

Academy for Eating Disorders

Newsletter

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

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Editor: Debbie Franko, Ph.D.

Message from the President

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



Countdown to Orlando! From the conference committee that is focusing on final preparations to the individual presenters who are starting to think about their talks and posters...this time

of year the Academy is abuzz with activity. Kelly Klump, Ph.D., Howard Steiger, Ph.D. and their enthusiastic committee have crafted a rich and enticing program for this year's annual meeting. The title of the conference "Finding Common Ground: Integrating Clinical Practice and Research" harkens back to the third principle in the AED Strategic Plan which is "Better serving the needs of both clinicians and scientists in the Academy."

This goal is such a critical one for our organization. It reflects what makes us a unique group, but it also poses challenges that other more homogeneous organizations never face.

On a personal note, I respond viscerally when people try to make "clinician versus researcher" distinctions. It reminds me of the all or nothing thinking that we try to steer our patients away from. It evokes an emphatic 'I'm both!" and a desire not to be pigeonholed. Although we all spend varying percentages of time in either clinical, administrative or research endeavors, there are stereotypes inherent in the labels of "clinician" and "researcher" that do not help us build bridges in understanding

With the emergence of the NIH Roadmap (http://nihroadmap.nih.gov/), I have had to do a lot of thinking lately about the concept of interdisciplinarity. This concept—which goes beyond multidisciplinarity—recognizes that increasingly "scientific advances are being made at the interfaces of traditional disciplines." New sciences such as bioinformatics have emerged from researchers crosscutting disciplines to create new integrated sciences. But interdisciplinarity

needn't be confined to scientific disciplines—it can crosscut clinical and research approaches as well.

The literature on successful interdisciplinary approaches highlights some very sensible ground rules-many of which we learned on the playground as children. The first underscores the importance of a cooperative effort, meaning individuals from diverse backgrounds working collectively across traditional disciplinary boundaries to achieve specific endpoints. The second is taking a team approach and crossing disciplinary boundaries to approach biomedical and health problems. Klein stated Interdisciplinarity is not a monologue. The third key step is to eliminate jargon, and find a common language so that as people are brought together from different disciplines, they can first learn to talk with each other and then learn to work with each other. Fascinatingly, this literature urges scientists to enter into interdisciplinary relationships with openness, trust and desire for two-way communication. Finally, the literature underscores that one of the most effective avenues to cohesion is cooperative problem solving.

Is interdisciplinarity something that we can achieve in the field of eating disorders—across scientific disciplines, across clinical disciplines, and across the alleged research/clinical divide? And is this a goal that is worth striving for? As I look at the preliminary program for Orlando, I wonder whether these efforts are already underway. I see a Dialogue between Chris Fairburn, D.M. and Craig Johnson, Ph.D. that will ask the question of whether erasing the distinction between research and clinical practice improves both endeavors and translates into better patient care. Soon thereafter, we have another dialogue between cognitive-behavioral therapy and psychodynamic therapy SIGs as well as the critical question of how we address the obesity epidemic without contributing to iatrogenic eating disorders.

I think, we are on the path towards interdisciplinarity, perhaps without even having

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Message from the Editor

Debbie Franko, Ph.D.

With Eating Disorders Awareness Week in the U.S. just past and the International Conference on Eating Disorders (ICED) nearly here, this issue of the Newsletter is jam packed with information and news from the field. Let me begin with a reminder that the early registration deadline (the one that saves you money!) for the ICED in Orlando is April 9. The program committee has worked very hard to make the conference proceedings true to its theme -"Finding Common Ground: Integrating Clinical Practice and Research." Go to www.aedweb.org and check out the preliminary program, in which you will see the theme of integration of practice and research throughout the schedule. Included in this issue of the Newsletter are the "Top Ten Reasons to attend the ICED" as well as some "Did you know?" fun facts about Orlando. It's a lot more than Disney! I've also introduced a new feature in this issue of the Newsletter called "Voices from the Listserve." So often excellent discussions ensue online and I thought it might be interesting to reprint some of the members' thoughts here. Read excerpts from the discussion on the controversial issue of weighing children in school and let me know if this is a

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Academy for Eating Disorders

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Education and Training Council Report

Amy Baker Dennis, Ph.D. and Scott Crow, M.D. Co-Chairs

The Education and Training Council has been extremely busy since our very successful annual meeting in Denver, Colorado last May. First, we said goodbye to Michael Devlin M.D., who has served on the Council for the last four years. Michael accepted the position of President-Elect on the AED Board and Kathy Pike Ph.D. has joined our Council as his replacement. Kathy has previously served as Co-chair of the Annual Conference and Co-chair of the International Teaching Day Committee. Her previous experience and unique knowledge of international resources has been a tremendous asset to our Council.

2004 Annual Meeting

Our biggest effort this year has been planning the annual meeting in Orlando, Florida, which will be held April 29- May 2 at the Caribe Royale All Suites Resorts and Convention Center. The 2004 conference committee (Co-chaired by Kelly Klump, Ph.D. and Howard Steiger Ph.D.), and the Teaching Day Committee (Chaired by Leah Graves, R.D. and co-chaired by Ken Weiner, M.D.) have worked countless hours to organize an outstanding learning experience for Academy members. This year's expanded program, "Finding Common Ground: Integrating Clinical Practice and Research" offers several new features. In response to conference participants' feedback, we are offering "Core Skills Workshops" (CSW) throughout the conference. These workshops are geared toward individuals who are less familiar with eating disorders or who may work in settings other than treatment centers. The Core Skills Workshops cover a wide variety of topics, including assessment, diagnosis, treatment and special populations. The second new feature to the conference program is the presentation of a half-day Teaching Day Workshop in Spanish. The Hispano Latino American Special Interest Group (SIG) will be presenting "Introduction to Eating Disorders, Working with Hispanic Patients and Families." This year we also actively solicited panel and workshop presentations from the SIGs. The Medical Care SIG will present a Teaching Day Workshop entitled "Identifying and Treating Eating Disorders: A Primer for Primary Care Providers" and the CBT and Psychodynamic SIGs are jointly sponsoring a workshop, "Enhancing Clinical Efficacy: Integrating CBT and Psychodynamic Psychotherapy in Eating Disorders Treatment." Finally, the Health at Every Size and the Prevention SIGs are co-sponsoring a workshop entitled "Creating Coherent Prevention Programs Across the Weight Spectrum: How Do We Address Weight Concerns without Creating Eating Disorders?"

Teaching Day

A new structure was developed recently by the Education and Training Council. The North American Teaching Day Committee has been charged with planning and supervising both the annual meeting teaching day programs and independent teaching days inside North America. The International Teaching Day committee will plan and supervise any teaching days outside North America.

Last fall, the Athletes SIG held a one-day conference in Indianapolis. It was an extremely successful event with 92 participants and presenters from three different countries. Our thanks go to Ron Thompson, Ph.D. and Roberta Sherman, Ph.D. for organizing this excellent program. There are currently 2 International Teaching Day events being considered for 2004. AED will be co-sponsoring a teaching day this June in Argentina and this fall there will be a meeting in Mexico City, co-sponsored by the Hispano Latino American SIG.

Scholarship Program

Again this year, we are able to offer eight "Clinician Scholarship Awards" for the annual meeting in Orlando. These scholarships are designed to help defray Annual Meeting costs for clinicians and educators who might not otherwise be able to afford to attend. With the support of an ongoing NIMH grant we are also able to award fifteen "Young Investigator Awards" to researchers interested in participating in the conference.

International Teaching Day Committee Membership

The International Teaching Day committee would like to thank Glenn Waller for his leadership and participation in getting this committee up and running. Due to other obligations Glenn has had to resign from this committee and therefore we invite any members interested in working on the international teaching day committee to contact Kathy Pike (kmp2@columbia.edu).

Check out the Florida Fun Facts!



Fun Facts about *ORLANDO, Florida:* Did you know......?



- C The Caribe Royale Resort and Convention Center has a 250, 000 gallon pool with a waterslide?
- F Walt Disney World is twice the size of Manhattan and holds 4 theme parks?
- o Sea World is only 4 miles from the Caribe?
- C You can see E.T., the Norman Bates "Psycho" house and Yogi Bear all in one place?
- The average daytime temperature in April in Orlando is 28 degrees Celisus (83 degrees Fahrenheit)?
- EPCOT stands for Experimental Prototype Community of Tomorrow?
- C Real alligators are actually black, not green?
- F There are 4 water parks within 5 miles of the Caribe, one with *Summit Plummet*, which shoots you down a 120-ft. vertical drop at more than fifty miles per hour?
- There are great places to eat like "Tchoup Chop," (Emeril Lagasse's newest)
 "Pebbles," and "Sharks Underwater Grill" (where you have a view of the shark tank!)
- **C** You can swim with dolphins at Discovery Cove?
- F There's some free time built into the International Conference schedule so you can do some of this fun stuff?

Top 10 Reasons to come to the International Conference on Eating Disorders 2004 in Orlando:

- A new conference start time on Thursday afternoon, which allows for a less densely packed
 4-day schedule and more networking and collaborative opportunities;
- 9. The "Core Skills Workshops" for professionals new to eating disorders work;
- 8. The poster session –good place to meet, greet, and eat;
- 7. New gifts that will help you hold all your stuff;
- 6. The first ever Spanish Teaching Day sponsored by the Hispano Latino American SIG;
- 5. The chance to see Chris Fairburn and Craig Johnson on stage together;
- Plenary speakers who will report on cutting edge integrative themes in treatment and research and who represent a truly global group, from Austria, the UK, Germany, the USA, Canada and Australia;
- New Special Interest Group Discussion Panels highlighting the conference theme of integration in both psychotherapy and prevention efforts;
- 2. A Fellows Roundtable event where you can ask AED Fellows your questions about clinical care, research, and prevention;
- 1. Four great days of learning, 25 continuing education hours, and time for fun in Orlando too!

President's Message continued

labeled it as such. This could be one of the greatest benefits of being such an eclectic organization and being able to host open discussions, roundtables, and dialogues that crosscut our disciplines and approaches in order to advance the field of eating disorders.

In closing, I need to spill substantial ink in thanks to my fellow Board members, Council Chairs, Committee and Task Force chairs and every single person who has lifted a finger to help the Academy over the past year. The AED Board is not just multidisciplinary, but is indeed interdisciplinary. It has been remarkable to see how our various professional labels and discipline-specific identities dissolved when we worked together on important Academy tasks. I express the deepest gratitude to each and every Board member for their effort, support, and friendship. It has been an honor to work with a Board that has so much integrity. With gratitude and admiration, we say farewell to two incredible and dynamic women: Susan Willard, MSW and Ann Kearney-Cooke, Ph.D. The Academy has recycled Susan a few times and in many positions. She now completes her term as Board Member-at-Large where she has been a voice of reason, clarity, and bone-dry humor for the past three years. Ann has carried the banner for the Public Affairs Council and has infused both the Council and the Board with her energy, ideas, and enthusiasm.

I have such amazing memories of working with her on the Boston Gala and thank her for her tireless dedication to the Academy. Additional gratitude goes to Amy Baker-Dennis, Ph.D. who will be stepping down from the Education and Training Council after years of dedicated service. Debbie Katzman, M.D. and Kathy Pike, Ph.D. will replace her as co-chairs. Incoming co-chairs Allan Kaplan, M.D. and Debbie Franko, Ph.D, will replace Ann Kearney-Cooke at the helm of Public Affairs. We also thank Jim Mitchell, M.D. who is stepping down as Research Council Chair. Jim's dedication to research training has been an invaluable contribution to the Academy, and one that is especially appreciated by all of the junior investigators who have benefited from his fantastic AED/EDRS research teaching days. Ruth Striegel-Moore, Ph.D. and Tracey Wade, Ph.D. will now lead the Research Council.

Finally, I take off my hat to Pat Fallon, Ph.D. who steps down from the Board after serving this year as Immediate Past-President. Pat's clear vision helped guide the new directions the Academy is taking. She has dedicated countless hours to the organization and I'm sure her family will be glad to have her back!

We look forward to seeing you all in Orlando where you can hear about the latest accomplishments and initiatives of the Academy. I thank you for having had the opportunity to work for the Academy as President this year. *

Editor's Message continued

feature you would like to see continue in future issues. Reports from several eating disorders organizations (Eating Disorders Coalition and the National Eating Disorders Association) highlight the important work done during Eating Disorders Awareness Week and beyond. Our Global Spotlight focuses on the innovative changes occurring in Finland and a brief article provides information on the recent guidelines for the treatment of eating disorders from the UK. Updates from the Special Interest Groups (SIG) and the Education and Training Council will fill you in on what is happening in these 2 critical areas of the AED. Finally, I received a wonderful response to my request for "Member News," as you will see on page 11. Please continue to send me word of your books, accolades, events, and other good news and I'll be happy to spread the word to all our members. Looking forward to seeing you soon in sunny Orlando!*

AED Special Interest Group Program Expanding

Judith Banker, LLP, MA, FAED and Paulo Machado, Ph.D. SIG Oversight Committee Co-Chairs

The Academy for Eating Disorders Special Interest Group program is expanding in exciting ways. There are now 18 SIGs offered through the AED, providing a wide range of choices for members who would like to become more active in or focus their training on specific areas of treatment, research, education and prevention in the field of eating disorders. The SIGs offer an intimate and accessible forum for networking and collaboration with colleagues from around the globe in addition to fostering a unique environment for intensive and specialized teaching, training, and leadership opportunities. Participation in the SIG program is a vital benefit open to all members of the Academy. AED members are welcome and encouraged to join any SIG of their choice.

Each SIG is chaired and/or co-chaired by AED members. The following is a list of the SIGs currently offered. To join a SIG contact the chair or co-chair listed. To form a new SIG contact SIG Oversight Committee Co-Chairs Judith Banker, LLP, MA (banker@umich.edu) or Paulo Machado, Ph.D. (pmachado.iep.uminho.pt).

Academy for Eating Disorders Special Interest Groups – 2004 :

Athletes - Roberta Sherman, Ph.D. (rsherman@indiana.edu) and Ron Thompson, Ph.D.(rthomps2@sbcglobal.net), Co-Chairs Bariatric Surgery — Carol Signore, MS, MA (CarolASig@comcast.net) Chair, Brenda Wolfe, Ph.D. (blwolfe@swcp.com) and Anthea Fursland, Ph.D. (A22Smith@msn.com), Co-Chairs

Body Image – Stacey Tantleff Dunn, Ph.D. (sdunn@pegasus.cc.ucf.edu), Chair CBT – Katharine Loeb, Ph.D. (Katharine.loeb@mssm.edu) and Claire Wiseman, Ph.D.(claire.wiseman@trincoll.edu), Co-Chairs

Child and Adolescent Eating Disorders — Shelagh Wright (shelagh.wright@btinternet.com), Chair

Family Therapy – Elizabeth Blocher McCabe, MSW (mccabelb@msx.upmc.edu), Chair Health At Every Size– Ellen Shuman (eshuman@one.net) and Deb Burgard, Ph.D. (debburgard@aol.com), Co-Chairs Hispano Latino American – J. Armando

Barriguete, M.D.(abarriguete@prodigy.net.mx),

Males – Roberto Olivardia, Ph.D. (roberto.olivardia@hms.harvard.edu), Chair Medical Care – Ovidio Bermudez, M.D., (Ovidio.Bermudez@vanderbilt.edu), Chair Neuroimaging – C.Laird Birmingham, M.D. (clbirm@interchange.ubc.ca), Chair New Investigators – Marci Gluck, Ph.D. (mgluck@chpnet.org), Chair, Jan Cullis (jcullis@footprintsofangels.com), Co-Chair

Nursing – Carolyn Cochrane, Ph.D., R.N. (cochrace@menninger.edu), Chair Nutrition – Sondra Kronberg, M.S., R.D. (eatwell4@aol.com), Reba Sloan, M.P.H.

(RF_Sloan@msn.com),Co-Chairs **Prevention** – Ricardo Dalle Grave, M.D. (rdalleg@tin.it), Chair

*Private Practice - Jill Strasser, PsyD (drjillstrasser@earthlink.net), Chair

Psychodynamic Psychotherapy – Judith Banker, L.L.P., M.A. (banker@umich.edu), Chair, David Tobin, Ph.D. (DVTO2@aol.com) Co-Chair Transcultural – Richard Gordon, Ph.D.

(Gordon@bard.edu), Chair

*NewSIG

Over the last year all of the SIGs have launched member listservs, which allow group members to communicate easily between meetings. Several SIGs have held meetings or organized mini-conferences throughout the year as well as developed workshops, panels, and extended meetings for the 2004 ICED. The next phase of planning involves improving the capability of the SIG listservs as well as setting up and launching individual SIG newsletters. For further descriptions of the SIGs go to www.aedweb.org and click on the link to Special Interest Groups or contact the AED Central Office at 703-556-9222.

The AED SIG Program is growing exponentially. New SIGs and innovative SIGsponsored programs and activities are currently under development. Be a part of one of the most rewarding and exciting programs within the Academy. Join a SIG!

SIG Activities Planned for Orlando 2004 ICED:

The 2004 Orlando ICED schedule is packed with innovative and exciting Special Interest Group activities. All AED members and conference attendees are encouraged to attend SIG activities and, if not already a member, to consider joining one or more of the 18 AED SIGs.

SIG activities scheduled for the 2004 Orlando ICED include:

Thursday, April 29, 9:00 a.m. - 12:00 p.m.

Clinical Teaching Day Workshops

Introduction to Eating Disorders (in Spanish)/Introduccion a los Trastornos de la Alimentarion—Hispano Latino American SIG Presented in Spanish, this workshop offers an introduction to diagnosis and treatment of eating disorders through a review of diagnostic criteria of anorexia nervosa, bulimia nervosa, eating disorder not otherwise specified (EDNOS) and binge eating disorder.

Este taller ofrecera una revision de los criterios diagnosticos y el tratamiento de los trastornos de la conducta alimentaria, con efoque especial en las poblaciones Hispanas.

Se revisaran los criterios diagnosticos de la anorexia nervosa, bulimia nervosa, los trastornos de la conducta alimentaria no especificados, y la sobrealimentacion compulsiva.

Identifying and Treating Eating Disorders: A Primer for Primary Care Providers

- Medical Care SIG

This workshop will address the role of the primary care provider in the evaluation, diagnosis, and treatment of eating disorders in children, adolescents, and adults.

Thursday, April 29, 3:45-5:15 p.m.

Workshop Session I, SIG Sponsored Workshop

Pre-operative Psychological Interview for Bariatric Surgery: To Prescreen or to Prepare? Brenda L. Wolfe, Ph.D., Private Practice, Albuquerque, NM, Anthea R. Fursland, Ph.D., Kaiser Permanente, Oakland, CA, USA

This workshop will identify the available facts about bariatric surgery, explore the various objectives of the pre-surgical interview, and discuss appropriate instrumentation to achieve those objectives. The workshop will be structured to incorporate audience input so participants are encouraged to come with questions, ideas, and a willingness to share.

Friday, April 30, 12:30-2:30 p.m.

SIG Annual Meetings

During this time period SIGs will be conducting annual meetings, which include a discussion period and project planning session.

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All AED members are welcome to attend SIG annual meetings. These meetings are an excellent introduction to the SIG program. There is an additional SIG Annual Meeting period scheduled for Sunday, May 2, from 8:00-9:00 a.m. Please check the conference schedule to verify final SIG meeting times and locations.

SIG Annual Meeting Events and Topics: The following SIGs have special events or topic discussions planned in addition to the regular annual meeting agenda:

Psychodynamic Psychotherapy SIG

Invited Talk: The Imprisoned Self: Transference and Countertransference Issues in the Psychoanalytic Treatment of Anorexia Nervosa

Presenter: Jeanne Magagna, M.A.

A member of the PPSIG, Jeanne Magagna trained at the Tavistock Clinic in London, is the Head of Psychotherapy Services and a consultant child, adult, and family psychotherapist in the Eating Disorder Team at Great Ormond Street Hospital for Children and the Ellermede Centre for Eating Disorders in London. She is also Joint Head of the Centro Studi Martha Harris Psychotherapy Trainings in Italy and teaches infant observation via videolink regularly in the United States as well as at the Tavistock Clinic. Her publications are mainly in the areas of eating disorders, psychoses and infant observation.

Business meeting to follow presentation. Follow-up planning and discussion session scheduled for Sunday, May 2, 8:00-9:00 a.m. AED members interested in psychodynamic, self- psychological, relational, integrative or similar treatment approaches are encouraged to join this SIG.

Bariatric Surgery SIG

Jim Mitchell, M.D. will provide an update on the Longitudinal Assessment of Bariatric Surgery (LABS). An experienced malpractice attorney will address managing liability in the collaborative arena of bariatric surgery.

Neuroimaging SIG

The annual meeting format will be: report of how subcommittees could function better between meetings, report and general discussion from the four subcommittees, updates from active investigators, side-group subcommittee discussions (small groups), goals for progress, reassignment to subcommittees, formation of new subcommittees and process of communication between subcommittees. There will be a follow-up to this meeting on Sunday, May 2, 8:00-9:00 a.m.

Nutrition SIG

Discussion Session: The Practical Guide to Treatment and the Collaborative Approach, facilitated by co-chairs Sondra Kronberg, M.S. and Reba Sloan, M.P.H. Annual meeting to follow including planning for a training day in New York in early summer or fall 2004.

Medical Care SIG

Annual meeting will include an update on the Ortho McNeil project

Recognizing the Connection: Eating Disorders and Obesity. Scott Crow, M.D., and Pauline Powers, M.D., will provide an update.

Transcultural SIG

Annual meeting will focus on how to coordinate a better information base on research and treatment of eating disorders around the globe. Other concerns regarding cultural issues will be also be addressed.

Private Practice SIG

The newly formed Private Practice SIG welcomes those interested in addressing the unique set of challenges presented by working in an outpatient private practice setting. At this first annual meeting the following topics will be addressed: integrating research findings into the realities of day-to-day treatment, liability and reimbursement difficulties, isolation and lack of peer support, and establishing and maintaining treatment teams and protocols.

Friday, April 30, 4:30-6:00 p.m.

SIG Discussion Panels

An annual feature of the AED ICED, the SIG panels provide stimulating presentations followed by lively discussion periods. Fitting with the current conference theme of integration, this year each panel teams up two different SIGs so the ideas and discussions will be more thought provoking and innovative than ever. These are not to be missed!

CBT SIG and Psychodynamic Psychotherapy SIG Discussion Panel

Enhancing Clinical Efficacy: Integrating CBT and Psychodynamic Psychotherapy in Eating Disorders Treatment

Judith Banker, M.A., L.L.P., Panel Chair

Strengths and Weaknesses of CBT and of Psychodynamic Psychotherapy As Treatment Modalities—Katharine Loeb, Ph.D. and David Tobin, Ph.D.

Integrating Approaches: Building on Commonalities and Differences for More Effective Treatment — Wayne Bowers, Ph.D., A.B.P.P. and Jeanne Magagna, M.A.

Health At Every Size SIG and Prevention SIG Discussion Panel

The Health At Every Size Movement and the Prevention of Eating Disorders: An Introduction – Ellen Shuman, M.S.W.

The Myths and Realities of the Health at Every Size Movement-Debra Burgard, Ph.D. Strength and Limits of the HAES Paradigm on the Prevention of Eating Disorders-

Riccardo Dalle Grave, M.D.

The HAES Philosophy and Community-Based Prevention-Michael Levine, Ph.D., F.A.E.D.

Workshop Session II - Saturday, May 1, 4:30-6:00 p.m. SIG Sponsored Workshop

To Speak or Not to Speak? That Is the Question: Therapist Self Disclosure in Eating Disorder Treatment – Mary Tantillo, Ph.D., Judith Banker, M.A., L.L.P., F.A.E.D., Charles Portney, M.D., and Katharine Loeb, Ph.D. Workshop co-sponsored by CBT SIG and Psychodynamic Psychotherapy SIG.

This workshop will compare and contrast the use of therapist self-disclosure as an effective therapeutic tool within traditional psychodynamic psychotherapy, cognitive-behavioral and relational therapy approaches.

More SIG activities may be added just prior to or during the conference. Be sure to check the conference program and the bulletin board at the conference for updates. See you in Orlando!



Junior Researcher

Katherine A. Elder, Ph.D.

Dr. Elder received her Ph.D. in December 2003 from the Department of Psychology, University of Colorado – Boulder. She is currently a postdoctoral associate at Yale University School of Medicine under the supervision of Dr. Carlos Grilo and Dr. Robin Masheb.

"Appetite-focused CBT for the Early Intervention of Binge Eating Disorder" Elder, K. A., Yale University School of Medicine, Buckner, A. L., Craighead, L. W., University of Colorado – Boulder, Niemeier, H. M., Brown University, and Pung, M. A., VA Long Beach, CA.

The goals of this research were to 1) develop and evaluate a brief psychoeducational group intervention for women with subclinical or recent-onset binge eating disorder (BED) and 2) compare it to CBT, the most well-established treatment for BED. The intervention was based on Appetite-focused CBT (CBT-AF; Craighead & Allen, 1995), a cognitive-behavioral treatment focused on teaching individuals to recognize and utilize hunger and satiety cues in order to regulate eating patterns. It was hypothesized that CBT-AF would be particularly appropriate for early intervention because: 1) the goal is to teach (or re-teach) participants to eat "normally", i.e., in response to moderate appetite cues (moderate hunger and moderate fullness) and 2) appetite monitoring may be less likely to exacerbate food preoccupation than the food monitoring typically used in standard CBT. Two studies were conducted sequentially to evaluate the CBT-AF early intervention program.

Study 1 was a pilot study designed to assess the efficacy of CBT-AF (comparison of baseline to post treatment). Participants for Study 1 were 19 normal weight (BMI 19-25) undergraduate women who attended eight sessions of group therapy. Participants in the CBT-AF program demonstrated significant reductions in binge eating and overall eating-related symptomatology. Mean number of objective binge episodes (OBE) per month was significantly higher at pretreatment (M = 8.32, SD = 4.5) than at a post treatment assessment (M = 2.68, SD = 2.3). Significant improvement was also observed on subjective binge episodes (pretreatment M =12.5, SD = 12; post treatment M = 2.89, SD =3.6), as well as the Eating Disorder Examination Questionnaire global score (pretreatment M =3.94, SD = .78; post treatment M = 2.43, SD = .58).

Study 2 was designed to compare CBT-AF to CBT, the standard treatment of care for BED. Participants were 20 mildly to moderately obese (BMI 25-34) college-age women who were

diagnosed with subclinical or recent-onset (within the past two years) BED. The participants attended 10 sessions of weekly group treatment and completed a post treatment and a 4-month follow-up assessment. At post treatment, participants in both groups reported a significant reduction in number of OBEs per month (pretreatment M=6.8, SD=6.1; post treatment M=0.5, SD=1.6), as well as other measures of eating-related and general psychopathology. However, no differences between the two groups were found.

Based on results from these preliminary studies, it appears that CBT-AF may be a viable alternative to CBT for the treatment of subclinical or recent-onset BED. The complete results from Study 2 will be presented at the 2004 Academy for Eating Disorders International Conference.

80 Q

Global Spotlight – Eating Disorder Treatment and Research in Finland

Anna Keski-Rahkonen, M.D. Postdoctoral Fellow in Psychiatric Epidemiology, Columbia University

Finland is one of the Nordic countries and a member of the European Union. Finns enjoy the benefits of an extensive, publicly funded health care system. However, our sparse population and long distances provide special challenges: for a long time, eating disorder services were only available in Helsinki, the capital situated on the southern coast, where Professor Aila Rissanen founded the first specialized eating disorder unit in 1995. This unit has flourished and currently boasts a multidisciplinary team that offers inpatient, outpatient, and day-patient treatment. The services are available either for free or at a nominal cost for the patient. Because referrals are required, waiting list times have remained relatively manageable for the prospective patients. The eating disorder unit also provides consultations and continuing professional education for health professionals.

Unfortunately, many eating disorder sufferers from other parts of the country have faced the difficult decision of either travelling impossibly long distances in search of specialist treatment or being left untreated. Happily, times seem to be changing Eating disorder research and treatment are currently burgeoning in Finland, and we are trying very hard to improve our service quality and coverage.

Several separate organizations – founded by either parents of eating disorder sufferers or eating disorder professionals - have been crucial in this process. Examples of concentrated efforts to improve eating disorder services in Finland are the establishment of various societies and associations. The Hunger for Life Society was started in 1997, and the Finnish Eating Disorder Association (FEDA) in 1999.

The Hunger for Life Society reached one of its goals when the Eating Disorder Center opened its doors in 2002. It is a privately funded clinic, providing excellent treatment alternatives for patients who either cannot enter the publicly funded clinic for various administrative reasons or need an alternative and more individually tailored mode of treatment. FEDA, on the other hand, has greatly facilitated exchange of ideas among professionals in the field. The popular FEDA teaching days have featured international and domestic experts. Researchers and clinicians who enter the field are encouraged to contribute to an annual journal with updates on current topics. Coordinated by the efforts of Pia Charpentier and Elina Saarinen, tireless volunteers have found a common forum, and recently several new small clinics have been founded in areas where the service network was previously practically nonexistent.

Becoming professionally involved in the field of eating disorders in Finland usually means that one has to be a groundbreaker: the first person to introduce services to a particular, usually very large catchment area, perhaps also translating and introducing instruments and therapy manuals and training other health professionals. FEDA and other organizations provide an important source of support for many professionals who work alone or are relatively isolated. In this huge task, contacts with international colleagues have been invaluable. Textbooks, journals, conferences, colleagues from abroad visiting Finland, and our visits to other centers have been very important for us. We want to extend warm thanks to everyone involved.

Research collaborations funded by the European Union (COST B6 and the Fifth Framework Program) have been particularly fruitful in stimulating ideas and providing initial funding for new, ambitious projects. In the context of COST B6, we were able to establish a network with other European experts in the field of eating disorders; their support was invaluable in setting up the services and training professionals. The "Healthy Eating" 5th Framework program helped us to widen our scope and to get population studies of eating disorders under way in Finland. We hope to further increase understanding of the disease process and to continue cultivating relationships and partnerships internationally to share knowledge and experience for the betterment of people suffering from eating disorders. For more information contact via email: anna.keski-rahkonen@helsinki.fi. *

Book Review Corner

Maureen Dymek-Valentine, Ph.D. University of North Carolina at Chapel Hill

A Starving Madness: Tales of hunger, hope and healing in psychotherapy.
Judith Ruskay Rabinor, Ph.D.
(Gurze Books, 2002, ISBN0-936077-41-7, \$14.95, 212 pages)

Dr. Rabinor is a clinical psychologist who has spent the last 20 years treating individuals suffering from eating disorders. Her latest work, A Starving Madness: Tales of hunger, hope and healing in psychotherapy, documents her therapeutic journeys with eight diverse patients. Each story presents a unique, personal view of an individual with an eating disorder, and reveals the inner workings and complexity of psychotherapy. Dr. Rabinor's storytelling highlights the healing power of the therapeutic relationship.

A noteworthy component of A Starving Madness is its detailed portrayal of individual differences in the lives of people with eating disorders. While each patient suffers from disordered eating, each story examines and highlights a different presentation and comorbidity. For example, we meet Nina, a college student whose disordered eating evolved out of an incestuous childhood relationship; Mia, a teenager who self-mutilates; Estelle, a middle aged woman who "stuffs" her emotions; Eric, a college student who has suffered from loss and rejection; and Julia, a mother who projects her own eating and weight preoccupations onto her children. Dr. Rabinor insightfully weaves familial, cultural, interpersonal and emotional elements into her presentation of each story.

I found one of the bravest elements of Dr. Rabinor's work to be her honest account of her own struggles and countertransference in the therapeutic relationship. Most therapists, when we are empathically connecting to our patients, will occasionally experience reactions that can negatively affect our ability to maintain a helpful therapeutic connection. Dr. Rabinor openly accounts and explores several such challenging reactions. Honest exploration of our own countertransference is essential to be ultimately effective, and Dr. Rabinor courageously models this.

In recent years, the field of eating disorders has emphasized the use of empirically based, structured psychotherapies. Dr. Rabinor describes a less structured style of therapy that could probably classified as psychodynamic and/or interpersonally based. In spite of the

theoretical differences her approach has from my own, I found myself repeatedly finding common denominators in our work. Experiencing, labeling, and evaluating emotions and thoughts is a cornerstone of cognitive behavioral therapy, and while her therapeutic style would not be classified as cognitive-behavioral, she consistently weaves these techniques into her work. Reading and thinking about different theoretical orientations is always helpful, as it forces us to look beyond our own comfort/knowledge level and challenges us to question our own styles, techniques, and perspectives.

I personally found this book quite thought provoking, as aspects of Dr. Rabinor's approach are so different from my own. Throughout the work, I found myself repeatedly challenging both her approaches and my own therapeutic reflexes: How would I approach a case differently, and why? What are the pros and cons of a more systematic approach verses a less structured approach? While many of us could endlessly debate the merits of different theoretical orientations, her stories continually brought me back to the basic elements of effective psychotherapy, those elements that don't pertain to food logs or challenging automatic thoughts. Empathy, warmth and genuineness are a cornerstone of Dr. Rabinor's style, and clearly relate to the therapeutic success she has, and that all of us hope to have.

As a fellow clinician specializing in the treatment of eating disorders, I was disappointed in the lack of a clear synopsis of what Dr. Rabinor believes to be the theory underlying her style of therapy. I had a difficult time surmising a clear pattern or therapeutic organization among the different stories, and found myself wondering what the rationale of certain approaches was. Despite our different styles, I found A Starving Madness to be compelling and thought inspiring. It is well written, honest, insightful and touching, and should appeal to patients and clinicians alike. *



Classified Ads

POSTDOCTORAL RESEARCH FELLOWSHIP AT THE WEIGHT MANAGEMENT AND EATING DISORDERS PROGRAM:

Washington University School of Medicine in St. Louis, Department of Psychiatry, has a 1- or 2-yr NIH-funded postdoctoral position available. Focus will be on etiology, clinical intervention and prevention research with eating disorders and pediatric/adult obesity. Fellows will balance time between taking a primary role in ongoing research projects and the development of independent projects. Candidates with strong research backgrounds along with clinical experience in the area of obesity, eating disorders, and health behavior will be considered. Candidates must be from an APA-accredited Ph.D. program and must be completing or have completed an APAaccredited internship. If desired, the fellowship can provide clinical post-doctoral hours to meet requirements for clinical licensure. Review of applications will begin immediately and will continue until the position is filled. Starting date is negotiable. Send CV,

(p)reprints, statement of research interests and names of three references (including e-mail addresses and telephone numbers) to: Denise E. Wilfley, Ph.D., Department of Psychiatry, Campus Box 8134, Washington University School of Medicine, 660 S. Euclid Avenue, St. Louis, Missouri 63110. Direct inquiries via email: wilfleyd@psychiatry:wustl.edu or phone (314) 286-2083. ❖

POSTDOCTORAL FELLOW: The

Department of Behavioral Medicine and Psychiatry at West Virginia University School of Medicine is accepting applications for a Postdoctoral Fellowship in Adult Behavioral Medicine. The Fellowship focuses on cognitive behavioral treatments for adults, and specialized training in eating disorders, obesity, and body image (with J. Scott Mizes, Ph.D., FAED) and anxiety disorders (with Amy Combs-Lane, Ph.D.) For more detailed information, please see the Fellowship description at http://www.hsc.wvu.edu/ som/bmed/training-programs/index.htm (click on Adult Psychology Fellowship). Starting date: July 1, 2004 preferred. Applications should be sent to Amy M. Combs-Lane, Ph.D., Department of Behavioral Medicine and Psychiatry, West Virginia University School of Medicine, 930 Chestnut Ridge Road, Morgantown, WV 26505. Deadline: April 15, 2004 or until position is filled.

Voices from the Listserve

In this new feature, interesting discussions that occur on the AED Listserve will be edited (for space) and reprinted. This first discussion addresses many important concerns and ideas about weighing children in school, a relatively new proposal in the U.S. that has occurred for some time in other countries. If you are not a part of the Listserve, it's easy to join – just send an email request to aed@degnon.org. Stay tuned for more dialogue among AED members.

On February 4, 2004, **Zanita B. Zody, M.S.** raised the following question on the Listserve: "I have a topic that I would like to hear some dialogue on - weight..... here in Indiana there is a bill in the house that would require schools to measure student's body fat, among other things. Some would argue that there are medical reasons for that (this bill is in response to the "obesity epidemic") and some would say that it helps us identify children that are obese or at-risk for obesity. Others might say that it fuels the problem of body size discrimination and prejudice."

TJ Raney, Ph.D., wrote: "In Arkansas a similar bill passed that has required all public schools to assess BMI and report it to the parents. The discussion/debate about how best to do this has been extensive and inadequate preparation has been taken to identify negative consequences of this initiative. I strongly recommend that any other states currently undergoing this process should consider school based pretest data to establish a baseline before making a state-wide change that could dramatically increase the focus on weight, shape, and size."

Mike Myers, M.D. replied: "Will weighing students have a potentially negative psychological impact, even if done in private? Perhaps. However, consider:

U.S. prevalence of anorexia nervosa: 1%; bulimia nervosa: 2-3%; overweight and obesity in children and adolescents: 15%, a 3-fold increase since 1963. Since excess adiposity is strongly defended under negative energy conditions, it is much more efficacious to prevent obesity and/or curtail further weight gain in childhood rather than expend huge resources intervening later in life, utilizing expensive, moderately effective treatment for the chronic, relapsing, incurable condition known as obesity."

From **Dr. Jill Welbourne B.M., B.Ch., M.A.:** 'Surely weighing a student does nothing to cure that person's obesity nor does it help to prevent other people becoming overweight now or later.

Prevention of obesity in children is a praiseworthy aim but what it takes to achieve this aim is not yet established, though we do know that building records of children's weight is not enough. Some students will already be troubled about their weight. Once you pass a law that makes their school have to record their weight (so that their shameful size is now a matter of public record!) then the staff who weigh all the pupils need to have the skill to pick up those ones who find the process of being weighed a really disturbing emotional moment. This can be the thin weight-obsessed near-anorexic person just as much as the visibly fat student by the way."

John Levitt, Ph.D. responded: 'For the last several years we have treated quite a number of children with eating disorders (6-12 years of age). I am, as a result, worried about what the impact will be on the children being weighed. On the other hand, I am also very worried about the rise in child obesity in the U.S. and the increase in many of the physical consequences that occur to some of these children (e.g., rise in type II diabetes). In my experience, it is a delicate situation whenever the schools are engaged in these areas. They are instrumental in communicating many of our social attitudes about weight, food, dieting and so forth. And I am not sure that what the information obtained from weighing the children will be used for to improve general childhood fitness regardless of weight or to focus on weight/overweight and the notion that losing and/or focusing on weight is what is important."

Wayne Bowers, Ph.D. added: "The interest in getting good information out to students does make for challenges in how we do this. We are looking at this in Iowa through our Weight Management Center and are currently musing over what to say for individuals in grades 9-12. Also, I am concerned that focusing on weight or body fat will create more problems than it will solve when there is not real programmatic research in this area."

Deb Burgard, Ph.D. replied: "While we are trying to understand what is edging people's weights up, and maybe therefore whether there is a way to change it, it seems logical to teach everyone across the weight spectrum the behaviors within their control that have an impact on health, while we are also looking at the environmental factors that support those behaviors. Why not focus on the health-enhancing behaviors?"

Stephanie Brooks, M.S. wrote: 'I think we need to take a step back and look at the big picture if we want to make a difference. Those of you who know me know that I come from a health at every size/non-diet/intuitive eating philosophy. With that said, I am concerned with the number of obese people & kids in our country. I don't understand how weighing kids at school will help the issue. I see it as causing shame, hyper concern and discrimination."

Stay tuned for more information on this important topic from the Public Affairs Council.

Join the Listserve and add your voice to topics of interest! *

Academy Re-Joins Eating Disorders Coalition

On January 26, 2004, the AED Board voted unanimously to re-join the Eating Disorders Coalition. The Academy will now add its voice to the important efforts being mounted by the Coalition in order to facilitate a national dialogue in the U.S. on policy recommendations addressing eating disorders as a public health concern. *

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

Mary Gee, Friends/Family Action Council (FAC) Co-Chair/EDC Board Member

During the past few months, the Eating Disorders Coalition for Research, Policy & Action (EDC) has been in the process of planning several exciting events, including hosting the first national conference on eating disorders and public policy, the 4th annual EDC/FAC Lobby Day in Washington, D.C., and the spring 2004 congressional briefing.

The first national conference on eating disorders and public policy - "Creating a National Eating Disorders Agenda: Integrating Research, Policy & Practice," will be held April 15-16, 2004 in Washington, D.C., and is partially funded by a federal grant from the Substance Abuse and Mental Health Services Administration (Grant # 1H13SM54598-01). Conference participants will review existing public policies, recommendations, and position statements to create a new national document that addresses eating disorders prevention and education, research, and treatment. One of the conference goals is to also provide opportunities for professionals, federal policymakers and consumers to interact with each other throughout the drafting of this document.

During the fourth annual Lobby Day on April 14, 2004 in Washington, D.C., FAC members and consumers will participate in a half-day advocacy training on promoting eating disorders awareness and telling their personal stories. Following the training, participants will meet with congressional representatives and their aides to lobby for mental health and eating disorders related bills and address the critical need for additional resources for eating disorders education, prevention, research and treatment. By scheduling this year's Lobby Day in conjunction with the SAMHSA conference, the EDC hopes to draw an even larger number of participants. During last year's Lobby Day, over 55 activists participated in 40 meetings with U.S. Senate and House congressional leaders within a half-day period.

In addition, Dr. Jeanine Cogan (EDC Policy Director), MarcLerro (EDC Executive Director), and Lara Insel (EDC Intern) are also exploring options for the first 2004 EDC Congressional Briefing. Potential topics include examining the cost-effectiveness of adequate treatments, its financial and emotional impact on premature treatment termination outcomes, and re-hospitalization rates.

Lastly, on February 25, 2004, EDC Policy Director Jeanine Cogan and FAC member Gail Schoenbach also participated in a press conference coordinated with U.S. Representative Judy Biggert (R-IL) and the National Eating Disorders Association (NEDA) to promote Eating Disorders Awareness Week and a congressional resolution drafted by NEDA specifically addressing eating disorders.

For more information on the conference or any of the other events listed above, please visit the EDC Web site at www.eatingdisorderscoalition.org. We hope that you will consider joining us in Washington, D.C. for our spring 2004 events! Remember - each and every voice counts and helps reiterate the continued need for attention and resources in fighting eating disorders!

Additional contact information:
Eating Disorders Coalition for Research, Policy & Action
611 Pennsylvania Avenue, #423 SE
Washington, DC 20003
Voicemail: (202) 543-9570
www.eatingdisorderscoalition.org
http://groupsyahoo.com/group/EDCList/*

Update from the National Eating Disorders Association (NEDA)

Doug Bunnell, Ph.D., President

National Eating Disorders Awareness Week 2004 (NEDAW) has just concluded. NEDAW events around the country focused on NEDA's new "Get Real" public service awareness theme. The "Get Real" campaign is a bold new effort designed to educate the public about the seriousness of eating disorders. NEDAW coordinators in all fifty states conducted a wide variety of events to emphasize the "real" aspects of eating disorders; their power to compromise or even end life, their presence in all socioeconomic and ethnic groups, and the tremendous costs we bear as a society if we continue to underestimate their power. NEDAW messaging encourages people to get real information and to get real help.

NEDAW is the nation's largest outreach program and annually engages 500 or more event coordinators to organize awareness raising events in their communities. These events range from speaking engagements to activity based events and help raise public awareness of eating disorders. NEDAW 2004 was highlighted by a Congressional Resolution in support of NEDAW and the National Eating Disorders Association. Sponsored by Representative Judy Biggert of Illinois, the resolution is another step in raising eating disorders awareness at the federal level in the United States. A press event, cosponsored by the Eating Disorders Coalition and

NEDA, featured remarks by myself, supermodels Emme and Carrie Otis, Gail Schoenbach from FREED (For Recovery and Elimination of Eating Disorders) of New Jersey, and Lynn Grefe, the CEO of NEDA.

NEDAW 2005 is scheduled for February 27 through March 5, 2005. I want to encourage AED members to support NEDA and NEDAW 2005 as we continue our efforts to improve access to treatment, adequate research funding, and support to the patients and families who struggle with these disorders. *



Upcoming Events

- * The Eating Disorders Coalition for Action, Policy, and Research April 15-16, 2004 Washington, DC "Creating a National Eating Disorders Agenda: Integrating Research, Policy & Practice" For more information, go to www.eatingdisorderscoalition.org
- Annual Forum of the Eating
 Disorders Coalition of Tennessee
 (EDCT)
 April 16-17, 2004
 Nashville, Tennessee
 "Unraveling the Mysteries of Eating
 Disorders"
 visit www.edct.net for more information
- Academy for Eating Disorders
 International Conference
 on Eating Disorders

 April 29-May 2, 2004
 Orlando, Florida, USA
 "Finding Common Ground: Integrating Clinical Practice and Research"

 Visit www.aedweb.org for more details
- * "Current Concepts on Eating Disorders"
 June 11-12, 2004
 Buenos Aires, Argentina
 For additional information, please contact
 Fabian Melamed, Ph.D.
 fmelamed@bart.mdp.edu.ar
- * Society for the Study of Ingestive Behaviors July 18-19, 2004 Hueston Woods, Ohio "Eating Disorders and Obesity" Satellite Meeting For more information, contact jhutchens@chpnet.org.
- Eating Disorders Research Society
 October 7-9, 2004
 Amsterdam, The Netherlands
 Visit www.edrs.org for more information.

- * 2004 National Eating Disorders Association Conference for Families and Professionals October 15 & 16, 2004 Emory Conference Center, Atlanta, GA "Getting Real About Eating Disorders" For more information, please visit: www.nationaleatingdisorders.org (Submission deadline is April 19, 2004).
- * The 2nd Hispano-American Congress on Eating Disorders October 20-23, 2004 Mexico City, Mexico Sponsored by the Academy for Eating Disorders Hispano Latino American SIG Contact Armando Barriguete at: abarriguete@mexis.com for more information.
- * The Renfrew Center Foundation's 14th Annual Conference Feminist Perspectives and Beyond: Hungers, Health and Healing November 4-7, 2004 Philadelphia Airport Marriott Philadelphia, PA For more information please contact (215) 254-1684 or rhenry@renfrewcenter.com.
- * Eating Disorders 2005 April 4-6, 2005 Imperial College London, UK For further information please email Tania at ed2005@markallengroup.com or call 0044-207-501-6747.

Ongoing Events

* A Body To Die For: Advanced Training in the Treatment of Eating Disorders and Body Image Disturbance in Women (professional seminar) 6 CE Credits
Detroit, MI - April 2, 2004
Charlotte, NC - April 16, 2004
Washington, DC - April 23, 2004
Boston, MA - May 7, 2004
White Plains, NY - May 14, 2004
For more information please contact
Debbie Lucker at 1-877-367-3383.

Upcoming Eating Disorders Meeting in Argentina

Fabian Melamed, Ph.D.

In South America eating disorders have a different history and development than in other parts of the world. In addition, in each country, different facets of the disorders are expressed. This was demonstrated clearly at the First Hispanoamerican Congress in Quito, Ecuador in March 2003. Meeting to share our experiences is strategic for the field as these differences both fuel our interventions and also help us find common solutions as we face many identical problems.

For this reason, on June 11-12 2004, we will convene a meeting entitled "Current Concepts On Eating Disorders" in Buenos Aires, Argentina. This meeting is organized by the CEMIC Medical Center and coordinated by Adela Spalter, M.D.

The purpose of the meeting is to update the attendees about the different aspects of the treatment of eating disorders in different contexts in Argentina and other countries of South America. The topics were selected from the adult perspective, but also include topics relevant to pediatrics and adolescent medicine and other topics that are particularly pertinent to our countries.

Included among the topics are: Adolescence; Medical Complications; Social and Cross-

Cultural Aspects; Psychoneuroendocrinology& Psychopharmacology; Obesity; Family Treatment; and a special forum for The Eating Disorders in the MERCOSUR (Argentina, Brazil, Bolivia and Chile). The invited speakers will include important specialists in our field from these countries. The meeting is sponsored by the AED, ILSI (International Life and Science Institute), APSA (Argentine Psychiatry Association), and ANS (Argentine Nutrition Society). This will be the first meeting of its kind in South America. We hope that it will become a forum for regional integration on this problematic issue that is dangerously on the rise.

For additional information, please contact fmelamed@bart.mdp.edu.ar. •

Member News

Book Publications

Timothy D. Brewerton, M.D., would like to announce the recent publication of his edited book, *The Clinical Handbook of Eating Disorders: An Integrated Approach* (Marcel Dekker, Inc., 2004).

Nancy Kolodny's, MA, MSW, LCSW, new book, *The Beginner's Guide to Eating Disorders Recovery* is directed to teen and college-age readers and will be available in March (Gurze Press, 2004).

Traci McFarlane, Ph.D., reports that she and two other members, Randi E. McCabe, Ph.D. and Marion P. Olmsted, Ph.D., have recently published *The Overcoming Bulimia Workbook: Your Step-by-Step Guide to Recovery* (New Harbinger, 2003). *

Announcements

Dr. Evelyn Attia at Columbia University's Eating Disorders Research Program in New York has just received notice of a grant award from the NIMH for a study entitled "Atypical Antipsychotic Medication in Anorexia Nervosa." This study will be done in collaboration with Dr. Allan Kaplan at the University of Toronto.

Dr. J. Armando Barriguete Melendez was designated as a knight by decree of the French president as "Chevalier dans l'Ordre National de la Légion d'Honneur."

Lisa Rachelle Riso Lilenfeld, Ph.D., Director of the Eating Disorders Research Laboratory at Georgia State University, has received tenure and promotion to Associate Professor in the Department of Psychology.

Steve Nemirow of the Kartini Foundation is the executive producer and writer for an instructional video the Foundation is producing. The instructional video is on recognizing Anorexia Nervosa in boys and girls and is aimed at pediatricians, coaches, school nurses, and school counselors. In early summer it will be provided free of charge to pediatricians in Oregon, Washington, and Idaho, and will also be available for free access on the World Wide Web.

The Creighton University Eating Disorders Program at Children's Hospital in Omaha, Nebraska has added a new Partial Hospital to their existing continuum of care to better serve the needs of patients. They are pleased to announce that Susan G. Willard MSW, BCSW, BCD, will present Creighton University Department of Psychiatry Grand Rounds at Children's Hospital in Omaha, Nebraska on Wednesday April 7, 2004. She will speak about the treatment of eating disorders. *

New UK Guidelines for the Management of Eating Disorders Rachel Bryant-Waugh, Ph.D.

The latest clinical guidelines produced by the UK's National Institute for Clinical Excellence (NICE) are on eating disorders. The guidelines were commissioned in September 2001 and have recently been published, after a lengthy period of systematic review and consultation. The main intention of NICE guidelines is to produce "systematically developed statements that assist clinicians and patients in making decisions about appropriate treatment for specific conditions" - in this case eating disorders (anorexia nervosa, bulimia nervosa and related eating disorders). The guidelines include evidence-based recommendations about core interventions in the treatment and management of eating disorders in those aged 8 years and over. All National Health Service clinicians and services providing treatment for people with eating disorders are obliged to implement the recommendations set out in the guidelines, and develop clear timelines for this process. Interested AED members might like to visit the NICE website (www.nice.org.uk) to access the guidelines. Please note they come in a number of different forms: Quick reference guide (16 pp); NICE guideline (35 pp); Full guideline (260pp plus CD-ROM).

We would like to publish information on Academy members. If you have received an award, have been promoted, have taken a new job, have published a book, or have undertaken any other activity of interest to the membership, please let us know so that we may consider including it in the Newsletter. Contact Debbie Franko at d.franko@neu.edu.

Academy for Eating Disorders

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Share Membership Information with a Colleague

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

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

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

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

Stimulate and support research in the field.

Promote multidisciplinary expertise within the Academy membership.

Advocate for the field on behalf of patients, the public and eating disorder professionals.

Assist in the development of guidelines for training, research, and practice within the field.

Acknowledge outstanding achievement and service in the field.

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

AED Central Office 6728 Old McLean Village Drive McLean, VA 22101 AED@degnon.org 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: June 1, 2004

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