Using Clinical Practice to Inform Research:  
Intuitive Exercise for Eating Disorder Treatment and Prevention

Feb. 25, 2019  
Noon - 1PM  |  Teaching Lab 1053

SPEAKER

Dr. Justine Reel is the associate dean for research and innovation and professor within the College of Health and Human Services at UNCW, and a Licensed Professional Counselor.

Prior to coming to UNCW, Reel lived in Salt Lake City for 13 years and served as a faculty member at the University of Utah. In her role outside of the university as a primary therapist, she led the development and implementation of an exercise education program at a new eating disorder treatment facility. She developed this innovative treatment approach to address dysfunctional exercise patterns within eating disorder patients stretching across in-patient, residential, partial hospitalization and intensive outpatient levels of care. She also ran a private practice to serve clients with eating disorders who were athletes or who were struggling with exercise abuse.

She received her doctorate and master’s degrees at the University of North Carolina at Greensboro and her bachelor’s degree at North Carolina State University.

Justine J. Reel  
PhD, LPC, CMPC

Interpreter services are available upon request. Contact CHHS with a minimum of two business days' notice.