

# **NourishED Research Foundation (NRFi)**

## **NourishED Research Summit**

**Tentative Dates: Sept 12 – 14, 2025.**

**Tentative Format: Virtual (considering Hybrid)**

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## The NourishED Research Foundation

The [NourishED Research Foundation](https://www.nourishedrfi.org) (NRFi, [www.nourishedrfi.org](https://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 of individuals with eating disorders and other issues related to social justice, equity, diversity, inclusion, stigmatization, access, marginalization, and validation (**JEDI-SAM**).

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 12 – 14 (Friday – Sunday), 2025

**Where:** Currently planned to be held virtually and exploring hybrid options.

**How:** Registration is open! Register here: <https://nourishedrfi.org/nourished-research-summit>

**How Much:** Early bird pricing runs through July 1.

**What Else:** Each day's events are loosely centered around several themes, outlined below.

**Friday:** Student Research; Introduction to NourishED, Holistic Research

**Saturday:** Social Justice and Whole-Person (Holistic) Health

**Sunday:** Adversity, Resilience, and Psychedelic Healing

NourishED is preparing to host our first “**NourishED Research Summit**” in September (tentatively Sept 12-14) that will include a mix of researchers, clinicians, and folks from other fields (<https://nourishedrfi.org/nourished-research-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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The First Annual NourishED Summit is scheduled for Fri-Sun, Sept 12-14, 2025. We are currently planning to **host the entire event virtually** (to increase accessibility and reduce resource burden). However, we are actively looking into holding an **in-person/hybrid option**.

Each of the summit's three days currently have mild thematic foci.

- Friday's events aim to **support student researchers** or folks who are new to research.  
**NOTE:** This day may be changed to earlier in the week or the preceding weekend.
- **Saturday's events** center around themes of **whole-person health & social justice**.
- **Sunday's events** center around **adversity, resilience, and psychedelic use** in science and health.



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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. FRIDAY SUMMIT SCHEDULE

#### Themes: Introduction to Research, Student Focus

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

6:30p MST: **“Storytelling in Science: It Can Be Fun?”** [Brenna Bray, PhD](#) ([NourishED Founder, Director, & CEO; Naropa University; National University of Natural Medicine](#))

### II. SATURDAY SUMMIT SCHEDULE

#### Themes: Whole-Health, Public Health, Social Justice

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

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

11a MST: **“Brilliant Sanity: Buddhist Approaches to Clinical Mental Health Counseling,”** Francis Kaklauskas, PsyD ([Naropa University, Clinical Mental Health Counseling MA, Buddhist-Informed Contemplative Counseling Cohort](#))

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



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1p MST: **“Marginalization in Finance,”** PJ Gunter, MS, RScP (Naropa University)

1:30p: **“Nutrition in Public Health Food Care,”** [Amy Thurston, MPH, RDN \(NourishED Research Foundation Chair\)](#)

2:15p MST: Break

2:30p MST: **“Sila-Samadhi-Prajna: A Trauma- and Buddhist-Informed Approach to Mental Health and Care,”** [Mỹ Hiếu Lê, MA \(NourishED Research Foundation; Naropa University, Clinical Mental Health Counseling MA, Buddhist-Informed Contemplative Counseling Cohort\)](#)

3:13p MST: **“Treatment Access Barriers in Eating Disorders: What Can We Do in Clinical Mental Health Counseling?”** [Barbara Kalu, MS Candidate \(NourishED Research Foundation; Johns Hopkins University\)](#)

3:30p MST: **“Connecting the Dots: Using Network Mapping to Explore Environmental Factors and Networks in Eating Disorders and Mental Health,”** [Rishi Lamichhane, MPH Student \(NourishED Research Foundation, Brown University\)](#)

3:45p MST: **“Food Story Empowerment,”** Ian Rubin, MA (National University of Natural Medicine, Food Story Coaching, LLC)

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

### **III. 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 \(Wilder Research Foundation, Minnesota Dept. of Justice\)](#)



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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,**” Karma Randol, MA (NourishED Research Foundation Director; Clinical Mental Health Counseling MA, Buddhist-Informed Contemplative Counseling Cohort)

2:45p: Break

3p: “**Community Dance: A Novel Modality for Healing Relational and Attachment Trauma,**” Calvin Lodge, MA Candidate (NourishED Research Foundation; Naropa University, Clinical Mental Health Counseling MA, Buddhist-Informed Contemplative Counseling Cohort)

4p: “**Supporting Psychedelic Healing**” Niko Skievaski (Althea)



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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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