

Shannon Cutts - CV

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Recent & Upcoming Presentations

- Renfrew 20th Annual Conference, November 2011: "Mentoring: An Empirically-Supported Approach for Facilitating Sustained Recovery Progress"
- Texas Behavioral Health Institute Annual Conference, July 2011: "Mentoring & Eating Disorders"
- National Eating Disorders Association Network, June 2011: "MentorCONNECT 411"
- Binge Eating Disorder Association April 2011: "Eating Disorders Mentoring vs. the War on Obesity"
- International Assoc of Eating Disorders Professionals March 2011: "Eating Disorders Mentoring in 5 Voices"
- Community Institute of Psychotherapy January 2011: "Mentoring & Eating Disorders"
- Austin, TX NEDA Walk November 2010: Keynote Speaker
- iaedp Teleconference August 2010: "Mentoring & Eating Disorders"
- Counselor Education in Second Life Annual Conference Sept 2010: "Mentoring & Eating Disorders"
- Renfrew 19th Annual Conference, November 2009: "The Role of the Mentor as an Essential Element in an Integrated Treatment Team"

Publications

- Author, *Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back* (Health Communications, Inc.)
- Companion CD Co-Producer, *You Are Not Alone: The Book of Companionship for Women With Eating Disorders with Companion CD, Vol 2* (April Dew Publishing)

Blogs

- *Bulimia.com* "Beating Ana" Blog
- *The Huffington Post* "Mentoring" Blog
- *PsychCentral.com* "Mentoring & Recovery" Blog
- *GetMentalHealthy.com* "Eating Disorders Explained" Blog

Articles

- "Mentoring as an Essential Component of Recovery", *Eating Disorders Recovery Today, Spring 2009*
- "How to Be a Good Mentor", *Eating Disorders Recovery Today, Winter 2009*
- "Eating Disorders Explained", *The Feel Better Network*
- "Mentoring as the Missing Link in Eating Disorders Recovery", *The Feel Better Network*
- "Size Does Equal a Healthy Body Image", *PsychCentral.com*

Organizational Affiliations

- Executive Director of MentorCONNECT: www.mentorconnect-ed.org
- Founder of Key to Life: unlocking the door to hope: www.key-to-life.com
- Eating Disorders Coalition: Organizational Member, MentorCONNECT & Individual Member
- National Eating Disorders (NEDA) Network: Organizational Member, MentorCONNECT
- EPAC Committee, International Association of Eating Disorders Professionals (iaedp)



Recent Press

- Glamour.com: “Beating an Eating Disorder Isn’t Easy”
- Woman’s Day Magazine: “Understanding Adult Anorexia”
- Healthy Place TV: “Why is Recovery from an Eating Disorder So Difficult?”
- Blog Talk Radio: “Beating Anorexia” with Dr. Susan Mendelsohn
- Renew Your Life Radio “Using Mentoring for Recovery” with host Dr. Lisa Palmer
- San Antonio Express “Breaking Free from an Eating Disorder” with Jenni Schaefer

Education

- Bachelors of Business Administration, The University of Texas at Austin, May 1994

Honors

- Named a Woman of Substance by EatingDisorderHope.com
- Named a Featured Actionist by Dove's® Self-Esteem Global Ambassador, Jess Weiner,

Partial List of Past & Upcoming Presentations

2011

- 11/13: Renfrew 20th Annual Conference for Professionals
- 7/20: Texas Behavioral Health Institute, “Mentoring & Eating Disorders”
- 6/2: National Eating Disorders Association Network, “MentorCONNECT 411”
- 4/28: Academy of Eating Disorders, “Efficacy of a Mentoring Program”
- 4/2: International Assoc of Eating Disorders Professionals Annual Conference, Presenter
- 3/29: Maricopa Community College - *Beauty Undressed* Event, Scottsdale, AZ
- 3/6: Binge Eating Disorders Association Annual Conference, Presenter
- 2/24: NEDAW at Dickinson College, Keynote Speaker
- 2/23: NEDAW at Rogers Memorial Hospital, Keynote Speaker
- 2/8: Truman State University - *Beauty Undressed* Event, Kirksville, MO
- 2/3: MentorCONNECT's "Reaching Out on the Road to Recovery" at Rice University

2010

- 8/2: International Assoc of Eating Disorders Professionals “Mentoring & Eating Disorders”, teleconference
- 4/7: Episcopal Youth Retreat - Houston, TX
- 3/3: University of Connecticut - *Beauty Undressed* Event, Hartford, CT
- 2/25: Centre College - *Beauty Undressed* Event, Lexington, KY
- 2/9: Bucks County College - *Beauty Undressed* Event, Newtown, PA



2009

- 11/14: Renfrew Annual Conference for Professionals - Philadelphia, PA
- 11/11: DeVry University - *Beauty Undressed* Event, Fort Washington, PA
- 10/16-18: *Beyond Eating Disorders* Weekend Workshop with Thom Rutledge - Nashville, TN
- 9/10-13: NEDA (Shannon will be a panelist for The Emily Project/The Joy Project) - Minneapolis, MN
- 3/1: Sol Stone Center (private event) - Elmira, NY
- 2/28: Ophelia's Place - *MentorCONNECT* Outreach Event, Liverpool, NY
- 2/27: University of Delaware - *Beauty Undressed* Event, Newark, DE
- 2/26: Fisher College - *Beauty Undressed* Event, Boston, MA
- 2/25: California State University - *Eating Disorders 101* Event, Dominguez Hills, CA
- 2/23: Bethany Lutheran College - *Beauty Undressed* Event, Mankato, MN
- 1/29: University of Guelph - Guelph, Ontario, Canada



Partial List of Past & Upcoming Presentations, cont.

2008

11/10: Southern Connecticut State University - Beauty Undressed Event, New Haven, CT

7/29 First Presbyterian Church - Women's Retreat, Dallas, TX

5/3: Creekwood Church - Youth Retreat Event, Allen, TX

4/5: Central Christian College - *Beauty Undressed* Event & *Concerts for Life*, McPherson, KS

3/8: Tiffin College - *Beauty Undressed* Event, Tiffin, OH

3/25-27: Malone College - *Beauty Undressed*, Canton, OH

3/18: Rhodes College - *Beauty Undressed* Event, Memphis, TN



Partial List of Past Presentations, cont.

2008, cont.

- 3/11: Trent University - ***Beauty Undressed Event, Petersborough, Ontario, Canada***
- 3/5 Baylor University - *Concerts for Life* Event, Waco, TX
- 3/3: Hudson County Community College - *Beauty Undressed* Event, Jersey City, NJ
- 2/28: The Colorado College - *Beauty Undressed* Event, Colorado Springs, CO
- 2/27: Bucks County College - *Beauty Undressed* Event, Newtown, PA
- 2/26: Columbus State Community College - *Beauty Undressed* Event, Columbus, OH
- 2/25: Cottey College - *Beauty Undressed* Event, Nevada, MO
- 2/20: Blackburn College - *Beauty Undressed* Event, Carlinville, IL
- 2/19: Collin County College - *Beauty Undressed* Event, McKinney, TX
- Feb. 18, 2008: Baylor University - *Beauty Undressed* Event, Waco, TX

2007

- 12/8: Friendship UMC – *Concerts for Life*, Porter, TX
- 12/1: Texas Assoc. of Health, Physical Education, Recreation and Dance – Keynote Conference, Galveston, TX
- 11/16: Texas Assoc. for the Gifted & Talented - *Eating Disorders: Is Your Child at Risk*, Houston, TX
- 11/1: College of New Jersey - *Beauty Undressed* Event, Ewing, NJ
- 10/31: Tarrant County College - *Beauty Undressed* Event, Arlington, TX
- 10/25: Frostburg State University - *Beauty Undressed* Event, Frostburg, MD
- 10/23: Trinity College - *Beauty Undressed* Event, Hartford, CT
- 8/3: Texas Institute of Behavioral Health - Workshop: *Decoding the Silence*, Austin, TX
- 7/22: Texas PTA Annual Conference - Workshop: *Skills for Detecting Eating Disorders*, Austin, TX
- 5/20: Trinity UMC - *Under My Skin: understanding the language of self-harm* Event, Beaumont, TX
- 3/29: Cy-Fair College - *Beauty Undressed* Event for Women's Awareness Month, Cypress, TX
- 3/6: Houston PTA Meeting - *Beauty Undressed* Event, Houston, TX
- 3/3: American Assoc. of University Women/EYH Conference - Workshop: *Skills for Parents*, Houston, TX
- 3/1: Paul G. Blazer High School - *Beauty Undressed* Events, Ashland, KY
- 2/26: Bucks County College - *Beauty Undressed* Event, Newtown, PA
- 2/4: Texas Education Agency - Workshop: *Skills for Detecting Eating Disorders*, Austin, TX