

## Message from the President

Pat Fallon, Ph.D., F.A.E.D.



This year in Denver, the Academy will be celebrating its tenth birthday. As I sat down to write this column, I glanced over at my oldest daughter who just turned twelve. To her delight, during the year I have been president,

she has managed to grow taller than me. I then began to reflect on the ways in which the Academy has also developed – both during this past year and in the ten years of its existence. The AED has now grown larger than the people who began it back in 1993 expected and has become an independent, highly effective organization with many different committees. Like my daughter, the changes are inevitable, occasionally painful but mostly wonderful and remarkable. There are many influences in her life now as there are many people who contribute to the maturation of the AED. Which leads me to a discussion of the board meeting in Charleston...

The Academy Board and Council Chairs met in Charleston the day before the start of the Eating Disorders Research Society meeting. My most distinct impression was of the huge number of people involved in many different aspects of the Academy. We have dozens of committees operating under the five councils. The Membership, Education and Training, Publications, Research, and Public Affairs Councils all have substantial agendas and have developed programs that significantly shape the face of the Academy. Lest this sound like we have developed a huge bureaucratic machine, let me assure you that these are hard working, thoughtful committees with amazing ideas and energy.

As a result of the Board meeting, you will see the utilization of some of the gala funds from the fundraiser in Boston. The Board approved

eight Clinician Scholarships and four Young Investigator Awards for the Denver meeting. With the help of Ruth Streigel-Moore and Cindy Bulik, the NIH is likely to fund additional Young Investigator awards, although due to funding restrictions, they will be available only to US residents. Look in the newsletter and on our website for the criteria and application process for these awards and scholarships. We are also interested in helping other Academy members from countries outside the US apply for funding. Please contact the Central Office if you have ideas and would like some information or help with applications.

Tracey Wade attended a discussion with the Board regarding ways to implement the recommendations of the International Task Force. Specific suggestions for the newsletter and the web page were discussed and Academy members should begin to see some of the changes implemented in this edition. Our membership both within the US and outside the US has continued to grow rapidly, with almost 1200 members currently part of the AED.

The Academy has also continued to attend to the interests of the membership within the US, including a deepening of our relationship with the National Eating Disorders Association (NEDA), which we hope may serve as a model for relationships with other advocacy groups outside the US. We are asking ourselves hard questions about our Public Affairs agenda and the best ways to impact and address the needs of those individuals and families suffering from eating disorders.

In the last newsletter, you heard about the international teaching day committee, chaired by Kathy Pike and Glenn Waller. In a few short months, we have seen opportunities open up internationally. A teaching day will be co-sponsored by the AED in February 2003 in Singapore, while in March the first SIG sponsored educational event outside the

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## Message from the Editor

Lisa Lilienfeld, Ph.D.

This is the next to last issue for which I will serve as editor before turning over the reigns to Debra Franko, Ph.D. of Northeastern University. I'll save a summary of my experiences during the past three years as editor for my final spring issue.

In the current newsletter, you'll find plenty of information about the upcoming Academy meeting in Denver at the end of May. For those of you who have never been to this part of the United States, in my opinion, Colorado is one of the most beautiful states in the country, with gorgeous blue skies and snowy mountainous landscapes. Snowflakes are few and far between here in Atlanta. Instead, we enjoy "ice storms" which is a new winter experience for me. For real entertainment, during these storms one can sit back and watch southerners attempt to drive downhill, furiously hitting their brakes, never seeming to realize the futility of this when driving on ice.

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## University of Pittsburgh to Lead First Ever Government-Funded Genetic Study of Anorexia Nervosa

Researchers at the University of Pittsburgh School of Medicine have been chosen to lead the first ever government-funded genetic study of anorexia nervosa. The National Institute of Mental Health-funded study is a five-year grant, with more than \$10 million in funding, which brings together 11 groups of researchers from North America and Europe (10 clinical centers and one to analyze data) to find regions of the human genome that contain genes that influence risk for anorexia. To find these regions, the researchers will recruit families with two or more members, mainly siblings, who have or had anorexia nervosa, and analyze the DNA from the participants.

“Studies such as this one should help us understand how differences in the genes of some individuals contribute to this illness. These findings should help develop truly effective therapies,” said Walter H. Kaye, M.D., F.A.E.D., professor of psychiatry at the University of Pittsburgh School of Medicine and co-principal investigator.

The research will build on recent genetic studies supported by the Price Foundation, a private, European-based foundation that included most of the same investigators. Bernie Devlin, Ph.D., associate professor of psychiatry at the University of Pittsburgh School of Medicine and co-principal investigator, noted that the Price Foundation studies have already pointed to four regions of the genome to look for genes affecting susceptibility to anorexia. Because this is such a complex disease, a large number of families will be needed to understand the genetic basis.

The Price Foundation researchers were chosen in part because of their success in engaging families affected by anorexia, said Dr. Kaye. “Our research has been successful in large part because of our special relationships with these families. Our staff has done an excellent job of communicating with them along each step of the way, so these families really feel like they are making a contribution.”

“In addition to the development of new, more effective treatments, research studies that identify the genetic basis of illnesses such as an-

orexia nervosa will undoubtedly help to reduce unfair stigma toward the mentally ill,” said Harry A. Brandt, M.D., head of the department of psychiatry at St. Joseph Medical Center, Baltimore.

According to Wade Berrettini, M.D., Ph.D., professor of psychiatry at the University of Pennsylvania School of Medicine and co-principal investigator, finding 400 families with two or more members with anorexia nervosa will be quite a challenge.

Cynthia M. Bulik, Ph.D., F.A.E.D., professor of psychiatry at Virginia Commonwealth University and a co-principal investigator with the data analysis group, notes that research studies completed in the past decade suggest that a number of traits, such as perfectionism, anxiety, and obsessiveness, contribute to the risk to develop anorexia nervosa. “This research will help us identify genes that contribute to anorexia nervosa and will open up new avenues for detection, prevention and treatment.”

The leaders of the 10 clinical centers are Dr. Kaye and Maria LaVia, M.D., at the University of Pittsburgh; Dr. Berrettini, University of Pennsylvania; Katherine A. Halmi, M.D., Cornell University; Manfred M. Fichter, M.D., Roseneck Hospital affiliated with the University of Munich (Germany); Michael Strober, Ph.D., F.A.E.D., University of California Los Angeles; Allan S. Kaplan, M.D., F.A.E.D. and D. Blake Woodside M.D., F.A.E.D., University Health Network of Toronto General Hospital (Canada); James E. Mitchell, M.D., F.A.E.D., University of North Dakota; Craig L. Johnson, Ph.D., F.A.E.D., Laureate Psychiatric Clinic and Hospital in Tulsa, Oklahoma; Dr. Brandt and Steven Crawford, M.D., St. Joseph Medical Center, Baltimore; and Ian Jones, M.D., Nick Craddock, M.D., and David Robertson, M.D., University of Birmingham (England).

For more information on how to participate, please call 1-888-895-3886 or visit the website at [www.angenetics.org](http://www.angenetics.org). Information about the Price Foundation can be found at [www.anbn.org](http://www.anbn.org).



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## 2003 International Conference on Eating Disorders Preliminary Schedule

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*Clinical and Scientific Challenges:  
The Interface between Eating Disorders and Obesity*  
May 29 - 31, 2003  
Omni Interlocken Hotel, Denver, CO

### Thursday, May 29

1:00pm - 4:00pm  
Clinical Teaching Day Workshops

4:00pm - 5:30pm  
NIMH Fellowship Presentations

5:30pm - 7:00pm  
Opening Reception

7:00pm - 8:30pm  
SIG Discussion Panels  
Symposium

### Friday, May 30

7:00am - 8:00am  
Continental Breakfast

8:00am - 8:15am  
Welcome and Conference Goals

8:15am - 9:15 am  
Keynote Address  
Susan Yanovski, MD

9:15am - 9:45 am  
Break

9:45 am - 11:15am  
Plenary Session I  
*Body Weight Regulation*

11:30am - 1:30pm  
SIG Meetings/Lunch on your own

1:30pm - 3:00pm  
Workshop Session I

3:00pm - 3:30 pm  
Break

3:30pm - 3:45pm  
Presidential Address

3:45pm - 5:15pm  
Plenary Session II  
*Eating Disorders and Obesity in the Pediatric Population*

5:30 pm - 7:00pm  
Poster Session and Reception

7:00pm - 10:00 pm  
Satellite Symposium

### Saturday, May 31

7:00am - 8:00am  
Continental Breakfast  
AED New Member Breakfast

8:00am - 9:30am  
Plenary Session III  
*Classification of Eating Disorders*

9:30am - 9:45am  
Break

9:45am - 11:15am  
Paper Sessions

11:15am - 12:45pm  
Workshop Session II

12:45pm - 2:00pm  
AED Business Meeting and Lunch

2:00pm - 3:30pm  
Workshop Session III

3:30pm - 4:00pm  
Break

4:00pm - 5:30pm  
Closing Remarks and Plenary Session IV  
*Treatment of Binge Eating Disorders*

7:00 - Social Event  
AED 10<sup>th</sup> Anniversary Celebration

Visit [www.aedweb.org](http://www.aedweb.org) for updated information as it becomes available. Hope to see you in Denver!



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## AED Junior Investigator Travel Fellowships

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The AED announces the availability of fourteen Junior Investigator Travel Fellowships for the 2003 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 unrestricted 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 our website at [www.aedweb.org](http://www.aedweb.org).



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## AED Clinician Scholarships

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The AED has established a Clinician Scholarship program to help defray Annual Meeting costs for clinicians and educators who might not otherwise be able to afford to attend. The intent of this scholarship program is to provide the applicant with knowledge and skills that will then be disseminated by the applicant in his/her community. Eight scholarships of up to \$1,250 will be awarded to defray the cost of conference fees, travel, and hotel accommodations. This year's scholarships have been made possible by the generous donations of 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](http://www.aedweb.org)



**Check out the new look of [www.aedweb.org](http://www.aedweb.org). Congratulations to Doug Bunnell and the web site committee for a job well done!**

## Academy Elections

Allan S. Kaplan, M.D., F.A.E.D.  
Chair, Nominating Committee

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

### President-Elect

Michael Devlin, M.D., F.A.E.D.

### Secretary

Kelly Klump, Ph.D.

### Board Members

Judith Banker, L.L.P.

Tracey Wade, Ph.D.

### Nominating Committee

Hans Hoek, M.D., Ph.D.

James Mitchell, M.D., F.A.E.D.

There will be a membership vote at the Annual Business Meeting, Saturday, May 31 at 12:45pm at the Omni Interlocken Resort in Denver, CO. The meeting will take place during the 2003 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](http://www.aedweb.org).

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



## Plan Now for 2004

### 2004 International Conference on Eating Disorders

April 25 - 28, 2004

Caribe Royale Resort Suites  
and Villas  
Orlando, FL

## Treasurer's Report

Eric van Furth, Ph.D.

Having begun my term as treasurer of the AED at last year's annual meeting in Boston, I would periodically like to inform the membership of the financial fitness of the Academy. The increase in membership and the expansion of Academy activities is reflected by the increase in the budget.

Since 1998, the budget has increased by 385% to a total of US \$511,100 (€505,989) for 2002. Since the individual membership dues have not been raised since 1999, the increase in income from membership dues can be explained by the growing number of professionals who are joining the Academy. The success of the Boston meeting is expected to have a positive impact on our financial balance. Tapping new sources of income from sponsorship, grants and the fundraising gala has proven to be effective. These funds will be used to support training and education in countries outside the US, particularly in underserved populations.

The Academy sponsors the inclusion of the International Journal of Eating Disorders as

a member benefit by paying part of the subscription fee to the publisher (Wiley). Recently, a new contract was negotiated with Wiley. As a consequence the Academy will, from this year on, increasingly share in the Journal's profits. This increased profit is not yet reflected in the budget which was passed in April of last year before the journal contract was renegotiated. An expansion of AED activities also means growth of the executive office. As a result, central office costs have increased and form a major part of our expenses. The expenses for advocacy and fundraising are related to the Academy's membership in and contribution to activities of the Eating Disorder Coalition for Research, Policy & Action.

An increase in the total net assets is expected for this year. However, when expressed as a percentage of the budget, the assets have been steady at about 21%, which means that we have limited financial reserves.

The presidency's push to stimulate internationalization will bring new financial challenges and the Board is working towards planning for and meeting the added challenges. I hope to be able to report on the outcome of new developments in the near future.

Income	Budget 2002			Actual 2001		Actual 2000	
	US	CAN	%	US	CAN	US	CAN
Membership dues	\$ 151,200	\$ 232,848	30%	\$ 164,257	\$ 252,956	\$ 128,140	\$ 197,336
Conference & Teaching	\$ 302,500	\$ 465,850	59%	\$ 167,851	\$ 258,491	\$ 277,559	\$ 427,441
Fundraising & Grants	\$ 52,000	\$ 80,080	10%	\$ 2,180	\$ 3,357	\$ 525	\$ 809
Miscellaneous	\$ 5,400	\$ 8,316	1%	\$ 5,695	\$ 8,771	\$ 9,060	\$ 13,953
<b>Total Income</b>	<b>\$ 511,100</b>	<b>\$ 787,094</b>	<b>100%</b>	<b>\$ 339,984</b>	<b>\$ 523,575</b>	<b>\$ 415,284</b>	<b>\$ 639,538</b>
Expenses	Budget 2002			Actual 2001		Actual 2000	
	US	CAN	%	US	CAN	US	CAN
Int. J. Eat Disorders	\$ 50,000	\$ 77,000	11%	\$ 51,033	\$ 78,591	\$ 42,656	\$ 65,690
Central Office	\$ 143,550	\$ 221,067	31%	\$ 129,679	\$ 199,705	\$ 117,378	\$ 180,762
Conference & Teaching	\$ 220,000	\$ 338,800	47%	\$ 121,582	\$ 187,237	\$ 237,748	\$ 366,132
Board & Committee's	\$ 14,250	\$ 21,945	3%	\$ 21,935	\$ 33,780	\$ 44,782	\$ 68,964
Advocacy & Fundraising	\$ 42,500	\$ 65,450	9%	\$ 7,500	\$ 11,550	\$ 1,500	\$ 2,310
<b>Total expenses</b>	<b>\$ 470,300</b>	<b>\$ 724,262</b>	<b>100%</b>	<b>\$ 331,729</b>	<b>\$ 510,863</b>	<b>\$ 444,063</b>	<b>\$ 683,857</b>
<b>Net Income</b>	<b>\$ 40,800</b>	<b>\$ 62,832</b>		<b>\$ 8,255</b>	<b>\$ 12,712</b>	<b>\$ -28,778</b>	<b>-\$ 44,319</b>
<b>Total Assets</b>	<b>\$ 111,567</b>	<b>\$ 171,813</b>		<b>\$ 70,767</b>	<b>\$ 108,981</b>	<b>\$ 87,581</b>	<b>\$ 134,875</b>

NOTE: US \$ 1 = € 1 = CAN \$ 1.54 (November 27, 2002) Other currencies are available upon request.



## Eating Disorders Awareness Week (EDAW) 2003

EDAW will be celebrated February 23 - March 2, 2003. This is an opportunity for health care providers, counselors, teachers, social workers, students, families, and communities to promote healthy body image; raise public awareness about the signs, symptoms, and impact of eating disorders; encourage individuals to speak out about unrealistic standards of beauty promoted within our culture; and educate the public about the risks involved in dieting and restrictive eating practices. If you would like to organize an activity in your community or receive more information about EDAW, please visit the National Eating Disorders Association's (NEDA) web site at [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org).

In conjunction with EDAW, KCTS, the Seattle PBS affiliate, is teaming up with the National Eating Disorders Association (NEDA) to provide educational outreach surrounding a new documentary, *Perfect Illusions: Eating Disorders and the Family*. The documentary will premiere nationally Monday, February 24, 2003 at 10 p.m. during EDAW and will be aired on all 350 PBS affiliates throughout the United States.

*Perfect Illusions* focuses on the dramatic experiences of four families whose lives have been impacted by eating disorders. What the risk factors are, how to identify early warning signs, where families can turn during the treatment and recovery process: these questions and more are addressed in this documentary about a challenging situation faced by more people in our society than we might think. Two members of the Academy, Drs. Patricia Fallon (AED President) and Joel Jaharus are prominently featured in the film.

PBS will feature web content about *Perfect Illusions* and critical information about eating disorders, accessing treatment, and how to support a loved one who is struggling with an eating disorder. This web content promises to reach millions of viewers over three years as [pbs.org](http://pbs.org) is the most visited "dot org" website in the world with over 18 million hits per day. You may contact the Education and Outreach Coordinator at your local PBS affiliate to help plan community education and outreach events in connection with the film.



## President, Continued from page 1

US will be held in Ecuador. Teaching days and conferences such as these provide highly needed training opportunities in other countries, as well as great travel destinations for AED members from all over the world.

You will see a revised masthead on the editorial page of the International Journal which includes the new associate editors Tim Walsh, Cindy Bulik and Ruth Streigel-Moore. The Young Investigator Training Days, which have in the past been part of the Eating Disorders Research Society meeting, will in the future be held in conjunction with the AED meeting. Work is continuing on the new and improved web page which should be up and running by the time you read this article.

In March, the Board, along with other essential AED leaders, will be meeting in a strategic planning session to forge a path for the future of the Academy. We hope to continue to be responsive to the needs of the membership and to creatively involve many of you in the future of the Academy.

Interrupted while writing by my younger son who was born the same year as the AED, I am reminded of how much there is to look forward to in the future. One hopes, wishes and dreams for much but there is always a twist in the road that is unexpected, challenging and ultimately brings us to a new place. Whether this is as a parent with a child, a researcher with new data, a clinician with a patient or an organization with an evolving membership and charge, our best tools are creativity, flexibility and a passion and love for the task at hand and most importantly for the people who are at the heart of it all.



*Have you returned  
your 2003 Dues Renewal  
notice?*

## Editor, Continued from page 1

I think my neighbors would truly benefit if some of our Minnesota and North Dakota colleagues shared a few simple tips on winter weather driving. However, I digress...

You will find a new "regular installment" in this newsletter, namely updates from two of our Academy Special Interest Groups (SIGs), the Psychodynamic Psychotherapy SIG and the Hispanoamerica SIG. Paulo Machado, PhD, our SIG chair, will be coordinating upcoming newsletter updates from individual SIG chairs so that the entire Academy membership can learn about the happenings of our various Special Interest Groups. You can review the many available SIGs there are to join on our website at [www.aedweb.org](http://www.aedweb.org).



## Members Honored

Lisa Lilienfeld, Ph.D.  
Newsletter Editor

As co-chairs of the Athlete SIG, Roberta Sherman and Ron Thompson were invited as Academy representatives to participate in the Female Athlete Triad Summit in Chicago on July 26-27, 2002. The Triad, which consists of disordered eating, amenorrhea, and osteoporosis, affects many girls and young women who regularly participate in physical activity or competitive sports at all levels. The summit was sponsored by the National Association of Orthopedic Nurses (NAON) in an attempt to set up a national multidisciplinary task force to organize educational and preventive programs related to the Triad. Roberta and Ron will serve on the Female Athlete Triad Task Force for the next year with representatives from the American College of Sports Medicine, the NCAA, the American Dietetic Association, the National Athletic Trainers Association, the American Physical Therapy Association, and WomenSport International, as well as NAON.

Congratulations Roberta and Ron for representing the Academy so well.



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## Hispanoamerica Special Interest Group (SIG) Update

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David Szydlo, M.D., Ph.D. & Fabian Melamed, M.S.

During the New York meeting in 2000, two Hispanic colleagues, psychologist Fernando Fernandez Aranda and physician Armando Barriguete, began to consider the possibility of creating a forum for Spanish and Portuguese speaking eating disorder specialists. The idea was to have a space in which cultural and idiosyncratic issues specific to Hispanic communities across the globe could be addressed.

A few months later, the Hispanoamerica SIG became a reality thanks to Jim Mitchell's unconditional support. With Fabian Melamed from Argentina as director, Fernando Fernandez from Spain and Armando Barriguete from Mexico as coordinators, and ten more members, the SIG had its first meeting at the Academy annual conference in Vancouver in 2001. The group proposed as its first tasks the creation of a bulletin, the organization of the first Hispano-American meeting in Ecuador, and considered the possibility of multi-center research projects. By that time, the SIG had grown to 30 members.

As a multicultural group, joined by language and interest, our work yielded immediate results. The first issue of the bulletin has been produced and the first Hispanoamerica SIG meeting has been planned to take place in Quito, Ecuador, March 6<sup>th</sup>-9<sup>th</sup> 2003. A wonderful program has been created for this meeting, thanks to the participation of members from several countries and specialties. All AED members who speak Spanish and are interested in attending are obviously welcome!

During the Academy's 2002 annual meeting in Boston, more interest in this SIG was generated and by the end of the meeting, the group had grown to 50 members willing to participate actively in both the SIG's activities and those of the Academy.

Currently, a new bulletin is being drafted and there is no doubt that the meeting in Ecuador will serve as a platform to strengthen the collaboration between members and institutions, as well as set the stage for future scientific events. Now, more than 53 professionals from different backgrounds, representing a variety of specialties, from ten different countries (Mexico, Spain, Argentina, U.S., Brazil, Por-

tugal, Uruguay, Ecuador, Canada, and France), makes this SIG a special one, as it addresses the needs of specific populations all over the world.



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## First AED International Teaching Day in Eating Disorders

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Amy Baker Dennis, Ph.D., F.A.E.D. and Michael Devlin, M.D., F.A.E.D., Education and Training Council Co-Chairs

The Education and Training Council is pleased to announce the first AED International Teaching Day in Eating Disorders which is Cosponsored by the Singapore Institute of Mental Health. The conference will be held February 14, 2003 in Singapore. The program schedule is below. For more information, please visit the Conferences page at [www.aedweb.org](http://www.aedweb.org).

9:00 am – 10:00 am

Clinical Presentation and Diagnostic Criteria of Eating Disorders with Prof Stephen Touyz

10:00 am – 10:15 am

Break

10:15 am – 11:15 am

Overview of Empirically Based Treatment of Eating Disorders with Dr. Kathleen M Pike

11:15 am – 12:15 pm

Obesity Management – a Holistic Approach with Dr Ee-Lian Lee

12:15 pm – 1:30 pm

Lunch

1:30 pm – 4:30 pm

In-Depth Training Sessions

A. Medication Intervention for Eating Disorders and Obesity with Dr. Ee-Lian Lee

B. Cognitive-Behavioral Therapy for Anorexia Nervosa & Bulimia Nervosa with Dr. Kathleen Pike

C. Treatment Program for Eating Disorders with Prof Stephen Touyz



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## Psychodynamic Special Interest Group (SIG) Update

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Judith Banker, M.A., PPSIG Chair

The Psychodynamic Psychotherapy Special Interest Group (PPSIG), chaired by Judith Banker, Debra Carter and David Tobin, has been meeting at AED International Conferences and Teaching Days since 1998. With approximately 75 members from 17 countries, the PPSIG seeks to provide a venue within the Academy for the discussion of clinical issues relevant to the practice of psychodynamic psychotherapy in the treatment of eating disorders, as well as to provide a forum for fostering collaboration and networking on clinical, research, and educational initiatives.

PPSIG meetings have focused on developing initiatives to promote the mission of our group and on facilitating discussion of clinical, research or other topics that members choose to raise. Discussion topics of particular interest to our group have included: the impact of combining behavioral treatment modalities with psychodynamic treatment, the current status and orientation of eating disorder treatment available internationally, the assets and liabilities of working psychodynamically within a team treatment approach, symptom management and psychodynamic psychotherapy, and pertinent research and clinical writings.

Current PPSIG initiatives expand on our focus on education and collaboration. The PPSIG presented a panel discussion, attended by nearly 100 conference-goers, at the 2002 AED International Conference in Boston. Entitled "The Changing Face of Psychodynamic Psychotherapy in the Treatment of Eating Disorders", the panel addressed the practical and theoretical challenges facing psychodynamic clinicians. Chaired by Judith Banker and Debra Carter, panel members Janet De Groot, MD, Charles Portney, MD, Laura Weisberg, PhD, Armando Barriguete, MD and Michel Botbol, MD generated lively discussion on topics including psychodynamic treatment and female psychology, psychoanalytic psychodrama, countertransference issues, and integrating CBT and psychodynamic psychotherapy. In an effort to offer further psychodynamically oriented training opportunities to AED and PPSIG members, the PPSIG has submitted several workshop proposals for

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Continued on page 7

## **SIG Update, Continued from page 6**

the 2003 AED International Conference in Denver. Plans are also developing to bring in a speaker for our annual SIG meeting at the Denver conference.

Other PPSIG initiatives include the distribution of a PPSIG member interest and professional activity survey, the development of a resource library of literature, programs and research projects relevant to psychodynamic practice in eating disorders treatment which will be accessible through the AED website, and the maintenance of the PPSIG Collaboration Project, an email list of members interested in maintaining communication between meetings.

AED members with a particular interest in psychodynamic treatment are encouraged to join our SIG. The PPSIG offers its members the unique and invaluable opportunity to share clinical experiences, as well as research and educational project ideas, with psychodynamically oriented colleagues from around the world. We have just begun to tap the collaborative potential within our SIG and look forward to supporting new and exciting initiatives from our membership. For information or to join the PPSIG contact Judith Banker at [banker@umich.edu](mailto:banker@umich.edu).



**We would like to publish information on Academy members. If you have received an award, have been promoted, have taken a new job, have published a book, or have undertaken any other activity of interest to the membership, please let us know so that we may consider including it in the Newsletter. Contact Lisa Lilienfeld at [Lilienfeld@gsu.edu](mailto:Lilienfeld@gsu.edu).**



## **Upcoming Conferences**

### **AED 1st International Teaching Day on Eating Disorders ~ Singapore**

February 14, 2003

Cosponsored by the Singapore Institute of Mental Health

Speakers will be Ee-Lian Lee, FRCPsych, Kathleen Pike, PhD and Stephen Touyz, PhD. For more information visit [www.aedweb.org](http://www.aedweb.org).



### **The 1st Hispano-American Congress on Eating Disorders**

“Multidisciplinary Approaches for the Hispano-American Context”

March 6-9, 2003

Quito, Ecuador

Hosted and organized by Universidad San Francisco, Quito and sponsored by the Hispano-American SIG of the Academy for Eating Disorders. The Keynote Address will be given by James Mitchell, M.D., F.A.E.D. Visit [www.aedweb.org](http://www.aedweb.org) for more information.



### **The 6th London International Eating Disorders Conference**

April 1-3, 2003

Imperial College

London, United Kingdom

Conference Convenors: Rachel Bryant-Waugh, Ph.D. & Bryan Lask, M.D.

For further information, e-mail: [conferences@markallengroup.com](mailto:conferences@markallengroup.com)



### **Academy for Eating Disorders 2003 International Conference on Eating Disorders**

May 29-31, 2003

Omni Interlocken Hotel

Denver, Colorado

Keynote Address by Susan Yanovski, M.D. Visit [www.aedweb.org](http://www.aedweb.org) or contact [AED@Degnon.org](mailto:AED@Degnon.org) for more information.



### **The 5th Brazilian Meeting on Eating Disorders**

June 19-21, 2003

Serra Azul Hotel

Gramado, Rio Grande do Sul, Brazil

For further information, e-mail Professor Abuchaim at: [abuchaim.voy@terra.com.br](mailto:abuchaim.voy@terra.com.br)

## **AED Athlete SIG Mini-Conference**

September 19, 2003

Indiana State Government Center  
Indianapolis, IN

Visit [www.aedweb.org](http://www.aedweb.org) for more information. Call for abstracts deadline is June 15, 2003.



## **Special Interest Groups**

Interested in joining or starting a Special Interest Group (SIG)? Time has been set aside in Denver during the 2003 ICED Conference on Eating Disorders for attendees to meet with colleagues to discuss a variety of topics of special interest within the field of eating disorders. Visit our web site at [www.aedweb.org](http://www.aedweb.org) or contact Paulo Machado, PhD at [pmachado@iep.uminho.pt](mailto:pmachado@iep.uminho.pt) for further information.



## **On-line Access to *IJED* Available for Members**

AED members are entitled to on-line access to the *International Journal of Eating Disorders* through their Academy membership. Just go to the member registration page at [www.interscience.wiley.com](http://www.interscience.wiley.com), click on “login,” and fill in username and password. Logging in takes members to a personal home page, where each person can store journal and article bookmarks and search parameters as well as set user preferences.

If you do not have a username and password, contact the publisher: Membership Coordinator, Subscription Department, John Wiley & Sons, Inc., 111 River Street, Hoboken, NJ 07030. Phone: 201-748-6740; email [LWoo@wiley.com](mailto:LWoo@wiley.com).



## Book Review Corner

Evelyn Attia, M.D.  
New York State Psychiatric Institute  
Columbia University

### *Animal Models – Disorders of Eating Behaviour and Body Composition*

Edited by John B. Owen, Janet L. Treasure and David A. Collier  
(Kluwer Academic Publishers, 2001, ISBN# 0-7923-7095-3, 251 pages)

This book is a welcome addition to the background literature on human eating disorders. The book, a series of scientific articles written by renowned authors in their respective fields, aims to describe normal and pathologic aspects of feeding behavior in a range of animals, and discusses what is known about the biological and evolutionary underpinnings of these phenomena.

The book is divided into five sections. In the first, human disorders of eating behavior and body composition are reviewed. Molly Bray and David Allison describe the genetically mediated obesity syndromes. They explain some of the known pathways that control fat storage and the interruptions identified in conditions associated with obesity. Janet Treasure and David Collier review clinical eating disorders, describing their model of these illnesses as a spectrum of conditions with multi-faceted etiologies. They review the biological data thoroughly regarding eating behavior, hunger, satiety and neuroendocrine disturbance in anorexia nervosa, bulimia nervosa, and binge eating disorder, and recommend directions for further study. Carl Phillips adds an unusual perspective to the clinical section in his chapter on the economics of eating, describing the expected patterns of feeding and eating in humans according to well developed principles of achieving maximum benefit by the choices humans make. Phillips' chapter is one of the book's most provocative, as he aims to understand unhealthy eating choices in the context of known economic and social patterns.

The book's second section focuses on diet selection and aberrations in body composition seen in animals. Lennart Hansson reviews diet selection in wild animals, focusing on seasonal and geographical changes in feeding behavior and body composition in particular species, and the ample evidence that most free-living animals are lean and are rewarded in the wild for remaining so. Ilias Kyriazakis discusses feeding behavior among farm animals, and sug-

gests that farm animals, given access to foods that would not have been part of their evolutionary history, serve as important models for understanding disordered eating behavior in humans, especially obesity, as humans have similarly been provided with food types and amounts that are different from what they would have had available in the wilderness. Roma Bell describes exercise and diet-induced obesity in mice and reviews the vast literature concerning the manipulation of exercise and diet to achieve different body composition measurements in animals.

The third and fourth sections review genetic models of animal obesity, including the identification and study of the obesity (ob) gene and leptin, and genetic susceptibility to leanness in animals, including muscle enhanced traits in cattle and sheep and the halothane gene in pigs.

The final section reviews anorexia models. Most interesting is Jeanette Johansen and Martin Schalling's chapter on the anorexic mouse and S.C. Kyriakis' chapter on the wasting syndromes in pigs. Kyriakis reviews two conditions prevalent among pigs raised in intensive pig production settings. Wasting Pig Syndrome (WPS) and Thin Sow Syndrome (TSS) are conditions of weight loss and failure to thrive that may serve as important models for understanding anorexia nervosa in humans. WPS occurs in approximately 6% of young pigs following the stressful mixing of young pigs after weaning. TSS occurs in female pigs following orchestrated weight loss in the context of identified excessive weight gain. Dr. Treasure has written previously about these conditions being possible models for human anorexia nervosa and important areas for future research.

Recently, the need for translational research – studies that utilize work done in one academic arena to advance the work in another – has been identified. Academic initiatives have begun to bring the laboratory bench to the bedside, and, in turn, take the clinical research questions back to the animal labs. Editors Owen, Treasure and Collier have assembled a book that is timely in its identification of animal models that deserve further attention as clinical researchers in the fields of eating disorders and obesity search for answers to the many questions posed by these challenging conditions.



## Classified Advertising

**LICSW/LPCC**–MeritCare has an immediate, full-time therapist position open in psychiatric services – eating disorders partial hospitalization program. Incumbent will work Monday – Friday (8:00 am to 5:00 pm, with some early evening hours). Duties to include care coordination, group, individual and family therapy, and discharge planning. Experience in treatment of eating disorders and adolescent and family therapy required. Master's in Social Work, Counseling, or related field required. MeritCare provides excellent benefits, competitive salary, and a very supportive environment. For more information on this position, contact: Jill C. Gilleshammer, MeritCare Medical Group, 737 Broadway, Fargo, ND 58123, Phone: 800-437-4010, Extension 2338, Fax: 701-234-2316, Email: [jillgilleshammer@meritcare.com](mailto:jillgilleshammer@meritcare.com) MeritCare is an EOE/AA Employer.



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### Share Membership Information with a Colleague

Founded in 1993, the Academy for Eating Disorders is a multidisciplinary professional organization focusing on Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and related disorders. The mission of the Academy is to promote excellence in research, treatment and prevention of eating disorders. 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 service in the field.

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

AED Central Office  
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www.aedweb.org



### 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:

**Lisa Lilienfeld, PhD**

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Atlanta, GA 30303

Phone: 404-651-1291

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**Submission deadline:**

**March 1, 2003**

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