to develop, implement, and evaluate interventions to prevent and treat disordered eating and obesity among African American women. Her ongoing projects include a Feeding Hope Grant from the National Eating Disorders Association to prevent binge eating disorder among African American women in primary care.



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Tim Saubers,
Peer Recovery Center of Excellence
Lead, Workforce Development

Tim serves as a Program Coordinator for Workforce Development for the Peer Recovery Center of Excellence located at the University of Missouri Kansas City through a partnership with the Addiction Research Institute located at the Steve Hicks School of Social Work at The University of Texas Austin. He got his start as a Wisconsin Certified Peer Specialist in 2016 and has worked in direct support and supervisory roles. He previously managed Wisconsin's Certified Peer Specialist and Certified Parent Peer Specialist state certification programs. Additionally, Tim sits on a variety of state and national committees and workgroups dedicated to advancing the peer profession, reforming the mental health and substance use service systems, and the rights of people living with disabilities, among others. Tim centers the principles of equity and justice in his work while moving not just to disrupt and reform systems, but to create new systems in their entirety