

Message from the President

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



There's no more exciting time to step into a leadership role in an organization than during a time of great change. As those of us who were in Denver saw portrayed so vividly at the 10th Anniversary celebration, the Academy for Eating Disorders has evolved from a small organization founded by a small circle of visionaries to the large dynamic energetic community that is currently tackling more extensive and global tasks.

To many in the AED, membership is still limited to conference attendance, but we would like to change that. My predecessor, Pat Fallon has worked hard to foster a culture of inclusiveness. The current board would like to invite as many of you as possible from all over the world, to become involved in all levels of Academy activities and leadership. As our vision expands, we will need to draw on the depth and talent of our membership to fulfill our mission.

The behind-the-scenes structure of the Academy is extensive. On page 11 of the newsletter (and soon to be released on our new website) is the current organizational chart for the AED. On the website version, each org chart entity will be "hot." By clicking an entity, you will get a pop-up box that provides you information on that particular entity and its leadership structure and be linked to archived reports from the committee so you can get a flavor of their tasks and activities. This new function will not only allow you to become better informed about what is happening in the AED, but will also allow you to explore the different functions and committees to see where you might want to get involved.

Features such as the new website are all part of the Academy's new strategic management plan. The plan emerged from a several month long process involving board members, council chairs, immediate past-presidents, and the staff from the central office of Degnon Associates which culminated in a 2 1/2 day strategic planning retreat in Landsdowne, VA. The process started with a randomly sampled subset of the membership, intensive interviews with retreat participants, a SWOT analysis (Strengths, Weaknesses, Opportunities and Threats) and a PEST (exploration of Political, Economic, Sociocultural, and Technological forces that could impact the AED) and intensive strategizing about the direction for the AED over the next five years. The executive summary of the strategic plan will be available on the website; however, here are the highlights of the meeting.

One of the first tasks of the weekend was to revisit the vision statement. Accordingly, we revised the vision of the Academy to be:

The ultimate vision for the AED is the elimination of eating disorders by increasing awareness of eating disorders globally through the development and dissemination of effective prevention and treatment strategies in collaboration with other organizations worldwide.

Emerging from this vision was a new mission statement which reads:

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.

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Message from the Editor

Debbie Franko, Ph.D.

It is with great pleasure that I take on the post of Editor of the Newsletter of the Academy for Eating Disorders. Please join me in thanking my esteemed colleague, Dr. Lisa Lilienfeld, who has done a superb job as Editor, adding many wonderful features to the newsletter and making it a tremendous source of information for AED members over the past three years. She has generously offered her time during this transition for which I'm extremely appreciative. I also want to thank Dr. Tim Walsh and the Publications Council for nominating me to this position.

I'd like to continue the tradition of making the Newsletter as member-friendly as possible. To that end, I hope to include information that is relevant and interesting to all members - clinicians, researchers, graduate students and the various combinations that represent our membership. Please e-mail me with your suggestions for the Newsletter - tell me what you find of interest and would like to see in upcoming issues (d.franko@neu.edu).

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AED Denver Conference 2003

Debbie Katzman, M.D. and
Denise Wilfley, Ph.D., Program
Committee Co-Chairs

The Academy for Eating Disorders 2003 International Conference, "Clinical and Scientific Challenges: The Interface between Eating Disorders and Obesity," was a great success. This year's theme, the interface between eating disorders and obesity, highlighted an integrative approach to understanding the causes, prevention, and treatment of eating disorders and obesity. The meeting brought together clinicians and investigators across both fields and infused fresh ideas and new perspectives.

It was wonderful to see so many conference attendees from all over the world. There were over 600 health professionals, trainees and students registered at the meeting.

Susan Yanovski, M.D, Director of the Obesity and Eating Disorders Program for the National Institute of Diabetes and Digestive and Kidney Diseases, gave an outstanding keynote address. In addition to the keynote address, there were four excellent plenary sessions: Classification of Eating Disorders, Body Weight Regulation, Eating Disorders and Obesity in the Pediatric Population, and Treatment of Binge Eating Disorder. Each of the plenaries had expert panels who shared state-of-the-art evidence on each of these topics.

A special session was devoted to an outstanding paper presentation by the recipients of the NIMH/AED Travel Fellowship. These papers represented high-quality submissions from promising investigators in the field. Thanks to Ruth Striegel-Moore and Cindy Bulik for making this happen.

There were also two Special Interest Group (SIG) panel discussions: Bariatric Surgery and Treating Childhood Obesity. Both were very well received and attended. As well, on Thursday evening there was a symposium on "Genes, Environment and Behavioral Traits in Anorexia and Bulimia Nervosa: Implications for Treatment, Prevention, and Families." This symposium highlighted the complex interplay and

mechanisms of behavioral traits and environment related to anorexia nervosa and bulimia nervosa. On Friday evening, there was a Satellite Symposium entitled "Advances in the Treatment of Bulimia Nervosa and Binge Eating Disorder." This symposium reviewed state-of-the-art evidence-based treatments and challenges in the treatment of bulimia nervosa and binge eating disorder.

In addition to the plenary sessions, the special interest groups, plenty of high quality papers and workshops, there was a 10th anniversary celebration of the Academy for Eating Disorders on Saturday night. The anniversary celebration was filled with friends, plenty of food, a memorable video presentation (thanks to Amy Baker Dennis and Beth McGilley) and an entertaining "show" by local entertainer Lannie Garret (thanks to the host committee). Everyone had a blast!

We want to thank our program committee, host committee, Pat Fallon and the Board, Beth McGilley, Amy Baker Dennis, and the AED office, particularly Bette Anne German, for their help in putting together this meeting. In addition, many thanks to all the speakers who made this meeting such a success! We look forward to seeing everyone in Orlando in 2004!

Teaching Day 2003

Susan Willard, M.S.W., Chair

It is with some relief and absolutely no regrets that I wind up three years of chairing the Clinical Teaching Day. I would not have been able to have such a wonderful program this year without the able and thoughtful co-chairing by Leah Graves (who will take over the chairmanship of the committee for the next two years).

The program this year had the largest registration to date; there were 281 participants, 19 more than last year. The introduction of a Beginners Track was so well received that it is likely to become a part of all future teaching days at the annual conference. Both the attendees and the presenters had positive experiences. One of the participants commented that it was

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“a fascinating afternoon” and another remarked that the session she attended was “inspiring, thought-provoking and well organized.” One of the presenters said that he and his co-presenter “learned a great deal from the participants” in their session. Clearly, there was a positive vibe from both sides of the podium!

Once again, the Teaching Day was extremely successful, due to both the expertise and talent of the speakers and the enthusiastic interaction of the participants. Thanks to all who took part for making it great.



Jennifer Sanftner, Ph.D. and new AED Fellow, Mary Tantillo, Ph.D., R.N.



Fellows Class of 2003:

front row (left to right)

**Lucene Wisniewski, Ph.D.,
Mary Tantillo, Ph.D., Ann
Kearny-Cooke, Ph.D.,
Debra Katzman, M.D.,
Wayne Bowers, Ph.D.**

back row (left to right) J.

**Armando Barriguete, M.D.,
Charles Murkofsky, M.D.,
Richard Levine, M.D., Beth
McGilley, Ph.D., Ovidio
Bermudez, M.D.**

Ovidio Bermudez, M.D. and 2003 AED Meehan/Hartley Leadership Award for Public Service and/or Advocacy Winner, Craig Johnson, Ph.D., F.A.E.D.



Showcase on New Board Members

Judith Banker, M.A., L.L.P., F.A.E.D. is



Founding Executive Director of the Center for Eating Disorders, a not-for-profit education and support organization in Ann Arbor, Michigan. She is also owner and Director of The Therapy Center of Ann Arbor, a private, multidisciplinary

outpatient facility specializing in the treatment of eating, weight and body image disorders. A Fellow of the Academy, Ms. Banker is also Chair of the AED Psychodynamic Psychotherapy Special Interest Group and Co-Chair of the AED Special Interest Group Oversight Committee. "The growth of the Academy's Special Interest Group program is an area of particular interest to me," states Judith. "Based on the high attendance and the number of new initiatives coming out of the SIG meetings at the AED Denver conference, it looks like we are just beginning to get a glimpse of the enormous potential for collaboration in research, education and training our SIG program offers. The positive impact this will have on Academy efforts toward achieving internationalization and transdisciplinary affiliation and cooperation is very exciting."

Tracey Wade, Ph.D. completed a Masters of



Clinical Psychology at the Australian National University in 1992 and a Ph.D. in Psychology at Flinders University in 1998. She is currently employed as a senior lecturer at the School of Psychology at Flinders University in South

Australia, and works one session a week at an eating disorder service. Tracey is currently co-chair of the international task force of the AED, looking at ways in which the AED can continue its journey toward being an integrated international organization. She has also been on the organizing committee for the 2002 and 2004 AED conferences, and will co-chair the 2006 conference with Daniel le Grange.

Passages

The Academy would like to thank the following individuals who are rotating off of their current positions for their dedicated service. We appreciate all the hard work and dedication to the AED.

Patricia Fallon, M.D., F.A.E.D. - President
Allan Kaplan, M.D., F.A.E.D. - Immediate Past-President
Michael Devlin, M.D., F.A.E.D. - Secretary and Co-Chair of Education and Training Committee
Susan Yanovski, M.D., F.A.E.D. - Board Member
Dianne Neumark-Sztainer, M.P.H., Ph.D., R.D., F.A.E.D. - Board Member
Kelly Klump, Ph.D. - Membership Council Chair
Susan Willard, L.C.S.W., M.S.W., B.C.D., F.A.E.D. - Teaching Day Coordinator
Beth McGilley, Ph.D., F.A.E.D. - Membership Council Co-Chair
Lisa Lilienfeld, Ph.D. - Newsletter Editor
Doug Bunnell, Ph.D. - Website Coordinator
Richard Kriepe, M.D. - Nominations Committee Co-Chair
Ruth Striegel-Moore, Ph.D., F.A.E.D. - Nominations Committee Co-Chair

The Academy would also like to welcome the following individuals into their new positions and wish them the best.

Cynthia Bulik, Ph.D., F.A.E.D. - President
Michael Devlin, M.D., F.A.E.D. - President-Elect
Patricia Fallon, M.D., F.A.E.D. - Immediate Past-President
Kelly Klump, Ph.D. - Secretary
Tracey Wade, Ph.D. - Board Member
Judith Banker, L.L.P., M.A., F.A.E.D. - Board Member
Daniel le Grange, Ph.D., F.A.E.D. - Membership Council Chair
Leah Graves, L.D., R.D., F.A.E.D. - Teaching Day Coordinator
Charles Murkofsky, M.D., F.A.E.D. - Website Coordinator
Hans Hoek M.D., Ph.D. - Nominations Committee Co-Chair
Jim Mitchell M.D., F.A.E.D. - Nominations Committee Co-Chair
Debbie Franko, Ph.D. - Newsletter Editor
Scott Crow, M.D., F.A.E.D. - Education and Training Co-Chair

Members Honored

The following awards were announced at the 2003 International Conference on Eating Disorders:

AED Leadership Award for Clinical, Administrative or Educational Service:
Marsha Marcus, Ph.D., F.A.E.D.

AED Leadership Award for Research:
B. Timothy Walsh, M.D., F.A.E.D.

The AED Meehan/Hartley Leadership Award for Public Service and/or Advocacy:
Craig Johnson, Ph.D., F.A.E.D.

Congratulations to these Awardees!

Special Interest Group (SIG) Updates

Nutrition SIG Update

Diane Keddy, M.S., R.D.

Nutrition SIG Co-Chair

The Nutrition SIG consists of 50 members including dietitians, nutritionists, physicians and psychotherapists. The group is international and includes members from Mexico, Canada, Ecuador, the Netherlands, the United States, and Israel. For the past 2 years the group has been led by Marsha Hudnall, M.S., R.D., Chair, and Diane Keddy, M.S., R.D., Co-Chair. Last year in Boston our SIG meeting was well-attended and several goals were set including: establishing a Nutrition Listserve, sponsoring a workshop at the Denver meeting, submitting nutrition resources for review in the Academy Newsletter, setting up a Regional Training Day for entry level dietitians, and establishing a Nutrition Resource Listing of dietitians trained in eating disorders treatment.

The Nutrition SIG Listserve is up and running. One nutrition resource, "Nutrition Counseling in the Treatment of Eating Disorders" by Marcia Herrin, Ed.D., M.P.H., R.D. is reviewed in this issue. A second, "Eating Disorders: A Clinical Guide to Counseling and Treatment" by Monika Woolsey, M.S., R.D. is scheduled for review later this year. A joint Nutrition Resource Listing with SCAN (an American Dietetic Assn. practice group for eating disorders) will be published electronically at both associations' web sites. A Regional Training Day for dietitians is in the planning stages.

The Nutrition SIG held several activities at the Denver meeting. A panel discussion on the treatment of childhood obesity was held Thursday evening. Marsha Hudnall, M.S., R.D. and Diane Keddy, M.S., R.D. were the moderators. Covering the medical model, Ovidio Bermudez, M.D., spoke on "Medical Evaluation of the Obese Child and Adolescent," and Susan Johnson, Ph.D. presented on "Nutrition Management for Overweight Children in the Medical Model Setting." Marilyn Day, M.S., R.D. presented on "Shapedown: A Non-Diet, Family Approach to Childhood and Adolescent Weight Problems," and Moria Golan, Ph.D. from Israel discussed her program "Management of Childhood Obesity with the Parents as the Sole Agents of

Change." Over 100 members attended the discussion panel, and the best approach to treating a difficult problem was hotly debated. A tape of the panel discussion is available at the Academy web site.

On Friday the SIG met for a networking and business meeting. The minutes from the meeting are posted at the Academy web site. For the next two years, the Nutrition SIG will be under the leadership of Sondra Kronberg, M.S., R.D., C.D.N., Reba Sloan, M.P.H., L.R.D., and Evelyn Tribble, M.S., R.D., as Co-Chairs.

On Saturday, the Nutrition SIG sponsored a workshop led by Sondra Kronberg, M.S., R.D., C.D.N. entitled "Weighted Down: Nutritional, Behavioral, and Emotional Complexities that Influence Treatment of Binge Eating and Obesity." Over 100 members listened to Sondra discuss techniques utilizing Cognitive Behavioral Therapy, Dialectical Behavioral Therapy and Solution Based Therapy for creating changes in food, eating and weight behaviors.

The Nutrition SIG welcomes new members from all disciplines. For additional information on any of our activities, please contact Diane Keddy at dkeddy5555@aol.com

Health At Every Size SIG

Deb Burgard, Ph.D.

Ellen Shuman, Exec. Dir., WellCentered Eating Disorders Treatment Programs

Co-Chairs

We're off to a great start. At the inaugural meeting of AED's new Health At Every Size SIG, conference participants spoke with great enthusiasm about their hopes for inclusion of the Health at Every Size model as an alternative approach to eating disorder treatment - a shift from a focus on weight to a focus on health. We all agreed that the HAES SIG could play an important role in raising awareness among eating disorder experts about the link between eating disorder prevention and size acceptance. The general consensus of the group was that we can't expect eating disorders to fade away until professionals, experts, clients, and the public at large are more accepting of a greater diversity of body shapes and sizes.

We're excited about the possibility of presenting a panel discussion and/or a workshop at the 2004 conference about HAES work in a clinical setting. Of course, we're hoping for a Plenary in 2005, so we shared

with the program committee chairs the names of two top researchers in the HAES field.

The HAES SIG plans to meet regularly by teleconference. To join this SIG, please contact debburgard@aol.com

Tenets of Health At Every Size

1) **Health enhancement**- attention to emotional, physical and spiritual well-being without focus on weight loss or achieving a specific "ideal weight"

2) **Size and self-acceptance** - respect and appreciation for the wonderful diversity of body shapes and sizes (including one's own!), rather than the pursuit of an idealized weight or shape

3) **The pleasure of eating well** -eating based on internal cues of hunger, satiety, and appetite, rather than on external food plans or diets

4) **The joy of movement** - encouraging all physical activities for the associated pleasure and health benefits, rather than following a specific routine of regimented exercise for the primary purpose of weight loss

5) **An end to weight bias** - recognition that body shape, size and/or weight are not evidence of any particular way of eating, level of physical activity, personality, psychological issue or moral character; confirmation that there is beauty and worth in EVERY body.

Special Interest Group Mini-Conference

The Athlete Special Interest Group will be sponsoring a one day mini-conference, "Athletes and Eating Disorders: Bridging the Gap," on September 19, 2003, in Indianapolis, Indiana. This will be the Academy's first specialty conference sponsored by a SIG. The conference will include an invited address, multiple workshop offerings, and research paper presentations. In addition, a special panel discussion with sport representatives from the NCAA, the National Federation of State High School Athletic Associations, and representatives from one or two sport federations is being planned. Anyone interested in submitting a proposal can look on the AED web site for more specific instructions. For more information about this exciting meeting, contact Roberta Sherman (rsherman@indiana.edu) or Ron Thompson (rthomps2@juno.com). Be sure to mark your calendars and check the web site frequently for updates.

Member News

Barton J. Blinder, M.D., Ph.D., received the Mental Health Association of Orange County California 2003 Award for Outstanding Contributions to Psychiatric Education, Practice, Research and Community Service. He also has recently published *Integrating Psychotherapy and Pharmacotherapy: Dissolving the Mind-Brain Barrier* with Bernard D. Beitman, M.D., Michael E. Thase, M.D., Debra L. Safer, M.D., and Michelle Riba M.D. (Norton Professional Books, 2003).

Kathryn Zerbe, M.D. reports that after almost 23 years at the Menninger Clinic, she has recently accepted the position of Vice Chair for Psychotherapy and Director of Outpatient Services in the Department of Psychiatry and Director of Behavioral Medicine, Center for Women's Health, at Oregon Health Sciences University.

Membership Council Updates

Daniel le Grange, Ph.D.
Membership Council Chair

The Membership Council is comprised of three committees devoted to broadening the membership of the Academy and enhancing membership benefits. The Membership Recruitment and Retention Committee (chaired by Drs. Lucene Wisniewski and Dasha Nicholls) oversees membership benefits as well as the recruitment and retention of members. The Special Interest Groups (SIG) Committee (chaired by Dr. Paulo Machado and Judith Banker, L.L.P., M.A.) is charged with organizing new SIGs, coordinating SIG activities, and providing forums for SIG meetings. The Fellowship Committee (chaired by Dr. Dianne Neumark-Sztainer, Ph.D., F.A.E.D) coordinates the awarding and induction of new Fellows — Academy members who have distinguished themselves within the eating disorders field and who have made significant contributions to the Academy. Over this past year, each committee has worked diligently to enhance Academy membership and increase collaborations among its members.

A very special thanks to Kelly Klump, Ph.D., our past Membership Council Chair for her untiring contributions over the past three years. I am grateful for her guidance in handing this Council Chair into my care.

The Membership Council welcomes suggestions from Academy members. Please feel free to contact the committee chairs directly or send me your comments at dlegrang@uchicago.edu; phone: (773) 702-9277.

Membership Recruitment and Retention Committee

Lucene Wisniewski, Ph.D., and
Dasha Nicholls, M.D.

The Membership Recruitment and Retention Committee has been very busy since 2002, maintaining our commitment to recruiting new Academy members, enhancing the diversity of Academy membership, updating the membership brochure, and promoting new members' orientation and involvement in Academy related activities. Co-Chair Beth McGilley, Ph.D., rotated off the committee after a productive two-year commitment. In addition to the recruitment efforts noted below, the committee finished revisions to the "New Member Packet" which details information regarding membership benefits, Academy Governance, upcoming AED Conferences/Workshops, and strategies for increasing members' involvement.

Recruitment Updates

Recent recruitment efforts included hosting a membership booth at the Academy's 2003 International Conference on Eating Disorders in Denver, in which new members were entered into a drawing for a free set of conference tapes. AED member Mary Ellen Crowley, Ph.D. was the winner of the tapes.

In addition, we hosted the second Membership Breakfast at the 2003 Conference where AED Board members, SIG Chairs, Membership Committee members, Fellows and other Committee Chairs joined us in welcoming new/prospective members. The breakfast was well attended and provided an informal opportunity for new/prospective members to meet the AED leadership and learn about the Academy, its various functions

and benefits, and strategies for becoming more active in the organization. Through all of these recruitment efforts, 45 new members were recruited. Also at the Denver meeting, we sponsored a "New Member Recruitment Gurze Gift Certificate Raffle" offering one raffle entry to every new member joining at the meeting. The raffle winner was new member Angela Celio from San Diego, CA.

Finally, the Membership Committee continues to provide AED membership information to other organizations whose members demonstrate shared interests in eating disorders research and treatment. Academy materials and membership brochures have thus been sent to the following organizations' membership lists: National Eating Disorders Association (NEDA), the London Conference on Eating Disorders attendees, and eating disorder specialists among the American Board of Social Work Examiners, the Obesity/Eating Disorder SIG of the Association for the Advancement of Behavior Therapy (AABT), and the Society for Adolescent Medicine (SAM).

Membership Updates

We are pleased to announce that the recruitment efforts over the past year have succeeded in reaching our committee's goal of obtaining over 1000 members. The current AED membership is at 1139, including 229 new members since January 2003! We welcome our new members and look forward to having them as AED colleagues!

The Membership Committee continues to be successful in increasing the diversity of Academy membership. As shown below, approximately one-fifth of the Academy's membership is comprised of Canadian, European, and other international colleagues who represent more than 36 countries across the globe. In addition, the wide range of disciplines represented in Academy membership reflects the multi-disciplinary nature of the eating disorder field and its professionals. Overall, the Membership Council and its committees have been very active over the past year in achieving their mission of broadening Academy membership and increasing collaborations amongst its members. The committees would like to thank Beth McGilley, Ph.D. for her efforts over the years on the Membership Retention and Recruitment Committees.

Special Interest Groups (SIGs)

Paulo Machado, Ph.D., and
Judith Banker, L.L.P., M.A.

The primary purpose of the Academy SIGs is to provide forums for individuals who have interests in particular topics related to eating disorders. The role of the Academy is to facilitate and support these groups, which will, in turn, contribute to professional dialogue and promote the field. SIGs may focus on any theme and any Academy member or group of members may propose the formation of a new SIG.

The years 2002/2003 have continued to see an increase in the participation of the Academy's SIGs. To date, there are 17 SIGs covering a range of topics including nutrition, psychology, nursing, psychodynamic psychotherapy, and cross-cultural issues, to name a few (see listing below). SIGs' activities over the past year have ranged from informal e-mail discussions to meetings at Academy conferences and workshops.

The recent Academy conference in Denver was a particularly active time for the SIGs. Twelve SIGs met and over 300 conference attendees participated in formal and informal SIGs meetings. SIGs' co-chairs participated in an organizational meeting during the conference aimed at identifying possible SIGs activities for the upcoming year.

Ideas included the development and maintenance of individual SIGs e-mail listserves, submission of SIGs workshops/paper presentations for Academy conferences, and distribution of reference lists of SIGs-relevant literature and ongoing research projects. All of these SIG activities were well-attended and well-received – we hope to offer more of these unique SIG-sponsored events at future conferences!

A few SIG organizational changes deserve note. First, Paulo Machado, Ph.D. has been joined by Judith Banker, L.L.P., M.A., as co-chair. Second, the SIG oversight committee has also undergone some additional membership changes; Katharine Loeb, Ph.D., has joined the committee as member-at-large, while Daniel le Grange, Ph.D., stays on, but in the role of Membership Council Chair.

The SIG committee plans to continue generating new ideas for SIG-related activities and interactions over the next several years, responding to SIG membership questions and managing the practical and organizational aspects of the SIGs. In addition, the committee plans to continue encouraging the development of new SIGs that address important areas within eating disorder research, treatment and prevention and that foster collaboration among Academy members with shared interests.

Fellowship Committee

Dianne Neumark-Sztainer, Ph.D.

This year, the following 13 new fellows were inducted into the Academy during the 2003 International Conference on Eating Disorders held in Denver, CO May 28-31:

Judith Banker L.L.P., M.A., F.A.E.D.
J. Armando Barriguete M.D., F.A.E.D.
Ovidio Bermudez M.D., F.A.E.D.
Wayne Bowers Ph.D., F.A.E.D.
Debra K. Katzman M.D., F.A.E.D.
Ann Kearney-Cooke Ph.D., F.A.E.D.
Richard L. Levine M.D., F.A.E.D.
Beth McGilley Ph.D., F.A.E.D.
Charles A. Murkofsky M.D., F.A.E.D.
Mary Tantillo Ph.D., R.N., C.S., F.A.E.D.
Donald A. Williamson Ph.D., F.A.E.D.
Lucene Wisniewski Ph.D., F.A.E.D.
Kathryn J. Zerbe M.D., F.A.E.D.

Each of these individuals has distinguished him or herself within the field of eating disorders and has made significant contributions to the Academy. While becoming an AED Fellow is an honorary award, the Fellowship Committee encourages each Fellow to also see their Fellow status as an impetus for further contribution to the Academy, in particular serving as mentors to more junior Academy members.

The Fellowship Committee invites other individuals who have been Academy members for at least five years and who have made significant contributions to the eating disorders field to apply for Fellowship status. Interested individuals should contact a member of the Fellowship Committee (see below) or the AED Central Office (aed@degnon.org or 703/556-9222) for additional information in this regard. The

AED website (www.aedweb.org) contains information on eligibility and application materials. We will be reviewing new applications for Fellowship through January 1st, 2004.

Fellowship Committee:

Dianne Neumark-Sztainer M.P.H., Ph.D., R.D.
(Chair)
Marsha Marcus, Ph.D.
Patricia Fallon, Ph.D.
Daniel le Grange, Ph.D.
(Membership Council Chair)

Current SIGs & Chairs

Athletes

Ron Thompson, Ph.D.
Robertta Sherman, Ph.D.

Bariatric Surgery

Carol Signore, M.S.

Body Image

Stacey Dunn, Ph.D.

Child/Adolescent Eating Disorders

Shelagh Wright, R.N.

Health at Every Size

Debora L. Burgard, Ph.D.
Ellen Shuman

Hispanoamerica

Fabian Melamed, M.D.

Males

Arnold Andersen, M.D., F.A.E.D.

Medical Care

Ovidio Bermudez, M.D.

Neuroimaging

C. Laird Birmingham, M.D.

New Investigators

Marci Gluck, Ph.D.

Nursing

Carolyn Cochrane, Ph.D., R.N., C.S.

Nutrition

Marsha Hudnall, M.S., R.D.

Prevention

Riccardo Dalle Grave, M.D.

Psychodynamic Psychotherapy

Judith Banker, L.L.P., M.A., F.A.E.D.

Psychology

Claire Wiseman, Ph.D.

Social Work/Family Therapy

Elizabeth McCabe, M.S.W.

Transcultural

Melanie Katzman, Ph.D., F.A.E.D.

Contact information for SIG chairs can be found on www.aedweb.org.

Junior Researcher “Stand-Outs”

Debra Franko, PhD.
Newsletter Editor

The following researchers were two of the individuals who won NIMH/AED-sponsored travel fellowships to present their research at the Academy conference in Denver. These new researchers were judged by the selection committee to show great promise in research. Each issue we will highlight these winners so that Academy members can learn what these up-and-coming researchers are up to!

Diane Klein, M.D.

Dr. Klein has been a post-doctoral research fellow at Columbia University since July 2002. She received a B.A. from Harvard University and her M.D. from Johns Hopkins University and did her residency training at Johns Hopkins as well. Dr. Klein's interests are in the mechanisms that sustain eating disordered behavior.

Relationship between Exercise Behavior and Locomotor Activity in Anorexia Nervosa
Diane Klein, M.D., B. Timothy Walsh, M.D., Columbia University/New York State Psychiatric Institute, New York, NY

Patients with anorexia nervosa (AN) often demonstrate excessive locomotor activity. While such activity is implicated in complications of AN, and may be important in its pathogenesis, much remains unknown about it. In particular, it is unknown whether there is a relationship between a history of exercise behavior and excessive physical activity during inpatient treatment. We studied fifteen inpatients with AN, all within the first five days of admission during weight stabilization phase. Commercially-available Sensewear (BodyMedia) activity armband monitors were used to record activity over twenty-four hour periods. Results are presented in terms of “steps” (pedometer equivalents provided by armband monitor). Correlational analyses were conducted to determine whether clinical variables and exercise history were associated with activity scores. Percent of ideal body weight, age, and indices of illness severity showed no relation to 24-hour locomotor activity. Scores on the Commitment to Exercise Scale, however, were significantly correlated with pedometer readings ($r=.692$, $p=.004$), and patients who

endorsed “excessive” exercise in the three months prior to admission demonstrated significantly higher levels of locomotor activity than those who did not. These results support the presence of a relationship between exercise behavior prior to admission and continued locomotor activity in early hospitalization. This relationship suggests an enhanced drive for activity in a subgroup of patients with AN.

Deborah L. Reas, Ph.D.

Dr. Reas received her Ph.D. in December 2002 from the Department of Psychology, Louisiana State University, Baton Rouge, LA. She is currently a Research Scientist at Sintef-Unimed, Mental Health Services Research in Oslo, Norway, and in September 2003 will begin a postdoctoral fellowship in the Department of Psychiatry at Yale University School of Medicine.

Body Image Discrepancy in Obese Women Following Weight Loss Treatment
Reas, D.L., Williamson, D.A., Department of Psychology, Louisiana State University, Baton Rouge, LA, Pennington Biomedical Research Center, Baton Rouge, LA; Greenway, F., Pennington Biomedical Research Center, Baton Rouge, LA; Raum, B., Weight Management Center, St. Charles Hospital, New Orleans, LA; Fujioka, K., Nutrition and Metabolic Research Center, Scripps Clinic, San Diego, CA; Blanchard, D., Pennington Biomedical Research Center, Baton Rouge, LA; Bethancourt, I., Weight Management Center, St. Charles Hospital, New Orleans, LA; Stewart, L., Nutrition and Metabolic Research Center, Scripps Clinic, San Diego, CA; Arnett, C., Walden, H., Thaw, J., Antolik, E., Pennington Biomedical Research Center, Baton Rouge, LA

Body image and appearance-related concerns are important motivators for weight loss. Existing research on improvements in body image following weight loss have primarily relied on surgical and VLCD weight loss treatments, which typically produce more weight loss than the average weight loss seeker will incur. This study investigated predictors of body image in obese women seeking weight loss treatment and examined the nature and extent of changes in body image following

weight loss. We included participants from a variety of weight loss programs in an attempt to produce a wide range of weight loss.

Participants were 87 females (BMI = 39.8 ± 7.9) recruited from the Pennington Biomedical Research Center in Baton Rouge, LA, the Scripps Clinic in San Diego, CA, and the Weight Management Center at the St. Charles Hospital in New Orleans. Body image was measured using the Body Image Assessment for Obesity (BIA-O, Williamson, et al., 2000), which is a figural body image rating procedure. Body image satisfaction was operationally defined as the discrepancy between estimates of current and ideal body size.

Results showed that initial body image discrepancy was predicted by body mass index, self-esteem (Rosenberg Self-Esteem Scale), disinhibition (Three Factor Eating Questionnaire), and ethnicity. Despite a similar pre-treatment BMI status, African-Americans demonstrated significantly less discrepancy than white participants, characterized by similar “ideal,” but smaller “current” body size estimates.

At a 6-month follow-up, weight loss for the total sample averaged 27.5 lbs., or a loss of 11.4% initial body weight (N = 60, 30% attrition rate). Body image discrepancy significantly improved between pre- and post-treatment, resulting from a decrease in participants' estimations of current body size, while selections of an ideal body size remained stable. At follow-up, amount of weight loss performed as the strongest predictor of body image improvement ($r=.56$, $r^2=31\%$), followed by ethnicity (6%).

In conclusion, results indicate that weight loss brought perceptions of current body size closer in congruence with ideal body size, thereby reducing discrepancy as measured by the BIA-O. Overall, it appeared that weight loss accounted for approximately one-third of the variance in body image changes following weight loss treatment.



International Spotlight: Network in the Central Europe

Hana Papežová, M.D. and
Rudolf Uher, M.D.

We are the small nation in the middle of the Europe and consider ourselves as the heart of Europe. We have always been very interested in the “rest of the body” of the European, international collaborative group of eating disorder clinicians and researchers. In health care here in Czech Republic, professional collaboration helped us to “survive” the long periods of the “closed borders.”

Our Specialized Eating Disorders Unit is a demonstration of international collaboration, as it was founded as one of the first Specialized Units in the Central Europe in 1983 by F. Faltus. We thankful to our colleagues at the ED Unit from Kortenberg, Belgium and also to Professor Vandereycken. In the last decade with a new political situation and an increased prevalence of ED, we first concentrated on working with several other specialized sites (mainly attached to University Psychiatric Departments) to improve the availability of the treatment for citizens in Czech Republic. On March 20-22, 2003, the Interdisciplinary and International Conference on Eating Disorders met for the fourth time and was held in the Psychiatry Clinic of Charles University in Prague. This began as a national event in 1997. Every two years this conference has provided an opportunity for specialists in psychology, psychiatry, nursing and medicine to meet and discuss current developments in research and the clinical management of ED. Over time, the conference has been expanding and an increasing number of participants now come from countries other than Czech Republic.

This year the organizers decided to hold one full day of presentations and workshops in English to attract more international participants. Especially for professionals from the Central and Eastern Europe Region, this event was planned to provide an accessible opportunity to present their work, take advantage of the presentations and workshops led by top specialists, and discuss the practical issues of care, organization, and management. The speakers were Ivan Eisler (Family therapy), Ulrike Schmidt (Risk factors and outcome, Motivational therapy), Erika Toman (Psychotherapy in Obesity), Hana Papežová (Pain perception, Dissociation), Ketevan Tchanturia (Neuropsychology research), Rudolf Uher (Neuroimaging research), Han Kordy (Relapse prevention through internet chat), and

Anne-Christine Volkart and Claes Norring (Project SALUT- Prevention of Eating Disorders). Practical workshops were held on neuropsychological methods, art therapy, body work, and motivational interviewing. Participants had the opportunity to visit our Inpatient Unit for Eating Disorders and the Day patient Centre newly opened in May 2002.

From our point of view, the international task in the field of eating disorders care consists not only of providing the specialists and colleagues the opportunity to access the most current knowledge, but also to share the experiences with the application of the information in their specific organizations. Furthermore, an important task is to support the specialists to be able to participate in the international network in research and clinical intervention. With these research and clinical tasks we do hope that our country will be soon able to enter Europe (meaning EU) politically.

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Upcoming Conferences

International Association of Eating Disorder Professionals (IAEDP) Annual Symposium:
“Maximizing Success: Integrating Current Advances in the Treatment of Eating Disorders”
August 7-10, 2003
Hyatt Regency, Capitol Hill
Washington, D.C.
Additional information at www.iaedp.org

Academy for Eating Disorders Athlete SIG
Mini-Conference
September 19, 2003
Indiana State Government Center
Indianapolis, Indiana
Visit www.aedweb.org or contact
AED@Degnon.org for more information.

Eating Disorders Research Society*
October 1-4, 2003
Ravello, Italy
Call for Abstracts deadline is June 15, 2003
*must be sponsored by a member
Visit www.edresearchsociety.org for more information

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.

2003 National Eating Disorders Association Conference
“Building Connections and Mobilizing Families, Educators, Advocates and Treatment Professionals”
October 24 & 25, 2003
Pheasant Run Resort and Spa
St. Charles, IL

13th Annual Renfrew Foundation Conference
“Feminist Perspectives and Beyond: The Changing Face of Eating Disorders”
November 13-16, 2003
Philadelphia Airport Marriott
Philadelphia, Pennsylvania
Visit www.renfrew.org or contact
info@renfrew.org for more information.

Book Review Corner

Maureen Dymek, Ph.D.

Nutrition Counseling in the Treatment of Eating Disorders

Dr. Marcia Herrin

(Brunner-Routledge, 2003, ISBN 1-58391-031-X, 284 pages)

Both the American Psychiatric Association and the American Dietetic Association consider nutrition counseling an essential component of eating disorder (ED) treatment. However, there has been a dearth of literature specifically addressing the practicalities of nutritional/dietary treatment for ED patients. Dr. Herrin's book provides a comprehensive discussion of nutritional information and associated techniques for the effective treatment of this often challenging population.

Dr. Herrin defines the nutrition counselor as *any* professional who delivers nutritional information to a patient. As such, the book is an excellent resource for dietitians, physicians, nurses, psychotherapists, or any other health professional wishing to learn more about nutritionally-based treatment strategies for EDs. While the book may be repetitive for individuals with considerable experience in cognitive-behavioral or psychoeducational treatments for ED's, I consider it a "must read" for trainees or professionals beginning their work with this population. Dr. Herrin's book is highly readable, and presents numerous brief case vignettes to help illustrate points.

The book is divided into three main sections: Methods, Food Management, and Interventions. The 'Methods' section reviews basic and advanced nutritional counseling, and covers such topics as establishing a collaborative relationship, implementing nutritional interventions, and structuring sessions. This section provides brief descriptions of commonly used psychotherapeutic interventions for EDs (e.g., CBT, DBT, the Maudsley Method), and discusses the integration of nutritional counseling with psychotherapy. Relevant information on nutrition, physiology, and physical complications related to EDs is reviewed.

The 'Food Management' section explains food planning and self-monitoring in great detail. The section discusses food planning goals and strategies, and provides food-plan templates appropriate for various classifications of ED patients. Included is a discussion of potentially sensitive topics particular to this population, such as counting calories, forbidden foods, ways to help incorporate 'fun foods' into the diet, and a discussion of serving sizes and spacing of meals. Dr. Herrin does an excellent job relaying the many fears that ED patients experience, and presents insightful ways for the counselor to manage these challenges in a firm, effective, and empathic manner.

The final section, 'Interventions,' reviews weight restoration and weight management, binge eating, purging, and exercise. This section presents numerous behavioral and psychoeducational techniques useful to correct beliefs and behaviors associated with dieting, weight control, binge eating and purging. Under each behavior, Dr. Herrin describes common treatment obstacles and sensible solutions. The book ends with helpful appendices, including DSM criteria, weight, calorie, and energy expenditure charts, as well as several patient checklists and monitoring forms.

In sum, Dr. Herrin's book is the one of the first comprehensive, readable, and clinician-friendly books on nutritional counseling of EDs. In addition to basic information on eating and weight, she presents helpful vignettes, which illustrate the actual delivery of food-related treatment. I recommend it highly, particularly for those starting to work with this population.

Editor, continued from page 1

In addition, I want to welcome our new book reviewer, Dr. Maureen Dymek. Dr. Dymek has been on the faculty at the University of Chicago for the past two years where she served as the clinical director of the Eating Disorders program. In August, she will begin a new faculty position at the University of North Carolina at Chapel Hill, where she will develop a new eating disorders program. I'm grateful to Maureen for taking on this job, particularly in light of her new

ventures! She has provided a review for this issue that I think will be of interest to all.

Also in this issue you'll find highlights from the 2003 Denver AED conference, updates from two Special Interest Groups (SIGs), and a report from the Membership Council, to name just a few of the features in this edition of the Newsletter.

This issue and future ones will continue some of the features introduced by Lisa (Academy Council updates, Focus on Junior Researchers) and add the following new ideas:

1. Showcase on new and current board members. Every year new names appear on the Board roster without much introduction to the membership. Beginning with Judith Banker and Tracey Wade in the current newsletter, each issue will highlight board members.
2. International Spotlight. With the Academy's interest in becoming a more international organization, I think it will be helpful to hear what our colleagues around the world are up to. In this issue, Dr. Hana Papezova will detail some recent developments in the eating disorders field in the Czech Republic.
3. Member News. Building on a previous newsletter feature (Member Honors), we will now include updates of various types from members. So, if you've moved, taken on a new position, written a book, or have other news you would like to share (including honors and awards), I encourage you to email it to me.
4. Listserve Highlights. Our email listserv, which communicates information among members, is a wonderful resource for all. From time to time, a topic is debated or some new information is provided that might be of interest to newsletter readers. This feature will begin soon.

I am honored to serve as newsletter Editor for such an important and vibrant organization and look forward to hearing from YOU about your newsletter!



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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:

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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:

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**Submission deadline:
September 1, 2003**

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