

Keynote Speaker

Crossing Boundaries: What Can We Learn from Therapeutic Approaches to Neuroticism?

David Barlow, PhD, Boston University, Boston, MA, USA

In this talk, Dr. Barlow will describe the state-of-the-art science on anxiety disorders, review available treatments for anxiety disorders, and focus on implementation and dissemination of psychological treatments for emotional disorders. The potential applicability of novel approaches to psychological interventions for emotional disorders to the field of eating disorders will also be discussed.

Learning Objectives:

- Explain and illustrate available treatment for anxiety disorders.
- Describe current therapeutic approaches to emotional disorders.
- Will gain an understanding of how novel treatment approaches to emotional disorders might apply to the treatment of eating disorders.

Plenary Session I

Emotion Processing and Eating Disorders: Crossing Disciplines from Basic Research to Clinical Practice

Moderators: Unna Danner, PhD, Altrecht Eating Disorders Rintveld, Zeist, Netherlands and Jennifer Wildes, PhD, University of Pittsburgh, Pittsburgh, PA, USA

This plenary will present a cross-disciplinary perspective on the role of emotion processing in eating disorders. Education about neurobiological systems involved in the processing of emotional stimuli, and the ways in which abnormalities in emotion processing may contribute to psychiatric dysfunction, particularly eating disorders, will be provided. Recent work using laboratory paradigms to explicate emotion processing deficits in individuals with eating disorders and experience sampling methods to evaluate the effects of emotion on the expression of disordered eating symptoms also will be presented. Finally, the session will close with a discussion of the ways in which basic research on emotions can inform efforts to identify novel treatment targets and prevention programs for eating disorders.

Learning Objectives:

- Better understand the neurobiological systems involved in the processing of emotional stimuli, and the ways in which abnormalities in emotion processing may contribute to psychopathology.
- Demonstrate knowledge about recent research on emotion processing in individuals with eating disorders using novel laboratory paradigms or neuroimaging techniques.
- Describe the effects of emotion on the expression of disordered eating symptoms, as documented by findings from experience-sampling research.

Presentation I

Mood Regulation, Neural Circuitry and Pathophysiologic Processes in Mood Disordered and at Risk Individuals: Neuroimaging Approaches

Mary L. Phillips, MD, University of Pittsburgh, Western Psychiatric Institute and Clinic, Pittsburgh, PA, USA

This presentation will focus on key research areas, where my colleagues and I are using different neuroimaging techniques to study neural circuitry underlying emotion and affect processing in mood disordered individuals. We have shown that individuals with different mood disorders can be distinguished by patterns of abnormal increases in activity within, and connectivity between, neural regions important in regulating responses to emotional stimuli. We are also using neuroimaging techniques to identify markers of risk for future mood disorders in at risk children and adolescents. Here, we are focusing on developmental trajectories in emotion regulation neural circuitry in youth as a first stage toward identifying biomarkers that may help to identify those youth who are at highest risk for future mood disorders. This line of research includes collaborations with leading child psychiatrists at the University of Pittsburgh in a large study of youth at

genetic risk for bipolar and other mood disorders, and collaboration on a large scale multisite study examining youth clinically at risk for mood disorders that involves the University of Pittsburgh, Case Western University, the Cincinnati Children's Hospital, and the Ohio State University. In parallel, in collaboration with colleagues at the University of Toronto, another focus of my research is the identification of serum measures of oxidative stress that may relate to central pathophysiological mechanisms in mood disorders, and whether these measures represent easily-obtainable potential peripheral biomarkers of abnormalities in mood regulation circuitry in mood disorders. I will present key findings from the above research areas that are beginning to identify potential biomarkers, reflecting pathologic processes in mood regulation neural circuitry, of disorders across the mood spectrum, as well as biomarkers of future risk of these disorders.

Presentation II

Experimental Study of Emotion in Eating Disorders

Kate Tchanturia, PhD, King's College London, London, United Kingdom

The intensive research supported by systematic reviews establishes that people with eating disorders have difficulties in recognizing, regulating and expressing their emotions. These difficulties contribute to poor social functioning and problems with interpersonal relationships.

The literature to date has provided a broad range of studies focused on the use of self-report measures. Whilst this is undoubtedly an important aspect of research into emotions, experimental studies of emotions are also needed. The key aim of this presentation will be to highlight gaps in the clinical research of emotions in eating disorders, focusing on experimental investigations from our research group and other labs and highlighting useful future directions which may facilitate new developments in treatment. Recent findings using experimental paradigms to study expression of emotions and neuroimaging studies exploring differences in emotion face processing will be presented and the clinical implications will be discussed.

Presentation III

Translating Emotion Studies into Treatments for Eating Disorders

Stephen A. Wonderlich, PhD, FAED, University of North Dakota School of Medicine and Health Sciences and Neuropsychiatric Research Institute, Fargo, ND, USA

This presentation is characterized by three objectives. First, an overview of the emotion regulation literature as it applies to eating disorders with an emphasis on its potential theoretical value in terms of clarifying the factors which maintain eating disorder symptomatology. In particular, possible emotional regulation deficits which may contribute to the reinforcement of eating disorder behavior will be discussed. Second, there will be a brief overview of empirical strategies for testing the relationship between emotion and eating disorder behavior. In particular, there will be a discussion of the role of Ecological Momentary Assessment as a methodology for studying the relationship between emotional states and eating disorder behavior. Third, a functional perspective of eating disorder symptoms based on emotional processes will be outlined which informs a new treatment for eating disorder behavior entitled "Integrative Cognitive-Affective Therapy." A review of the fundamental ideas underlying this treatment will be provided.

Presentation IV

Emotion Processing in Eating Disorders: Implications for Clinicians

Discussant: Marsha D. Marcus, PhD, FAED, University of Pittsburgh School of Medicine, Pittsburgh, PA, USA

Plenary Session II

Where Are All The Men? Eating Disorders Among Males

Moderators: Laura Collins Lyster-Mensch, MS, F.E.A.S.T., Warrenton, VA, USA and Patricia Van Den Berg, PhD, MPH, University of Texas Medical Branch, Galveston, TX, USA

Until fairly recently, eating disorders in males have been neglected in research, clinical, and advocacy settings. While some eating disorders appear to be less common in the male population, others such as binge eating disorder are not. Furthermore, there is no evidence that eating disorders are any less serious among males than among females. Male eating disorders are often an afterthought, even a footnote, leading to additional stigmatization, failure and delay of diagnosis, and less access to care. Presenters from a range of disciplines will explore sociocultural influences on eating disorders in males, including research, public awareness, and diagnosis and treatment of eating disorders. Attendees will have the opportunity to compare and contrast these issues with male and female patients.

Learning Objectives:

- Understand sociocultural influences on eating disorders in males, including research, public awareness, and diagnosis and treatment of eating disorders.
- Explain the contrast between male and female barriers in presentation and access to treatment across lifespan.
- Incorporate the needs and challenges of male patients into research, treatment, and advocacy.

Presentation I

Introduction to Eating Disorders among Males

Roberto Olivardia, PhD, Harvard Medical School, Boston, MA, USA

This presentation will introduce the topic and present a brief overview of the most recent research concerning the prevalence, presentation, course, diagnosis, and treatment of eating disorders among males. The role of muscularity in eating disorders in men will be discussed, including whether clinically significant drive for muscularity should be classified as a somatic disorder or an eating disorder symptom. The speaker will also address sociocultural influences on the development of eating disorders and muscle dysmorphia among males, including the role of sexual orientation, race/ethnicity, and athletic and sports cultures.

Presentation II

Boys to Men: How Do Male Eating Disorders and Related Conditions Differ Across Lifespan?

Lina Ricciardelli, PhD, Deakin University, Melbourne, Australia

This presentation will discuss differences in presentation between boys and adult men, age of onset of eating disorders symptoms, and how sociocultural expectations and values may play a role.

Presentation III

Male Gender Roles and Other Sociocultural Factors in Navigating Access to Treatment

Leigh Cohn, MAT, CEDS, Gürze Books, Carlsbad, CA, USA

This presentation will explore how the additional stigma for male eating disorder patients affects diagnosis and access to care, and proposed actions for providers, advocates, and the public.

Presentation IV

Males and Eating Disorders from the 60's till now: How do Social and Cultural Perspectives Shape the Experience, Understanding and Treatment of Men and Boys?

Discussant: Mark Warren, MD, MPH, FAED, Cleveland Center for Eating Disorders, Cleveland, OH, USA

The Discussant will bring a historical view to the issue of men and eating disorders and draw together the plenary panel's topics. How has society's view of male eating disorders changed over time? What challenges exist for the eating disorder field in sociocultural views of males and eating disorders?

Plenary Session III

Innovative Treatments for the Eating Disorders: What is Best for Whom and Who Could Be Delivering It?

Moderators: Steffi Bauer, PhD, University of Heidelberg, Heidelberg, Germany and Drew Anderson, PhD, University of Albany, SUNY, Albany, NY, USA

The goal of this plenary is to inform the audience about major advances in the treatment of eating disorders. First, in anorexia nervosa, small sample sizes have been the biggest limitation of past research, and it is not clear whether eating-related interventions are the most appropriate approach. Contemporary large-scale multi-center trials comparing different psychotherapeutic interventions promise to enhance our knowledge about how to best treat this condition, and about the relevance of specific versus non-specific approaches. Second, the outcome of new treatment approaches will inform the audience about the potential of these interventions. Finally, there will be consideration of alternative ways of treatment delivery, with new findings that enlarge our portfolio of treatment options for patients with eating disorders. While the presenters focus on empirical evidence from treatment outcome studies, the discussant will address the challenge of maintaining treatment gains, and will discuss the need to develop and evaluate strategies for relapse prevention. The discussant will also link to the issue of multidisciplinary work, considering who might be delivering these treatments.

Learning Objectives:

- Describe challenges in the treatment of adult anorexia nervosa and to discuss the potential and limitations of specific versus non-specific treatment approaches.
- Demonstrate knowledge about the most recent research into the efficacy of treatment for anorexia nervosa, bulimia nervosa, and binge eating disorder.
- Describe alternative ways of treatment delivery and to discuss the use of Internet-based approaches in the treatment of eating disorders.

Presentation I

Specific Versus Non-specific Approaches in the Treatment of Anorexia Nervosa

Susan Byrne, PhD, The University of Western Australia, Crawley, Australia

The development of treatments for Anorexia Nervosa (AN) has lagged behind most other serious psychological disorders in that no convincing evidence exists to suggest that outcome for AN has improved over the second half of the 20th Century. Reviews of over 120 treatment studies have indicated that less than 45% of patients fully recovered from AN, while around one third still had partial or residual features of AN, and 23% remained chronically ill. Randomized controlled trials (RCTs) of treatments for AN are rare, and have often been limited by small sample sizes, unacceptable attrition rates and inadequate methodology. However, a number of well-designed RCTs have commenced around the world over the last 5-10 years. One trend that is commonly acknowledged in relation to these trials is the tendency for non-specific treatments (often included as a control condition) to perform as well as, or even superior to, specific eating-disorder focused treatments. This paper will review the evidence for the efficacy of specific versus non-specific treatments for AN. There will be an emphasis on the most recent and rigorous trials, with a focus on the Strong Without Anorexia Nervosa (SWAN) study - a multi-center RCT currently underway in Australia. The SWAN study involves a comparison of three different treatments for AN, two of which are eating disorder specific treatments informed by theoretical models (Enhanced Cognitive Behavior Therapy and Maudsley Cognitive Motivational Therapy) with the third being a non-specific treatment informed by good clinical practice with AN (Specialist Supportive Clinical Management).

Presentation II

Integrative Cognitive-Affective Therapy: An Emotion-Based Psychological Treatment for Bulimia Nervosa and Binge Eating Disorder

Carol Peterson, PhD, LP, FAED, University of Minnesota, Minneapolis, MN, USA

One strategy to improve the efficacy of treatment is to target maintenance mechanisms of eating disorder symptoms. Integrative Cognitive-Affective Therapy (ICAT), an individual psychotherapy approach for the treatment of bulimia nervosa (BN) and binge eating disorder (BED), is an intervention based on an integrative psychopathology model emphasizing momentary emotion, self-oriented cognition, interpersonal patterns, and self-directed behavior. In targeting these hypothesized maintenance mechanisms, ICAT uses four phases of treatment to enhance motivation, facilitate emotion recognition and regulation, promote adaptive coping, modify self-standards, improve interpersonal interactions, emphasize healthy self-directed behavior including food consumption, and prevent symptomatic relapse. Recent data from a randomized controlled trial for the treatment of BN indicated that ICAT produced significant improvements in eating disorder symptoms at end of treatment and follow-up that were comparable to cognitive behavioral therapy-enhanced, an established treatment for bulimic symptoms. In addition, improvements were observed on measures of hypothesized maintenance mechanisms including emotion regulation, cognitive self-discrepancy, and self-directed behaviors. Recent pilot data also provide preliminary support for the use of a modified version of ICAT in the treatment of BED. Finally, initial data indicate that ICAT appears to be an acceptable treatment to individuals with symptoms of BN and BED.

Presentation III

Innovative Models of Treatment Delivery

Martina de Zwaan, MD, FAED, Medical School of the University of Hannover and the University of Hannover, Hannover, Germany

An alternative to classic face-to-face treatment and a potential means to disseminate adequate treatment for eating disorders is guided or pure self-help as a brief intervention that can be used also by non-specialist health providers. At present studies on self-help in eating disorders are mostly manual-based treatments in book format. Other media for delivering treatment need to be explored. Approaches using new technologies such as the Internet are more interactive and may be more attractive to patients than manual-based approaches. Moreover, mobile phones, computers, and the Internet have become immanent parts of our society.

INTERBED is an on-going study in patients with BED assessing short- and long-term efficacy of Internet-based guided self-help with respect to the number of binge eating days compared to individual CBT. The Internet- program was developed in the European Research Program SALUT by the University Hospital of Geneva and NetUnion and adapted to specifically address BED. Each module combines psycho-education and behavioral interventions and exercises that participants complete directly in the program. A self-monitoring diary is introduced from the second module on and is used throughout the whole duration of the treatment. Automatic feedback, generated by the program provides an objective view of frequency and development of participants' behaviors. Two fictitious characters illustrate all exercises and techniques. Some of the modules have audio files attached to them for the participants to listen to. The treatment duration was 4 months for both interventions. A total of 178 patients were included. The 6- and 18-month follow-ups are still on-going.

Presentation IV

Key Ingredients in ED Treatment: What Effective Therapies Have in Common and the Sticky Issue of Maintaining Change

Discussant: Josie Geller, PhD, RPsych, FAED, University of British Columbia, Vancouver, Canada

The goal of this talk is to reflect upon trends in the eating disorders treatment literature, including a shift from narrow approaches that target eating, shape and weight to more holistic approaches focusing on broader issues in patients' lives. The role of clinician investment and the challenge of maintaining therapeutic gains will be addressed.

Plenary Session IV

Mindfulness & Meditation: Is there a Potential Role in the Prevention and Treatment of Eating Disorders?

Moderators: Jess Haines, PhD, RD, University of Guelph, Guelph, ON, Canada and Caroline Meyer, PhD, Loughborough University, Leicestershire, United Kingdom

This plenary will introduce the relatively novel topic of mindfulness and meditation to the field. The speakers will present cross-disciplinary research regarding the ways in which mindfulness and meditation can impact upon various psychological health outcomes. In addition, the speakers will provide an overview of the influence of mindfulness and meditation on those brain functions and structures that are relevant to eating disorders. Finally, there will be discussion regarding potential ways in which mindfulness and meditation could be used in the treatment and / or prevention of eating disorders.

Learning Objectives:

- Summarise research examining the ways in which mindfulness and meditation can impact upon various psychological health outcomes.
- Describe research findings indicating ways in which mindfulness and meditation can influence those brain functions and structures that are known to be relevant to the eating disorders.
- Discuss potential ways in which mindfulness and meditation could be used in the treatment and / or prevention of eating disorders.

Presentation I

Mindfulness and Meditation in Relation to Psychological Health Outcomes

Clive J. Robins, PhD, Duke University, Durham, NC, USA

Dr. Robins will introduce the concepts of mindfulness and meditation and present findings on how mindfulness and meditation can impact upon various psychological health outcomes. A summary of research in this area with respect to health outcomes outside of the eating disorders field will be provided.

Presentation II

The Impact of Mindfulness and Meditation on Brain Activity and Function as Related to Eating Disorders

Sara W. Lazar, PhD, Massachusetts General Hospital, Boston, MA, USA

Dr. Lazar will present findings on how mindfulness and meditation can change brain structure and function. She will provide an overview of how these neural changes are relevant to eating disorders.

Presentation III

Potential Ways in Which Mindfulness and Meditation Can Be Used Within the Eating Disorders Field

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

In an attempt to ameliorate existing eating disorder treatments, to develop novel ones, or to prevent eating disorders from occurring, researchers and clinicians have begun to look eastward. Dr. Wisniewski will review the extant literature and critically discuss potential ways in which mindfulness and meditation may be applied in the treatment and prevention of eating disorders and disordered eating.

Presentation IV

Next Steps: How Can We Progress Towards Incorporating Mindfulness and Meditation Within Practice for Eating Disorders?

Discussant: Dianne R. Neumark-Sztainer, PhD, RD, FAED, University of Minnesota, Minneapolis, MN, USA

Dr. Neumark-Sztainer will summarize key themes from the three presentations; discuss possible implications for the field of eating disorder prevention and treatment; and facilitate a discussion with the presenters and the audience to identify potential practice implications and future research implications for the eating disorders field.

