

Message from the New President

Allan Kaplan, M.D.



It is an honor and privilege to address you, the membership, for the first time as President. Having recently returned from our annual meeting in Vancouver, I was energized by the Conference and all the activities of the Academy during the meeting. The meeting itself was a resounding success. The theme of the meeting was that of extending our reach; the Academy extended its reach in Vancouver by welcoming nearly 500 registrants for the Conference, several hundred of who also attended the teaching day prior to the meeting. The teaching day workshops included topics such as enhancing motivation, the nutritional management of eating disorder patients, addressing patient and therapist variables in dealing with difficulties in treatment, updates on the biology of anorexia, bulimia and obesity, and the treatment of children and adolescents. The Conference Program was innovative and timely and included plenary sessions on under-served populations with eating disorders, including racial/ethnic minorities, men, children, and gay/lesbian issues. Additional plenaries focused on emerging technologies in the treatment of eating disorders, and best practices for the treatment of eating disorders, including updates for anorexia nervosa, bulimia nervosa, binge eating disorder, and psychopharmacology. For the first time, there was a Special Interest Group (SIG) panel discussion on transcultural issues which was attended by over 60 people the

evening prior to the opening of the Conference. 21 Workshops, 18 oral paper presentations, and 53 posters rounded out the Program. Congratulations and thanks go to Susan Yanovski and Elliot Goldner for putting together such an outstanding faculty and program and to George Degnon and his staff for their invaluable administrative and organizational support.

There was much Academy related activity behind the scenes at the meeting. The outgoing Board met and heard annual reports from each of the Council Chairs: Education and Training (Amy Baker-Dennis and Michael Devlin), Membership (Pat Fallon), Research (Jim Mitchell), Publications (Tim Walsh) and Public Affairs (Ruth Striegel-Moore). In terms of Education and Training, the proposed slate of speakers for the 2002 annual meeting in Boston was presented and enthusiastically approved. The meeting, whose theme will be "New Aspects of Gender in Eating Disorders," has been moved from its traditional venue in New York City in order to reduce costs both for attendees and the Academy. In addition, for the first time, the Academy will be holding stand-alone regional teaching days this year in Chicago and Atlanta. In terms of Membership, thanks to the efforts of Eric van Furth, the SIGs are developing and becoming more active at the annual meetings. There were many SIGs that met at the Vancouver meeting. The Board discussed ways of facilitating the SIGs becoming more actively involved in conference programming. Membership is now almost 900; the Board discussed ways of recruiting new members and involving more members in Academy activities.

In terms of Research, the Academy will be holding a Junior Scholars Teaching Day in conjunction with the Eating Disorder Research Society prior to the EDRS Annual Meeting in New Mexico in November. A proposal to form a Research Advisory

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Message from the Editor

Lisa Lilienfeld, Ph.D.

I'll cut right to the chase and make my column brief since this issue is jam-packed with great information. Vancouver was wonderful. The Academy for Eating Disorders Conference surpassed my lofty expectations. The meeting was a genuinely enjoyable and productive experience for everyone I spoke to. I walked away from the conference with information and skills that I could apply directly to clinical work and supervision, in addition to getting updated on the latest research going on in our field. As a scientist and practitioner, I could not have been happier with the conference.

In addition, I had the unexpected pleasure of spending an evening with some members of the "EDDS" (Eating Disorders Dance Society). I was not aware of the EDDS until this weekend. This wild group of eating disorders professionals demonstrated that not only are they brilliant clinicians and researchers, but they know how to cut a rug. Applications are accepted on a rolling basis. No professional dance experience necessary. (Trust me, this is reason enough to join us in Boston next April)

The reality is that it is sometimes too great a time or monetary commitment to attend an entire two or three day conference. So,

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Committee and a program of grants for young investigators along with the National Eating Disorder Association (NEDA) was approved by the Board. With regard to Publications, the Board discussed the options for the development of Academy owned publications; this issue will be discussed further at the fall meeting in September. The Board was reminded that our current contract with Wiley, the publisher of the International Journal of Eating Disorders, expires next year and a plan for negotiating a new contract will need to be in place by the end of the year. Finally, with regard to Public Affairs, the Board heard about the activities of the Coalition, especially the very successful family advocacy meeting sponsored by Kitty Westin and the Family Action Council which was held in April in Washington; the Board discussed the Academy's future involvement in Coalition activities.

The new Board met for the first time in Vancouver. There are several changes to the Board membership. Pat Fallon is stepping down as Member-at-Large and will be joining the Executive Committee and the Board as President-Elect. Jim Mitchell is moving to Immediate Past President. Ann Kearney Cooke and Susan Willard are the new Members-at-Large replacing Nancy King and Pat. Kelly Klump has taken over as Chair of the Membership Council and Ann Kearney-Cooke the Chair of the Public Affairs Council, replacing Ruth Striegel Moore. Stephen Wonderlich is leaving the Board following his many years of service, most recently in his role as Immediate Past President. We thank all those individuals who have contributed their time and energy to the AED.

The new Board established key priority areas for the coming year which will be the focus of the fall Board meeting in Baltimore. These include: (1) The need to work toward financial stability through active and focused fundraising. A task force will be established to develop strategies for fundraising. (2) The important task of examining our relationship with Wiley with regard to the International Journal. We need to have a strategic plan in place by the fall Board meeting in order to address this important issue. (3) The critical importance of increasing membership involvement in the Academy's activities. The

Board agreed that members need to feel a sense of ownership of AED and that we need to deal with the current perception that the AED belongs only to a small in-group. Several strategies for approaching this were discussed. Following the new Board meeting, the Board of AED met with some members of the Board of NEDA to discuss areas of mutual interest for collaboration between the two groups. An example of such collaboration is the Research Advisory Committee and small grants program mentioned previously.

I very much look forward to serving you, the membership, this coming year. I would like to encourage any member who wishes to get involved in any capacity to please contact me (allan.kaplan@uhn.on.ca) or any other Board member. We need your active involvement and participation in order for the AED to grow and reach its vision as the preeminent multidisciplinary professional organization in the field. There are lots of opportunities to participate- please get involved!!! I hope to see everyone in Boston next April.



From the Editor, cont. from page 1

for those of you for whom this is true, I want to direct you to the column detailing upcoming Academy regional teaching days (pge. 5). The first two will be held in Chicago and Atlanta this fall. This is a wonderful opportunity to receive intensive clinical training in empirically supported treatments for eating disorders by experts in the field, without spending the time and money required to attend a full conference. If this initial effort is successful, we will take it "on the road" to other parts of the country. Please contact Education and Training Council co-chairs Michael Devlin or Amy Baker-Dennis to discuss future teaching day possibilities elsewhere.

Finally, I want to formally welcome Daniel le Grange from the University of Chicago, who will serve as a second book reviewer for our newsletter. He and Debra Franko have graciously agreed to serve as reviewers for publications considered to be of greatest interest to our members.

As always, I welcome comments, suggestions, and news of recent honors and awards from all Academy members.

In Memory

Lori Michelle Irving, Ph.D. (1962-2001)

Michael Levine, Ph.D., Kenyon College;
Niva Piran, Ph.D., University of Toronto;
Dianne Neumark-Sztainer, Ph.D., University of Minnesota

We are sad to report that our colleague and dear friend, Dr. Lori Irving, passed away suddenly on Sunday, April 29, 2001. She was 38 years old and pregnant with her first child. Her daughter, Mackenzie Morgan Irving, who was due to be born in mid-May, also passed away the next day. The cause of Lori's death was a ruptured aorta. Lori leaves behind her husband, Dr. Mike Morgan, her family, and many people around the world who admired the passion, skill, and grace with which she approached her teaching, research, and advocacy for prevention.

Lori was born in San Juan, Puerto Rico. Her family eventually settled in Thousand Oaks, CA. In 1984 Lori graduated Phi Beta Kappa and Magna cum laude from the University of California, Irvine, with a degree in social ecology. Following a year of epidemiological research, she entered the Clinical Psychology program at the University of Kansas, where she earned an M.A. (1987) and a Ph.D. (1992). At Kansas she worked closely with health psychologist C. R. Snyder and developmental psychologist Kathleen McCluskey-Fawcett. It may surprise some who are familiar with her eating disorders research to learn that during her pre-doctoral and post-doctoral clinical internships at the Palo Alto VA Medical Center, Lori worked extensively with traumatized Vietnam combat veterans and with brain injury rehabilitation. It will surprise no one who knew Lori to learn that at the University of Kansas her diverse research interests encompassed causes of disordered eating, mass media and body image, adjustment to breast cancer, and the role of hope in health. For several years she also served as a co-facilitator and supervisor for the eating disorder peer support group run by the University of Kansas Student Health Center.

Lori Irving will be remembered as a committed feminist, a warm and giving colleague, a fully-engaged teacher, and a passionate advocate for the prevention of

eating disorders. Lori began her assistant professorship at Washington State University, Vancouver on August 1, 1993. That same day, Mike Morgan—the man who would become Lori's husband and, in her words, “my soul-mate and best friend”—moved into the Psychology Department office next door to hers. Lori's accomplishments during her 8-year stint at the Washington State University at Vancouver are breathtaking. In 1996 and again in 1999 she received the Students' Award for Teaching Excellence. She published and presented many papers. Her co-authors included internationally known professionals, graduate students, undergraduates, and high school students. In keeping with her breadth of interests, topics ranged from the causes and prevention of disordered eating, to the roles of hope and social support in the treatment of PTSD, to feminist principles in undergraduate education.

Lori was very active in professional organizations such as the Association for Women in Psychology, and she served as book review editor of Eating Disorders: The Journal of Treatment & Prevention and as an associate editor of the Journal of Social and Clinical Psychology. She somehow carved out time to found and supervise the Columbia River Eating Disorders and Prevention group, which provided professional education and prevention opportunities in Southwestern Washington and Northwestern Oregon. Characteristically, in this work Lori provided a forum for collaboration between her students, local professionals, expert therapists like Ann Kearney-Cooke, and community members. Lori was also an energetic participant in the local and national work of Eating Disorders Awareness & Prevention (EDAP). She delighted in rolling up her sleeves and plunging right into Eating Disorders Awareness Week (EDAW), the Puppet project for elementary school children (Irving, 2000b), the GO GIRLS!TM media literacy project (Irving, 2000a), and continuing education for EDAW coordinators throughout the United States. In 1998, just three years after she began working with the organization, she was given EDAP's Outstanding Service Award.

Lori also gave countless workshops and professional presentations around the

country, with an emphasis on the ways professionals could combine teaching, research, prevention, mentoring, and social activism. She was a pioneer in the emerging area of media literacy (Irving, DuPen, & Berel, 1998), and in efforts to integrate the prevention of disordered eating with the prevention of obesity (Irving & Neumark-Sztainer, 2001). And no words can adequately capture the countless hours she devoted to advising, supporting, and collaborating with traditional and non-traditional students at WSU-Vancouver.

To honor the work of women like Margo Maine, Niva Piran, and Linda Smolak, in 1995 Michael Levine introduced the “Bolder Model” of prevention. Lori embraced this questionable pun, and, more importantly, she found inspiration in these women and other proponents of prevention throughout the United States. It remains inspiring to contemplate how she too grew into the embodiment of someone who effectively combines the personal, the professional, and the political (see Irving, 1999). Lori M. Irving leaves a rich legacy of scholarship, friendship, and hope.

Lori was very concerned about iatrogenesis, so she was extremely careful in how she discussed her own early problems with anorexia nervosa and bulimia nervosa. But, when the time was right, she did not shy away from forthright integration of these struggles into her teaching and mentoring. She walked this line so gracefully that those of us who knew her well sometimes lost sight of the gift of courage which Lori also brought to her collaborative work.

When you face those moments of doubt and silence about our ability to challenge and to change rigid gender roles, monolithic advertising practices, and the objectification of bodies, remember Lori Irving—and remember the admonition from Margaret Mead with which Lori closed every e-mail:

Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it's the only thing that ever has. . . .

NOTE: In conjunction with Lori's family and the Academy for Eating Disorders, the

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Junior Researcher "Stand-Out"

Lisa Lilienfeld, Ph.D.

The following researcher was among those nominated by the paper session moderators at the Vancouver conference in May as having given exceptionally strong research presentations. This column of the newsletter will allow all Academy members to learn about what these up-and-coming researchers are doing. A summary of his outstanding presentation from the conference can be found below:

Kenneth Bruce, Ph.D.

Education

1989 B.Sc., Neurosciences, University of Toronto

1997 Ph.D., Clinical Psychology, McGill University

1997-1999 Post-Doctoral Fellow, Douglas Hospital, McGill University

Current Position

Clinical-Research Psychologist, Douglas Hospital, McGill University

IMPLICATIONS OF AVOIDANT PERSONALITY DISORDER FOR SEROTONIN FUNCTION IN BULIMIA NERVOSA. Kenneth R. Bruce, Ph.D., Naomi M. Koerner, B.A., Mimi Israel, M.D., & Howard Steiger, Ph.D., Douglas Hospital Eating Disorder Program & McGill University Department of Psychiatry, Montreal, Canada.

Dr. Bruce and colleagues at the Douglas Hospital and McGill University in Montreal reported results from a study on the personality characteristics of women with bulimia nervosa. The study, presented at the Academy for Eating Disorders Conference in Vancouver from May 17 – 20, 2001, dealt with the influence of cautious or inhibited behavior, submissiveness in personal relationships, and function of the neurotransmitter serotonin.

Three groups of women participated in the study. One group had bulimia nervosa as well as Avoidant Personality Disorder, a condition characterized by submissive and inhibited behavior. A second group of women also had bulimia nervosa but did not have Avoidant Personality Disorder. The third group of women were healthy controls. The women completed various personality questionnaires and provided information about their eating behavior. They also volunteered to take a drug, m-

CPP, which raises the body's level of serotonin, and took part in a Go/No-Go Discrimination Task (a computerized experiment where they could win or lose money depending on whether they correctly gave or withheld responding).

Of the three groups, the women with bulimia nervosa and Avoidant Personality Disorder reported the most instances of interpersonal submissiveness, avoidance of social situations, emotional instability and compulsive and self-harming behaviors. They also showed more Dependent personality symptoms. On the Go/No-Go task, the group with bulimia nervosa and Avoidant Personality Disorder were more likely to be cautious or inhibited when faced with the possibility of losing money. They also had a lower hormonal response to m-CPP. Importantly, the two bulimic groups had equivalent eating disorder symptom severity.

The results suggest that a subgroup of women with bulimia nervosa may be characterized by interpersonal submissiveness and avoidance, compulsivity, affective instability, self-harm, cautiousness when faced with possible threats, and lower sensitivity to serotonergic activation. This could mean that there are partially overlapping serotonergic factors associated with social submissiveness, overcautiousness, and bulimia nervosa.

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Academy Member Honored

Lisa Lilienfeld, Ph.D.

The Academy Member highlighted in the current newsletter is **Jennifer A. Boisvert, M.A. Candidate**. Jennifer was recently accepted into the Academy for Eating Disorders at the Vancouver conference in May. She is currently a graduate student in Clinical Psychology at the University of Regina in Saskatchewan, Canada.

Jennifer was recently awarded a grant from the Soroptimist Foundation of Canada. This foundation is a granting agency offering financial support to female graduate students with an interest in conducting research to improve Canadian women's health. Jennifer presented her thesis research at the Academy conference in Vancouver entitled, "The Relationship between Level of Hope and Ways of Coping for Women with Eating Disorders." Award monies will be allocated to her dissertation research to further investigate the experience of hope among women with eating disorders.

Jennifer looks forward to discussing the therapeutic value of hope in the treatment of eating disorders with any other interested Academy members. For those who wish to do so, she can be contacted at: jenniferboisvert@hotmail.com.

Congratulations, Jennifer. We look forward to learning of your future work as your promising career continues to develop.

If you would like to see an Academy member highlighted in the AED Newsletter, please send suggestions to LLilienfeld@gsu.edu.



In Memory, cont. from page 3

National Eating Disorder Association has established a Lori Irving Memorial Fund. This will provide a research grant for a young investigator in the area of eating disorder prevention. Donations in her memory may be made to the Lori Irving Memorial Fund, and sent to the National Eating Disorders Association, 603 Stewart Street, Suite 803, Seattle, WA 98101.

References

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Irving, L. (1999). A Bolder Model of prevention: Science, practice, and activism. In N. Piran, M. P. Levine, & C. Steiner-Adair (Eds.), *Preventing eating disorders: A handbook of interventions and special challenges* (pp. 62-83). Philadelphia: Brunner/Mazel.

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Clinical Training Opportunities Coming Your Way

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

There's something new on the AED education and training horizon! As part of our mission to make high quality, clinically focused, in-depth, educational opportunities available to clinicians across the nation and throughout the world, AED is embarking on a program of regional teaching workshops. So, if time or money have prevented you from attending annual meetings, or if you are interested in more intensive training in eating disorders therapies, AED expert clinicians will come to you to provide clinical teaching in a more convenient and less expensive format. This fall, AED is sponsoring the first of what we hope will become a comprehensive program of regional teaching workshops. This year's workshop will be held in Atlanta and Chicago and will cover three empirically supported treatments for eating disorders: cognitive behavioral therapy, interpersonal therapy, and family therapy. The full day program will consist of a morning session in which our faculty will provide an overview of the three treatments, and an afternoon session in which conference participants will choose one of the three treatments and attend an intensive clinical training workshop.

We are fortunate to have Dr. G. Terence Wilson, an internationally recognized expert on the treatment of eating disorders and obesity, leading our workshop on cognitive behavioral therapy. In addition to providing his perspective on the currently available manualized treatment programs for bulimia nervosa and binge eating disorder, Dr. Wilson will move "outside the box" to address such cutting-edge topics as enhancing motivation for treatment, moving beyond the manuals, and balancing self-acceptance with healthy change. The discussion will provide insight into treating those patients who are particularly challenging or resistant to standard CBT approaches.

For a very different approach to the treatment of eating disorders, participants will have the option of signing up for Dr.

Denise Wilfley's workshop on interpersonal therapy for eating disorders. Dr. Wilfley is a distinguished clinician, researcher, and teacher and the developer of group IPT for binge eating disorder. She has conducted two NIMH funded clinical trials demonstrating the efficacy of this treatment, and in the training workshop she will provide numerous clinical examples illustrating the fine points of IPT for eating disorders.

Have you read the recently released family treatment manual for anorexia nervosa by Lock, le Grange, Agras, and Dare? This novel approach to the treatment of adolescents with anorexia nervosa has been the source of great excitement at recent AED conferences, and clinicians on both sides of the Atlantic have been successfully implementing this approach. Dr. Daniel le Grange, co-developer of the manual, will be leading a workshop on family therapy where participants will learn about the development of the manual and the three phases of treatment. In addition, Dr. le Grange will discuss how to select patients for this treatment and how to engage families in the treatment of their anorexic adolescent.

We hope that this first foray into taking AED's clinical expertise on the road will provide a useful educational experience for many of our members in the southeast and midwest. If you have ideas about topics, locations, or speakers for future regional training days, please contact Education and Training Council Co-Chairs Amy Baker Dennis (ABDennis@aol.com) or Michael Devlin (mjd5@columbia.edu). See you in Chicago or Atlanta!



Academy Council Update: Membership

Kelly L. Klump, Ph.D., Chair

The Membership Council is currently comprised of two committees devoted to broadening the membership of the Academy and enhancing membership benefits. The Membership Recruitment and Retention Committee (chaired by Drs. Beth McGilley and Lucene Wisniewski) oversees membership benefits as well as the

recruitment and retention of members. The Special Interest Groups (SIGs) Committee (chaired by Dr. Eric van Furth) is charged with organizing new SIGs, coordinating SIGs activities, and providing forums for SIGs meetings. Over this past year, both committees have worked diligently to enhance Academy membership and increase collaborations amongst its members.

Membership Recruitment and Retention Committee

Throughout 2000 and the beginning of 2001, the focus of the Membership Recruitment and Retention Committee has been on recruiting new Academy members, enhancing the diversity of Academy membership, updating the membership brochure, and providing new member orientation. The committee has developed several strategies for attracting new members and increasing diversity including disseminating Academy materials to members of related organizations (e.g., Eating Disorder Research Society, Sports Cardiovascular and Nutrition Section of the American Dietetics Association), staffing a membership booth at the Academy's 2001 annual conference in Vancouver, and providing Academy membership materials to conferences and workshops of other professional organizations both in the U.S. and in Europe.

One of the most exciting new recruitment strategies is the "New Member Recruitment Vacation Raffle". The purpose of this raffle is to encourage new membership by giving one raffle entry to every new member who joins in 2001, as well as raffle entries to Academy members who refer new members for membership during this one-year period. The donated prize is a 6 day/5 night vacation stay at the Westin Innisbrook resort in Tampa Bay, Florida that will be raffled off in January 2002. The committee hopes Academy members will join them in their efforts to strengthen Academy membership by recruiting colleagues, students, and mentors alike to participate in this new member raffle. In order to be entered into the raffle, Academy members should have every new member they refer write their name at the bottom of the new member's application, indicating that the

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Book Review Corner

Daniel le Grange, Ph.D.

Helping People with Eating Disorders. A Clinical Guide to Assessment and Treatment

Bob Palmer, M.D.

(John Wiley & Sons 2000, ISBN 0-471-98647-X, 273 pages)

Many trainees and young practitioners are often looking for an 'all-in-one' clinical guide to the management of eating disorders. At the same time, seasoned clinicians seek the counsel of their experienced colleagues when it comes to challenges with intractable cases. With this book, the author meets the needs of both these groups. It is written for professionals across many disciplines (i.e., psychology, psychiatry, nursing and dietetics), and is a to-the-point, yet wide-ranging practical guide to the understanding and support of those who suffer with an eating disorder. The author is a distinguished clinician and educator in the field, with extensive experience in both the research and treatment of eating disorders. He writes in a relaxed style which is straightforward and informative. For instance, a reader-friendly aspect of this book is not just the informal style, but also the *summaries* that are provided throughout the text which serve as a reminder to the reader of the most salient points that the author is trying to impart.

This book is divided into two parts which serve an obvious purpose - assessment and treatment of anorexia and bulimia nervosa. In the first part, the novice clinician is provided a good overview of the *nature and incidence* of eating disorders, how *current conceptual models* can help to understand them, and what is involved in the *recovery* from eating disorders. For instance, the author does a good job describing the 'entanglement' that eating disorder persons typically experience. That is, for many young women, the way they feel about themselves in general is often influenced by the way in which they think about and experience their weight, shape and eating. Some degree of overlap between these two sets of obviously related issues is to be expected, and should be viewed as normal. What is problematic for women with eating disorders though, is the *degree* of this entanglement ('vicious circles').

In this first part of the book, the eating disorder is portrayed as entrapping the sufferer in a series of vicious circles. Consequently, escaping from such entrapment involves breaking out of these vicious circles. The author describes recovery as involving at least three tasks. These tasks are presented separately, but the person struggling with an eating disorder has to confront them simultaneously. The three tasks are described as 1) restoring weight and eating to normal, 2) "disentangling," and 3) getting life "on the move" again. The first task, although described as difficult, is relatively straightforward and 'easy to talk about'. The second task is a psychological one and according to the author, 'difficult to even talk about.' This task involves achieving an understanding of the maladaptive entanglement of ideas about weight, shape and eating with wider personal issues. Successful resolution of this task, in practice, would mean a disentanglement of ideas about weight and shape on the one hand, and wider personal issues on the other. In practice, this would mean that the individual with an eating disorder starts to view her world in a more varied and flexible way.

Some clinicians may be tempted to resolve the issues involved in the third task prior to sorting out the former two tasks. The author warns that this may almost always be 'misleading' and in fact 'dangerous if it impedes any progress.' Although all three tasks are interrelated, they should be addressed in the order as intended by the author. A convincing argument is made that what is needed most by the sufferer is a sense that others appreciate both the difficulty and the complexity of the tasks of recovery. Involvement in treatment, if and when appropriate, of family, friends, colleagues or professionals, is advocated.

The second part of the book focuses on the *assessment and treatment* of persons with anorexia and bulimia nervosa. This part also includes an informative discussion of *unusual and complex cases* and how to respond when *treatment gets off track*. In the assessment section, the author provides useful *boxes* with summaries on issues ranging from 'assessment of weight, psychological and eating issues' to 'motivation and the stages of change.' This second part of the book is well suited for

all clinicians (i.e., relative novices as well as the more experienced), and it is in these discussions that the pragmatic and insightful approach of the author is most evident. The case vignettes which are used to illustrate pertinent assessment or treatment issues are most helpful, even though, or perhaps because, the author observes that these examples are fictitious. A careful account of what is most helpful, from a treatment perspective, with anorexia and bulimia nervosa, is provided. In fact, the two separate chapters on the treatment of these disorders are particularly comprehensive. These chapters focus on evidence-based practices and provide an insightful and detailed review of the clinical management of eating disorder cases. I think the author succeeds very well in providing a factual account of available treatment sources while being aware of his own biases in this regard. As would be expected, in-patient, day-patient and outpatient treatments are all discussed.

Many people with eating disorders present with 'unusual' problems, and the author discusses several of these (e.g., eating disorders in men, children, and older people). He also discusses the specific complications of those persons with psychiatric and physical comorbidities, and includes Eating Disorder Not Otherwise Specified here as well. This is a helpful chapter for all the obvious reasons, and my only critique is that a discussion on eating disorders among ethnic minorities would have rounded out this group quite well.

Treatment often does not proceed according to plan or expectation. Therefore, in contrast to interventions found to be helpful under most circumstances, the author pays special attention to what may go wrong. He argues that what goes wrong may be better thought of as the treatment process itself 'getting off track' and discusses at length some of the ways in which this may happen. One of the most often and poorly understood ways in which this process can get off track is *colluding*. This occurs when the clinician responds to the sufferer's fears by allowing her to believe that there is a way forward that does not involve confronting such fears. The author's rich clinical insights are particularly well

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Academy Names First Fellows at May Meeting

Diane Mickley, M.D., Board Member

The original bylaws of the Academy provided for the future creation of fellows. In 2000, the Board appointed Dr. Pauline Powers and myself to implement this membership category. Criteria for fellowship call for five years of membership in the AED, outstanding contribution to the field of eating disorders, and nomination supported by two fellows of the Academy.

The Academy may award fellow status to members from various disciplines and recognizes the diverse ways they may contribute to the field of eating disorders. The following is a list of ten areas. Applicants and their endorsers should document significant contributions in at least five:

1. Active involvement in the work of the Academy in a leadership role.
2. Positions in other professional organizations.
3. Clinical contributions demonstrating excellence in the care of patients.
4. Teaching contributions in an academic or clinical setting.
5. Research accomplishments that have expanded knowledge in the field.
6. Scientific and scholarly publications and service on the editorial boards of journals.
7. Significant participation in conferences.
8. Active involvement in advocacy organizations.
9. Uncompensated community service in the treatment or awareness of eating disorders.
10. Development or administration of programs for eating disorders.

Applications for fellowship may be obtained from the Central Office. Present fellows are designated on the AED web site (www.aedweb.org).

To initiate the fellowship program, a group of “founding fellows” was elected, comprised of all founding members of the AED and all former officers and board members who remain active in the organization. These fellows are listed below. The first fellowship induction ceremony was held at the 2001 Annual



The first group of AED Fellows, important contributors to the Academy and the Eating Disorders profession, smile after the induction ceremony during the Membership Meeting in Vancouver.

Meeting in Vancouver, at which time new fellows were announced and awarded gold Fellow Pins and certificates.

Congratulations to the following founding fellows: Arnold Andersen, Timothy Brewerton, Cynthia Bulik, William Davis, Amy Baker-Dennis, Michael Devlin, Pat Fallon, Martin Fisher, David Garner, Leah Graves, Laura Hill, Kathy Hotelling, James Hudson, Craig Johnson, Allan Kaplan, Melanie Katzman, Walter Kaye, Nancy King, Margo Maine, Marsha Marcus, Diane Mickley, James Mitchell, Dianne Neumark-Sztainer, Stacey Lynn Nye, Pauline Powers, Richard Pyle, Dan Reiff, Cheryl Rock, Pat Santucci, Garry Sigman, Catherine Steiner-Adair, Ruth Striegel-Moore, Michael Strober, Timothy Walsh, Susan Willard, Stephen Wonderlich, Joel Yager, Susan Yanovski.



Book Review, cont. from page 6

illustrated in the discussions of what may go wrong in treatment.

The final chapter of this book provides the reader with a comprehensive and pragmatic review of the ‘filtering’ process which allows the sufferer to seek appropriate treatment. Again, the author provides helpful boxes which contain summary information of what a comprehensive treatment service for both anorexia and bulimia nervosa should entail. This chapter serves as a helpful reference tool to educate the young clinician or refresh the memory of the seasoned therapist.

In summary, this book provides a clear and direct approach to the understanding of eating disorders. This includes, among others, a review of the etiology of these disorders, the different treatment methods, and the expected outcomes of these treatments. The author offers a pragmatic approach to evidence-based treatment methods combined with his own clinical experience and pays special attention to difficult cases and situations where treatment seems to go wrong. This book is a handy guide to dealing with eating disorders and is based on current research evidence and the author’s extensive clinical acumen. I wholeheartedly recommend it to all professionals in our field, to both the newcomers as well as the seasoned among us.



In Memory, cont. from page 4

Irving, L. (2000a, May). *Media literacy, activism, and advocacy as prevention: The GO GIRLS!™ Program*. In A. Becker (Chair), *Media exposure and eating disorders: Current knowledge and implications for prevention. Workshop presented at the meeting of the Academy for Eating Disorders, New York.*

Irving, L. (2000b). *Promoting size acceptance in elementary school children: The EDAP puppet program*. *Eating Disorders: The Journal of Treatment & Prevention*, 8, 221-232.

Irving L, & Neumark-Sztainer, D. (2001). *Integrating primary prevention of eating disorders and obesity: Feasible or futile? Manuscript submitted for publication.*

Membership Update, cont. from page 5

Academy member referred them for membership.

The success of this past year's recruitment efforts can be seen in the large number (**160**) of new members joining the Academy in 2001 alone. The names of each of these new members are listed below. These new additions raise the current membership total to **893** members, the highest number of members in the Academy to date!

The Membership Committee has also been successful in increasing the diversity of Academy membership. As shown below, approximately 30% of Academy membership is comprised of Canadian, International, and European colleagues who represent more than 34 countries across the globe. In addition, a wide range of disciplines are represented in the Academy, variability that accurately reflects the multi-disciplinary nature of the eating disorder field and its professionals.

Membership by Discipline:

Academic Sciences = 14
Counseling = 36
Dietetics = 68
Epidemiology = 1 (added Jan. 2001)
Human Services = 23
Nursing = 35
Primary Medicine = 73
Psychiatry = 186
Psychology = 343
Social Work = 94
None Selected = 20

Membership by Region:

U.S. = 687
Canada = 79
Europe = 53
Other International = 74

Finally, the Membership committee spent the past year updating the membership brochure and developing an orientation packet for new Academy members. This new orientation packet includes information regarding membership benefits, Academy governance, upcoming Academy conferences and workshops, and strategies for becoming more involved in the Academy. The committee hopes this information will enhance new members' knowledge about the Academy and increase their participation in its many services and functions.

New AED Members for 2001

AED welcomes 160 new members (through 5/19/01): Victoria Alalu, MD, Buenos Aires, Argentina; Elaine Alexander, MA, MFT, Wickenburg, AZ; Diane F. Alexander, MA, Dallas, TX; Charles Anderson, MS, Richmond, VA; Drew Anderson, PhD, Albany, NY; Elizabeth M. Anderson, PhD, St. Petersburg, FL; Bridget Miniotta Baechtel, BSW, Iowa City, IA; Barbara Beach, PhD, Vancouver, BC, Canada; Merryl Bear, MEd, Toronto, ON, Canada; Olivia Beckman, MD, Minneapolis, MN; Adoracion Benito Trejo, RD, Mexico City, Mexico; Kathleen Berg, PhD, London, ON, Canada; Mireille Bernard, , Bordeaux Cedex, France; J.A. Bloks, PsyD, AN Oegstgeest, The Netherlands; Jane P. Bloom, BSN, MEd, CS, CA, Stockbridge, MA; Sarah Bluestone, , New York, NY; Ahmed Boachie, MD, Gloucester, ON, Canada; Jennifer Boisvert, Regina, SK, Canada; Priscilla Bolin, BSW, MA, Knoxville, TN; Mary Margaret Bouillion, MSW, Coralville, IA; Francesca Brambilla, MD, Milano, Italy; Alison Brown, Wellington, New Zealand; Jeffrey S. Bryson, , Wickenburg, AZ; Teena Bryson, M.A., LPC, NCC, Wickenburg, AZ; Annick Buchholz, PhD, Cpsych, Aylmer, PQ, Canada; Jadine Cairns, BS, Vancouver, BC, Canada; Pamela Carlton, MD, Mountain View, CA; Allison Chase, Chicago, IL, Irene Chatoor, MD, Washington, DC; Janice Chua, Singapore; Susan Clark, Chapel Hill, NC; Colleen Copelan, MD, Ventura, CA; Doreen Corrado, MSW, Ossining, NY; Patricia Covert, RD, LD/N, Farmington Hills, MI; Wendy Crowther-Rakochoy, Sudbury, ON, Canada; Aine Cullinan, Marino, Dublin 3, Ireland; Sarah Curole, Beverly, MA; Sigrun Danielsdottir, Reykjavik, Iceland; Christopher Dare, FRCPsych, London, UK; Wendy David, PhD, Seattle, WA; Helena Davidson, MSW, RSW, North Vancouver, BC, Canada; Caroline Davis, PhD, Toronto, ON, Canada; Margaret Decker, MD, Red Wing, MN; Connie Degnan, RD, Basking Ridge, NJ; Bridget Doherty, MS, RN, CS, Brookline, MA; Marion Fallding, Chilliwack, BC, Canada; Ruth Farren, MD, Kamloops, BC, Canada; Lynn F. Field, MA, Herndon, VA; Sheri Findlay, MD, FRCPC, Hamilton, ON, Canada; Colleen Flynn, MD, Mississauga, ON, Canada; Victoria Folse, PhD, Peoria,

IL; DaLene Forester, MS, MFT, Redding, CA; Mary Forhan, Burlington, ON, Canada; Suzanne Gabriele, New Orleans, LA; Mary Jane Gandour, PhD, Lafayette, IN; Carla Garber, PhD, Ft. Worth, TX; Jill Gaskill, CRNP, MSN, Pittsburgh, PA; Guadalupe Gonzalez Bernal, Mexico, DF, Mexico; Shoshana Gordon-Knight, MSW, Portland, OR; Alessia de Paola Gottlieb, MD, Los Angeles, CA; Marilys Fonseca Grajales, , San Jose, Costa Rica; Tara Gregory, MS, FNP, Portland, OR; Shan Guisinger, PhD, Missoula, MT; Bryan Gusdal, , Brandon, MB, Canada; Tania Heller, MD, Bethesda, MD; Joann V. Hendelman, PhD, RN, BSN, Palm Beach Gardens, FL; Katherine Henderson, PhD, Ottawa, ON, Canada; Lynn Hierlihy, MD, PhD, Oakville, ON, Canada; Renee Hinkins, MA, Bloomfield Hills, MI; Marsha Hudnall, MS, RD, Ludlow, VT; Andreas Karwautz, MD, Vienna, Austria; Molly Kellogg, Philadelphia, PA; Sally Kendrick, MA, Newport Beach, CA; Ellen Kerber, MD, Chaska, MN; Jacqueline B. Kinville, Las Cruces, NM; Paula Koeller, MD, Portland, OR; Jodi Korthase, Kinston, NC; Susan Kosharek, Rochester, MN; Jean Kremler, Middletown, RI; Jean Kristeller, PhD, Terre Haute, IN; Sondra Kronberg, MS, Floral Park, NY; Michele Laliberte, PhD, Dundac, ON, Canada; Tanja Legenbauer, bad Kreuznach, Germany; Katherine Leonard, MD, Toronto, ON, Canada; Thomas H. Lewis, LCSW, Clearwater, FL; Ephrat Lipten, MSW, ASCW, LCSW, Smyrna, GA; Ana Bertha Perez Lizaur, LicPsych, Buenos Aires, Argentina; Tiena Lynes, Colbert, WA; Paolo Machado, PhD, Braga, Portugal; Amanda Malina, Pittsburgh, PA; Georgina Maltby, Vancouver, BC, Canada; Juliann Marzuola, MEd, Oklahoma City, OK; Heidi McAlister, Upper Arlington, OH; Cara McCandless, MD, Pittsburgh, PA; Diane McKay, Bradenton, FL; Nanette Mellgren, Apple Valley, MN; Liann Rachel Meloff, MSc, Calgary, AB, Canada; Kathryn B. Miller, PhD, Minneapolis, MN; Christina Morgan, Bethesda, MD; Barbara Morris, PhD, Hyattsville, MD; Tricia Cook Myers, PhD, Fargo, ND; Suzan Nashashibi, BSc, RNutr, Amman, Jordan; Whitney Neuman, Lexington, KY; Hien Nguyen-Le, RD, Bridgewater, NJ; Heather Niemeier, MA, Boulder, CO; Maria Nunes, Porto Alegre, Brazil; Bobbi O'Brien, PhD, Los Angeles, CA; Susan

Osher, MSc, Toronto, ON, Canada; Larisa Paez, Miami, FL; Esther Rose Park, MSRD, East Lansing, MI; Chun je Park, Taejeon, South Korea; Suvercha Pasricha, MBBS, Burlington, ON, Canada; Kimberly H. Pearson, MD, Belmont, MA; Patrick Perkins, East Lansing, MI; Caroline Phee, London, ON, Canada; Jorge Pinzon, MD, Vancouver, BC, Canada; Jennifer Polley, MD, Centralia, WA; Caridad Ponce, Quito, Ecuador; Elena Ramirez, PhD, Warren, VT; Sharri Robinson, MA, Portola Valley, CA; Patricia Roles, MSW, Vancouver, BC, Canada; Margaret Rose, PhD, Alameda, CA; Jonathan Rosman, MD, Pasadena, CA; Ruth Rozensztejn, LicPsychol, Buenos Aires, Argentina; Giovanni Maria Ruggiero, Peschiera Borromeo, Italy; Lora Sasiela, MSW, New York, NY; Evelyn Sassoon, PsyD, New York, NY; Stephanie Setliff, MD, Dallas, TX; Sara Shepherd, PhD, Athens, GA; Kathleen Simpson, Bloomfield Hills, MI; Reba Sloan, MPH, LRD, Nashville, TN; Peter Smith, London, UK; Millicent Smith, M.Ed, LPCP, Boise, ID; Wendy Spettigue, MD, FRCPC, Ottawa, ON, Canada; Andrea Steen, MD, CCFP, Tecumseh, ON, Canada; Richard Stein, PhD, San Diego, CA; Marsha Steinback, RD, LPC, St. Louis, MO; Tracy Stoker, Malibu, CA; Joanna Szelazek, BSc, MD, FRCPC, Winnipeg, MB, Canada; David Szydlo, MD, PhD, New Haven, CT; Mary-Lynn Theel, MD, Beaverton, OR; Ronald Thurston, MD, Ventura, CA; Claudia Unikel, DF, Mexico; J.R. Wachsmuth, MD, Toronto, ON, Canada; Peter Webster, MA, MRC Psych, London, UK; Susan Weigall, Victoria, Australia; Lindsay Weinberg, Austin, TX; Jenny Weiner, Melbourne, Victoria, Australia; Terri Weiss, Seattle, WA; Jill Welbourne, PhD, Bristol, UK; Theodore Weltzin, MD, Oconomowoc, WI; Kristine Werhand, MS, Milwaukee, WI; Willo Wisotsky, Long Beach, NY; Barbara E. Wolfe, PhD, Boston, MA; Kari Wolfe, MS, Wickenburg, AZ; Brenda Woods, MD, Wickenburg, AZ; Jan Yager, PhD, Stamford, CT; Alayne Yates, MD, Honolulu, HI; Poulisis Yoanna, MD, CAP FED, Argentina; Rhonda Zabrodski, Calgary, AB, Canada.

Special Interest Groups (SIGs)

The Academy has an ever-growing number of SIGs representing topics and disci-

plines that address issues related to the goals of the Academy. The primary purpose of the 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 2000/2001 have continued to see an increase in the number and participation of the Academy's SIGs. To date, there are 16 SIGs covering a wide range of topics, which are listed below. SIG activities over the past year have ranged from informal e-mail discussions to formal meetings at Academy conferences and workshops.

Current SIGs and chairs/co-chairs:

Nutrition: Vivian Dutzar and Annika Kahm

Nursing: Carolyn Cochrane and Karen Stein

Medical Care: Diane Mickley

Psychology: Claire Wiseman

Social Work/Family Therapy: Elizabeth McCabe

Research Careers for Women: Rachel Bryant-Waugh

Psychodynamic Psychotherapy: Judith Banker, Debra Carter, and David Tobin

Treating Males with Eating Disorders: Arnold Andersen

Transcultural: Melanie Katzman and Armando Barriguete

Child/Adolescent Eating Disorders: Shelagh Wright and Bryan Lask

Prevention: Riccardo Dalle Grave and Shelly Russell

Neuroimaging: Vacancy

Hispanoamerica: Fabian Melamed, Armando Barriguete, and Fernando Fernandez Aranda

Weight Loss Surgery: Carol Signore

Athletes: Ron Thompson and Roberta Sherman

Body Image: Kevin Thompson

***Contact information for SIG chairs/co-chairs can be found on the Academy website at www.aedweb.org.

Academy and related conferences have been active times for the SIGs. Three SIGs met at the London eating disorders conference and participated in an active and stimulating discussion of treatment and research issues. Eight SIGs met and over 250 conference attendees participated in formal and informal SIG meetings at the recent Academy meeting in Vancouver. The Transcultural SIG also hosted a discussion session focused on identifying and remedying impediments to treatment facing persons from minority or deprived communities. Finally, SIG chairs and co-chairs participated in an organizational meeting in Vancouver aimed at identifying possible SIG activities for the upcoming year. Ideas included the development and maintenance of individual SIG e-mail list-serves, submission of SIG workshops/paper presentations for Academy conferences, and distribution of reference lists of SIG-relevant literature and ongoing research projects.

The SIG committee will continue generating new ideas for SIG-related activities over the next year. In addition, the committee plans to continue encouraging the development of new SIGs that foster collaboration amongst Academy members with shared interests in eating disorder prevention, treatment, and research.

Summary

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. Integral to these efforts has been the hard work and dedication of Patricia Fallon, Ph.D., former Membership Council Chair. Developments described above would not have been possible without Pat's perseverance, determination, and unfaltering leadership. Her participation in these efforts will be greatly missed, although the committees look forward to working with her in her new role as Academy President-Elect.

The Membership Council welcomes suggestions from members. Feel free to contact the committee chairs directly or send me your comments at klump@msu.edu or (517) 432-9861.

Upcoming Conferences

Eating Disorder Retreat Training
September 7-12, 2001

Orcas Island, San Juan Islands, Washington State Limited to 25 women. Conducted by Francie White, MS, RD and Carolyn Costin, MFT, Director of the Monte Nido Treatment Center. 36 CEUs for California MFTs, all RDs and Texas Social Workers and Therapists. Contact Francie White at Inner Escapes Workshop Co. (800-263-4217) or visit www.innerescapes.com.



European Eating Disorder Council (ECED)
Annual Meeting
September 20-21, 2001
Barcelona, Spain

Contact Fernando Fernandez Aranda or Josefina Castro at fendo@wanadoo.es to learn more.



AED Regional Teaching Day Workshop
October 18, 2001
Ramada Atlanta Airport South - Atlanta, Georgia
or
October 19, 2001

Holiday Inn O'Hare International
Chicago, Illinois

"Best Practices in the Treatment of Eating Disorders" Conducted by G. Terence Wilson, Ph.D., Denise Wilfley, Ph.D., and Daniel le Grange, Ph.D. Visit www.aedweb.org for an application.



XVII World Congress of World Association
for Social Psychiatry
October 27-31, 2001

Hotel Jaypee Palace, Agra, India
An Eating Disorders Symposium is scheduled for this conference. Contact Professor Shridhar Sharma at wasp_congress@vsnl.com or visit www.17thwaspcongress.com for more information.



Eating Disorders Research Society 2001 Meeting
November 29-December 2, 2001

Hyatt Tamaya Resort Hotel
Albuquerque, New Mexico

EDRS meetings are focused on the rapid dissemination of new research findings in the field, discussion of research methodology, training of junior researchers, and facilitation of cooperation of researchers across the globe. Colleagues who are not EDRS members but are interested in attending this meeting are encouraged to contact the current president, Dr. Ruth Striegel-Moore, at rstriegel@wesleyan.edu for further information.



Academy for Eating Disorders
International Conference on Eating Disorders
April 25-28, 2002
Boston Park Plaza Hotel & Towers, Boston, Massachusetts. Visit www.aedweb.org or contact AED@Degnon.org for more information.

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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**Deadline submission:
September 1, 2001**

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