

Special Interest Group (SIG) Discussion Panels

Friday, April 29, 2011

8:30 – 10:00 a.m.

A.

Bariatric Surgery: An Update on the Field – presented by the Bariatric SIG

Moderator: Melissa Santos, PhD, Connecticut Children's Medical Center, Hartford, CT USA

This panel presentation brings together a multidisciplinary team of bariatric providers to provide an update on the current research and findings in the field. The presentation will cover the medical benefits and risks of undergoing surgery. In addition, the mental health concerns pre-and post-surgery will be discussed.

- Participants will be able to discuss the most recent data on surgery risk factors as well as surgery's efficacy on diabetes.
- Participants will be able to identify the essential components of a preoperative psychological evaluation.
- Participants will be able to discuss the psychotherapy concerns post-bariatric surgery.

An Update on the LABS Study

James E. Mitchell, MD, FAED, Neuropsychiatric Research Institute, Fargo, North Dakota, USA

Clinical Randomized Study Evaluating the Safety and Efficacy of Two Surgical Procedures in the Treatment of Uncontrolled Type 2 Diabetes in Overweight Patients

Marcelo Papelbaum, MD, PhD, Federal University Of Rio De Janeiro, Rio De Janeiro, Brazil

The Pre-Surgical Psychological Evaluation Of Adolescents Preparing For Gastric Band Surgery

Andrea Vazzana, PhD, New York University Child Study Center, New York, NY USA

Pre-surgical Consults, Post-surgical Psychotherapy, and Other Experiences in the Bariatric Surgery Field

Sharon K. Farber, PhD, Hastings-on-Hudson, NY USA

B.

Treatment Approaches to the Complex, Co-morbid Eating Disorder and Borderline Personality Disorder Patient – presented by the Borderline Personality Disorder and Psychodynamic SIGs

Moderator: Diane Mickley, MD, FAED, The Wilkins Center, Greenwich CT, USA

Patients suffering from co-morbid ED and BPD often present a challenge clinically and perhaps conceptually. The problems range from those which interfere with the treatment itself (cancellations, no show, dishonesty) to those that complicate treatment priorities (e.g., how to triage and treat multiple behaviors in one individual, including self-harm). Patients suffering from both an ED as well as BPD pose a particular challenge to therapists and to facilities. The current panel proposes to access the expertise of SIG members from various therapeutic orientations in order to facilitate a discussion of the treatment of these individuals. After a case presentation of a complex BPD/ED patient, each presenter will be asked to speak briefly on a particular theoretical treatment approach (e.g., CBT, DBT, Psychodynamic), whether there are data supporting this treatment and strategies that would be recommended via the therapeutic orientation. Finally the moderator will facilitate discussion among the panel members and with the audience to highlight the similarities and differences in approaches.

- Identify CBT/DBT/Psychodynamic treatment strategies for patients with co-morbid BPD/ED.
- Be aware of research concerning treatment outcome related to patients suffering from both BPD and an ED.
- Observe the similarities and differences between the CBT/DBT/Psychodynamic approaches to patients suffering from ED and BPD.

CBT Perspective

Wayne Bowers, PhD, FAED, University of Iowa, Iowa City, IA USA

Psychodynamic Perspective

David Tobin, PhD, FAED, Private Practice, Springfield, MA USA

DBT Perspective

Lucene Wisniewski, PhD, FAED, Cleveland Center for Eating Disorders, Cleveland, OH USA

C.

Technology-enhanced Interventions for Health Promotion, Prevention and Treatment of Eating

Disorders and Obesity – presented by the Information Technology & Eating Disorder SIG

Moderators: Stephanie Bauer, PhD, University Hospital Heidelberg, Heidelberg, Germany; Jennifer R. Shapiro, PhD, Santech, Inc., San Diego, CA, USA

Interventions based on information and communication technologies are increasingly used to complement treatment, prevention and health promotion efforts for various diseases and disorders. They enable providers to deliver support outside of health care facilities such as over the Internet or through mobile phones and text-messaging. Such interventions have the ability to reach individuals that do not have access to traditional health care (e.g. due to geographic distance or long waiting times) or would not otherwise utilize treatment or complete a typical full course of care due to time or financial constraints or barriers such as shame and stigmatization around mental illness. In addition, use of technology has the advantage to provide flexible support (e.g. independently of time and place), to reach large samples at relatively low cost (e.g. in the fields of health promotion and prevention) and to match treatment to the individual needs of participants. Finally the use of technology facilitates access to regular health care by providing low-threshold easy-access peer and expert support, which may ultimately encourage individuals to seek face-to-face treatment if needed. This discussion panel introduces different approaches that have been developed for the prevention and care for eating disorders and weight management. The objective of the panel is to describe five different research projects using technology in the care of eating disorders and obesity. Second, this panel will discuss the potential of these approaches for the optimization of care and outline future developments in this innovative field.

- Participants will be able to describe several technology-enhanced prevention and health promotion programs.
- Participants will be able to discuss the advantages and limitations of technology-enhanced interventions for the prevention and treatment of eating disorders and obesity.
- Participants will be able to discuss the potential of technology-enhanced interventions for extending the reach of specialized treatment centers.

Technological Interventions for Direct and Indirect Prevention of Eating Problems: PACE and DADS

Millie Maxwell, PhD, University of North Carolina School of Medicine, Chapel Hill, NC, USA

Proud2Bme: An Online Community for Teenagers and Adolescents with Eating Problems and Eating Disorders

Eric F. van Furth, PhD, FAED, Center for Eating Disorders Ursula, Leidschendam, The Netherlands

Technology-enhanced Interventions for the Maintenance of Treatment Gains

Stephanie Bauer, PhD, University Hospital Heidelberg, Heidelberg, Germany

Text4Diet: Weight Management Support Anytime, Anywhere

Jennifer R. Shapiro, PhD, Santech, Inc., San Diego, CA, USA

D. Is Biological Research Making Psychological Explanations of Eating Disorders Less Compelling? – presented by the Neuroimaging SIG

Moderator: Manfred Fichter, MD, Roseneck Hosp for Behavioral Medicine, Prien, Germany

Attempts to explain the existence and persistence of eating disorders have historically focused on psychodynamic, familial, socio-cultural, behavioral, and cognitive accounts. More recently biologically-based explanations, including evolutionary, genetic, neurophysiological, and weight regulation perspectives have gained increasing empirical support and cogency. Although multi-level explanations of mental disorders are often necessary, support for more reductionistic explanations can make appeals to higher-level accounts redundant and unnecessarily inferential. The speakers will consider the extent to which biological accounts of eating disorders are making psychological accounts less compelling.

- Understand the degree to which biological and psychological explanations of eating disorders may represent redundant accounts of eating disorders.
- Understand how reproductive hormones and neurophysiological predispositions influence the development of eating disorders.
- Understand how biological and behavioral consequences of weight loss influence the development of eating disorders.

Puberty and Gender in Eating Disorders: Weighing their Biological and Psychological Significance

Kelly Klump, PhD, FAED, Michigan State University, East Lansing, Michigan, USA

The New Science of Behavioral Neurocircuitry

Walter H. Kaye, MD, FAED, University of California, San Diego, San Diego, California, USA

Behavior and Brain in Eating Disorders

Per Södersten, PhD, Karolinska Institute, Stockholm, Sweden

Weight, Weight History and Eating Disorders

Michael Lowe, PhD, The Renfrew Center for Eating Disorders, Drexel University, Philadelphia, Pennsylvania, USA

E.

Latest developments in Cognitive Remediation – presented by the Neuropsychology SIG

Moderators: Kate Tchanturia, PhD, BSc, King's College London, Institute of Psychiatry at Maudsley, London, United Kingdom

There is growing interest to Cognitive remediation therapy for anorexia nervosa. Several international groups are exploring benefits of this approach for patients with eating disorders. Aim of this discussion panel is to bring together research evidence available to date.

- Learning about ongoing Randomized treatment trials with Cognitive Remediation.
- To have an overview of neuropsychological outcome measures used in randomized treatment trials.
- To summarize evidence on patient benefits based on current research in cognitive remediation.

Effectiveness of Cognitive Remediation Therapy in Patients with Eating Disorders on Psychopathology: A Randomized Controlled Trial

Alexandra Dingemans, PhD, Center for Eating Disorders Ursula, Leidschendam, The Netherlands

The Influence of Cognitive Remediation Therapy on Neuropsychological Functioning in Eating Disorders

Unna N. Danner, PhD, Altrecht Eating Disorders Rintveld, Zeist, The Netherlands

Is CRT Use as an Adjunctive Treatment to CBT for Adults with AN: Preliminary Report on an Ongoing RCT.

James D. Lock, MD, PhD, FAED, Stanford University, Stanford, CA, USA

Future Developments of Cognitive Remediation Work in Eating Disorders

Kate Tchanturia, PhD, BSc, King's College London, Institute of Psychiatry at Maudsley, London, United Kingdom

F.

Multidisciplinary Services for College Students with Eating Disorders – presented by the Universities SIG

Moderators: Peg Maher, PhD, RD, University of Wisconsin – La Crosse, La Crosse, Wisconsin, USA; Sara D. Shepherd, PhD, Private Practice, Atlanta, GA, USA

Colleges and universities primarily have an academic mission and provide student services to assist in that mission and to promote healthy lifestyle behaviors to foster learning and retention. Students at risk for or with eating disorders may seek campus services voluntarily or may be referred by friends, roommates, teachers, coaches, providers at home or their parents. Some students may be mandated by administrators to seek evaluation and services. Severely low weight students or students who engage in frequent and obvious purging are viewed as high risk and present unique medical and ethical challenges in this setting. Distinct from hospitals and clinics, student services must provide the best services possible, given the supply of and demand for resources, while concurrently being mindful of academic community needs, the unique roles of family and friends in this environment and confidentiality in a semi-residential setting.

This workshop will provide information about the unique aspects of clinical services for students with EDs in higher education settings. Each presenter will provide a general overview of their services, how to access these services, and strengths and challenges within their area. Ethical and legal issues will be explored. While not all campuses have treatment teams, unique characteristics of teams in college and university settings will be emphasized. Appropriate literature and resources will be reviewed as it applies to higher education, with special attention to standards of care and ethical/legal issues. While this presentation focuses on clinical experience, we hope to identify questions and issues that warrant future attention and formal research.

- Identify possible medical, nutritional, and mental health resources available on college and university campuses.
- Identify some of the limitations of available treatment resources on college and university campuses and recognize when and where to consider and begin the referral process.
- Describe several of the legal and ethical issues involved in this unique work setting and recognize possible campus and external resources to address them.

National Assessment of College and University Services Pertaining to Eating Disorders with Focus on Nutritional Services

Peg Maher, PhD, RD, University of Wisconsin – La Crosse, La Crosse, Wisconsin, USA

Mental Health Services for Eating Disorders in College and University Settings

Sara D. Shepherd, PhD, Private Practice, Atlanta, GA, USA

G.

Can Obesity Treatment and Prevention be Reconciled with the Treatment and Prevention of Eating and Body Image Disorders? – presented by the Health at Every Size and the Body Image and Prevention SIGs

Moderator: Michael Levine, PhD, FAED, Kenyon College, Gambier, OH, USA

This session will include a moderated panel discussion focusing on the apparent conflict between attempts to treat and prevent eating disorders and attempts to treat and prevent obesity. The focus will include such questions as: do obesity interventions inherently stigmatize individuals who are fat? Can obesity prevention and treatment co-exist with proactive body image programming? Are there iatrogenic effects on eating disturbance that result from obesity prevention and/or treatment? How do we balance the needs of many obese persons with the needs of a smaller subset of individuals with eating disorders? The main aim of this panel is to explore the significant controversy in this area, which has repeatedly sparked lengthy email debates on a variety of listserves.

Specific presentations will not be made. Rather, speakers will speak briefly about their area of expertise and their overall view on the controversy. This will be followed by discussion points facilitated by moderator and fielding of audience questions, group and audience discussion. The panel will work to identify future research goals that might better inform this dialectic.

- Participants will become familiar with the concerns regarding obesity stigma and the possible risk of increasing such stigma in obesity prevention and treatment programs.
- Participants will be able to explain the increasing prevalence of obesity in pediatric and adult populations, the limited efficacy of behavioral treatments and the importance of preventing obesity development in order to avoid untoward medical co-morbidities.
- Participants will be able to describe multiple perspectives regarding the current debate about the viability of reconciling the treatment and prevention of eating disorders/body image and obesity.

Presenters: Deb Burgard, PhD, Private Practice, Los Altos, CA, USA; Sigrún Daníelsdóttir, Cand.Psych, Landspítali University Hospital, Reykjavik, Iceland; Drew Anderson, PhD, SUNY Albany, Albany, NY, USA; Leslie J. Heinberg, PhD, FAED, Cleveland Clinic, Lerner College of Medicine of Case Western Reserve University, Cleveland, OH, USA