Academy for Eating Disorders www.aedweb.org

Academy for Eating Disorders

Newsletter

Promoting excellence in research, treatment, and prevention of eating disorders.

Vol. 12, No. 1 January 2004

Message from the President

Cynthia Bulik, Ph.D., F.A.E.D



Yesterday, those of us in the US celebrated Thanksgiving. It has always been my favorite holiday—a time when friends and family come together to share a special meal and give thanks. There are parallel holidays in many cultures, as coming together over

good food is an ancient tradition. This morning, the day after Thanksgiving, I find myself thinking about how difficult Thanksgiving or similar feast days are for many of our patients and clients. I'm thinking about how the eating disorder robs them of the joy of coming together with family and friends and how alone they must feel when they see the people around them experiencing the special shared atmosphere from which their eating disorder isolates them. This was sparked by an e-mail I got from an old school friend a few days ago whom I hadn't seen or talked to since 1977! She had heard about the work we are doing and wanted to thank us for trying to make life better for young people who have eating disorders today. She had been bulimic for 13 years all throughout high school and beyond, yet none of us knew. Indeed, bulimia didn't even officially exist back then. She had participated in sports, social events, and been an incredibly positive presence in our class, but she must have been terribly alone with her bulimia. It is that sense of being part of the world around you, yet isolated from it by your disease that made me think about the people for whom special holidays are challenges rather than celebrations.

So, in keeping with my promise to bring the membership up to speed on the strategic plan, my intention in this column is to

move through each of the core directions of the Strategic Plan. Last issue, I discussed internationalization; this issue I am slated to discuss "Increasing non-dues revenue in order to contain member costs and increase member benefits." So I ask myself, how does this direction meld with the thoughts and feelings that are foremost on my mind today about isolation from the world around you that an eating disorder can engender? At first, the direction sounds very financial. If you look deeper into the direction (one way to do that is to review the narrative form of the Strategic Plan that begins after page 5 of this newsletter), it becomes clear that the financial fitness of the Academy is a critical component for advancing our mission of promoting excellence in research, treatment, and prevention of eating disorders and providing education, training, and a forum for collaboration and professional dialogue. Without adequate financial reserves, we will not be able to provide the education and training necessary to improve access and work towards elimination of these disorders.

The AED Board has been discussing strategies to increase revenue without taxing the membership and within the boundaries of maintaining our independence as an organization. Without revenue, we simply cannot have the global impact that we hope to have. We have developed a new position, "Industry Liaison," who reports directly to the Board. This position is currently occupied by Scott Crow, M.D., F.A.E.D., who has helped us navigate the waters of acquiring unrestricted educational grants from corporations and pharmaceutical companies. The Board has been meticulous about ensuring that we retain control and oversight over the content of any industrysponsored symposia and that symposia that are sponsored by industry are clearly labeled as such. Additional non-dues revenue has also been sought via advertisements in the

Continued on page 12

Message from the Editor

Editor: Debbie Franko, Ph.D.

Debbie Franko, Ph.D.

As we in the Northern Hemisphere move into the coldest time of the year, I start with a reminder of the AED 2004 Conference in Orlando, FL, USA in April. Please note that the conference will begin a day earlier than in previous years and will start on Thursday, April 29. Please be sure to plan accordingly so that you can take full advantage of what promises to be a terrific program. One highlight of this issue is the enclosure of the Strategic Plan, provided in this format so that all members can better understand the future directions and important goals of the Academy. It is hoped that by providing the plan in the Newsletter all members will read the document and appreciate the priorities and actions of the Academy. In the plan, members will find many opportunities for involvement across varied interests. In addition to our regular features, including some new SIG updates and the Publications Council Report, I want to call your attention to the articles from other important organizations involved in eating disorders work. The Eating Disorders Coalition for Action,

Continued on page 12

Inside This Issue

- 1. Message from the President Message from the Editor
- 2. 2004 Conference News
- 2. AED Elections
- 3. Neuroimaging SIG Update
- 3. CBT SIG Update
- 4. Athletes and Eating Disorders Update
- 5. Council Updates
- 6. Strategic Plan
- 10. Farewell to Peter Beumont
- 10. Classified Ads
- 12. Upcoming Events
- 13. Junior Researchers
- 14. Global Spotlight
- 15. Book Review Corner

Academy for Eating Disorders

6728 Old McLean Village Drive McLean, VA * 22101-3906 (703) 556-9222 ***** Fax (703) 556-8729 Email: aed@degnon.org www.aedweb.org

President

Cynthia M. Bulik, Ph.D., F.A.E.D. Chapel Hill, NC cbulik@med.unc.edu

President-Elect

Michael J. Devlin, M.D., F.A.E.D. New York, NY mid5@columbia.edu

Treasurer

Eric van Furth. Ph.D. Leidschendam, The Netherlands E.vanFurth@robertfleury.nl

Secretary

Kelly Klump, Ph.D. East Lansing, MI klump@msu.edu

Immediate Past-President

Patricia Fallon, Ph.D., F.A.E.D. Seattle, WA fallonp@aol.com

Board Members-At-Large

Judith Banker, L.L.P., M.A., F.A.E.D. Ann Arbor, MI

> Scott Crow, M.D., F.A.E.D. Minneapolis, MN

Ann Kearney-Cooke, Ph.D, F.A.E.D. Cincinnati, OH

Mary Tantillo, Ph.D., F.A.E.D. Rochester, NY

> Tracey Wade, Ph.D. Adelaide, Australia

Susan Willard, L.C.S.W., F.A.E.D. New Orleans, LA

Newsletter Editor

Debbie Franko, Ph.D. Boston, MA d.franko@neu.edu

Executive Staff

George K. Degnon, C.A.E. **Executive Director**

> Sarah Shiffert **Associate Director**

Bette Anne German **Association Manager**

Kaymie Thompson **Executive Assistant**

Academy Elections

Patricia Fallon, Ph.D., F.A.E.D, Chair, Nominating Committee

Please find below the slate of officers as selected by the AED Nominating Committee.

President Elect Scott Crow, M.D., F.A.E.D.

Board Members Fernando Fernandez, Ph.D.

Ulrike Schmidt, M.D., Ph.D.

Nominating Committee Ovidio Bermudez, M.D., F.A.E.D. Rachel Bryant-Waugh, Ph.D.

There will be a membership vote at the Annual Business Meeting, Saturday, May 1 at the Caribe Royale All-Suites Resort and Convention Center in Orlando, FL, USA. The meeting will take place during the 2004 International Conference on Eating Disorders. If you would like more information on the meeting please contact the Central Office or visit our website at www.aedweb.org.

On behalf of the entire Nominating Committee and Board of Directors, thank you for considering these recommendations. We hope to see you in Orlando to participate in this important vote.

AED 2004 International Conference on Eating Disorders

Kelly Klump, Ph.D. and Howard Steiger, Ph.D., F.A.E.D., Co-Chairs

PLEASE NOTE! The 2004 International Conference on Eating Disorders has a new, expanded schedule! The conference will begin on Thursday, April 29th with the following schedule:

9:00 a.m. – 12 noon: Teaching Day Workshops (separate registration is required)

1:00 p.m. - Conference Welcome

The 2004 conference committee hopes that this new format will enhance networking and collaborative opportunities, and generally make the conference less densely packed and more enjoyable for all. Watch your mailboxes in late January for the delivery of the conference preliminary program and register early to take advantage of lower registration fees and your choice of Teaching Day Workshops (space for these workshops is limited). We look forward to seeing you in Orlando, Florida, USA!

Member News

In October 2003, Jim Mitchell, M.D., F.A.E.D. received the Joy McCann Foundation Scholars Award, the first national award to recognize outstanding mentors in science and medicine. The Foundation awarded \$150,000 to Dr. Mitchell in recognition of his success as both an educator and mentor in teaching, research, and patient care. Dr. Mitchell was described as "a scholar of the highest order, a skilled and accomplished teacher and physician and a world leader in his area of research" by the Foundation. Congratulations Jim!!!

Kathleen Burns Kingsbury, AED member, and Mary Ellen Williams are proud to announce the release of their new book entitled "Weight Wisdom: Affirmations to Free You From Food and Body Concerns" by Brunner-Routledge in September 2003. Recently they presented their work at the Renfrew Conference in Philadelphia and look forward to sharing their "Weight Wisdom" at the National Association of Social Workers Conference in Boston this coming April. For more information on the book, workshops in your area or to learn more about eating disorders in general, please feel free to contact Kathleen at 617-773-2344.

Special Interest Groups Updates

Neuroimaging SIG

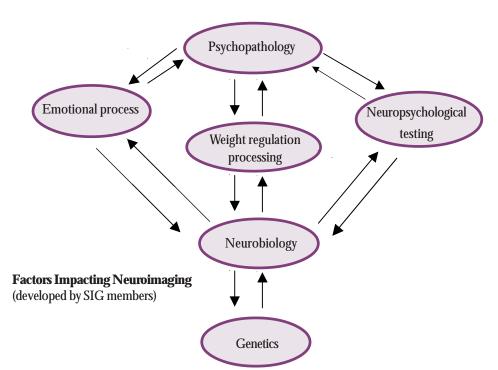
Chair: C. Laird Birmingham, M.D.

At the meeting of the Neuroimaging SIG in Denver, CO, USA the group tried to summarize the current state of knowledge regarding neuroimaging in eating disorders. Fast forward to Ravello, Italy in October 2003 and the Eating Disorder Research Society Meeting. Bryan Lask, M.D., arranged a day of further consensus building on neuroimaging. The consensus reached was: to review neuroimaging data on control groups like malnourished non-eating disordered subjects, the laterality of abnormalities is of uncertain importance, some changes on neuroimaging may be related to comorbid or concurrent conditions (addiction, fear, depression), the comparison of subjects in the active and recovered state may help to establish causality, the imaging of neurotransmitters provides information that extends beyond location, and the amygdala appears to be a key area of interest in anorexia nervosa. At the end of the day we agreed that imaging CNS neurotransmitters with PET, using radioligands in association with genotyping, drug challenges, and related behavioural challenges, holds the greatest promise!!

The group asked the Neuroimaging SIG of the AED to arrange a session at the AED conference in Orlando, FL, USA to carry the work forward. They suggested the following:

- 1. The AED invite the world's foremost experts in the clarification of the pathways of neuropsychiatric diseases like schizophrenia or Bipolar Affective Disorder to present their experience and give us ideas.
- 2. We must reach consensus on the definitions to be used in further discussions, including relapse, chronicity, recovery, how much bingeing and purging is required to change a restrictor into a binge-purger.
- 3. We reach consensus about standardized reporting of imaging techniques and methods of standardizing imaging results for composite analysis. What type of imaging is needed now?
- 4. We need to work in conjunction with the genetics researchers to ensure that appropriate investigations are performed (e.g., blood for genotyping in certain groups) and that knowledge is shared.
- We need agreement about the neuropsychological challenge or phenotypic information that will be most valuable in imaging.
- We need to work in conjunction with neuroendocrinologists to measure the hormones in relation to the imaging and behavioural context.

See you in Orlando!



CBT (Psychology) SIG Update Chair: Claire Wiseman, Ph.D. & Katherine Loeb, Ph.D.

We are pleased to announce the specialization and organization of the SIG previously known as the "Psychology SIG." After several organizational meetings, the group felt that the SIG needed to specialize in order to provide a worthwhile service to its members. At the most recent AED meeting the membership decided on a number of exciting initiatives.

- 1. Establish additional sessions for training therapists in conducting Cognitive Behavioral Therapy.
- Develop a listing of relevant articles and place the list on the SIG website as a resource for all AED members.
- 3. Create a workshop that will involve other SIGs at the next AED meeting.
- 4. Improve our web page.
- 5. Develop a symposium at the Orlando, FL, USA conference.

We are especially excited about the proposed workshop for the AED meeting in Orlando. This novel approach to a workshop will entail a friendly discussion between the CBT SIG and the Psychodynamic Psychotherapy SIG. In this workshop, case reports will be presented and the different treatment approaches supported by each SIG's theoretical background will be proposed and discussed. This will provide the attendees the opportunity to see a direct comparison of some of the available treatments for eating disorders.

Some of our projects are in the works. We hope to post the list of relevant articles to our web page soon. We would like the page to become a resource for people interested in learning more about CBT. In the future we would like to provide a training session on CBT. Look for information as next year's meeting is developed. Numerous people attended the meeting and others expressed a renewed interest in this SIG. We have high hopes for the future with a goal of improved attendance and activity at the annual SIG meetings. The current and active SIG members are: Debbie Katz, Jane Ellen Smith, Ziva Nagar, Kerri Boutelle, Linda Craighead, Wayne Bowers, Drew Anderson, Bryan Gusdal, Mary Neal, Ellen Leigh, Karen Duell, Bethany Staggs, Carolyn Becker, Julia Kerns, and Meghan Butryn.

Update from the Eating Disorders Coalition for Research, Policy & Action (EDC)

Marc Lerro, Executive Director

The mission of the Eating Disorders Coalition for Research, Policy & Action is to advance the federal recognition in the U.S. of eating disorders as a public health priority. The first national conference on eating disorders and public policy is scheduled for April 15-16, 2004 in Washington, D.C. The conference, "Creating a National Eating Disorders Agenda: Integrating Research, Policy & Practice," will be hosted by the Eating Disorders Coalition for Research, Policy & Action (EDC) and is funded in part by a grant from the Substance Abuse and Mental Health Services Administration (Grant # 1H13SM54598-01). Conference participants will review existing public policies, recommendations, guidelines, and position statements, and will create a new national document that addresses eating disorders prevention and education, research, and treatment. Consumers will work directly with elected officials, federal administrators, and representatives of private businesses and nonprofits throughout the two-day conference. For more information on the conference, visit the EDC Web site at www.eatingdisorderscoalition.org. Additional contact information: Eating Disorders Coalition for Research, Policy & Action 611 Pennsylvania Avenue, #423 SE Washington, DC 20003 Voicemail: (202) 543-9570

Update from the National Eating Disorders Association (NEDA) Annual Conference Report

http://groups.yahoo.com/group/EDCList/

www.eatingdisorderscoalition.org

Doug Bunnell, Ph.D., President, NEDA
The National Eating Disorders Association
(NEDA) held its 2003 national conference in
St. Charles, IL, just outside of Chicago, in
October. Among the 315 attendees were nearly
100 family members who, for the first time in
nearly twenty years, were welcomed formally
into a professional eating disorders conference.

The decision to invite families, friends, and patients into the organization reflected the recent change in the NEDA mission to make as its top priority the needs of patients, families, and friends. These needs include providing support, information, and advocacy. Several AED members, including president Cindy Bulik, Ph.D., F.A.E.D., made presentations on current research on eating disorders.

The conference also provided a unique opportunity for parents and families to meet together. A large meeting room was set aside for open discussions and this rolling group became the centerpiece of the conference. Facilitated by NEDA board member clinicians this group was extraordinarily powerful. We were reminded, in very emotional ways, about the devastating impact these illnesses have on the patient, her family, her friends, her colleagues, and, at times, on members of her treatment team. It was also an energizing reminder about why we work in this field. I would strongly recommend that every AED member treating patients with eating disorders avail themselves of the opportunity to sit in on a group such as this.

The 2003 NEDA National Conference drew the largest audience in our history. The success of the conference validated our decision to invite patients and families back into the field and leaves us confident that we have pointed the organization in the proper direction.

AED members should also take note that the week of February 22-29, 2004 is National Eating Disorders Awareness Week (NEDAW). During NEDAW more than 500 volunteer activists will partner with NEDA to launch our new Get Real media campaign. The Get Real campaign is the first step in NEDA's efforts to provide the public with a serious and powerful look at the dangerous consequences of eating disorders. NEDAW Coordinator packages are available through the NEDA website (www.nationaleatingdisorders.org) and provide information and suggestions for awareness raising programs during NEDAW 2004

NEDA is committed to deepening our partnership with the AED. Please encourage families to get involved with our efforts to build awareness and direct them to NEDA as a resource in their struggles with these disorders. I also want to urge all Academy members to attend our October 15-16, 2004 conference in Atlanta, GA, USA. I hope to see you there.

Conference Update – Athletes and Eating Disorders

Roberta Sherman, Ph.D.

On September 19, 2003, the Academy for Eating Disorders Athlete Special Interest Group sponsored a one day conference in Indianapolis, IN, USA, entitled "Athletes and Eating Disorders: Bridging the Gap." Approximately 100 professionals from the United States, Canada, England, and Sweden attended the meeting. Keynote speaker and SIG co-chair, Ron Thompson, Ph.D., (coauthor of Helping Athletes with Eating Disorders), spoke about "bridging the gap' that currently exists between the two very distinct "worlds" of athletics and of eating disorder professionals. His talk focused on ways to close the gap and bring these two worlds together so that mental health professionals can adequately address the special needs of athletes, from identification to recovery. One of the highlights of the conference was a panel composed of Jerry Diehl, Mary Wilfert, and Kathy Kelly, representing the National Federation of High School Associations, the NCAA, and USA Gymnastics, respectively. The panelists spoke of their efforts regarding education, treatment, and prevention of eating disorders at the high school, collegiate, and elite levels of competition. The panel also included Shawn Foltz-Emmons, Ph.D., who gave a very personal account of her struggle with an eating disorder, while competing as a collegiate and professional tennis player. Additionally, workshops and papers on athletes and eating disorders were presented, as well as a poster session. Given the response and positive evaluations of participants, there is a tentative plan to offer a similar conference in two years. For more information, contact the Athlete SIG co-chairs: Roberta Trattner Sherman, Ph.D. (rsherman@indiana.edu) and Ron A. Thompson, Ph.D. (rthomps2@juno.com).



- 3 4

Council Updates

Publication Council Update Steve Wonderlich, Ph.D., F.A.E.D., Chair

The Publication Council is pleased to report that there are numerous activities and developments in the area of Academy based publications, which we think, will be of great interest to the membership. Below, I will mention each of the primary publication areas and the chairperson who heads up the Committee in that area. Each of these individuals has offered substantial time and energy to develop each of these services of the Academy. If you are interested in any of the particular publication committees, please feel free to contact them for more information.

Newsletter (Debbie Franko, Editor)

Debbie Franko, Ph.D., assumed the position of Newsletter Editor after the Annual Meeting in Denver and published her first issue this past fall. Debbie is already considering ideas that will be of interest to both scientists and clinicians. She has added a new feature to the newsletter in keeping with the Academy's focus on international membership. The "Global Spotlight" will be written each issue by a member from around the globe who will highlight recent developments in the eating disorders field in his/her country. Another idea is to develop some "point/counter-point discussions" for the Newsletter based on issues and debates which appear on the Academy listserv. This type of focused discussion wil undoubtedly be of great interest to the members. Look for this new feature in the issues to come. Finally, we would like to introduce the new Book Review Editor, Maureen Dymek-Valentine, Ph.D. Maureen took over this spot when Debbie became editor and has done a wonderful job so far. Book reviews, announcements about educational and training opportunities, and Special Interest Group updates will of course always be included in the Newsletter, along with other special columns and topics of interest. Debbie asks that AED

members send along ideas to her, as well as Member News, any time! (d.franko@neu.edu).

International Journal of Eating
Disorders (Ruth Striegel-Moore, Associate
Editor)

Ruth Striegel-Moore, Ph.D., F.A.E.D. serves as a representative from the *International* Journal of Eating Disorders on the Publications Council. The *IJED*, under the leadership of Editor, Michael Strober, Ph.D., F.A.E.D. has made several recent changes that are worth noting. First, Cindy Bulik, Ph.D., F.A.E.D., Timothy Walsh, M.D., F.A.E.D. and Ruth Striegel-Moore, Ph.D., F.A.E.D. have all been appointed as Associate Editors to the *IJED*. They will work with the Editor to develop topics of relevance to clinical practice, such as clinical reviews, commentaries, and the integration of new scientific technologies into clinical practice. We have already seen some changes to *IJED* including commentaries on target articles by experts in the field and the new "In This Issue" overview of key articles. Additionally, Associate Editor, Tim Walsh put together an excellent special supplement for the journal devoted entirely to binge eating disorder, which appeared in the last year. Another special supplement is currently being developed on the topic of anorexia nervosa, under the leadership of Ruth Striegel-Moore, Ph.D., F.A.E.D. and Cindy Bulik, Ph.D., F.A.E.D. Clearly, the journal is moving ahead.

AED listserv (Joel Yager)

Hopefully, all of you subscribe to the Academy's discussion group (if not, you can subscribe by sending a message to the listserv at AED-L@LIST.UNM.EDU), which was developed by Joel Yager, M.D., F.A.E.D. a number of years ago. The listsery continues to provide a variety of useful functions including networking and referral information, but also the identification of important, clinically relevant issues in the field. In the last year, the listserv has facilitated interesting discussions on topics such as support services for gastric bypass surgeries, the relationship between anorexia nervosa and psychotic disturbances, and the issue of disordered eating in very

young children. Discussions are lively and useful, and often reflect significant issues that people are facing at the front line of service delivery.

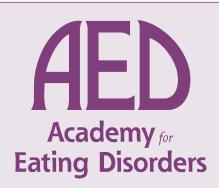
Web Page (Charles Murkofsky)

Over the last year, the Academy has introduced a new format for our web page. Former Web Page Chair, Doug Bunnell, Ph.D. and a group of devoted individuals worked on this web page format for some time, and then with considerable input from the Board, we have been able to move this project ahead, now under the leadership of Charles Murkofsky, M.D., F.A.E.D. New features on the web page include a quick navigation menu system on every page, easier to read pages, and the opportunity to include a variety of Academy documents (e.g., press releases, white papers). Furthermore, the Board is carefully considering further developments in the current web page, which will make this technology a more central facet of all Academy business. Stay tuned for even more exciting changes in terms of web page development in the near future.

Annual Review

The Academy Board has made a decision to publish its first Annual Review of Eating Disorders in the next year. Jim Mitchell, M.D., F.A.E.D., Steve Wonderlich, Ph.D., F.A.E.D., Howard Steiger, Ph.D., F.A.E.D., and Martina de Zwaan, M.D., F.A.E.D. have agreed to serve as Editors of the Annual Review and are diligently working on preparing the first edition. Topics of scientific and clinical interest have been selected and authors have been asked to provide succinct cutting edge reviews of the most recent literature and to discuss their implications for clinical practice. Presently, the first edition of the Annual Review is scheduled to appear in the late summer/ early fall of 2004.

Well, as you can see there are numerous publication-related activities happening in the Academy. If you would like to get involved in one of these publication committees or have an idea for a publication, please feel free to contact the Committee Chairperson, the Central Office, or Steve Wonderlich, Ph.D., F.A.E.D. at stephenw@medicine.nodak.edu.



Strategic Plan 2003

Direction 1: Expanding the AED services to eating disorders professionals worldwide

Goal: Develop an identity as the leading international organization of eating disorders professionals.

To achieve our vision of the elimination of eating disorders through international collaboration, AED must be recognized as an organization that serves eating disorder professionals across the globe. International accessibility is a crucial prerequisite to international identity. The process of making AED materials available in languages other than English has already begun, and the possibility of changing the name of AED to better reflect its international focus is under consideration.

Goal: Increase the number of members represented from all countries.

To be truly international, an organization must have a global membership. AED is actively working toward a continued increase in members from all countries, particularly those outside North America. Concrete steps, such as translating membership brochures, ensuring cultural sensitivity of AED materials, and developing an online membership application are already underway. In addition, the 2004 AED conference will offer a teaching day in Spanish, paving the way for future non-English AED educational offerings. Finally, the board and nominating committee are working to increase representation from different continents at all levels of AED leadership.

Goal: Expand activities outside of North America.

Along with increasing the international scope of its materials, membership, and its leadership, AED plans to bring its educational offerings to countries throughout the world. In the past year, AED has co-sponsored educational offerings in Asia and South America. In addition to expanding our international teaching days, beginning with the 2006 annual conference, AED will hold regularly scheduled conferences outside North America.

Goal: Provide appropriate liaison with other Eating Disorder organizations around the world.

Eating disorder professional organizations around the world are valuable allies in achieving our mutual goals. The first step toward collaboration is to establish a dialogue between AED and sister organizations. AED's International Task Force is working hard toward this end, and the 2004 conference will include a global forum to further advance this effort.

5

Direction 2: Increasing non-dues income in order to contain member costs and increase member benefits

Goal: Create a mechanism to address specific needs via external funding.

External funding provides crucial support for AED to advance its mission of education and advocacy and to serve its members' needs directly. In order to increase our external funding, we are exploring services and products that could generate non-dues revenue, exploring fundraising strategies with other eating disorder organizations, and developing opportunities for planned giving. External support will fund our ongoing work as well as provide the means to initiate special projects that require additional funding.

Goal: Develop products/services that will generate non-dues income.

Several potential income-generating products and services have already been identified. Classified advertisements in the AED newsletter and other AED publications, and new educational products may both meet member needs and generate funds. This year, for the first time, we are providing opportunities for targeted giving at the time of annual membership renewal.

Goal: Increase member benefits.

Successful fundraising will foster the development of more extensive and varied teaching days, e.g. topical or SIG-sponsored teaching days, or educational events directed toward particular disciplines. We also hope to offer smaller-scale offerings in areas other than the large urban centers where major meetings usually take place. Products and services that advance professional development and provide materials for patient teaching may both improve clinical care and generate funds for further educational programs.

Direction 3: Better serving the needs of both clinicians and scientists in the Academy

Goal: Identify the needs of different disciplines.

One of AED's great strengths is its multidisciplinary membership. Since different disciplines have different training and educational needs, this diversity presents a special challenge to serving our members. The first step in serving the needs of members from all disciplines is to systematically assess these needs. AED will continue to periodically survey members and conference attendees to ensure that these needs will be addressed.

Goal: Increase the range, type, variety, and quality of clinical training.

Clearly, the varied nature of AED's membership means that, to reach all its members, the range and variety of clinical training and educational programs must be considerable. In the face of rapid expansion, the state-of-the-field high quality teaching that has been the hallmark of AED educational programs must be maintained and, where possible, improved. Specific initiatives to promote clinical education include expanded clinically oriented conference and teaching day offerings, with opportunities for both basic and advanced training, and the publication of more clinically oriented material in the International Journal of Eating Disorders.

Goal: Increase the range, type, variety, and quality of research training for young investigators and members.

Along with clinicians, AED is dedicated to serving the needs of its young researchers and in providing all of its members with the knowledge and skills to appreciate new research developments and incorporate new findings into their practice. Having identified the needs for research training, AED has begun and will continue to offer topical workshops on methodology, mentorship programs, and training in critical reading of the literature.

Goal: Develop standards for credible and supportable treatments.

AED provides the perfect forum for bringing clinicians and researchers together to optimize the interface between scientists and practitioners. The AED will put efforts toward developing a joint position paper incorporating contributions from clinicians and researchers to address standards for credible treatments that are effectively implemented in the field.

Goal: Create opportunities for interaction between clinicians and scientists.

The AED membership spans disciplines. Within each discipline we serve both clinicians and researchers. The AED will incorporate active programming in its conferences, websites and other educational activities that enhance interaction and cross-fertilization between clinicians and scientists.

Goal: Expand clinical and research mentoring.

A great resource of the AED is a repository of senior clinicians and researchers whose experience can be of immense value to junior members of the organization. The fellowship committee and related AED groups will strive to increase mentoring activities both in the clinical and research realms.

Direction 4: Increasing the active participation of members in the organization

Goal: Prevent burnout and share responsibilities across a larger group of people.

The vitality of any organization requires a healthy balance of seasoned members and new talent. The leadership of the AED will take appropriate measures to identify and welcome members who are interested in volunteering their time for Academy initiatives. In addition, leadership will work towards developing term limits for various leadership positions to avoid burn out and stagnation.

Goal: Use seasoned members more strategically.

The AED Board will work towards tailoring the functions of past officers in order to benefit from their experience and potential as mentors.

Goal: Increase worldwide member involvement.

The AED is committed to having the organization become truly global. As such the AED will make every effort to globalize representation at all levels —from general membership to committees, councils, and the Board.

Direction 5: Expanding the use of technology to disseminate information about eating disorders more effectively

Goal: Explore the needs that could be met with technology.

The AED recognizes that an information technology upgrade is essential in order to achieve the goals laid out in the current strategic plan. As such, the AED has begun to explore ways in which other organizations have used information technology to achieve their goals.

Goal: Expand and develop a managing system for the AED website; expand and enhance the utility of the website.

The AED website represents the public face of our organization. As part of the information technology upgrade, the AED will put resources towards enhancing our public face in order to optimize communication both within the organization and with the general public.

Goal: Expand training and education opportunities using newer technology.

The core mission of the AED is education and training of professionals. As part of our information technology upgrade, we will expand our education and training offerings utilizing new information technology.



For more information, please contact the:
Academy for Eating Disorders
6728 Old McLean Village Drive, McLean, VA 22101 USA
tel: 703-556-9222 • fax: 703-556-8729
www.aedweb.org

Farewell to Peter Beumont

Walter Vandereycken, M.D, Ph.D.

On the morning of October 1, 2003, after 15 weeks fighting for his life, Peter Beumont passed away. Of Belgian origin (Pierre was officially his first name), Peter was raised in South Africa and trained as a psychiatrist in the UK where he became intrigued by eating disorder (ED) patients. This would shape his further career which ended as chairman of the department of psychological medicine of the University of Sydney, Australia. He belongs to the great clinicians in our field, comparable to his English fellows Arthur Crisp and Gerald Russell. From 1970 on Peter published a lot on a wide variety of topics in ED: males, endocrinology, body image, inpatient treatment, nutrition, follow-up, and others. In conferences he was known for making controversial statements and loving lively debates. He developed an exemplary treatment unit in Australia where he worked with Janice Russell, Rosalyn Griffiths and Stephen Touyz (with whom he co-authored many papers). In fact his interest in ED was closely shared by his wife and daughters, who are active therapists in the field. I had the great privilege to be one of his many friends and to have enjoyed professional collaboration with him: we shared an interest in the history of ED and wrote together on the first Australian case description of anorexia nervosa. We also co-edited the book Treating eating disorders. Ethical, legal and personal issues (Athlone Press London/New York University Press). Of his many papers the most influential probably was his proposal to make a distinction in subtypes of anorexia nervosa (as it has been accepted subsequently in the DSM): Beumont, P. et al. (1976). "Dieters" and "vomiters and purgers" in anorexia nervosa. Psychological Medicine, 6: 617-622. Peter was a phenomenologist in the European tradition, as one can see in his shrewd criticism of diagnostic issues: Beumont, P. (1988). Bulimia: Is it an illness entity? International Journal of Eating Disorders, 7: 167-176; Beumont, P.J., et al. (1994). Diagnoses of eating or dieting disorders: what may we learn from past mistakes? International Journal of Eating Disorders, 16: 349-362. I will remember Pierre/ Peter as a most charming friend, a highly respected colleague, and also a bit as a fellow countryman (it was fun to chat with him in Flemish while he spoke Afrikaans). I hope these warm memories will give his wife, his family, and his close collaborators the strength to deal with this great loss.

CS (

Classified Ads

Eating Disorders Institute (EDI) Psychologist

* The EDI at Park Nicollet Health Services is seeking a Licensed Psychologists. Our program is exanding to include Bariatric Surgery assessment and follow up care. Experience in treating patients with eating disorders and obesity preferred. Experience working with bariatric surgery desirable. Research opportunities are available and encouraged by the department. This is a rapidly expanding practice with a growing staff of 70 individuals.

The Eating Disorders Institute, a partnership of Methodist Hospital and the University of

MN Physicians includes full continuum of care with, In-Patient, Partial Hospital Program, Intensive Out-Patient, Out-Patient programs, and residential program, dealing with over 15,000 patients visits each year. Our inpatient eating disorders unit is widely recognized in particular for its care of pre-adolescent, adolescent and young adults. Minneapolis, MN is famous for its cultural attractions, healthcare and educational systems, natural beauty and overall quality of life.

For immediate consideration, fax/mail your CV to: Stephanie Hatier, Clinican Recruitment, Park Nicollet Health Services, 3800 Park Nicollet Boulevard, St. Louis Park, MN 55416; Phone (952) 993-2703; Fax: (952) 993-2819; E-mail: haties@parknicollet.com AA/EOE www.parknicollet.com

Classified Ads

HOMEWOOD HEALTH CENTRE INC. EATING DISORDER PROGRAM REQUIRES A STAFF PSYCHIATRIST

***** The Homewood Eating Disorder Program requires either a full-time or parttime psychiatrist for its 15 in-patient beds. The successful candidate will work in a multidisciplinary team environment, with an emphasis on group treatment modalities. This program offers an opportunity for assessment, inpatient management, consultation and research. In addition to attractive benefits this salaried position offers an opportunity for on-site after hours private practice. The Specialized Psychiatry Division is affiliated with McMaster University providing teaching opportunities at both the undergraduate and post-graduate levels.

Homewood Health Centre is a privately owned, fully accredited mental health provider, treating more than 4000 patients per year. Based in the City of Guelph, Ontario, Homewood offers Canada's most extensive range of behavioural, psychiatric and addiction services including prevention, early intervention, independent psychiatric evaluation, treatment and relapse prevention.

The City of Guelph supports a population in excess of 100,000. As part of Canada's Technology Triangle, Guelph provides a convenient access to three of Canada's top universities, extensive research and development facilities and a strong industry and technology centre.

While experience or expertise in the treatment of eating disorders is preferable, this position is open to suitable candidates with FRCP designation.

Please forward enquires to: Human Resources, Homewood Health Centre Inc., 50 Delhi Street, Guelph, ON NIE 6K9 (519) 824-1010 Fax # (519) 824-9501 website: www.homewoodhealth.com e-mail wickbett@homewoodhealth.com Note: We wish to thank all applicants, but only those qualified for an interview will be contacted. We are an equal opportunity employer.

10 -

Please join us for the

2004 International Conference on Eating Disorders April 29 - May 2, 2004 Orlando, FL, USA

"Finding Common Ground: **Integrating Clinical Practice & Research**"

The conference will include the following activities:

Clinical Teaching Day Workshops



Plenary Sessions

Other Conference Activities including:

Workshop Sessions ~ Paper Sessions ~ Poster Session and Reception ~ Discussion Panels ~ Special Interest Group Meetings~ Academy Annual Business Meeting ~ Special Social Functions

Preliminary programs will be available in late January. Check your mail or visit www.aedweb.org to download your copy.

We look forward to seeing you in Orlando!

President's Column continued

Upcoming Events • Eating Disorder Professionals of Colorado (EDPC) January 31, 2004 and myself. Children's Hospital, Denver, Colorado, USA "Annual Conference on Eating Disorders"

 Università degli Studi di Pavia Fondazione March 26-27, 2004 Pavia, Italy "Anorexia and Bulimia Nervosa: Perspectives Towards an Integrated Approach"

Contact June Korn (303) 477-0141 ext 2.

www.edpco.org for further information. •

For additional information, go to: congressi1@pragmacongressi.it. •

• The Eating Disorders Coalition for Action, Policy, and Research April 15-16, 2004 • Washington, D.C., USA "Creating a National Eating Disorders Agenda: Integrating Research, Policy & Practice" For more information, go to

www.eatingdisorderscoalition.org. •

◆ Academy for Eating Disorders **International Conference on Eating Disorders** April 29-May 2, 2004 Orlando, Florida, USA "Finding Common Ground: Integrating Clinical Practice and Research" Visit www.aedweb.org for information. •

◆ The 2nd Hispano-American Congress on **Eating Disorders** October 20-23, 2004 Mexico Sponsored by the Academy for Eating Disorders Hispano-American SIG Contact Armando Barriguete at: abarriguete@mexis.com for more

information. •

newsletter, exhibits at the annual meeting and support for various special projects such as the upcoming special issue of the International Journal of Eating Disorders on Anorexia Nervosa which will be co-edited by Ruth Striegel-Moore, Ph.D., F.A.E.D.,

Although external funding is extremely valuable, we also want to make the opportunity available for members who are financially able, to contribute to areas of the Academy that they are passionate about. If you received your dues statement for this year, you will note that there are special lines where you can contribute to the clinician scholarship fund or the research fellowship fund so that we can continue the tradition, started by the Boston gala funds, of providing support for clinicians and junior researchers from around the world to attend the annual meeting.

The goal of all of these initiatives is to enhance our mission by developing more extensive and varied teaching days, such as topical or SIG-sponsored teaching days, offering more educational events directed toward particular disciplines, and developing products and services that advance professional development and provide materials for patient teaching. These initiatives will have direct impact on increasing the number of providers who are skilled in the treatment of eating disorders and ultimately will improve clinical care and greater access to evidenceinformed care. If effective treatment options exist for eating disorders (and they do) and we fail to disseminate them widely and train professionals in their administration, then we are not living up to our mission as an Academy. Of our many strengths, our core strength is education and training. Through the realization of this direction of the strategic plan, we will continue to seek novel ways to support new education and training initiatives so that we can provide more and expanded services to more clinicians and researchers around the world.

In the spirit of giving thanks, I will close with a heartfelt thanks to all of the people who volunteer their time on behalf of the Academy. Every time I finish a Board telecon or a board meeting, or read through the minutes of a council or committee telecon, I am deeply grateful that there are so many dedicated people in the Academy who give freely of their time to a mission they believe in. Through their time and energy, these people shape the current face of the organization. Even when the strategic plan may diverge from their personal interests or opinions, they continue to work as a team towards the goals of the organization, rather than out of their own personal interest or agendas. This selflessness reflects the current spirit of the Board and the collective purpose that unites us in our mission.

Editor's Column continued

Policy, and Research is an involved group whose mission is to advance the federal recognition in the U.S. of eating disorders as a public health priority. Marc Lerro, the Executive Director, describes the planning of the first conference sponsored by the Coalition. Doug Bunnell, Ph.D., an active AED member and also the new President of the National Eating Disorders Association, details that organization's recent successful conference in Chicago, IL, USA. These important resources should be of interest to both the AED membership and the individuals with eating disorders with whom they work. One final note - I encourage all members to send me an email (d.franko@neu.edu) with your suggestions, comments, ideas for an article, or "letter to the editor," for upcoming issues of the Newsletter.



Junior Researchers

Once again we highlight two very promising young researchers who received NIMH fellowships and presented their work at the AED meeting in May 2003.

Meghan L. Butryn, M.S.

Ms. Butryn is a graduate student in the clinical psychology doctoral program at Drexel University. She received her B.S. from Cornell University in 2001 and her M.S. from Drexel University in 2003. Her research interests include cognitive-behavioral treatment of eating disorders and obesity and the role of dieting in the development and maintenance of bulimia nervosa.

Weight suppression prospectively predicts completion of treatment and abstinence from bingeing and purging in a multi-site bulimia nervosa treatment outcome study. Meghan L. Butryn, M.S., Michael R. Lowe, Ph.D., Drexel University, Philadelphia, PA, USA; Debra L. Safer, M.D., & W. Stewart Agras, M.D., Stanford University, Stanford, CA. USA

Dieting plays a central role in the CBT model of the maintenance of bulimia nervosa (BN). However, two different forms of dieting may be relevant to bulimia: Significant past weight loss (weight suppression) and current dietary restriction. Weight suppression (WS) is defined as the difference between highest previous weight and current weight (in this case, body weight at the beginning of the study). No study has examined the relation of both types of dieting in the prediction of treatment outcome. The relationship between WS and treatment outcome was studied in 182 bulimic outpatients enrolled in a multi-site CBT study (Agras, Crow, Halmi, Mitchell, Wilson, & Kraemer, 2000). Seventy-four percent of participants completed treatment. Of those who completed treatment, 41% were abstinent from bingeing and purging at treatment completion, while 59% were not. Pre-treatment WS was significantly higher in dropouts (M = 17.7 kg) than completers (M =6.6). Within the sample of completers, WS was higher in those who did not achieve abstinence (M = 8.3) than those who did (M= 4.2). In logistic regressions, WS at baseline was a significant predictor of both treatment completion and abstinence. WS remained a significant predictor of each when the

components of WS (highest previous weight and current weight), Eating Disorder Examination subscale scores, cognitive restraint (measured with the Three-Factor Eating Questionnaire), and duration of binge eating were statistically controlled. These data suggest that relinquishing bulimic behaviors and adopting normal eating patterns may be most feasible for patients who are closest to their highest previous weights. Biological or psychological pressures resulting from high levels of WS may limit a patient's ability to make the behavioral changes taught in CBT.

Kamryn T. Eddy, M.A.

Ms. Eddy is a graduate student in the clinical psychology doctoral program at Boston University. She received her B.A. in Psychology and English from Columbia University in 1999 and her M.A. in Psychology from Boston University in 2001. She is currently beginning her dissertation work to examine psychiatric comorbidity, specifically eating, depressive, and anxiety disorders in youth seeking treatment for obesity. Her mentors at Boston University and Boston's Children's Hospital include David Barlow, Ph.D., David Herzog, M.D., and David Ludwig, M.D., Ph.D.

Eating pathology in East African women: The role of media and globalization

Kamryn T. Eddy, M.A., & Moira Hennessey, M.A., Clinical Psychology, Boston University, Boston, MA, USA

Cross-cultural research indicates eating disorders (EDs) exist in non-Western countries and may be related to media exposure and globalization. We were interested in assessing ED pathology in Tanzanian females because of the relative newness of television and film media in Tanzania and the recent increases in tourism. First, we assessed the prevalence of ED pathology in a community sample of young Tanzanian females and examined its association with media exposure and globalization. Second, we assessed the appropriateness of the Eating Disorders Inventory (EDI-2) to this East African sample.

A random sample of 214 females (ages 13-30, mean=19.4), recruited through schools, churches, and villages, participated. Participants completed a clinical interview to assess DSM-IV ED symptoms, a demographics questionnaire to assess media exposure and

globalization, and the EDI-2. Measures were translated into Kiswahili and checked for forward-back translation reliability.

Anthropomorphic measurements were collected.

The mean body mass index (BMI) was 22.5 (s.d.=3.4; range 15.1 to 35.1); 10% had a BMI <18.5, and 20% had a BMI >25. Cognitive symptoms (fear of weight gain, body image disturbance, overevaluation) were present in more than one third of the sample, while bingeing (10%) and purging (5%) were less common. Four women (1.9%) met criteria for anorexia nervosa (AN; two restrictors, two binge/purge type), and only one met criteria for purging bulimia nervosa (BN). Notably, these 5 women (2.3%) were students (indicating greater level of education). Correlational analyses revealed media exposure (amount and type of television, film, and Internet use) was associated with all ED symptoms and so was globalization (e.g., travel outside Africa, contact with foreigners), though less consistently. Hierarchical multiple regression revealed media exposure significantly added to predict ED pathology beyond the importance of student status and was in fact a stronger predictor; in contrast, globalization did not.

We ran exploratory factor analysis (PAF, direct oblimin rotation) to assess the factor structure of the EDI yielding 22 factors accounting for 62% of variance; specifying 8 and 5 factor solutions accounted for low variance and was not theoretically sensible. Reliability analyses using the original 8 factors yielded low alpha coefficients (<.6). However, we re-ran the EFA using a subset of 29 correlated EDI items yielding 5 factors accounting for 35% of variance. Although the total variance accounted for was low, the factors made sense and were moderately correlated with the ED variables; however, they were only modestly or not at all correlated with the media exposure and globalization.

These findings suggest EDs are a growing problem in developing nations, and are most common in subpopulations with the most exposure to Western cultures. Future research should replicate these findings, which may inform mental health services cross-culturally, and increase our understanding of the role of Western media in the development of ED pathology.

Global Spotlight

Yael Latzer, D.Sc.

Director, Institute for the Treatment and Study of Eating Disorders, Division of Psychiatry, Rambam Medical Center, P.O. Box 9602, Haifa, 31096, Israel

Tel: +972-4-6547081. Fax: +972-4-6545451 Email: latzer@zahav.net.il

Israel is a unique society, its population characterized by both mixtures and polarities. It is a multicultural country of immigrants, with Jews having immigrated to Israel from almost every country on earth. In addition, Israeli society encompasses various ethnic and religious groups and different sub-populations and has several types of educational systems and schools, resulting from diverse residential living styles. It is characterized by very old traditions and yet is on the cutting-edge of the newest technology; it is rooted in an ancient people based upon biblical, religious laws, but its legal system is modern and secular in nature.

For these reasons it both is and is not surprising that the epidemiological research in Israel reveals a rate of occurrence of eating disorders similar to that found in other Western societies. Abnormal attitudes toward food and eating among adolescents and children in Israel also follow the same trends as in other Western countries. Furthermore, more Israeli adolescents have been found to be preoccupied with dieting and weight loss than in 28 other countries (Western Europe, USA, and Canada). However, concurrently, a very low incidence of eating disorders is found among the Arab population in Israel, in the Jewish religious sector, and among new immigrants, particularly Ethiopian immigrants.

In Israel, public medical services provide health care to more than 90% of the population. The Israeli national health system, however, does not yet include special treatment for eating disorder patients in the "health package" that provides free treatment. Currently, these patients fall under the law regarding psychiatric treatment in Israel, which provides for free treatment paid by the Ministry of Health. The law will soon be changed so that local health insurance services will provide psychiatric treatment, including treatment for eating disorders. We assume that such treatment will be limited to a shorter period.

Failing to predict the rising prevalence of eating disorders of the 1980's and 1990's, the Israel national health system has therefore not met all the needs of patients with anorexia and bulimia nervosa. Furthermore, the potential increase in the number of eating disorder cases is reflected in the number of treatment centers offering such treatment in Israel.

The first treatment center to open was a specialized treatment unit for children located in Chaim Sheba Medical Center, in Tel-Hashomer in the late 1980's. During the 1990's, other hospitals started to offer specialized services for eating disorders. More recently, a specialized treatment center for adults was opened in Chaim Sheba Medical Center, in Tel-Hashomer.

As part of the national psychiatric health system for adolescent patients (children younger than 18 years), there are few hospitals that have a specialized unit for eating disorders. Some of the specialized units are located in psychiatric health centers, some are located in children's units, and the remainder are located in private clinics, internal medicine units, or addiction health centers. As for adult patients (older than 18 years), only one hospital within the national psychiatric health system has a specialized unit for eating disorders located in the center of the country, and only one psychiatric center has a specialized unit for eating disorders in Jerusalem. The rest of the other psychiatric centers and units treat eating disorders occasionally as part of psychiatric treatment, but do not have always staff specializing in treating eating disorders.

In regard to <u>outpatient clinics</u> as part of psychiatric divisions, there are two big clinics that specialize in and provide treatment for eating disorders, one in the north and one in the center of the country. These include a professional team that is able to treat all the medical, nutritional, psychiatric, and psychosocial aspects of eating disorders. An outpatient unit also exists in the army, providing initial treatment for female soldiers who suffer mostly from ED-NOS, not in a severe condition.

Treatment in the specialized centers is provided by a multidisciplinary team, including psychiatrists, social workers, psychologists, nutritionists, and specialized nurses; some also have endocrinologists, internists, and pediatricians. The multidisciplinary treatment modalities provide medical care, nutrition therapy, pharmacological treatment, and individual, family, and group psychotherapy. Most centers concurrently use cognitive-behavioral, dynamic, and systemic approaches to treatment.

The increase in the number of clinics providing some kind of treatment for eating disorder patients and the increased number of new cases each year led to the establishment of the Israeli Association of Eating Disorders. Three national eating disorder conferences were held in the last two years, contributing to a closer clinical and research collaboration between the treatment centers and the professionals providing specialized care for eating disorders patients.

Israel provides unique opportunities for the study of ethnic and cultural differences in relation to public health issues. Further research should be conducted in Israel on body image, femininity, sexuality, and gender roles among minorities and sub-groups, such as Arabs, among new immigrants, comparing Sepharadic and Ashkenazic Jews, religious and secular Israelis, and among sub-populations who live in a variety of living styles.

Further epidemiological research is needed, and it would be useful to include epidemiological data of ED individuals in future studies. In addition, further study of the relationship between partial and full-blown eating disorders may shed light on the risk factors, characteristics, and evolution of ED and may contribute to identifying those who would benefit from early intervention.

The new immigrants may be influenced by Western-oriented ideals and values in terms of the scope of personal freedom and equality between the sexes. The drive for thinness and self-control may expose new immigrants to culture-related illnesses, including ED. The picture that emerges from the current data on the weight loss habits of Israeli youth is disturbing, primarily in light of the fact that there has been no recent improvement in the already serious situation. These results raise crucial questions about the emotional well being of Israeli adolescents, about cultural issues related to eating disorder phenomena, and about specific prevention programs for this population.

— 13 14

Book Review Corner

Maureen Dymek-Valentine, Ph.D. Book Reviewer

Fed Up! The Breakthrough Ten-Step, No-Diet Fitness Plan

Wendy Oliver-Pyatt, M.D. Contemporary Books 2003, ISBN 0-07-138331-X, 235 pages

As the title suggests, Dr. Oliver-Pyatt's book presents an alternative 'no-diet' weight management approach to those who have struggled unsuccessfully with traditional weight loss diets. The book is particularly useful for chronic dieters, yo-yo dieters, and those suffering from binge eating disorder or bulimia nervosa. While the book is an interesting easy-read for professionals working with this population, the book is likely to be most appealing to the layperson.

Fed Up! begins with Dr. Oliver-Pyatt disclosing her personal struggle with years of relentless dieting. At age 13, while trying out for a cheering squad, she was told that she was "sloppy," with large thighs. She goes on to narrate her story about a decade of weight obsession, dieting, and bulimia. Her story is open and accessible, yet not overly suggestive. Following this introduction, the book is broken down into four main sections: 1.) Get fed up: Why you need to stop dieting to start losing weight, 2.) Steps one through three: Preparing yourself for diet-free weight loss, 3.) Steps four through seven: Take action to solve your weight problems permanently, and 4.) Steps eight through ten: Reach out and share your strength.

The first section challenges the diet industry by citing research documenting the ineffectiveness of dieting for long-term weight management. Dr. Oliver-Pyatt reviews the hazardous physiological and psychological effects of chronic dieting. She cites appropriate research, and reviews it in a well-organized, easy-to-read, understandable fashion. This section lays the groundwork

for the remainder of the book, which presents a 'how to' manual for breaking free of dieting and learning healthy eating, fitness, and living.

The second section prepares us for the action phase by guiding the reader to 'take stock' of his or her past dieting struggles. We are challenged to not only focus on ourselves, but to examine and question our society, the media, and the diet industry. This section also coaches the reader towards building self-esteem and a positive body image, explaining that self-acceptance is an essential building block to weight management and healthy living.

The third section encourages the reader to take action with regular eating, reclaiming once 'forbidden' foods, and working in healthy amounts of exercise. This section provides psychoeducation about healthy eating and fitness, hunger signals and satiety, nutrition, and encouraging lifelong lifestyle changes. Many of the exercises are based on cognitive behavioral techniques often used for the treatment of bulimia and binge eating. Dr. Oliver-Pyatt ends the book by encouraging people to reach out and seek support, develop an identity separate from dieting, and "give to the next generation."

Overall, I was pleased with Fed Up! The book strikes a good balance among reviewing the ineffectiveness and dangers of dieting, increasing social awareness, presenting effective cognitive-behavioral tools for weight management and healthy eating, and promoting lifelong 'common sense' strategies. Dr. Oliver-Pyatt skillfully weaves her own personal struggles into the material, which is likely to be appealing to the layperson struggling with such issues. I plan to suggest this book to many of my patients as an adjunct to therapy.



AED Junior Investigator Travel Fellowhips

The AED announces the availability of fourteen Junior Investigator Travel Fellowships for the 2004 International Conference on Eating Disorders. These fellowships were made possible by a pending grant from the National Institute of Mental Health, funds obtained from the AED 2002 Gala, and additional unrestrictive educational grants. Each award provides monetary assistance of up to \$1,250 to defray the costs of conference fees, travel and hotel accommodations. Further details regarding eligibility requirements and the application procedure can be found by visiting www.aedweb.org

AED Clinician Scholarships

The AED has established a Clinician Scholarship program to help defray Annual Meeting costs for clinicians and educators who might not be able to afford attendance fees. The intent of this scholarship program is to provide the applicant with knowledge and skills that will then be disseminated by the applicants in his/her community. Eight scholarships of up to \$1,250 will be awarded to defray the cost of conference fees, travel, and hotel accommodation. This year's scholarships have been made possible by the generous donations from those who attended and contributed to the AED 2002 Gala. For information regarding eligibility and application procedures, please visit our website at www.aedweb.org

AED Newsletter Advertising Rates

Classified Ads:

Members: First 10 lines no charge; each additional line, \$10 each

Non- First 10 lines \$150; each additional line, \$10 each

Display Ads:

1/4 page: member: \$425

non-member: \$525

1/2 page: member: \$700

non-member: \$850

Full-page: member: \$1100 non-member: \$1350

Academy for Eating Disorders 6728 Old McLean Village Drive McLean, VA 22101

FIRST CLASS U.S. POSTAGE PAID Permit No. 7268 McLean, VA 22101

Share Membership Information with a Colleague

Founded in 1993, the Academy for Eating Disorders is an international transdisciplinary professional organization that promotes excellence in research, treatment and prevention of eating disorders. The AED provides education, training and a forum for collaboration and professional dialogue. The AED brings together an international membership designed to:

Promote the effective treatment and care of patients with eating disorders.

Develop and **advance** initiatives for the primary and secondary prevention of eating disorders.

Provide for the dissemination of knowledge regarding eating disorders to members of the Academy, other professionals, and the general public.

Stimulate and support research in the field.

Promote multidisciplinary expertise within the Academy membership.

Advocate for the field on behalf of patients,

the public and eating disorder professionals.

Assist in the development of guidelines for training, research, and practice within the field. **Acknowledge** outstanding achievement and

To receive membership information to pass along to a colleague, contact:

service in the field.

AED Central Office 6728 Old McLean Village Drive McLean, VA 22101 AED@degnon.org www.aedweb.org

Academy for Eating Disorders

Academy Newsletter

Please send all suggestions for articles, job opportunities, information regarding upcoming events or meetings, letters to the Editor, awards and honors received by Academy members, published books, and all other items of interest to:

Debbie Franko, Ph.D.

Department of Counseling Psychology Northeastern University 203 Lake Hall Boston, MA 02115-5000 Phone: (617) 373-5454 Fax: (617) 373-8892 E-mail: d.franko@neu.edu

> Submission deadline: March 1, 2004

All contributions to the Newsletter must be submitted to the Editor via e-mail or disk in Microsoft Word format.

15