

Julie Duffy Dillon
MS, RD, NCC, LDN, CEDRD
JulieDillonRD.com
Julie@JulieDillonRD.com

5509B West Friendly Avenue Suite 325
Greensboro, North Carolina 27410
336.273.2808

Education

The University of North Carolina at Greensboro 2002-2004
Master of Science in Mental Health Counseling, Child and Youth Focus
The University of North Carolina at Greensboro 1998-1999
Certificate in Pre-Professional Practicum Program: Dietetic Internship Program
Ohio University 1994-1998
Bachelor of Science in Human and Consumer Sciences, Dietetics

Credentials

Registered Dietitian (RD)
Commission on Dietetic Registration—identification number: 894954
Licensed Dietitian/Nutritionist (LDN)
The North Carolina Board of Dietetics/Nutrition—license identification number:
L001970
National Certified Counselor (NCC)
National Board for Certified Counselors
Certified Eating Disorder Specialist, Registered Dietitian (CEDRD)
International Association of Eating Disorder Professionals

Affiliations and Memberships

The Academy of Nutrition and Dietetics
Nutrition Entrepreneur Dietetic Practice Group (Executive Committee 2014-2015)
Behavioral Health Nutrition Dietetic Practice Group (Nominating Committee,
Chair 2018-2010)
The American Counseling Association
International Association of Eating Disorder Professionals

- Eating Disorder Specialist Certification Committee (2015-2017)

International Federation of Eating Disorder Dietitians
Binge Eating Disorder Association
Space For All (Greensboro's Professional Eating Disorder Alliance)

- Founder
- President (2010-2017)

Greensboro District Dietetic Association

- Secretary 2006-2007, Nominating Co-Chair 2005-2007

Work Experiences

Julie Dillon Consulting, Inc., 2005-present

President, Owner, and Principle Dietitian

- Founding and Principle Dietitian, BirdHouse Nutrition Therapy group dietitian private practice providing individual and group interventions for those affected by disordered eating and PCOS via non-diet, mindful and intuitive eating therapies using a Health At Every Size approach.
- Lecture at 5 area colleges within Nutrition and Psychotherapy programs on eating disorder treatment, weight stigma and prevention.
- Provide professional and community presentations via lectures and media outlets on eating disorders, wellness, polycystic ovarian syndrome, sports nutrition and family eating concerns.
- Coordinate and lead female body image, PCOS, and intuitive eating groups.

eHealth International, 2004-2010

Pediatric Internet Dietitian and Counselor for weighcool.com

- Author web pages for children and adolescents educating on healthy eating, physical activity, and positive self-esteem. Left this position because director unwilling to use weight inclusive approaches.
- Coordinate and facilitate weekly live group chats with website's users on topics such as emotional eating, physical activity, body image, stress management, teasing, and healthy eating.

The University of North Carolina at Greensboro, 2006-2008

Adjunct Faculty Member

- Instructor for 3-hour undergraduate course, Nutrition Throughout the Lifecycle.
- Plan and execute biweekly lectures for 80 undergraduate and graduate students.
- Participated in the University's Dietetic Internship Selection Committee.

Wake Forest University Baptist Medical Center, 1999-2004

- Pediatric Clinical Nutritionist
- Community Wellness Nutritionist
- Dietetic Internship Site Director

Professional Presentations

Media

- Host, publisher and producer of the *Love, Food* podcast series (2016-present)
- Expert dietitian on The Learning Channel (TLC) documentary *My Big Fat Fabulous Life* demonstrating how to help clients affected by eating disorders, PCOS, and weight stigma. Viewership average 1.2 million per episode.

Professional Education

- This Hidden Faces of Eating Disorders—2017 Food and Nutrition Conference and Expo (FNCE)
- The Extreme and Unique Practice of Permission, Acceptance, and Social Justice: The Evidence for Health at Every Size Approaches in Nutrition

Therapy—*scheduled* 2018 Sports, Cardiovascular and Wellness Nutrition Dietetic Practice Group Symposium

- PCOS, Body Image, and Eating Disorders: Food Peace is Possible and Dietitians Can Make It Happen—2017 EDRDPro Symposium
- Polycystic Ovarian Syndrome, Binge Eating Disorder, and Weight Bias: Applying Weight Inclusive Approaches Rather Than Weight Normative Approaches Promotes Long Term Physical and Emotional Health—2017 Binge Eating Disorder Association/National Eating Disorder Association Conference
- The Healing Nature of Mindful Eating—Dr. Susan Albers International Mindful Eating Summit
- A Therapist's Food Peace Tool-Kit: A Primer on Food and Weight—2016 Psychotherapy Networker National Conference
- Binge Eating Disorder: What Really Helps—2016 Eating Disorders in Primary Care Symposium
- Come As You Are: Building Blocks for Helping Clients Make Peace With Food & Their Bodies—Licensed Professional Counselor Association of North Carolina Annual Pre-conference Workshop
- Low Energy Availability and Disordered Eating—Professional lecture for the Female Athletes and Injury: Prevention, Treatment, and Recovery conference at The University of North Carolina at Greensboro
- Understanding and Healing Emotional Aspects of Eating—Professional lecture within the Greensboro Area Health and Education Center's conference: Managing Addictive Disorders and Care of the Bariatric Patient
- Eating Disorder Prevention in Young Children—Professional lecture for the Foothills (NC) District Dietetic Association annual meeting
- From Diet Rock Bottom to Disordered Eating: What Every Dietitian Needs to Know About Eating Disorders—Professional lecture for the Greensboro District Dietetic Association
- Are They Comfortable in Their Skin? North Carolina Department of Instruction state conference for Family and Consumer Sciences

University Lectures

- Commencement Address: Nutrition Undergraduate and Graduate Department Ceremony, 2016
- Eating Disorders: Treatment and Prevention for Registered Dietitians—Dietetic Intern lecture at Lenoir-Rhyne University
- Eating Disorders 101—Nutrition Undergraduate and Graduate lecture at The University of North Carolina at Greensboro
- Eating Disorders: Diagnosis, Treatment, and Intervention—Community Counseling course lecture in the Counseling and Educational Development Department at The North Carolina Agricultural and Technological State University
- Nutrition and Stress Management—Stress Management course lecture in the Counseling and Educational Development Department at The University of North Carolina at Greensboro

- Encouraging Change: Incorporating Counseling Techniques Into Medical Nutrition Therapy—Medical Nutrition Therapy course lecture for senior dietetics majors at The University of North Carolina Greensboro

Community Outreach

- Eating Disorder Prevention in Your School Age Child—Community lecture
- High School Eating Disorder Intervention at The American Hebrew Academy International Boarding School
 - Part 1: Are They Comfortable in Their Skin? Eating disorder identification and treatment for resident staff
 - Part 2: What is Normal Eating? Eating disorder prevention experiential with student community (Student body divided into 4 groups based on age and gender to promote safety, cohesion, and appropriate interventions.)
- Are They Comfortable in Their Skin? Middle School parent presentation at Greensboro Montessori School
- Nutrition Over the Lifespan—Television interview

Activities & Awards

Distinguished Alumni Award, 2016

- The University of North Carolina at Greensboro (Health and Human Sciences Department)
- Pacesetter Award

Distinguished Alumni Award, 2009

- The University of North Carolina at Greensboro (Department of Education)
- Early Career Award

North Carolina Dietitian of the Year Nominee, 2013

Gerber Endowment in Pediatric Nutrition Scholarship, 2003-2004

- Recipient for financial scholarship awarded through the American Dietetic Association Foundation.