

NourishED Research Foundation Presents the

NourishED Research Summit

Sept 13 – 14, 2025 | Virtual Conference

(Professional Development Supplement Sept 11 – 12, 2025)



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The NourishED Research Foundation

The [NourishED Research Foundation](http://www.nourishEDRFi.org) (www.nourishEDRFi.org) is a 501(c)(3) nonprofit research foundation that uses research to empower breakthroughs in the awareness, understanding, prevention, healing options, and clinical and lived experiences for eating disorders and other issues related to health self-efficacy and health equity.

We do this through ongoing community-based outreach and research efforts that prioritize the narratives, lived experiences, barriers, and needs of individuals with eating disorders *and other efficacy-related physical and mental health issues*. Broadly, we prioritize equal-access options for whole-health healing and health self-efficacy, for eating disorders *and* for everyone.

The NourishED Research Summit

What: NourishED Research Summit

When: September 13 – 14, 2025 (aturday and Sunday 9a-5p MDT)

Professional Development Supplement, Sept 11 – 12 (Thurs and Fri 5-8p MDT)

Where: The summit will be held virtually. A hybrid option may be available; check back soon!

How: Registration at: <https://nourishedrfi.org/nrfi-summit>. Registration is Open!

Cost: Early bird pricing runs through July 1. Student and Partner/Member Discounts.

Themes:

Thursday & Friday: Professional Development Resources

Saturday: Social Justice, Whole-Person (Holistic) Health

Sunday: Adversity, Resilience, and Psychedelic Healing

[NourishED](http://www.nourishED) is excited to host our first “**NourishED Research Summit**” September 13-14, 2025. The Summit will include mental health researchers, clinicians, and folks from other fields (<https://nourishedrfi.org/nrfi-summit>).

While NourishED was founded with the intent to focus on social justice issues present in eating disorders, we view eating disorders as a container for many physical and mental health disparities. Accordingly, the **NourishED Research Summit focuses not just on eating disorders, but also on social justice factors that impact self-efficacy around health and wellness broadly.**



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NourishED Summit Schedule

A tentative schedule for the Summit is provided below. Presentation speakers, titles, dates, times, and durations are liable to change as we continue to confirm our lineup. Speakers with hyperlinks have been confirmed. Speakers without hyperlinks are pending confirmation.

The current planned schedule can also be accessed on the following unpublished web page (only accessible to presentation candidates with access): <https://nourishedrfi.org/nrfi-summit-schedule>.

I. THURSDAY SUMMIT SCHEDULE (Sept 11)

Themes: Introduction to Research, Professional Development

5p MDT: **“Welcome to Research! Where Do I Start?”** [Heather Zwickey, PhD](#) ([NourishED Research Foundation Chair; National University of Natural Medicine](#))

6:00p MDT: **“Business in Healthcare”** [Angela Nauss, LMFT](#) ([NourishED Research Foundation, Angela Nauss Consulting, LLC](#))

6:15p MDT: **“Recruiting & Interviewing in Healthcare”** [Alyx Luck Barnett, BBA, ND](#) ([NourishED Research Foundation](#))

II. FRIDAY SUMMIT SCHEDULE (Sept 12)

Themes: Communicating Research, Professional Development

5p MDT: **“Storytelling in Science: It Can Be Fun?”** [Brenna Bray, PhD](#) ([NourishED Founder, Director, & CEO; Naropa University; National University of Natural Medicine](#))

6p MDT: **“Connecting the Dots: Using Network Mapping to Explore Environmental Factors and Networks in Eating Disorders and Mental Health,”** [Rishi Lamichhane, MPH Student](#) ([NourishED Research Foundation, Brown University](#))

6:15p MDT: **“NourishED Staff Presentation”** [Speaker Confirmation Pending](#).



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III. SATURDAY SUMMIT SCHEDULE (Sept 13)

Themes: Whole-Health, Public Health, Social Justice

9a MDT: “**Eating Disorders and Mental Health are Social Justice Issues!**” [Brenna Bray, PhD](#) ([NourishED Founder, Director, & CEO](#); [Naropa University](#); [National University of Natural Medicine](#))

10a MDT: “**Nutrition, Mental Health, & Public Policy: Exploring the Bermuda Triangle**,” [David Wiss, PhD, MPH, RDN](#) ([NourishED Research Foundation Chair](#); [Nutrition in Recovery](#); [Wise Mind Nutrition](#); [UCLA, School of Public Health](#))

11a MDT: “**Wisdom in Practice: Reflections from the Frontlines**” ([Wendy Oliver-Pyatt, MD, FAED, CEDS](#); [Within Health](#); [Galen Hope Treatment Center](#))

Noon (12p MDT): **Lunch Break** (Option for Breakout Rooms with Speakers)

1p MDT: “**Brilliant Sanity: Buddhist Approaches to Clinical Mental Health Counseling**,” [Francis Kaklauskas PsyD, LPC, CACIII](#) ([Naropa University](#), [Saybrook University](#); [Society for Group Psychology & Group Psychotherapy](#); [FKaklauskas.com](#), [Author](#))

2p MDT: “**Sila-Samadhi-Prajna: A Trauma- and Buddhist-Informed Approach to Mental Health and Care**,” [Mỹ Hiếu Lê, MA](#) ([NourishED Research Foundation](#); [Naropa University](#), [Clinical Mental Health Counseling MA](#), [Buddhist-Informed Contemplative Counseling Cohort](#))

2:45p MDT: Break

3:00p MDT: “**Marginalization in Finance**,” [PJ Gunter, MS, RScP](#) ([Naropa University](#), [center for Career Life Development](#))

3:30p MDT: “**Treatment Access Barriers in Mental Health and Eating Disorders**,” (***) [\[Speaker Confirmation Pending\]](#)

4:00 MDT: “**Food Story Empowerment**,” [Ian Rubin, MA](#) ([National University of Natural Medicine](#), [Food Story Coaching, LLC](#))

4:30p MDT: “**Nutrition in Mental Health**” [Naras Lapsys, PhD, BSc\(Hons\), MSc, APD, ACAAM, ABAHP](#) ([Chi Longevity](#))



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IV. SUNDAY SUMMIT SCHEDULE

Themes: Stress, Adversity, Resilience, Psychedelic Healing

9a: **“Stress on the Brain: The Neurobiological Impacts of Stress on Mental Health,”** Brenna Bray, PhD (NourishED Founder, Director, & CEO; Naropa University; National University of Natural Medicine)

10a: **“Storytelling as Therapy & Way”** Cory Richards (NourishED Research Foundation VP; Cory Richards Productions)

11a: **“Resilience in Adversity in Children’s Mental Health: Evidence-Based Practice and Practice-Based Evidence”** Chris Bray, PhD, MA, LP (Wilder Research Foundation, Minnesota Dept. of Justice)

Noon: **Lunch break** (Opportunity for Breakout Room Discussion with Speakers).

1p: **“Ayahuasca Effects on Physical & Mental Health: Findings from Research,”** Payton Follestad, ND, MSR (NourishED Research Foundation Director; National University of Natural Medicine)

2p: **“Stabilizing Challenging Psychedelic Experiences Using Buddhist Meditation Techniques,”** ***, MA (Speaker Confirmation Pending)

2:45p: Break

3p: **“Community Dance: A Novel Modality for Healing Relational and Attachment Trauma,”** Calvin Lodge, MA Candidate (NourishED Research Foundation; Naropa University, CalvinLodge.com)

4p: **“Supporting Psychedelic Healing”** [Speaker Confirmation Pending]



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Message From NRFi Founder, Director, & CEO Brenna Bray, PhD

Greetings!

NourishED Research Foundation (NRFi) is a 501(c)(3) nonprofit research organization that was founded in response to a variety of research lines that underscored:

- i. The influence of issues related to social justice, equity, diversity, inclusion, stigmatization, access, marginalization, and validation (**JEDI-SAM**) in contributing to binge-type eating disorders (**BT-EDs**).
- ii. The need for **patient-driven data** on eating disorder risk factors, experiences, and barriers to detection, diagnosis, treatment-seeking, and treatment access, especially in non-treatment-seeking populations and in marginalized populations that are historically overlooked and under-represented in research as well as clinically and socio-culturally.
- iii. The need to facilitate **education, awareness, and de-stigmatization** around binge eating (BE) and binge eating disorder (BED), at the patient-, provider-, and systemic levels.
- iv. The need for **peer-lead, community-based approaches** to research and outreach initiatives in BT-EDs and other JEDI-SAM issues.
- v. The need for equal-access options for treatment and health self-efficacy that are:
 - a. Free, low-cost, or donation based.
 - b. Community-based/local and/or virtually accessible.
 - c. Self-paced with scheduling flexibility.
 - d. Socio-demographically sensitive, inclusive, and responsive, particularly to JEDI-SAM issues that often contribute to the development and maintenance of BT-EDs.

At NRFi, we use community-based research and outreach approaches to empower breakthroughs in the awareness, understanding, prevention, detection, diagnosis, treatment-seeking, treatment access, treatment outcomes, and lived experiences of individuals with eating disorders and other JEDI-SAM issues.

We achieve these aims through ongoing community-based outreach and research efforts that prioritize the narratives, lived experiences, barriers, and needs of individuals with eating disorders. We also



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prioritize equal-access options for treatment and health self-efficacy for eating disorders, for everyone.

As a startup 501(c)(3) nonprofit organization, NRFi relies on the support of our staff and group members, who generously volunteer their time and efforts. We are so grateful to have such an amazing team, and if you are reading this document, that team includes you.

THANK YOU!!

In Warmth & Gratitude,

Brenna Bray, PhD
Founder, Director, CEO, & Principal Investigator
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