

The Multidisciplinary Team at the Center for Disordered Eating

Research shows that patients with eating disorders treated from a multidisciplinary approach have much improved outcomes over those who receive individual treatment.

Dr. Heidi Limbrunner is a licensed psychologist who specializes in the area of eating disorders. Her extensive eating disorder training has included working in inpatient, day treatment, and outpatient settings. In addition to clinical work, Dr. Limbrunner is also involved in eating disorder research and professional presentations. Her most recent professional activities include presentations at the National Eating Disorder Association and the International Association of Eating Disorder Professionals conferences.

Dr. Kristin M. Rager is the Director of Adolescent Medicine for the Levine Children's Hospital at Carolinas Medical Center in Charlotte, North Carolina. She also serves as the Medical Director of Teen Health Connection. Dr. Rager has an undergraduate degree in Psychology from Vanderbilt University and graduated from the University of Louisville School of Medicine. She completed a residency in Pediatrics at the Medical University of South Carolina, and a fellowship in Adolescent Medicine at Cincinnati Children's Hospital Medical Center. Dr. Rager also graduated with a Master of Public Health from The Ohio State University. She is board certified in the areas of Pediatrics and Adolescent Medicine, and her special interests include adolescent mental health, including eating disorders, and adolescent gynecology.

Ellen Cary earned her Bachelor's Degree in Food Science and Human Nutrition from Clemson University, and completed her dietetic internship at the Medical University of South Carolina in Charleston, SC. She has worked closely with adults and children on the nutrition management of various disease states, including eating disorders, obesity, diabetes, cardiovascular disease, and gastrointestinal diseases. Throughout her education and work experiences, Ellen has become very passionate about the treatment of eating disorders, and is excited about being part of the Center for Disordered Eating multidisciplinary team.

Carolyn Mangiaracina earned her Bachelor's Degree in Nursing from the University of Virginia, and is currently pursuing her Master's Degree in Nursing from the University of North Carolina Charlotte. She has previously worked as a registered nurse for both adult and adolescents in areas including cardiovascular disease, disordered eating, gynecology, and routine/preventative care. Carolyn will serve as the coordinator for patient care within the multidisciplinary team.