



Speaker Bio

Annie Goldsmith, RD, LDN

holds an undergraduate degree from the University of Rochester in Brain and Cognitive Sciences and attended Winthrop University for her graduate coursework in human nutrition. Her educational and professional trajectory has always been guided by a strong curiosity about the ways our biology and psychology interact to inform our human experience. Annie worked in neuroscience research labs at New York University and Davidson College before pursuing a career in nutrition. She has experience treating eating disorders at the PHP, IOP, and outpatient levels of care. She opened her outpatient group practice, Second Breakfast Nutrition, in 2015. Annie has presented on weight-inclusive and trauma-informed care at multiple NCAND regional meetings, for EDRDPro, at the 2022 ISSTD World Conference, and at the 2023 Healing Together conference. She has published a chapter on these topics in the book "Perspectives of Dissociative Identity Response: Ethical, Historical and Cultural Issues" by Emily Christensen, PhD. She currently holds a position on the executive committee of the Eating Disorders Special Interest Group within the ISSTD and a faculty position with the Embodied Recovery Institute.