

Tammy Beasley, MS, RDN, CEDS-C, LD

Summary

Experienced nutrition consultant, strategic advisor, and award-winning Registered Dietitian with over three decades of experience in behavioral health and eating disorders. Additional experience as a media spokesperson and in business development, specifically within professional organizations, entrepreneurship, and clinical programming for eating disorders. Excellent interpersonal and organizational skills. Offers expertise in:

- Clinical Nutrition, specific to eating disorders and behavioral health
- Creative Business Development, within organizations and entrepreneurial ventures
- Media Skills, for both written and live mediums
- Management, of staff, key performance indicators and daily business/financial demands
- Leadership, within non-profit and for-profit entities
- Customer Service, towards community, membership, colleagues, and clients

Employment History

Jan 2023 – present Tammy Beasley Consulting, LLC Huntsville, AL

Owner (Client Consultation, Clinical Supervision and Nutrition Education)

- Provide clinical assessment and consultation to clients with eating disorders
 - Consult with clinical group practices to provide nutrition education and training
 - Supervise RDs pursuing the CEDS certification and/or seeking professional support for clinical care and leadership
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June 2022 – Jan 2023 Integrative Life Network, LLC All ILN locations

National Strategic Advisor (Outreach, Nutrition and Education)

- Promote and support the growth of Integrative Life Network through outreach connections, speaking engagements and strategic partnerships
 - Provide supervision to the ILN nutrition team and create nutrition-specific clinical trainings
 - Consult with ILN leadership for future dual-diagnosis programming and expansion
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Nov 2015– March 2022 Alsana Eating Recovery Communities All Alsana locations

Vice President of Clinical Nutrition Services

- Collaborate with multi-disciplinary thought leaders to create and implement new visionary treatment model for eating disorders (Adaptive Care Model)
 - Develop and implement nutrition programming for all clients within the Alsana locations
 - Meet key performance indicators specific to clinical, culinary, and financial goals
 - Provide training and education on nutrition therapy in the treatment of eating disorders to state, regional, national, and international organizations
 - Grow and mentor the nutrition teams at all Alsana locations to enhance client care, develop leadership, improve team collaboration, and minimize turnover (grew from 6 to 60 RDs)
 - Partner with the Alsana Outreach Team as a representative of the Adaptive Care treatment model to build and strengthen referral partnerships
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April 2013-May 2017

International Association of Eating Disorders
Professionals (iaedp)

Pekin, IL

Director of Certification

- Develop and execute professional certification program for eating disorder clinicians within a multi-disciplinary treatment team (therapists, registered dietitians, physicians, and nurses)
 - Create strategic marketing plan to obtain full approval of the CEDRD certification from the Academy of Nutrition and Dietetics (granted Feb 2015 with national announcement June 2015)
 - Oversee development and revisions of all certification documentation and examinations for the iaedp Certification process (including creation of the CEDRD credential for registered dietitians)
 - Build and manage the 15-person multi-disciplinary Certification Committee to ensure timely, quality approvals of clinical applications within all disciplines
 - Repair and improve relationships between membership and iaedp staff
 - Increase the total number of certified iaedp members (Grew total # of certified clinicians from 100 to 550 in 4 years; certified dietitians grew from 4 to 225 specifically)
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Jan 2001-March 2013

RevItUP! for Life, LLC

Huntsville, AL

Program Creator and Owner

- Created and taught nutrition program for the chronic dieting population with goal of breaking the dieting cycle and developing healthy relationship with food and body.
 - Created turn-key instructor program exclusively for registered dietitians, which grew to a network of 60 RDs across the US who taught the program to clients and communities.
 - Managed all social media growth and development
 - Hired, trained, and managed two registered dietitian consultants
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Sept 1999-May 2015

Private Practice

Huntsville, AL

Nutrition Consultant and Adjunct Professor

- Nutrition consultations for clients with eating disorders and sports nutrition related concerns
 - Adjunct instructor for the University of Alabama in Huntsville, Sports Nutrition undergraduate course, both on campus and on-line program development (Spring 2006-Fall 2008)
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Oct 1993-Dec 1998

Nutrition Consultant/ Co-Owner, Wellstyles LLC

Miami, FL

Nutrition Consultant

- Developed Eating Disorder Outpatient Nutrition Services for Baptist Hospital of Miami, FL; created all forms and procedures; managed two part-time employees
 - Creator, co-owner and Vice President, Wellstyles, LLC, a nutrition and wellness boutique specializing in eating disorder nutrition, recreational and professional sports nutrition, and corporate wellness programs
 - Adjunct professor, Community Nutrition, Florida International University (FIU); Advisory Board for Department of Nutrition, FIU
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Nov 1991-Sept 1993

Baptist Hospital Outpatient Center

Miami, FL

Director of Outpatient Nutrition Services

- Developed the general Outpatient Nutrition Services for Baptist Outpatient Center, Miami; created all policies and procedures
- Speaker, Women's Health Services, Baptist Outpatient Center, Miami
- Clinical dietitian for oncology, inpatient and outpatient

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Sept 1987-June 1990 Preventative Medicine Department, UAB Birmingham, AL

Co-Director, "Weight Management" Program for UAB Preventative Medicine

- Created and co-directed the first "weight management" program offered by the University of Alabama Hospitals, Preventative Medicine Department
- Developed nutrition protocols and educational materials; managed two employees
- Sports nutrition consultant to local wellness center; public speaker on nutrition topics

Aug 1985-Aug 1987 University of Alabama Hospitals Birmingham, AL

Clinical Dietitian

- Provided clinical nutrition services for gastrointestinal, psychiatric, oncology, renal inpatient, renal transplant, and chronic dialysis patients
- Preceptor for dietetic interns from the University of Alabama in Birmingham

Publications

Cook BJ, Mascolo M, Bass G, Duffy ME, Zehring B, Beasley T. Has COVID-19 Complicated Eating Disorder Treatment? An Examination of Comorbidities and Treatment Response Before and During the COVID-19 Pandemic. *Prim Care Companion CNS Disord* 2022;24(1):21m03087 10.4088/PCC.21m03087

Acle A, Cook BJ, Siegfried N, Beasley T. Cultural Considerations in the Treatment of Eating Disorders among Racial/Ethnic Minorities: A Systematic Review. *Journal of Cross-Cultural Psychology*. 2021;52(5):468-488.

Hackert AN, Kniskern MA, Beasley TM. Academy of Nutrition and Dietetics: Revised 2020 Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Eating Disorders *J Acad Nutr Diet*, 120(11), 1902-1919.

"Veganism and Eating Disorders: Is There a Link?", Washington Post, July 15, 2020; https://www.washingtonpost.com/lifestyle/wellness/veganism-and-eating-disorders-is-there-a-link/2020/07/15/0f5fbd44-c6cd-11ea-8ffe-372be8d82298_story.html

"Connections between the Brain and Urges to Binge and Purge", April 30, 2018. <https://www.edcatalogue.com/connections-brain-urges-binge-purge/>

"The Language of Hope in Eating Disorder Recovery" (CEU article); Spring 2018; "The Difficult Nutrition Client: Breaking Through and Moving Forward." *Behavioral Health Nutrition Newsletter* (CEU article); Winter 2016.

"Redo Your Body Image: A Reflection in the Rearview Mirror." *Eating Disorders Today*, Spring 2006; Vol 4, No 2.

Nutrition Counseling and Communication Skills, participating author. [W.B. Saunders Co]; 1997.

"The Role of the Nutritionist in the Treatment of Eating Disorders." *Journal of Dade County Medical Association* (Vol 65, No 8), 1994.

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Education

Auburn University	<i>B.S. in Nutrition and Food Science, with High Honors</i>	May 1984
University of Alabama in Birmingham	<i>Dietetic Internship (4.0 GPA)</i>	May 1985
IAEDP	<i>Certified Eating Disorder Registered Dietitian (1st RD in US)</i>	Dec 1993
Academy of Nutrition and Dietetics	<i>Certified Specialist in Sports Dietetics (1st RD in AL)</i>	2007
Colorado State University	<i>Global MS Organizational Leadership (Distinguished Scholar)</i>	2021

Awards, Honors and Volunteer Positions

- Founding Co-chair of the Advisory Board for Nutrition and Dietetics, Auburn University College of Human Sciences; 2012-2022.
 - Excellence in Practice in Eating Disorders award, Behavioral Health Nutrition Practice Group, Academy of Nutrition and Dietetics, 2016.
 - President 2016-2017, Alabama Dietetic Association, State Media Representative 2006-2009, 2014-present; Chair, Council on Professional Issues, 2006-2008
 - Member, Dean's Advisory Board, College of Human Sciences, Auburn University; 2009-2012
 - Member of the Year, International Association of Eating Disorders Professionals, March 2012
 - Emerging Dietetics Leader, Alabama Dietetic Association, 2010
 - Co-chair, Nominating Committee, North Alabama Dietetic Association; 2009-2012; President 2005-2006
 - Chair, Council on Professional Issues, Alabama Dietetic Association; 2006-2008
 - Sports Nutritionist, Milwaukee Brewers Baseball Club AA Affiliate, Huntsville Stars; 2005-2006
 - Most Outstanding Dietitian, Alabama Dietetic Association, 2007
 - Commitment Award, Miami Dietetic Association; 1994-1995
 - Greater Miami Dietitian of the Year, Miami Dietetic Association; 1995
 - Recognized Young Dietitian of the Year, Florida Dietetic Association; 1995
 - Recognized Young Dietitian of the Year, Miami Dietetic Association; 1994
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- Most Outstanding Clinical Dietetic Intern, University of Alabama in Birmingham; 1985
- Most Outstanding Dietetic Student, Auburn University Department of Nutrition and Food Science; 1984
- Algernon Sydney Sullivan Award, Auburn University; 1984

Presentations include:

- “Nutrition Healing of Trauma-based Food Relationships Through a Neurosequential Model”, International Association of Eating Disorders Professionals Symposium 2023.
 - “Veganism and Eating Disorders: Controversy, Clarity and Conversation”, San Francisco iaedp Chapter CEU Event, October 2022.
 - “You Only Know What You Know: The Complicated Crossover between RD and Therapist in Eating Disorders”, International Association of Eating Disorders Professionals Symposium 2021 (virtual)
 - “Veganism and Eating Disorders: To Treat or Not to Treat”; Multi-Service Eating Disorders (MEDA) Conference, 2021; International Association of Eating Disorders Professionals Symposium 2019.
 - “A Comprehensive Approach to Eating Disorders: The Future of Practice”, Food and Nutrition Expo, Academy of Nutrition and Dietetics; 2020 (virtual).
 - “When Life in the Fasting Lane Takes a Turn for the Worst: Intermittent Fasting and Eating Disorders”, The Alliance for Eating Disorders, September 2020.
 - Multiple presentations on current clinical nutrition standards of treatment for eating disorders, the Adaptive Care Model, and cutting-edge program development for Alsana; The Alliance for Eating Disorders, Recovery Warriors; EDRDPro Symposium; iaedp state Chapters; UAB Pediatrics Conference, International Association of Eating Disorders Professionals (iaedp), Multi-Service Eating Disorders Association (MEDA), state dietetic associations
 - “Hot Topics in Eating Disorders”, co-presenter with Melainie Rogers of Balanced Treatment Centers in New York; 2018 – 2021.
 - “Healing the Body and Brain Trapped in the Cycle of Bulimia or Binge Eating”, International Association of Eating Disorders Professionals Symposium. Mar 2018.
 - “Food as Medicine in the Treatment of Malnutrition and Eating Disorders”; co-presenter with Dr. Ed Tyson; Food and Nutrition Convention and Expo, Academy of Nutrition and Dietetics, Oct 2017.
 - “Nutrition Rehabilitation for Eating Disorders”, Nebraska Eating Disorder Coalition; Nov 2016.
 - “The Gut Brain and Anorexia: Nutrition’s Role in the Healing Process”; Webinar for Castlewood Treatment Centers, March 2016; SEED conference, Aug 2016
 - “Normal Eating: Balancing Nourishment and Pleasure”; Webinar for Castlewood Treatment Centers, Feb, May 2016; LA iaedp Chapter Meeting, April 2016.
 - “The Difficult Nutrition Client: Breaking Through and Moving Forward”; Texas Christian University Department of Nutrition and Dietetics, January 2016; Indiana Academy of Nutrition and Dietetics Annual Meeting; April 2015; Sports and Cardiovascular Nutritionists Annual Meeting, June 2014; Birmingham Dietetic
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Association, April 2014; Auburn Department of Dietetics and Nutrition, October 2013; Alabama Dietetic Association Annual Meeting Workshop, March 2013.

- “Stand like a Mountain, Flow like a River: From Meal Plans to Mindfulness”, International Association of Eating Disorder Professionals Symposium, Feb 2013.
 - “From Resistance to Recovery: What to Say When You Don’t Know What to Say”, Alabama Dietetic Association Annual Meeting, Mar 2012.
 - “Advanced Nutrition Therapy for Eating Disorders”, Oakwood University (2010); Auburn University (2009); University of Alabama, February (2007)
 - Adjunct Professor, University of Alabama in Huntsville, Nutrition in Fitness and Sports, Department of Health and Physical Education; 2006-08
 - “Body Dysmorphic Disorder”, Florida Dietetic Association annual meeting; July 2008.
 - “Sports Nutrition: The Tried, The True, and the New”, Northeast Alabama Dietetic Association; Jacksonville, AL, June 2006; North Alabama Dietetic Association; Huntsville, AL, September 2003
 - “The Non-Diet Approach to Disordered Eating” – Miami Dietetic Association 1996 Annual Symposium, Miami, FL
 - Intensive Outpatient Program of the Renfrew Center; creator and presenter of on-going nutrition presentations: Miami, FL 1997-98
 - Baptist Hospital of Miami/Women’s Health Resource Center; Speakers Bureau, 1991-98
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