



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

Message from the President

Michael J. Devlin, MD, FAED



A Year in the Life of AED

Can it be conference time again already? As I sit down to write my fourth and final column for the AED newsletter, I

am amazed at how quickly the seasons have passed. The Academy is a year older now, and so am I. And so, the inevitable question: What have we learned this year? Although it would be impossible to boil a year's experiences down into one brief column, here are a few of the many lessons about organizations in general and about AED in particular that, from my perspective, have been the most important:

Direction comes both from the top down and from the bottom up. As I began the year, AED's strategic plan, developed in the first half of 2003, was just entering its second year, and its implementation was still largely a work in progress. My great concern was how the Board and I would work to insure that the plan that had been so carefully thought out and formulated would translate into action. In thinking about this, it was crucial to remember that the plan had not been arbitrarily created by those in leadership positions, but rather was based on surveys of and conversations with AED's members. Similarly, I came to realize that although the Board had a key role in guiding the organization, the success, failure, or redirection of the plan would ultimately rest with the membership. At our planning meeting this January, the Executive Committee of the Board realized that, in the year and a half or so since the creation of the plan, a number of changes had taken place, some anticipated and some quite unanticipated. Certain of the directions established in 2003—the focus on globalization and the development of new technologies—continued to feel very right, maybe even

more so than they had at the time. I think this was because these directions resonated strongly with the thinking and priorities of the membership. And progress has indeed been made on these fronts. Perhaps the best example of bottom-up direction is provided by AED's Special Interest Groups, now overseen by Judith Banker, LLP, MA, FAED and Paulo Machado, PhD. I recall how the SIGs began in 1998 when Kathy Pike, PhD, FAED and I were co-chairing the conference committee, and AED President Joel Yager, MD, FAED contacted us with the idea of setting aside a time at the conference for meetings of members with similar interests. Now the SIGs have grown to become, for many members, perhaps the most important aspect of membership. And the roster of SIGs, rather than being something that is dictated by leadership, is entirely dependent upon the interests of members. Each new SIG moves the organization in a new and important direction. I am hoping that, in the years to come, AED can develop more of a local presence, perhaps with local chapters, that similarly can both serve the more specialized needs of smaller groups and affect the organization as a whole in new and exciting ways.

Globalization is a global effort. As much as the AED Strategic Plan emphasizes globalization, it is clear that this can only happen with the collaboration of members and allied organizations across the globe. I am pleased to report that we have had more AED-cosponsored teaching days outside North America than ever before, an increasingly global sensibility at our annual conferences, and plans for our first ever annual meeting outside North America in Barcelona in 2006. These developments owe a great deal to the efforts of our Education and Training Council, led by Debra Katzman, MD, FAED and Kathy Pike, PhD, FAED, and our International Teaching Day Task Force, led by Fernando Fernandez-Aranda, PhD, FAED and Howard Steiger, PhD, FAED. However they would not have happened without the input of members across the globe who created and continue to create opportunities for AED in places we've never been to before. Daniel le Grange, PhD, FAED and the Membership

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Message from the Editor

Debbie Franko, PhD

We have a Winner!!!! The winner of the "Name the Newsletter" contest was Judith Banker, who suggested the name *The AED Forum*. According to Webster (as in dictionary), forum means "a meeting place for open discussion"—seems fitting for what we try to do each issue. For her efforts, Judith has won a copy of two wonderful recently published books from AED authors (*Eating Disorders* by Pam Keel, PhD and *Eating Disorders: A Parents' Guide Revised Edition* by Rachel Bryant-Waugh, PhD and Bryan Lask, MD). She will generously donate these books to an AED member at the Montreal conference. Thanks to everyone who sent in entries. As you may have noticed from our spiffy new banner, this is the inaugural issue of *The AED Forum* and it is jam-packed with news and information, along with our usual features, including a Global Spotlight from Holland and Member News from around the world. Be sure to take a look at the "Top 10 Reasons to visit Montreal" as you make your plans to

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60 Revere Drive, Suite 500
Northbrook, IL 60062 USA
Tel 847/498-4274 ❖ Fax 847/480-9282
www.aedweb.org

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Tracey Wade, PhD
Adelaide, SA, Australia

Newsletter Editor

Debbie Franko, PhD
Boston, MA
d.franko@neu.edu

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Northbrook, IL

Presidents Message continued

Council have worked hard to bring the opportunity of AED membership to an ever expanding group of eating disorder professionals across the globe. And Debbie Franko, PhD and Allan Kaplan, MD, FAED, our Public Affairs Council (PAC) Chairs, and Steve Wonderlich PhD, FAED, Publications Council Chair, have similarly worked to resonate not just with the needs and interests of our US members but of our members worldwide, and the PAC members from outside the US have been particularly valuable in this regard. But we need everyone to be thinking about opportunities we may be missing, and ways we can do better. For instance, Walter Vandereycken, MD, PhD recently contacted me to propose that the AED Annual Review consider including a section summarizing important non-English language publications in our field. And the Australia New Zealand Academy for Eating Disorders has offered AED the opportunity, coordinated by Stephen Touyz, PhD, to work together to co-sponsor a teaching day at the ANZAED conference. It is these sorts of ideas and opportunities, initiated not by the Board, but by members across the globe, that will allow us to transform into a truly global organization.

We can do better. I remember several years back speaking with the Montefiore team (AED's first home, for those of you who were not around then) about what had been accomplished. A successful conference, a journal, and an organization were the initial goals, and all three had come into existence. But, of course, that was just the beginning. All three needed to change and grow in order to remain viable. And everything about AED must continue to do the same. Our website, for example, has recently undergone a wonderful transformation, and is an order of magnitude more sophisticated, helpful, and appropriate for our organization than ever before. (Pat Fallon, PhD, FAED and Kelly Klump, PhD, please take a bow). The International Journal of Eating Disorders now has a new and improved format. Our annual conference continues to grow and change, and this year's conference program, assembled by Mimi Israël MD, FRCP and Eric van Furth, PhD, FAED, breaks exciting new ground. And Debbie Franko, PhD has made the newsletter you are now reading more professional and informative than ever before. In every instance, as we celebrate what has been accomplished, we must be thinking about how we can improve what we are doing to move our mission forward and to approach our vision for AED more closely.

It's the people that make it all worthwhile. I imagine that, to a large degree, those of you

who have stuck with me up to this point have not been entirely taken by surprise by the above thoughts. And, since all reading this have probably at one time or another been involved in team efforts, you won't be surprised by this one either. But, as I enter the final months of my term as AED President, I am continually struck by the creativity, insight, and dedication of those with whom I have been fortunate to work this year. I am particularly grateful to AED's tireless Board of Directors, and to Greg Schultz, Brian Maddox, Judy DeAcetis, and all the other staff members at Sherwood, too numerous to mention by name, who have brought a wealth of resources to us and whose organizational expertise and patience have enriched our experience immeasurably. Thanks to all of you who are reading this for your support, advice, and help along the way. And last but not least, welcome to Scott Crow, MD, FAED, as AED's twelfth President! I predict that, under Scott's guidance and with the support of AED's leadership, membership, and management team, the coming year will be one in which AED makes unprecedented strides toward achieving our mission.

Editor's Message continued

attend the International Conference on Eating Disorders at the end of April. Also in this issue is a short piece highlighting the new AED website, which is filled with innovative and useful features—take a few minutes and go to www.aedweb.org and surf around! We are introducing a new regular feature in this issue, called "Fellows in Profile." Beginning in the next issue, *The AED Forum* will feature an AED Fellow (now you know what FAED stands for!) describing his or her work and interests in eating disorders. Fellows are a wonderful resource to AED members and we hope this new feature will help you get to know them a bit better. Finally, we are saying goodbye to our Book Reviewer, Maureen Dymek-Valentine, PhD, who is beginning a new venture as Mom next month! We wish Maureen all the best and thank her for her service to *The AED Forum* with her insightful book reviews. Our new Book Reviewer, Renee Hoste, PhD, is a postdoctoral fellow at the University of Chicago, where she is involved in the Eating Disorders Program and the Center for Surgical Treatment of Obesity. Dr. Hoste received her PhD from Northwestern University and completed her clinical psychology internship at the University of Chicago. Her research interests include the impact of the family on treatment outcome for adolescent eating disorders and the role of expressed emotion in treatment outcome. Welcome Renee!

Special Interest Group Activities

Paulo Machado, PhD and Judith Banker, MA, LLP, FAED

SIG Oversight Committee Co-Chairs

AED 2005 Montreal ICED

The AED 2005 Montreal ICED will be a hub of AED SIG activity! The SIG offerings this year include clinical teaching days, panel discussions, workshops, and annual meeting programs. Please stop by the SIG table at the conference for information about SIG conference activities or SIG membership. SIG Chairs and Co-Chairs will also be available throughout the conference to answer your questions about the AED SIG program. All SIG conference events, including the SIG annual meetings, are open to all conference attendees, although SIG membership is reserved for Academy members. The following schedule lists SIG-sponsored clinical teaching days and workshops offered during the conference:

Wednesday, April 27, 1-4 p.m.

SIG Sponsored Clinical Teaching Day Workshops

Actualidades en Prevencion y Tratamiento Para los TCA and Poblaciones Hispanas (Current Approaches in Prevention and Treatment of Eating Disorders in Hispanic Populations)

J. Armando Barriguete, MD, FAED, Fabian Melamed, PhD, FAED, Luis Rojo-Moreno, PhD, and Juanita Gempeler, PhD

Sponsored by the Hispano Latino American SIG

Cutting Edge Issues in the Medical Care of Eating Disorders

Ovidio Bermudez, MD, FAED, Phillip Mehler, MD, and Richard Levine, MD, FAED

Sponsored by the Medical Care SIG

SIG Sponsored Conference Workshops

Thursday, April 28, 11 a.m. – 12:30 p.m.

The Psychiatric and Psychological Assessment of Bariatric Surgery Candidates

Donald E. McAlpine, MD, and Matthew W. Clark, PhD

Sponsored by the Bariatric Surgery SIG

Models for Integrative Treatment: Combining Psychodynamic Psychotherapy and CBT into an Effective Approach to Eating Disorder Treatment

Judith Banker, MA, LLP, FAED, Hubert Lacey, MD, Mary Tantillo, PhD, FAED and Heather

Thompson-Brenner, PhD

Sponsored by the Psychodynamic Psychotherapy Special Interest Group

Saturday, April 30, 2 – 3:30 p.m.

Perspectives from the Continent: Concepts and Treatments of Eating Disorders in France and Italy

Richard Gordon, PhD, Giovanni Ruggiero, MD, Sandra Sassaroli, MD, and Michel Botbol, MD

Sponsored by the Transcultural SIG

SIG Annual Meetings—Montreal

All 19 Academy SIGS will hold annual meetings during the Montreal conference.

To provide conference attendees with the opportunity to attend more than one SIG annual meeting, the meetings have been scheduled over two days this year. Bag lunches are available for those attending SIG meetings. The meetings are scheduled as follows:

Thursday, April 28, 12:30 – 2 p.m.

Family Therapy
Graduate Student
Health At Every Size
Males
Neuroimaging
New Investigators
Nursing
Nutrition
Prevention
Psychodynamic Psychotherapy

Friday, April 29, 12:30 – 2 p.m.

Athletes
Bariatric Surgery
Body Image
Child and Adolescent
Cognitive Behavior Therapy
Hispano Latino American
Medical Care
Private Practice
Transcultural

Special SIG Annual Meeting Programming

A number of the SIGs have planned special programs and agendas for the annual meetings. All conference attendees are welcome to attend. In lieu of planned presentations, SIG annual meetings typically include a rich discussion of topics of member interest with time allotted for project planning and organizational issues.

Please note the following SIG meeting presentations or special agendas:

- **Athletes SIG** — Invited Speaker: Jorunn Sundgot-Borgen, PhD, FCSM, Norwegian University of Sport and Physical

Education will speak about her work with elite Norwegian athletes. Agenda: Donald McAlpine, MD, will provide an update on relevant research from the past year; Roberta Sherman, PhD, FAED, will give an update on the International Olympic committee's position stand on the Female Athlete Triad. There will also be a discussion of the program details for the October 2005 second Athlete SIG-sponsored mini-conference in Indianapolis.

- **Child and Adolescent SIG** — Agenda: Presentation of database, developed by the CASIG, of measures used to assess eating disorder symptoms and relevant attitudinal and behavioral factors in children and adolescents. Discussion of plans for SIG-sponsored Children with Eating Disorders Treatment Workshop will occur at this meeting.
- **Family Therapy SIG** — Invited Speaker: Daniel le Grange, PhD, FAED, Assistant Professor of Psychiatry and Director of the Eating Disorder Program at the University of Chicago will present on family-based treatment for adolescents with bulimia nervosa with particular focus on the treatment challenges posed by minority families with a child with disordered eating. Agenda includes discussion of plans for a family therapy professional workshop.
- **Psychodynamic Psychotherapy SIG** — Presentation: J. Hubert Lacey, MD, St. George's Medical Center, London, Heather Thompson-Brenner, PhD, Boston University, George Tasca, PhD, University of Ottawa, and David Tobin, PhD, Tufts University Medical School will present on research conducted in the past year addressing the use/effectiveness of psychodynamic psychotherapy in eating disorder treatment. Agenda: Discussion of PPSIG objective to investigate empirical support for the use of psychodynamic psychotherapy in eating disorders treatment including an update on SIG-sponsored research collaboration with HLA SIG and CBT. Discussion of SIG-sponsored professional education initiatives and other clinical projects will take place at this meeting.
- **Transcultural SIG** — Presentation: Shin Yokoyama, MD, PhD, Department of Psychiatry of Shinshu University School of Medicine, Japan, will describe some work that he is doing on epidemiological and cultural aspects of eating disorders in Japan. Dr. Juan Manuel Mancilla-Diaz, Eating Disorders Laboratory, Universidad Nacional Autonoma de

Mexico, FES-Iztacala, Mexico will discuss various perspectives on eating disorders in Mexico, Brazil, Argentina, Columbia, Chile, and Spain.

Announcing Five Innovative SIG Panel Discussions in Montreal!

The SIG Oversight Committee is especially excited to announce that the 2005 Montreal conference will be hosting five SIG-sponsored panel discussions on Friday, April 29, 4:30 – 6 p.m. With a wider variety of panel topics and more panels than in past years, every conference participant will find a panel s/he will want to attend. Each panel discussion features brief and pointed multidisciplinary presentations designed to engage attendees in a lively, extensive discussion period. Don't miss out on this fascinating event!

The SIG-sponsored panel discussions this year include:

Can We Improve Eating Disorder and Obesity Prevention Efforts by Integrating Risk Factor Research?

Sponsored by the Prevention SIG

Moderator: Carolyn Becker, PhD, Prevention SIG Co-Chair

Presenters: Gail Huon, PhD, University of South Wales, Eric Stice, PhD, University of Texas at Austin, Heather Shaw, University of Texas at Austin, Riccardo Dalle Grave, MD, Casa di Cura villa Garda, Italy, Michael Levine, PhD, FAED, and Linda Smolak, PhD, Kenyon College, Ohio.

Health At Every Size: Perspectives from Practicing Professionals About the Challenges and Rewards of this New Treatment Paradigm

Sponsored by the Health At Every Size SIG

Moderator: Ellen Shuman, HAES SIG Co-Chair

Presenters: Ellen Shuman, BA, HAES SIG Co-Chair, WellCentered Eating Disorder Treatment Programs, Cincinnati, Ohio, Deb Burgard, PhD, HAES SIG Co-Chair, Creator, BodyPositive.com and ShowMeTheData.info, Los Altos, California, Evelyn Tribole, MS, RD, Co-author Intuitive Eating, Private Practice, Irvine, California, Carol Kostynuk, MD, FRCP, Eating Disorder Education Organization, Edmonton, Alberta, Canada.

Exploring the Use of the Maudsley Techniques in Nutrition Counseling

Sponsored by the Nutrition SIG

Moderator: Marcia Herrin, EdD, MPH, RD, LD, Dartmouth Medical School

Presenters: Russell Marx, MD, University Medical Center at Princeton, New Jersey, Sondra Kronberg, MS, RD, CDN, Eating Disorders Associates, Westbury, New York, Erica Goldstein, MS, RD, CDN, Columbia University, New York, New York.

Empirical Support for the Psychodynamic Treatment of Eating Disorders: Where We Are, Where We Need to Go, and How We Get There

Sponsored by the Psychodynamic Psychotherapy SIG

Moderator: Judith Banker, MA, LLP, FAED, Psychodynamic Psychotherapy SIG Chair

Presenters: Heather Thompson-Brenner, PhD Boston University, David Tobin, PhD, Co-Chair, Psychodynamic Psychotherapy SIG, Tufts University Medical School, J. Hubert Lacey, MD, University of London, and Craig Johnson, PhD, Laureate Psychiatric Clinic and University of Tulsa.

Neuroimaging in Other Psychiatric Disorders: Parallels with Eating Disorders

Sponsored by the Neuroimaging SIG

Moderator: Carl Birmingham, MD, St. Paul's Hospital, Vancouver

Presenters: Carl Birmingham, MD, St. Paul's Hospital, Vancouver, Rudolf Uher, MUDr, PhD, King's College, London, Sloane Madden, MD, Children's Hospital, New South Wales, Bryan Lask, MD, FRCPsych, FAED, University of London, Walter Kaye, MD, Western Psychiatric Institute and Clinic, Pittsburgh, PA.

Regional SIG Meetings and Events

London 2005 Eating Disorders Conference

The Child and Adolescent, Psychodynamic Psychotherapy and Neuroimaging SIGs will hold lunchtime meetings at the London 2005 Eating Disorders Conference in April. All conference attendees are welcome to attend. The dates and times of these meetings will be posted on the AED member listserv. For further information contact the chairs for these groups—Shelagh Wright (CA SIG) at shelagh.wright@btinternet.com, C. Laird Birmingham (Neuroimaging SIG) at clbirm@interchange.ubc.ca, and Judith Banker (PPSIG) at banker@umich.edu.

Teaching Day and Conferences

- The Athletes SIG has posted a call for workshop and paper proposals for their October 2005 mini-conference on the Female Athlete Triad. For further information contact Athletes SIG Chair Roberta Sherman at rsherman@indiana.edu.
- The Bariatric Surgery SIG and the Medical Care SIG are co-sponsoring a fall 2005 teaching day for primary care physicians in Philadelphia, Pennsylvania. For further information contact Bariatric Surgery Chair Carol Signore at carolasig@comcast.net.
- The Hispano Latino American SIG will host the **2nd Hispano Latino American Congress AED**, October 19–22, 2005, in Monterrey, Mexico. For further informa-

tion contact J. Armando Barriguete, HLA SIG Co-Chair at barriguete@quetzal.innsz.mx.

Transitions

Paulo Machado, PhD, FAED, completes his 3 year term as Special Interest Group Oversight Committee (SOC) Co-Chair in April and will rotate off the committee. Katharine Loeb, PhD will then assume the SOC Co-Chair position. The SOC also welcomes new members Carolyn Becker, PhD, Carol Signore, MD, and Shelagh Wright, PhD. Armando Barriguete, MD continues as a valued committee member and Judith Banker will continue as Co-Chair. The SOC thanks Paulo for his work on behalf of the SIG program and wishes him well as he continues his involvement in the Hispano Latino America SIG and other committee assignments in the Academy. We also welcome Katharine in her new position as SOC Co-Chair.

JOIN A SIG!

AED members are welcome to join any number of SIGs. SIGs provide a forum for networking and collaborating with colleagues from around the globe in areas of mutual interest. SIG membership is an AED member benefit.



National Eating Disorders Association Update

Douglas Bunnell, PhD, President

This year marked the 18th anniversary of National Eating Disorders Awareness Week, our field's largest awareness raising event. NEDA added several hundred new state and local coordinators who sponsored events in all fifty states and in nine other countries, including Qatar. NEDAW events help to raise awareness about eating disorders and help individuals and families identify local resources for education, prevention and treatment. Many AED members contributed to NEDAW events across the country. The community of professionals and sufferers can have a powerful influence on the public's understanding of these diseases.

NEDA's 2005 annual conference will be held in Denver on September 9th and 10th. The conference will again feature several promi-

nent AED members but will also include new and improved opportunities for patients, parents and families to connect and contribute. We believe that the conference is an important resource for those touched by these illnesses. Many families have to endure tremendous hardships to support the recovery process. Families who have attended our last two conferences have told us that the opportunity to hear the latest research on etiology and treatment have helped them support that process. And, more importantly, the opportunity to connect with other families has helped to diminish the sense of isolation, shame, and stigma that often accompany these disorders. I again, encourage AED members to both attend our conference and to recommend the conference to their patients and to their families.

Our Parent and Family Network is growing. The PFN provides services and support to families and patients coping with eating disorders. Visit our website (www.nationaleatingdisorders.org) to find out more about this important resource for your patients. Our goal for the PFN membership is to develop a grass-

roots network to help with state and local advocacy efforts and to help identify local treatment and education resources.

NEDA and the AED helped to support the passage of groundbreaking legislation in the state of New York. The state legislature has mandated the development of at least three comprehensive care centers for the treatment of eating disorders. Our hope is that this legislation can become a model for other states and we are working to develop advocacy projects in several key areas.

This is my final newsletter article as the NEDA President. Dr. Pauline Powers, a founder of the AED, is our President-elect and will take over at our board meeting in Montreal. She will serve with her Co-President, Mr. Peter Lindemeyer. I have been delighted at the growth of the NEDA/AED partnership and I am confident that it will continue to evolve. There is so much to do and we need to do it together.

AED 2005 International Conference on Eating Disorders

"Reaching New Frontiers: Global Advances in Eating Disorders Treatment, Prevention and Research"

April 27-30, 2005
Hilton Montreal Bonaventure
Montreal, Quebec, Canada

Visit www.aedweb.org to view the complete 2005 ICED program.

Register online! Visit www.aedweb.org for secure online registration.

Early registration discount. Register by March 22 to receive a registration discount for the conference.

Hotel reservations. The AED room rate may not be available after March 27, so make your reservations early. Contact the Hilton Bonaventure at 514-878-2332.

Pre-registration deadline. Register for the 2005 ICED by April 13. After April 13, attendees must register on site at the conference.

For updates to the AED 2005 International Conference on Eating Disorders visit

aedweb.org

Top 10 reasons to come to AED 2005 in Montreal:

1. To cast your vote on whether Montreal bagels are better than New York bagels.
2. To immerse yourself in an eclectic academic program, including a provocative keynote address, 4 plenary sessions, 35 workshops, 6 Special Interest Group Discussion Panels and over 200 papers and posters by AED members.
3. To find out if it is true that that you cannot throw a rock in Montreal without hitting a church window.
4. To try an alternative to speed dating at our Friday night "Meet the Experts" event with AED Fellows.
5. To have a wild Saturday night on the town and then sleep in the next day (because there will be no talks, workshops or paper sessions on Sunday).
6. To eat a gourmet meal in a restaurant where you bring your own wine or to sample local fast foods such as "poutine," Schwartz's smoked meat, and "Queues de Castor" (beaver tails).
7. To bike on the scenic cycling paths bordering the Ste. Lawrence River, roller blade around the Old Port, run on Mt. Royal while taking in magnificent views of the city, or sit in an outdoor terrace while sipping an espresso allongé (you may be wearing a coat while locals will be in shorts and midriff tops).
8. To learn about user-friendly genetics or take in the Spanish teaching day you missed last year.
9. To taste chocolate covered ants at the Insectarium or visit the Japanese gardens at the spectacular "Jardins Botaniques."
10. To SHOP in the underground city with over 32 km (20 miles) of "shoppable" territory, on quaint St. Denis Street which looks and sounds like Paris, in old Montreal, or in the upscale Museum quarter.

Update from the National Association of Anorexia Nervosa and Associated Disorders (ANAD)

Jennifer K. Roberts, Associate Director for Public Relations

Advocacy News

ANAD has been hard at work to combat the dangerous, pro-eating disorders material that proliferates on the Internet. ANAD recently orchestrated the removal of almost 100 websites. Although a slow process, ANAD believes that each site taken down has the potential to save lives. ANAD has attempted to gather national support by contacting Congressmen and women and Attorneys General to offer support for our efforts. *AED members*: Do you know any Congressmen or women who would support the removal of pro-anorexia websites? Please contact them and urge them to back ANAD and this important cause.

Event News

ANAD hosted its 2005 Conference—*Fighting Disorder Eating: Anorexia to Obesity*—in Northbrook, Illinois, on February 25th. The conference was attended by over 160 people including nurses, social workers and counselors. Speakers included Kathy Kater, LICSW (author of *Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!*), John Levitt, PhD (author of *Self Harm Behavior and Eating Disorders*), Judith Matz, LCSW (co-author of *Beyond the Shadow of a Diet: The Therapist's Guide to Treating Compulsive Eating*), and Abigail Natenshon, MA, LCSW, GCFP (author of *When Your Child Has an Eating Disorder: A Step-by-Step Workbook for Parents and Others*).

ANAD's 4th Annual Candlelight Vigil is coming soon! Join members of your community to promote positive body image, achieve recognition for eating disorders, promote prevention and education and help spread the message "Accept Yourself... Accept Others."® The National Mall Vigil in Washington D.C. takes place on April 16, 2005. Delta Phi Epsilon has adopted the Candlelight Vigil as its national fundraising event and is holding Vigils on its campuses on March 17, 2005. ANAD encourages people all over the country to organize Vigils in their communities. For more information, including a start-up packet of information on how to arrange a Vigil in your community, please contact ANAD (847-831-3438 or anad20@aol.com).

Educational Programs News

The ANAD School Guidelines, which has received overwhelming praise from schools and professionals, has been updated for the new year. *The School Guidelines* is a resource to help create awareness and education and promote prevention and early intervention of eating disorders in schools around the country. Recent updates include the addition of information regarding childhood obesity, position statements regarding the questionable practice of BMI testing in schools, and the 2005 Federal Dietary and Exercise Guidelines (US Department of Health and Human Services/US Department of Agriculture). Also included is a PowerPoint version of the School Guidelines on CD-ROM.

Support Group News

ANAD has expanded its support group network to the Internet. *The Eating Disorders Resource and Support* message boards and chat rooms, founded by ANAD Support Group Leader Marna Clowney, can be accessed through ANAD's website, www.anad.org. This online community hosts support groups for women, men, teens, family and friends of those affected by eating disorders. In addition, members have the opportunity to "ask the expert," with health care professionals responding to questions regarding eating disorders, nutrition and exercise. At this time there are 1500 active members!

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

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

The start of a new year has heralded in several new projects for the Eating Disorders Coalition for Research, Policy & Action (EDC). In Spring 2005, the EDC will be launching the Extreme Measures Speaking Tour, a joint educational project with the National Council of Women's Organizations to promote awareness of the risks associated with extreme dieting and breast implant surgery among undergraduate students nationwide. Currently, speaking engagements have been scheduled for twelve colleges and universities in California, Texas, New York, New Jersey and Washington, D.C. Additional information regarding the tour is available at: www.noextrememeasures.org.

In addition, the EDC Conference Planning Committee has convened to begin the initial planning stages for the 2nd Annual EDC National Public Policy conference in Washington, D.C. This year's event will feature many exciting new events, including a state advocacy summit, so please save the new conference dates—**June 29 – July 1, 2005!** In addition, participants will also have the opportunity to meet with their congressional representatives on Advocacy Day (June 29, 2005), attend an EDC-sponsored congressional briefing on Capitol Hill, and join the EDC at the annual Awards Dinner to honor individuals who have contributed substantially to the eating disorders field.

For more information on the 2005 conference or any of the other events listed above, please visit the EDC Web site at www.eatingdisorderscoalition.org. Remember—each and every voice counts!

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

Position Papers Wanted!

The Board of Directors of the Academy for Eating Disorders recently approved a new policy and procedure for the development of position papers. "Position Paper" is defined as a "scholarly work that expresses an opinion about an issue related to eating disorders that may be controversial or a source of consumer confusion or misinformation, that needs clarification for professionals, or that represents an issue deserving advocacy on behalf of individuals with eating disorders." In taking a stand on an issue, a "position" would consist of 1) "statement(s)" declaring the AED's official stance regarding an important issue germane to the mission and objectives of the AED that emanate from a 2) "paper" that provides pertinent data and other sources of evidence to support the statement(s). All AED members are encouraged to become involved in the process of developing position papers. See www.aedweb.org for more details.

Global Spotlight

Eric F. van Furth, PhD, FAED.

Treatment of Eating Disorders in The Netherlands

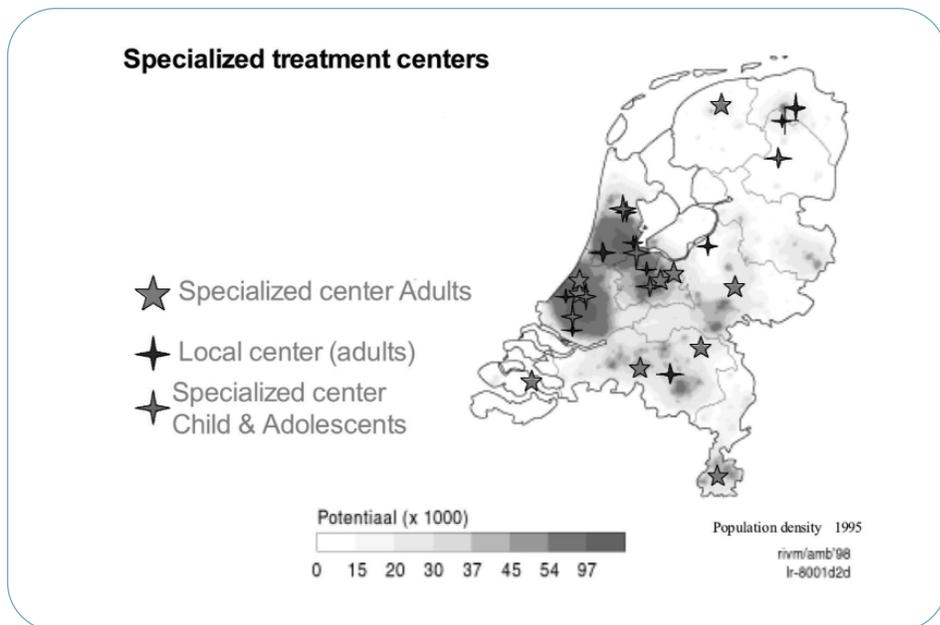
The Netherlands is a small country in Western Europe. It measures 41,526 square kilometers, slightly less than twice the size of the US state of New Jersey. It is densely populated (385.3 inhabitants per square kilometer cf. USA 29.5) with a high quality infrastructure. The Dutch government spends 9.1 percent of the GNP on health care (cf. USA 14.6%; OECD, 2002). Only 8 percent of total health care expenditure in the Netherlands is spent on mental health care (broad definition).

In order to understand the structure of the treatment services for eating disorders it is helpful to know a little about the Dutch health care system. Health insurance consists of two different schemes: compulsory social insurance for employed persons earning up to a middle income and private insurance schemes. General practitioners act as gatekeepers for specialists and hospitals. Sickness funds (compulsory social insurance) cover two thirds of the population. Persons covered by this scheme have access to hospitals and general practitioners and there is no charge at the point of care. For privately insured patients hospital care and pharmaceuticals are usually covered in full, although some insurance policies include a basic out-of-pocket rate. The level of care received is not dependent upon the type of health care insurance. There is a budget system for hospitals and long-term care as well as a budget system for sickness funds. The system favors residential treatment; there is no restriction on the duration of residential treatment. Reimbursement of outpatient psychotherapy has recently been limited to 25 sessions (it used to be 90). Recent health care policy is shifting decision-making powers from government to consumers, insurers and providers. (www.reformmonitor.org)

As in most industrialized countries, patients with anorexia nervosa were seen and treated within general psychiatry. At the University Hospital in Utrecht Ms. Christine Lafeber, MD was the first psychiatrist to publish a study on anorexia nervosa. Her PhD, the first to my knowledge in the Netherlands on anorexia nervosa, was published in 1963 (*Clinical psychiatric study of the anorexia nervosa, University of Utrecht*). In 1984, the department of Child and Adolescent Psychiatry at that same University started a weekly assessment day and outpatient family therapy treatment program for adolescents with anorexia

nervosa, modeled on the work of Salvador Minuchin. The first specialized center for adults was established in 1988. In the first part of the 1990's the interest in eating disorders rose sharply on the national political agenda. This was a direct result of the activities of disgruntled parents who wrote letters to both the Ministry of Health and the queen. The parents' major complaint was a lack of specialist services (both quantitative and qualitative) for their daughters with anorexia nervosa. In 1994 the Ministry established a steering committee which was charged with improving the quality of care for eating disorders. The steering committee established essential crite-

modal treatment is most often the treatment of choice. The residential treatment program relies heavily on the maintenance of the therapeutic climate by the nursing staff (socio-therapists). Patients will function as co-therapists by both supporting and confronting their fellow patients. Dietary management, non verbal therapies (psychomotor, drama, art), individual and/or group psychotherapy (focal psychodynamic, CBT, family), and exercise will be part of the therapeutic menu. Patients with bulimia nervosa and binge eating disorder are generally treated on an outpatient basis (individual or group CBT) or in day treatment (1- 5 day programs).



ria for specialist centers (size, qualifications professionals, etc.) and stimulated the formation of new centers in areas with a lack of care. By 1998, the committee came to include representatives from 11 specialist centers, the patient organization, the Ministry of Health and the Inspectorate of Health. The exclusive nature of this group added to its status. This in turn stimulated the development of new treatment programs.

Stimulated by the work of the steering committee, the Netherlands currently has about 150 residential treatment beds (9.4 per 1 million inhabitants) and about 120 intensive day treatment slots (together 16.8 per 1 million inhabitants). Most specialized treatment centers will offer both outpatient, day treatment and residential treatment. The specialized center will cover a specified catchment area and serve as the tertiary referral center. The emphasis within treatment for anorexia nervosa is on long term residential treatment. Intensive (up to 30 hours per week) multi-

The community of professionals working in eating disorders has grown tremendously. An indication of this can be found in the 650 professionals participating in the conference on eating disorders hosted last year by the Dutch resource center on eating disorders (www.eetstoornis.info). Research on eating disorders has also increased in the past two decades, even though research funding for eating disorders is minimal. With eight universities in the country, only one has established a professorship in eating disorders (Anita Jansen, experimental psychology in Maastricht). Recently, the board of the foundation on eating disorders (the successor of the steering committee) decided to transform their organization into the Netherlands Academy for Eating Disorders. The NAED, modeled after the Academy for Eating Disorders, aims to provide a platform for all professionals involved in the prevention, research, and treatment of eating disorders in the Netherlands.

Member News

Evelyn Attia, MD at Columbia University received a developmental grant from the NIMH for a study entitled, "Anorexia Nervosa: The Importance of Treatment Intensity," which will compare inpatient treatment aimed at weight restoration to a sequenced program based on treatment generally re-imbursable by third-party payers and managed care companies.

Carolyn Black Becker, PhD, was promoted to Associate Professor in the Department of Psychology at Trinity University in San Antonio, TX.

Dennis Czajkowski, PhD, announces that The Laurel Hill Inn residential program has opened a day treatment program in Somerville, MA, near Tufts University.

Erin Elfant-Rea, PhD, a clinical psychologist, is the new clinical director of New Dawn Eating Disorders Recovery Center, an outpatient program launched in Sausalito, California on February 2, 2005.

Richard A. Gordon, PhD, Professor of Psychology at Bard College was recently elected to Honorary Fellowship by the American Psychiatric Association for his "in-depth analysis of the social and cultural dimensions of biological psychiatry and the multi-dimensional nature of psychiatric disorders...."

Nancy J. Kolodny, LCSW, was recently nominated for the Outstanding Alumnae Award at the George Warren Brown School of Social Work at Washington University in St. Louis, MO.

Sondra Kronberg, MS, RD, CDN was awarded the 2004 Excellence in Education and Treatment Award by the National Eating Disorders Association at the annual "Connect for the Cause" luncheon on November 8, 2004. Sondra is the first nutritionist to be honored by NEDA.

Reba Sloan, MPH, LRD was recently awarded the first annual Eating Disorders Coalition of Tennessee Founder's Award. This non-profit organization is dedicated to providing support and education to professionals and community members in the field of eating disorders.

Kathyn Zerbe, MD, will receive the Alexandra Symonds Award from the Association of Women Psychiatrists and American Psychiatric Association's Committee on Women for her contributions to women's mental health. She will present a lecture titled

"Eating Disorders in Middle and Later Life: Diagnosis and Treatment of an Emerging Clinical Problem" when receiving the award at the American Psychiatric Association meeting in Atlanta in May 2005.

On November 5, 2004 the Eating Disorder Outpatient Unit at Casa del Joven, a free outpatient mental health facility for adolescents in Córdoba, Argentina, celebrated its tenth anniversary. Casa del Joven is funded by Córdoba's Ministry of Health.

New Books by AED Authors:

The Medical Management of Eating Disorders: A practical handbook for health care professionals (Eds)

By C. Laird Birmingham, MD & Pierre Beumont, MD
Cambridge University Press.

Help your teenager beat an eating disorder

James Lock, MD & Daniel Le Grange, PhD, FAED.
New York: Guilford Press, 2005.
Hardcover \$35.00 and paperback \$16.99
ISBN 1-59385-101-4.

News from the Australian and New Zealand Academy for Eating Disorders

Susan J Paxton, PhD
(susan.paxton@latrobe.edu.au)
President, Australian and New Zealand Academy for Eating Disorders

ANZAED is a multi-disciplinary association of professionals, both academic and clinical, who have an interest in eating disorders. We are currently planning our third annual conference to be held at the Menzies Hotel, Sydney, from Thursday August 25th to Saturday August 27th, 2005, with the theme "The Pathway Forward in the Treatment of Eating Disorders." We aim particularly to facilitate professional development and research communication within Australia and New Zealand. However, we warmly welcome anyone from further afield! In collaboration with the International Training Task Force of AED, we are planning a number of training workshops on Thursday which will be designed to develop clinical skills. The conference itself will have a research focus and we are currently calling for submission of abstracts (due July 4th). Anyone interested in submitting an abstract should contact Chris

Thornton (ckthornton@bigpond.com) for further details. There will be international keynote speakers, debates and panel discussions. We hope that AED members will join us in Sydney.

Fellows in Profile

Marsha D. Marcus, PhD, FAED
Chair, Fellowship Committee

Starting in the next issue of *The AED Forum*, there will be a short piece by an AED Fellow in each issue that highlights his or her work in the eating disorders field. AED Fellows are individuals who are active organization members and have been deemed to have made significant contributions to the field in several areas (e.g., excellence in patient care, research accomplishments, community service, advocacy). The short features may include information about a Fellow's training or interests in eating disorders, career path, research, clinical practice, or community work. They are meant to be informal and informative, and to highlight the manifold achievements of the Academy Fellows.

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Report from Argentina

Juana Presman, MD, Director, Eating Disorders Unit
Córdoba Argentina.

On November 5th 2004, the staff team of the Eating Disorder Outpatient Unit at "Casa del Joven," in Córdoba, Argentina, organized a one day scientific and social meeting, celebrating the first 10 years of existence. This is an adolescent outpatient health mental facility, which provides free treatment and belongs to the Health Ministry of the State of Córdoba, Argentina. The team is proud of keeping the clinic alive in order to offer treatment to adolescents and young adults (14-24) in a country like Argentina, which is well-known for its instability. Over 500 adolescents with eating disorders have been treated. Argentina is a country where the prevalence of eating disorders is unknown, although there are some reports suggesting that prevalence rates are similar to other western countries. There are very few public/state services in the country dedicated specifically to adolescents with eating disorders. Lectures at the meeting focused on both treatment strategies and interdisciplinary discussion of cases. The meeting ended with a lunch, toast, and birthday cake shared among all the patients who had completed treatment and who are now recovered from their eating disorder. It was great to see these former patients, many of whom are now doctors, teachers, and mothers, joking and

eating with us!! The AED sponsored this meeting, during which a letter from Mike Devlin, MD, FAED, was read. The Health Minister of the State attended the inauguration, having collaborated two weeks before with the staff in a state-wide prevention cam-

paign for eating disorders. For one week, posters with the theme "Your life isn't a unique size" were posted throughout the city and brochures with prevention information were sent to all residents.



(from left to right) Dr. Navarro, Dr. Bressan (Health Minister from Cordoba), Dr. Chuit, Prof. Ferral (Univ.Pascal), Dr. Presman, and Dr. Ferrero (Casa del Joven).

Call for proposals:

The Athlete Special Interest Group (SIG) of the Academy for Eating Disorders announces its second mini-conference, entitled, "Identification and Treatment of the Female Athlete Triad: Disordered Eating, Amenorrhea, Osteoporosis, and Related Issues." The one-day Conference will be held **Friday, October 7, 2005**, at the Indiana State Government Center in Indianapolis, Indiana, USA. This meeting will explore issues related to female athletes, who are at risk for or who are experiencing aspects of the female athlete triad. This includes identification, management, treatment, and prevention of disordered eating, amenorrhea, osteoporosis, and related issues.

Submissions are being accepted for workshops, scientific papers, and posters. We are particularly interested in workshops and papers that focus on the identification and treatment of athletes with disordered eating, amenorrhea, or osteoporosis and related issues. Other topics related to athletes and training will also be considered. **The abstract submission deadline is May 15, 2005.**

For more information about the Call for Proposals or about the Conference, please contact either Roberta Sherman, PhD at rsherman@indiana.edu or Ron Thompson, PhD at rthomps2@sbcglobal.net

Identification and Treatment of the Female Athlete Triad: Disordered Eating, Amenorrhea, Osteoporosis, and Related Issues

Friday, October 7, 2005

Indiana State Government Center
Indianapolis, Indiana, USA



**The abstract submission deadline is
May 15, 2005**

AED's Web Site Revamped

AED launched a newly designed Web Site in February. The new site has a bright new look featuring the new AED logo, cleaner navigation and added features including:

- Updated descriptions of eating disorders issues—*About Eating Disorders*
- Online meeting registration—*AED International Conference*
- Foreign language meeting flyers—*About the Conference*
- Focused items for the public, ED professionals and the media—*Home page*
- Find an Expert form for the press—*For the Press*
- Video clips of members talking about the value of AED membership—*About AED*

Log in once—get a lot! The AED site now sports a secure members-only area. Log in and get quick access to the AED and SIG listservs, AED Policies and Procedures documents, an update form to keep your AED contact information current, quick membership renewal and the searchable Membership Directory to help you stay connected to your colleagues. We'll be adding more members-only features to this area throughout the year so log in regularly.

All members were sent their unique login and password in an e-mail in February. If you can't find or remember your password, go to <http://www.aedweb.org>, click Members: Log-in, then click Reset my Password. Follow the instructions on that page to set your password to something you'll remember easily.

Book Review Corner

Maureen Dymek-Valentine, PhD

Eating Disorders: A Parents' Guide Revised Edition

By Rachel Bryant-Waugh & Bryan Lask
Brunner-Routledge, 2004
ISBN 1-58391-860-4

Eating Disorders: A Parents' Guide is an update of a popular book by the same title published in 1999. The structure and scope of the current edition is quite similar to the first edition. The authors have updated the book throughout, taking into account changes in accepted clinical practice and advances in knowledge. They have also incorporated more on motivational approaches than the original edition.

Eating Disorders: A Parents' Guide offers the layperson an excellent orientation to eating difficulties and eating disorders in children and adolescents. In addition to a comprehensive discussion of anorexia nervosa and bulimia nervosa, the authors review selective eating, restrictive eating, food phobia, food avoidance emotional disorder, and compulsive overeating. The first several chapters, *What are eating disorders?*, *What causes eating disorders?*, and *How do I know if my child has an eating disorder?* provide an informative overview of the typical presentation, etiology, and diagnosis of eating disorders. The authors discuss how to distinguish developmental eating difficulties from eating disorders. The section on etiology is particularly well written, and conveys an accurate and easy to understand formulation of how the predisposing factors of genetics, personality, biological factors, and sociocultural factors can interact to result in the development of an eating disorder.

The next several chapters, *What can I do: General Principles*, *What can I do: Specific Problems*, and *Who should I consult and what will they do?* offer parents excellent information on how to negotiate a sometimes confusing system of health care providers. This section offers a wealth of practical strategies on how parents can be effective in managing and treating their child's eating disorder. The *What can I do* chapters clearly and empathically explain the ambivalence common to patients with anorexia and bulimia, and encourage parents to see the healthy side of their child in conflict with the eating disorder. The authors focus on important principles such as adopting a non-blaming, non-punitive approach, the importance of parental consistency and firm limits, and the avoidance of entering into the unhelpful 'anorexic debate.' These chapters are consistent with the philosophy of the Maudsley Method, the only empirically validated treatment for adolescents with anorexia nervosa. The authors also provide strategies for parents to manage selective eating, restrictive eating, food phobia, food avoidance emotional disorder and compulsive overeating.

Overall, I was extremely impressed with *Eating Disorders: A Parents' Guide*. It is an excellent, empathic, and easy to read resource for parents concerned about their child's eating. It offers a wealth of sensible and accurate information about the presentation and treatment of eating disorders, and encourages and empowers parents to take an active role in their child's treatment. Numerous case vignettes woven throughout the book help to illustrate principles. I expect that I will recommend it to parents in my clinical practice as an adjunct to the work I do with them.

Upcoming Conferences

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.

2nd Annual Forum for Professionals & Families

Disordered Eating: Conversations with the Professionals
The Eating Disorders Coalition of Tennessee
April 8–9, 2005
Lipscomb University
Nashville, TN
For more information contact the EDCT at www.edct.net or 615-831-9838.

2005 International Conference on Eating Disorders

April 28 – May 1, 2005
Montreal, Canada
Hilton Bonaventure Hotel
"Reaching New Frontiers: Global Advances in Eating Disorder Treatment, Prevention, and Research"
See www.aedweb.org for details!

AED/ANZAED Clinical Training Day

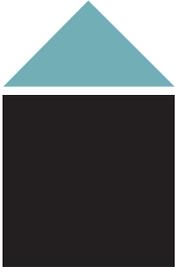
August 25, 2005
All Seasons Premier Menzies Hotel
Sydney, Australia
"The Way Forward in the Treatment of Eating Disorders"
For further information, please e-mail ckthorton@bigpond.com

Identification and Treatment of the Female Athlete Triad: Disordered Eating, Amenorrhea, Osteoporosis, and Related Issues

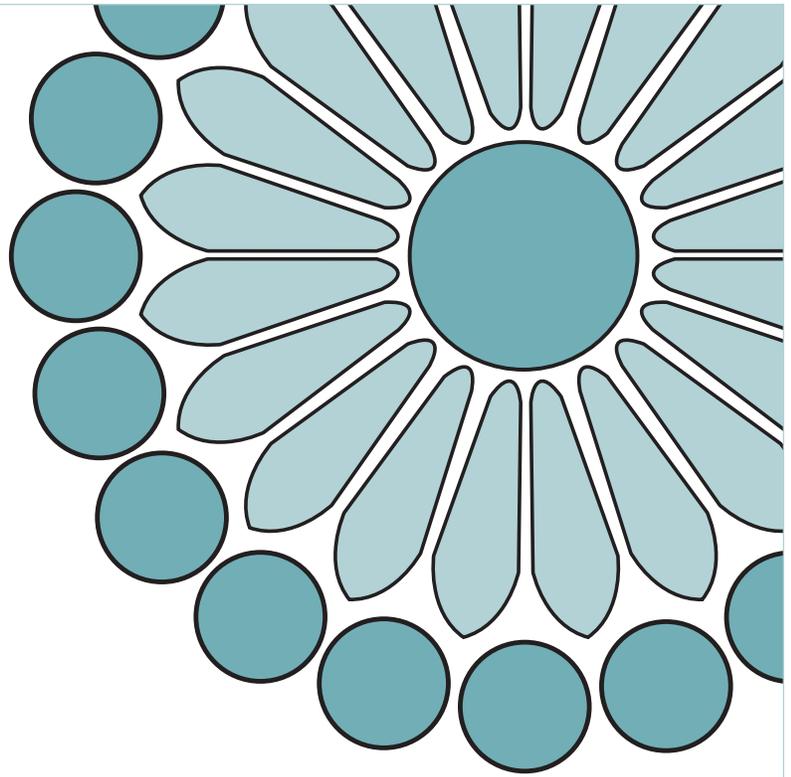
October 7, 2005
Indiana State Government Center,
Indianapolis, Indiana, USA.
Contact either Roberta Sherman, PhD at rsherman@indiana.edu or Ron Thompson, PhD at rthomps2@sbcglobal.net for more information.

2nd Hispano Latino American Congress — AED

October 19–22, 2005
Monterrey, Mexico
For further information, please email barriguete@quetzal.innsz.mx



Save the Date!



2006 International
Conference on
Eating Disorders

June 7–10, 2006
Hotel Fira Palace

Barcelona, Spain
www.fira-palace.com
www.spain.info



Online abstract submission page will open in Fall 2005.
Visit www.aedweb.org for updates.

Academy for Eating Disorders

60 Revere Drive, Suite 500 • Northbrook, IL 60062 USA
847.498.4274 • Fax 847.480.9282
aed@aedweb.org • www.aedweb.org

Academy for Eating Disorders

60 Revere Dr., Suite 500

Northbrook, IL 60062

Academy Newsletter

Please send all suggestions for articles, job opportunities, information regarding upcoming events or meetings, letters to the Editor, awards, honors, or news about Academy members, (e.g., published books) and all other items of interest to the editor. We are sorry but due to space limitations, we are not able to publish news of journal publications or conference presentations.

Debbie Franko, PhD

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

Submission deadline:

June 1, 2005

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