



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

## Message from the President

Scott J. Crow, MD, FAED



### A New Year

It's my pleasure to begin this year serving as president of the AED. As I do so, I want to thank Mike Devlin, MD, FAED, for his thoughtful and effective guidance of the Academy over the last year. The AED Annual Meeting always marks the end of one year in the life of the Academy and the beginning of another. I hope you were able to attend the exceptional Annual Meeting held in Montreal about one month ago. My congratulations to Mimi Israël, MD, and Eric van Furth, PhD, FAED, and their program committee for the exciting and stimulating meeting. Kelly Brownell, PhD, gave a thought-provoking Keynote on the toxic food environment. There was a diverse group of interesting plenaries, workshops, and high-quality papers and posters. In addition, Montreal was a splendid host city, and the closing social event was a rousing success. Thanks again to Mimi and Eric for all their hard work!

While we were in Montreal, the Academy board held a day-long meeting. Much of our time together was spent planning for the coming year and for AED's future. Three major areas of focus were identified, and the board split into groups to discuss them. These areas identified:

- Our outreach to disciplines within our field and to underserved areas of the globe
- Our relationship with other eating disorders organizations throughout the world
- Our expanding educational efforts

We also reviewed the current structure of the board and discussed ways that revising that structure might make us better able to take advantage of new opportunities and changing conditions. The board came away energized and ready to begin its work for the year.

I also want to highlight the fact that during the conference, a group consisting of leaders of various eating disorder organizations from around of the world met to discuss the possibility of having a summit meeting, probably in the year 2008. We considered many possible types of meetings, but settled on planning a gathering of leaders of as many eating disorder-focused organizations as we can identify. At this meeting, common agendas will be identified, and we will work toward having a stronger, united voice to address the shared goal of diminishing the worldwide burden of eating disorders. This idea generated a great deal of enthusiasm; look for more about this in the months (and years) ahead.

Many new things are happening in AED, and I will mention just one of them. We have a Credentialing Committee, which is working on the issue of defining what AED will offer in the way of credentialing of either professionals or treatment programs. This entire topic becomes increasingly important as treatment guidelines are developed, and (in some countries) as third-party payers focus on this issue more and more.

Finally, our next Academy meeting will be held June 7–10, 2006, at the Hotel Fira Palace in Barcelona, Spain. Program co-chairs Tracey Wade, PhD, FAED, and Daniel LeGrange, PhD, FAED, with the Barcelona Program Committee, are hard at work planning an exciting conference program. Mark your calendar—we look forward to seeing you there!

## Message from the Editor

Debbie Franko, PhD

For those of you who attended the Academy for Eating Disorders International Conference in Montreal in April, I hope you will agree that the conference was truly outstanding. The consistent attention to the integration of clinical topics with research findings throughout the proceedings was enthusiastically received

by the audience. For those of you who could not attend, in this issue you'll find a summary of conference highlights written by a few invited contributors, as well as the general membership who responded to a listserve request. I hope these conference highlights will entice you to attend next year's conference in Barcelona, Spain! Scenes from the conference are scattered throughout this issue of the AED Forum. Personally, I thought that the plenary presentations were first-rate, and the SIG meetings and poster session provided a wonderful way to get to meet new AED members and connect with friends and colleagues. But my favorite part of the conference was the great party on Saturday night — it was a fabulous celebration of three very stimulating days of inspiring presentations, valuable clinical information and quality state-of-the-art research that showcased the tremendous talent of the AED membership (not to mention their dance moves)! This issue of the AED Forum provides information from the Nominations Committee on the important task of choosing new leaders for the upcoming years, as well as news on an exciting upcoming conference in Australia and a report on the SIGs. As always, send me your Member News!

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## AED 2005 Montreal: Highlights from Multiple Perspectives

**From Jennifer Shapiro, PhD, University of North Carolina, Chapel Hill, North Carolina**

I am delighted to provide my experiences from the 2005 conference, as I thought it was a very successful few days. The conference provided breadth and depth of eating disorders education, information about research currently being performed at various institutions, and an opportunity to meet and connect with other investigators in the field.

I was fortunate to have been awarded one of the NIMH travel fellowships and to attend the Research Training Teaching Day. This workshop provided an overview on several practical issues (e.g., tips on grant writing, getting papers published) that young investigators will face as they embark on their journey to becoming independent investigators. The teaching day faculty consisted of prominent scholars including Drs. Cindy Bulik, Ross Crosby, Regina Dolan-Sewell, Regina James, Marsha Marcus, James Mitchell, Ulrike Schmidt, Ruth Striegel-Moore, Michael Strober and Timothy Walsh. The didactics were extremely helpful for individuals at all stages of their careers, as there was a range from first-year graduate students to those preparing to transition between postdoctoral and faculty positions. Should time and resources permit, similar panels offered during the conference might be well accepted by those who do not attend the Research Training Day. I found this to be an excellent learning experience, and I encourage other young investigators to apply for this award next year.

The conference also had an abundance of interesting and innovative poster, paper, panel, workshop and plenary sessions. Notably, there were several sessions, including a plenary, devoted to the use of information technology (IT; e.g., Web-based, CD-ROM) in treatment. I was particularly excited to learn about some of the novel approaches that others currently are using as they parallel some of the current IT research projects that I am working on with Dr. Cindy Bulik at UNC. As evidenced in several presentations, this form of treatment upgrade appears to be well accepted and effective for patients with eating disorders. I would like to take this opportunity to announce the new Special Interest Group on IT and Eating Disorders that I recently developed with Dr. Steffi Bauer from Heidelberg, Germany. Members should receive an announcement shortly with details. Please contact me if you wish to join the SIG.

I hope everyone found the conference as successful as I did. I look forward to seeing you all next year in Barcelona!

**From Sloane Madden, MD, The Children's Hospital at Westmead, Westmead, NSW, Australia**

From the opening keynote address to the excellent and varied plenary speakers, the recent Academy Conference in Montreal once again provided a great summary of the field. Wearing my research hat, however, many of the meeting highlights came during the smaller meetings and sessions. The brief scientific papers as usual provided an opportunity to catch up with the latest research ideas and findings from across the field of eating disorders, often from young and upcoming researchers. Not only were the research findings exciting in themselves, but they often served to provide validation and direction for one's own research. In fact, the biggest problem with the scientific papers was choosing from the huge variety of excellent material.

Like the scientific papers, the poster sessions provided another opportunity to catch up with recent research. Unlike the scientific papers, the poster sessions provided the ability not only to review recent research but also to discuss findings with the researchers themselves over a glass of wine. For those of us who presented posters, the sessions provided a chance to have our research reviewed by other experts in the field, to make new connections, and to present our ideas and findings to a wider audience.

The most interesting new aspect of the Montreal meeting was the increasing presence of the Special Interest Groups (SIGs). As a SIG co-chair, I found that meeting during lunch rather than early Sunday morning was an improvement in itself; however, chairing a meeting of 60 to 100 people and taking part in a discussion panel in a meeting with standing room only was extremely exciting. The excitement was due not only to the information presented, but also to the smaller more informal meetings after the SIG sessions to plan future research collaborations.

For me, as both a researcher and a clinician, the Academy Meeting in Montreal provided many excellent experiences. While many meetings serve the needs of either researchers or clinicians, the strength of the Academy Meetings lies in its ability to combine the many professions working within these two groups to promote dialogue and understanding.

**From Adair Look, MD, Harvard University Health Services, Boston, Massachusetts**

My experience at the AED International Conference was enormously positive. I am a resident in Boston and was asked to share my thoughts from a clinician's perspective. One of the most valuable aspects of the conference for me was meeting and beginning to network with other clinicians from all disciplines, especially as I am beginning my career. I was excited to hear so many varied opinions on the state of eating disorders, and where to look in the future for both treatment and research. I was particularly interested in, and a little afraid of, Dr. Kelly Brownell's keynote address on the "Toxic Food Environment." The plenary sessions were broad in topic but thorough in their treatment of today's issues. "Weight Management Across the Spectrum" was both thought provoking and instructive. As a clinician, I found it helpful to have experts outline their approach to a difficult task. I often find myself wrestling with the question of what role body image plays in my patients' treatment, and the plenary session on Body Image allowed me to consider new ways of thinking about old problems. I would have liked to have a greater number of practical workshops that I could use to bolster my clinical skills. I found some of them to be more theoretical and not as evidenced based as I might have liked. However, I attended Dr. Drew Anderson's workshop "Eating Disorder Assessment for the Practicing Clinician" and found it to be invaluable. He gave a concise but clear critique of the scales currently available for ED assessment. Overall, I was impressed both by the breadth of knowledge and the level of commitment exhibited at the conference, and I am looking forward to Barcelona.

**Montreal Conference Highlights from Members**

"Cindy Bulik's plenary talk on substance use disorders and eating disorders rocked!"  
*Lisa Lilienfeld, Associate Professor, Georgia State University*

"Well organized; very clinical; hardly anything on anorexia — at least nothing new or controversial; could have used more "substantial snacks" at breaks (I know this is costly, but very important at an ED conference). Congratulations — a HUGE amount of work!  
*Ann G Kerr, BScOT(C), Program Director Sheena's Place, Assistant Professor, Department of Psychiatry, Faculty of Medicine, University of Toronto*

"I thought the conference was a wonderful opportunity to share what is going on in the ED field around the world."

*Jeannette Sylvestre, RD, Sudbury Regional EDP, Ontario, Canada*

"There were so many wonderful moments, including the audience's heartfelt response to our own HAES SIG panel. I also was thrilled that after the last plenary, when I challenged the assembled researchers to look at health practices rather than weight loss, Drew Anderson came up to me and said, 'Great idea, let's do the research.' This was my experience of an exciting larger phenomenon of the conference — bringing people, ideas, and resources together in new ways. And of course, the other highlight was the dance!"  
*Deb Burgard, PhD, HAES SIG Co-chair, Licensed Psychologist, Los Altos, Calif.*

"Montreal was a wonderful location for our ICED. Although the weather was largely disappointing, the underground city provided a wealth of interesting distractions, and the area restaurants were amazing! The presentations were top notch as always; I especially enjoyed Kelly Brownell's provocative discussion about our toxic environment. As I pick up my daily decaf now, I can't help wondering when my local minimart will turn to the "insane gulp" for a better bottom line. Finally I would note that the expanded time slots for SIG groups to meet were a great improvement in this year's schedule. At the risk of seeming unappreciative, I hope an even wider range of non-conflicting times will be available in the future so all of us can attend more than one or two SIG meetings. So many interesting Special Interest Groups have formed, which is very exciting."  
*Carol Signore, MAT, LMFT, FAED, Chair: Bariatric Surgery SIG, ASBS-Allied Health Professionals, Ambler, Pa.*

"Of particular note was Kelly Brownell's keynote address on the toxic food environment. The presentation was both fascinating and important. Kudos to Dr. Brownell. Finally, the closing social event, with the Montreal-style banquet and great music and dancing, was the perfect way to end a wonderful weekend."  
*Richard Gordon, PhD, Professor of Psychology, Bard College, Annandale-on-Hudson, N.Y.*

**Special Interest Group Activities**

*Judith Banker, MA,LLP,FAED, and Katharine Loeb, PhD  
SIG Oversight Committee Co-Chairs*

**AED 2005 Montreal ICED SIG Activity Highlights**

The AED Special Interest Group (SIG) Program kicked in to high gear in Montreal. The SIG panel discussions, workshops and annual meetings were marked by record attendance and an enthusiastic reception. More than 500 conference delegates attended the five SIG panel discussions offered this year, generating an invigorating exchange of ideas and opinions on topics ranging from the practice of the Maudsley method in nutrition counseling to the future of psychodynamic psychotherapy in eating disorders treatment. Look for similarly varied and engaging topics to be presented in the SIG panel discussions in Barcelona!

In addition to the excellent panel discussions, an increasing number of SIGs invited speakers to present at their annual meetings this year. This highly popular practice offers SIG members exposure to the work and ideas of fellow SIG members with an opportunity for discussion and debate in an intimate, collegial setting.

Another-first time conference event was the SIG-information exhibit table. More than 100 conference attendees signed up to join a SIG this year, with many others joining at the individual SIG annual meetings. A name drawing was held from the members who filled out SIG membership applications at the table. Matthew Lissack was the lucky winner of two outstanding books: *Eating Disorders* by Pam Keel, PhD, and *Eating Disorders: A Parents' Guide, Revised Edition* by Rachel Bryant-Waugh, PhD, and Bryan Lask, MD.

Further highlights of the SIG Montreal conference activities include:

- Athletes SIG Annual Meeting: Invited speaker Jorunn Sundgot-Borgen, PhD, presented on her work treating eating disorders in athletes on the Norwegian Olympic teams.
- Nutrition SIG Annual Meeting and Panel Discussion: Plans were discussed to hold a training day in conjunction with the American Dietetics Association SCAN 2005 Conference in Nashville, Tennessee, USA. Lively discussion followed panel presentations on the use of the Maudsley techniques in nutrition counseling. Sondra Kronberg and Reba Sloan rotated

off as chair and co-chair (respectively). Erica Goldstein and Jillian Croll will serve as the new Nutrition SIG chair and co-chair.

- Health at Every Size SIG Panel Discussion: More than 100 attendees participated in a thoughtful, moving discussion about ways to implement the HAES approach as well as a more theoretical discussion about the value of the HAES approach in a variety of health settings and for people of diverse BMIs. The HAES SIG plans to develop a research project investigating the motivations of people (with a wide range of BMIs) who are successful at integrating health practices over the long-term.
- Psychodynamic Psychotherapy SIG Panel Discussion: Intensive discussion followed presentations that pointed to evidence supporting the efficacy of a psychodynamic influence in eating disorder treatment. A paper outlining the results of a SIG-sponsored survey that describes a constellation of treatment interventions practiced by nearly all the clinicians surveyed is near completion. The PPSIG will form a SIG-sponsored clinical newsletter to feature clinical case studies, research, and clinical observations of SIG members.
- Transcultural SIG Annual Meeting: Engaging, fascinating discussion followed presentations by Shin Yokoyama, MD, PhD, Japan, on body image and Japanese manga, and Dr. Juan Manuel Mancilla-Diaz, Mexico, on eating disorders in Mexico, Brazil, Argentina, Colombia, Chile and Spain.
- Prevention SIG Panel Discussion: Panel presentations were very well received with a number of people stating that the panel was the "highlight of the conference." The panel succeeded in "ramping up" the scientific level of discourse in the area of prevention.
- Medical Care SIG Annual Meeting: Plans are developing to initiate SIG-sponsored teaching days in a number of different regions, including the collaboration planned with the Bariatric Surgery SIG in November 2005 in Philadelphia, Pa.
- Bariatric Surgery SIG: Chair, Carol Signore, wishes to publicly thank Brenda Wolfe, PhD, and Perry Kaly, PhD, for their generous service to our SIG as co-chairs over the past several years. It also is a pleasure to announce and welcome Edi Cooke, PsyD, who has agreed to serve as co-chair for the coming year.

All the SIGs had well-attended active annual meetings at the conference in Montreal. The Psychodynamic Psychotherapy SIG, Child

and Adolescent SIG and the Neuroimaging SIG held additional meetings at the London 2005 Eating Disorders Conference in April. These meetings also reported strong attendance and enthusiastic discussion. These SIGs plan to meet at the 2007 London Eating Disorder Conference as well.

### New SIG Approved!

The Information Technology and Eating Disorders Treatment SIG has just been formed and is accepting new members. The focus of this SIG is to create a forum for those who use technology in the assessment and/or treatment of eating disorders or who are interested in the topic to meet, discuss and share technological, research and clinical ideas with other SIG members. For more information, contact the ITSIG co-chairs, Jennifer Shapiro at [jennifer\\_shapiro@med.unc.edu](mailto:jennifer_shapiro@med.unc.edu) and Stephanie Bauer at [bauer@psyres-stuttgart.de](mailto:bauer@psyres-stuttgart.de).

### Upcoming SIG-Sponsored Teaching Days and Conferences

#### October 2005

*Athletes SIG Conference on the Female Athlete Triad*, Indianapolis, Indiana, USA.

To submit a paper or workshop proposal, or for more information, contact SIG Chair Roberta Sherman at [rs Sherman@indiana.edu](mailto:rs Sherman@indiana.edu).

#### October 19–22, 2005

Hispano Latino American SIG will host the *2nd Hispano Latino American Congress AED* in Monterrey, Mexico. For more information, contact HLA SIG Co-Chair Armando Barriguete at [barriguete@quetzal.innsz.mx](mailto:barriguete@quetzal.innsz.mx).

#### November 9, 2005

Bariatric Surgery SIG and Medical Care SIG sponsoring *How to See Success: Cutting-Edge Essentials in the Management of Eating Disorders and Bariatric Surgery Recovery*, a teaching day for primary care physicians and other health care professionals in Philadelphia, Pa., USA. For more information, contact Bariatric Surgery SIG Chair Carol Signore at [carolasig@comcast.net](mailto:carolasig@comcast.net).

Special Interest Groups and any AED member are encouraged to develop regional educational programs. To access the AED Educational Event Proposal form, click on the "For ED Professionals" link on the AED Web site home page at [www.aedweb.org](http://www.aedweb.org). This link will take you to the Educational Event site and instructions for planning an educational event and completing the proposal form.

### Join a SIG!

The AED now boasts 20 Special Interest Groups representing a wide range of topics. AED members are welcome to join any number of SIGs. SIGs provide unique settings that foster professional networking, education and collaboration with colleagues from around the globe in areas of mutual interest. For a current listing of AED SIGs and further membership information, click on the link to SIG section on the AED Web site home page at [www.aedweb.org](http://www.aedweb.org).

## Winner's Circle: The Academy for Eating Disorders 2005 Awards

### AED Annual Awards:

- Leadership Award for Clinical, Administrative or Educational Service: Robert Palmer, FRCPsych
- Leadership Award for Research: Ruth Striegel-Moore, PhD, FAED
- Meehan/Hartley Leadership Award for Public Service and/or Advocacy: David Herzog, MD

### NIMH/AED Fellowships:

- Myralys Calaf, BA, Carlos Albizu University, Puerto Rico
- Jenny Carillo, MS, Yale University, USA
- Vicki Clark, BA, Rutgers University, USA
- Jennifer Couturier, MD, MSc, Stanford University, USA
- Jill Denoma, MS, Florida State University, USA
- Jessica Edwards George, MS/CAGS, Northeastern University, USA
- Kathryn Gordon, MS, Florida State University, USA
- Angela Marinilli, PhD, Brown University, USA
- Ashleigh May, BA, Pennsylvania State University, USA
- Angela Picot, MA, Northwestern University Medical School, USA
- Jodie Richardson, BSc, McGill University, Canada
- Jennifer Shapiro, PhD, University of North Carolina, USA
- Hemal Shroff, PhD, University of North Carolina, USA
- Simon Wilksch, B. Psych Hons., Flinders University of South Australia, Australia
- Amanda Woods, BS, Georgia State University, USA

## AED Clinician Scholarships:

- Lauri Langham, LCSW, The University of North Carolina Hospitals, USA
- Adair K. Look, MD, Harvard Medical School, Massachusetts General Hospital, USA
- Christina Reiter, MS, Metropolitan State College of Denver, USA
- Marisa Emmelhainz Sobrino, Universidad Iberoamericana, Mexico

## AED 2005 Class of Fellows:

- Douglas W. Bunnell, PhD
- Alison Field, ScD
- Richard A. Gordon, PhD
- H.W. Hoek, MD, PhD
- Gail F. Huon, PhD
- James Lock, MD, PhD
- Marion P. Olmsted, PhD
- Carol Signore, MAT, MS, LMFT
- Suzanne R. Sunday, PhD
- Stephen W. Touyz, PhD
- Kristin Von Ranson, PhD
- Tracey Wade, PhD
- Glenn Waller, DPhil
- D. Blake Woodside, MD

## Fellows in Profile

*Ovidio Bermudez, MD  
Laureate Clinic, Tulsa, Oklahoma*

A patient recently asked me how long I had been a doctor. No one had asked recently, not in such a direct manner. When I told her it had been 20 years, it dawned on me what a fascinating journey it has been so far and how much I have learned from patients, families and colleagues. She then asked me how I became interested in eating disorders. It happened fortuitously. Like most physicians, I had little training and very limited exposure to EDs during my residency in Pediatrics or fellowship in Adolescent Medicine. So when a desperate mother called on the second day at my first job as Head of Adolescent Medicine at Miami Children's Hospital asking me to help her daughter, I was hesitant at best. She was determined, and I caved in. As I sat, one on one, with my first eating disordered patient, two things became obvious. One, this was intriguing and challenging to me. Two, I had a lot of learning to do.

Over the next few months, other ED patients were sent to me, and pretty soon there were about a dozen. "We need to do something," I thought, and met people like Warren Schlanger, psychiatrist, and Paula Levine, psychologist. We began to work with patients together and soon formed a "treatment team."

This was 1990 and "multidisciplinary" was not as popular or widely accepted. The next year, we decided to host a conference to launch the eating disorders program. I mustered some courage and invited Craig Johnson and Pauline Powers. The conference was a success, and our program was off to a good start. It eventually grew, and by 1999 a "virtual" professional network of those treating eating disorders had formed in South Florida.

I was then recruited by Vanderbilt University and moved to Nashville. It was quite a leap from Miami, but something quickly became obvious—there was a great need for eating disordered treatment, and the professional community was disconnected. I met a nutritionist there, Reba Sloan, whose practice was almost exclusively eating disorders. I shared my goal of putting together a professional organization that brought together those interested in advocacy, treatment and research in EDs throughout Tennessee. She felt it was a great idea but that it could not be done. We put together a task force, and two years later the Eating Disorders Coalition of Tennessee (EDCT) was chartered as a non-profit organization that now has 200 members. Meanwhile, the program at Vanderbilt grew steadily to the point of managing about 300 patients with eating disorders, admitting about 60 per year to Vanderbilt Children's Hospital and referring many for residential treatment to several programs nationally. This afforded me the opportunity to work with clinicians and leaders in the field, many of whom have become good friends.

Through the years I have learned from literature, colleagues, patients and families, and I became interested in teaching others, especially other physicians who had not had the training or exposure. I joined the AED and later was elected as fellow. Since, I have had the opportunity to serve in the Membership Committee, chair the Medical Care SIG and co-chair the Hispano-Latino-American SIG, and now serve in the Nominations and Credentialing Committees. Last year the HLA SIG leadership was honored with the Meehan/Hartley Advocacy Award. In 2003, I joined the Board of the National Eating Disorders Association (NEDA) and was recently elected to serve as its president-elect. I also have had the opportunity to lecture on EDs both in the US and abroad, with a message of applying and growing the scientific evidence that we have, working in interdisciplinary teams and striving for excellence in clinical care.

In the past month, once again the opportunity came to take on a new challenge, and I relocated to Tulsa, Oklahoma, to serve as medical

director of the Eating Disorders Program at Laureate Psychiatric Clinic and Hospital. In this capacity, I will be taking care of fewer patients but more intensely and will continue to work with their families. I also will continue to strive to contribute to the growth of the field of eating disorders—especially in the support of Latin American countries to develop professional resources and research efforts to help us better understand the role of transcultural differences in the development, course and perpetuation of EDs. I also have become committed to enhancing the education and training of primary care physicians about EDs; their proficiency may improve early recognition and early intervention, much like it has for depression, ADHD and other psychiatric disorders.

I hope to continue to grow in this field—to contribute, to strengthen the professional and personal relationships that have been so important to me throughout the past 20 years and to build new ones. I hope to continue to have the privilege to sit, one on one, with a person affected by an eating disorder to strive to understand his or her plight and assist in the recovery of physical and emotional health and in finding a meaningful life. In 1823, Dr. Johannes Evangelista Purkinje, during his inaugural oration as Professor of Pathology and Physiology at the University of Breslau in Germany, said:

"The most important problem of a physician appears to me not his effort to renew a life already shattered or to sustain a life a little longer, but efforts towards the support of evolving life; to protect it from harm; to bring it to the peak of perfection and beauty ... The physician who assumes this task may be called an artist. Otherwise he merely performs the task of a repairman...."

I've hoped to be able to see a day in which we are truly working in assisting lives to a peak of perfection and beauty, not in physical terms, but in the sense of wholeness and spiritual connectedness that can help humans fulfill their potential.



AUSTRALIA & NEW ZEALAND ACADEMY FOR  
**EATING  
DISORDERS**



PRESENT

# The Initial Clinical Training Day

August 25, 2005

at the  
All Seasons Premier Menzies Hotel in Sydney

to precede the  
The 3rd Annual Conference of  
the Australian and New Zealand Academy for Eating Disorders

*“The Way Forward in the Treatment of Eating Disorders.”*

The ANZAED and AED are pleased to announce the co-sponsorship of a Clinical Training Day to be held prior to the 3rd Annual Conference of ANZAED. The training day is open to all professionals involved in the treatment of those with eating disorders.

Four workshops will be held over two concurrent sessions. Delegates will be able to attend one workshop in the morning and one in the afternoon. Workshop numbers are limited, and delegates are advised to register early for this event.

The workshops are as follows:

## Morning Session

9 a.m.–12:30 p.m.

*Morning Workshops (to be held concurrently)*

### 1. Interpersonal Psychotherapy

*Presented by Dr. Elizabeth Rieger*

Interpersonal Psychotherapy (IPT) seeks to alter the interpersonal context in which symptomatic behavior is embedded as a means of bringing about symptom change. Interpersonal processes have received considerable attention in research on the etiology and maintenance of eating disorders. Yet,

other than family therapy for adolescents, such processes often are not systematically addressed in the treatment of patients with eating disorders. This workshop will provide an overview of the theoretical and empirical basis of IPT, followed by detailed description on the implementation of IPT for both adolescents and adults with eating disorders.

**Dr. Elizabeth Rieger** is a clinical psychologist and lecturer in the School of Psychology, University of Sydney. She trained in IPT with Professor Denise Wilfley and Dr. Rob Welch while at the Centre for Eating and Weight Disorders, University of California, San Diego.

### 2. The Karolinska Institute Treatment Program

*Presented by Dr. Cecilia Bergh and Professor Per Sodersten*

Assuming that eating disorders are eating disorders, teaching patients how to eat is of primary importance. A method to do that will be demonstrated. Normalization of eating results in normalization of all symptoms shown by eating disorder patients at admission.

**Dr. Bergh** and **Professor Sodersten** are from the Section of Applied Neuroendocrinology and Center for Eating Disorders, Karolinska Institute, Sweden.

## Afternoon Session

1:30 p.m.–5 p.m.

*Afternoon Workshops (to be held concurrently)*

### 3. Motivational Enhancement Therapy

*Presented by Mr. Chris Basten & Mr. Chris Thornton*

This workshop will outline the principles and practice of Motivational Enhancement Therapy. MET is designed to more fully recognize and address the ambivalence toward patients' illness and treatment with which they present. The presenters argue that not addressing the ambivalence in treatment is likely to result in strengthening the patient's desire to hold on to the illness. Practical ideas are offered to help clinicians integrate MET into their interactions with clients.

**Chris Basten** is a clinical psychologist with more than 10 years of experience working with eating disordered clients, having managed the outpatient eating disorders clinic at Westmead Hospital for several years. He now manages his clinical psychology practice and is active in the training of professionals in the management of eating disorders.

Chris Thornton is a clinical psychologist with more than 15 years of experience specializing

in the treatment of patients with eating disorders on inpatient, day patient and outpatient settings. Currently he is in private practice and is a consultant with the Peter Beumont Centre for Eating Disorders. He is a clinical associate of the Department of Clinical Psychology, University of Sydney.

#### 4. The Maudsley Model of Family Therapy

*Presented by Mr. Paul Rhodes*

While the efficacy of the Maudsley model of family-based treatment for anorexia nervosa has been demonstrated in numerous randomized, controlled trials, little attention has been given to the organizational prerequisites for achieving good outcomes in the hospital setting. The aim of this workshop is to describe a process of significant organizational change at the Eating Disorders Program at the Children's Hospital at Westmead, including change at the level of power relations and beliefs about anorexia among family therapists, medical practitioners and parents. Clinical outcomes of the Maudsley model at two years also will be presented, including a significant drop in readmission rates since its implementation.

**Paul Rhodes** is the team leader of the Eating Disorders Family-Based Treatment Team at the Children's Hospital at Westmead, and Clinical Associate Lecturer in Family Therapy at the Department of Clinical Psychology, Sydney University.

*For more information about the training day or the ANZAED annual conference, contact Chris Thornton at [ckthornton@bigpond.com.au](mailto:ckthornton@bigpond.com.au).*

Completed registration forms and payment details should be mailed, faxed or e-mailed to Paul Brennan at:

#### **PBT Travel**

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E-mail: [paul@pbtravel.com.au](mailto:paul@pbtravel.com.au)

## Introducing New AED Board Members

**Lucene Wisniewski, PhD, FAED**, has been Clinical Director of Eating Disorder Programs for Laurelwood Hospital, near Cleveland, Ohio, since 2000. She received her PhD from the University of Pittsburgh and completed an NIMH-supported Clinical-Research Post doctoral fellowship at the Eating Disorders program there. Her research and clinical interests include using empirically founded treatments to inform clinical programs, in particular the use of CBT and DBT. She is a fellow in the Academy for Eating Disorders as well as the North American Association for Study of Obesity. Dr. Wisniewski lectures widely on the treatment of eating disorders.

**Mimi Israël, MA, MD, FRCPC**, is psychiatrist in chief at the Douglas Hospital, attending psychiatrist for the Douglas Hospital's Eating Disorders Program, and associate professor of psychiatry at McGill University. She obtained a master's degree in psychology from Queen's University and completed her medical studies and psychiatric training at McGill University. She was director of the Crisis Service at the Allan Memorial Institute from 1987–2001 and director of Postgraduate Training from 1989–1997. She also has been a Royal College Examiner for Psychiatry and has chaired the Curriculum Committee for the McGill Department of Psychiatry. In addition, she is now the president of the Association of Chiefs of Departments of Psychiatry of Montreal. A recipient of four McGill University teaching awards including the 2004 McGill Department of Medicine Faculty Honour List for educational Excellence, she also was presented with the National Alliance for the Mentally Ill Exemplary Psychiatrist Award in 1998. Her research interests have focused on the implications of temperamental traits on neurobiological indices and genetic variations in eating disorders.

## Member News

Eduardo Chandler, MD, University Hospital of Buenos Aires, was awarded the **2004 Award to the Best Scientific Paper in Biological Psychiatry** for his work "Cardiac autonomic activity in patients suffering from eating disorders" at the XX Argentine Congress of Psychiatry and V International Congress of Mental Health. This event took place in the city of Mar del Plata, Buenos Aires, and was organized by the Association of Argentine Psychiatrists.

Richard Gordon, PhD, was awarded a **Distinguished Civilian Service Award** from the U.S. Military Academy at West Point for his contribution in developing a multidisciplinary team for the assessment and treatment of eating disorders at the Academy. Dr. Gordon also received an **Honorary Fellowship** in the Convocation of Honorary Fellows of the American Psychiatric Association in Atlanta in May 2005.

Lindsey Hall and Leigh Cohn, publishers of Gurze Books, will receive the **2005 Award for Service from the Eating Disorders Coalition for Research, Policy, and Action** on June 29, 2005, in Washington, DC.

Kathy Hotelling, PhD, ABPP, was the 2005 Recipient of the **Wilma D. Stricklin Award for Enhancing the Campus Climate for Women** at Northern Illinois University in DeKalb, Illinois.

## News from the EDC

*Marc Lerro  
Executive Director*

The Eating Disorders Coalition for Research, Policy, & Action is about to take a historic step forward. At the end of June, during Eating Disorders Advocacy Week, participants at the conference in Washington, DC, will write a "dream bill" for eating disorders and will present it to the United States Congress. The goal of the bill will be to end discrimination against people with eating disorders and to provide adequate federal support in treatment, research and prevention.

Registration is now open for the conference. In addition to the day-long conference, the EDC will host the 5th Annual Lobby Day for Eating Disorders, a Congressional Briefing, the 2005 EDC Awards Dinner and the first State Advocacy Summit.

To learn more, or to register online, visit [www.eatingdisorderscoalition.org](http://www.eatingdisorderscoalition.org).

#### **Eating Disorders Coalition for Research, Policy & Action**

611 Pennsylvania Avenue, #423 SE  
Washington, DC 20003-4303  
Tel/Fax: (202) 543-9570  
[www.eatingdisorderscoalition.org](http://www.eatingdisorderscoalition.org)

## Call for Nominations

All AED members are invited to submit nominations for the positions listed below. We encourage all members to take an active role in identifying the leadership of the future. There are six positions open for the 2006-2007 year. Read a brief description of the positions below. The AED is particularly interested in nominees who represent the global multidisciplinary profile of the organization and who have the skills and dedication to assist with realizing the current strategic plan. Nominations are due by September 1, 2005. No nominations will be accepted after that date.

We ask you to submit your nomination on the new nominations form at [www.aedweb.org](http://www.aedweb.org). The form also is reprinted below.

### President-Elect

The president-elect will function as a backup to the president and shall become familiar with the various activities of the Academy to prepare for the presidency the following year. When the president-elect becomes president, he/she becomes the chief elected officer of the Academy. The president shall serve as chair of the Board, Executive Council, the Annual Business Meeting, and other meetings of the Academy, and shall fulfill such other duties as necessary and as prescribed by the Policies and Procedures of the Academy.

### Secretary

The secretary is elected for a three-year term and is eligible to serve not more than one additional term. The secretary does not automatically succeed to another office. The secretary is responsible for and oversees the membership acceptance process, annual meeting notification process, maintenance of minutes, filing of reports, maintenance of membership records and other appropriate duties as outlined in the Policies and Procedures of the Academy. Duties of the secretary may be delegated to the executive director.

### Board Member at Large

#### (two positions available)

Six members shall serve at large on the board of directors, each elected to a three-year term, staggered so that two new board of director members are elected annually.

## Nominations Committee

### (two positions available)

The Nominations Committee shall consist of six at-large members (not officers or board members) who shall be elected by the membership and the past-president. The past-president is the chair of the Nominations Committee. Each year two members will be elected by the membership to a single term of three years. The composition of the Nominations Committee shall be multidisciplinary. Currently serving members of the Nominations Committee shall not be eligible for elected office.

### Submit your nominations to the following address:

E-mail: [AED@aedweb.org](mailto:AED@aedweb.org)

Phone: 847-498-4274

Fax: 847-480-9282

Academy for Eating Disorders  
Attn: Nominations Committee  
60 Revere Drive, Suite 500  
Northbrook, IL 60062, USA

### AED Board Nominations

#### Become Involved in AED

#### Share Your Expertise—Help Shape Your Organizations Future

### Board and Nominations Committee Position Information

An elected board member is entrusted by the Academy's members to represent them in determining the direction of AED and overseeing its activities. AED's full-time staff at a professional management firm implements its activities and handles day-to-day administration. AED is a nonprofit corporation organized under Section 501 (c)(3) of the IRS code. AED carries Association Professional Liability Insurance (sometimes called "directors and officers liability insurance") that covers board members.

### Basic Board Member Responsibilities:

- Establish long-term goals
- Maintain focus on mission
- Develop policy
- Oversee financial status
- Monitor current programs
- Prioritize activities
- Consider new programs and projects
- Provide feedback to staff

### General Requirements and Information:

- Candidate is a member in good standing of AED (dues are paid and current).
- Board members are elected for a three-year term.

- This is a volunteer position—there is no compensation for board service.
- The Nominations Committee attempts to maintain a board that reflects the interests and diversity of the membership.
- Candidates must have a desire to participate and contribute to AED goals.

### Suggested Experience:

- Current participation as a leader in the eating disorders field
- Active role in an AED committee
- Participation as a volunteer leader in other organizations

### Specific Expectations:

- To actively participate in all board meetings and conference calls
- To attend the annual meeting
- To serve as liaison to one or more AED councils or committees

### Board Meetings:

Two in-person meetings are held each year. A full-day meeting is held immediately preceding the annual meeting and a midyear meeting at a location determined by the board. In addition, there may be special-purpose conference call meetings as needed.

AED will reimburse travel costs (transportation, hotel) associated with attendance at board meetings except those held in conjunction with the annual meeting unless an additional hotel night is required. An expense reimbursement policy outlines specific details.

It is expected that candidates have their employer's support for the time involved with board participation.

The slate will be developed in the fall, and the election will take place in the spring with the results becoming official at the annual business meeting held during the annual meeting. Terms begin immediately following the business meeting.

### To Be Considered:

Supply the information requested on the following form, preferably via e-mail (using the actual form or your own document or simply an e-mail message).

# Call for Nominations Form

I am interested in nominating someone for a position on the AED board or Nominations Committee. I have included or attached a brief commentary on why I believe this person would be an excellent candidate for the position (focusing on relevant experience and activities.) (Use of this form is not required as long as all requested information is included in your own document or within an e-mail message).

NAME OF NOMINEE

POSITION FOR WHICH CANDIDATE IS NOMINATED

ORGANIZATION

ADDRESS

CITY

ST/PROV

COUNTRY

ZIP/PC

PHONE

FAX

E-MAIL ADDRESS

## Brief biographical information

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## Qualities, skill set or experience this person possesses that make him/her an excellent nominee

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**E-mail: [AED@aedweb.org](mailto:AED@aedweb.org)  
Phone: 847-498-4274 | Fax: 847-480-9282  
Academy for Eating Disorders  
Attn: Nominations Committee  
60 Revere Drive, Suite 500  
Northbrook, IL 60062, USA**

**Feel free to contact members of the Nominations Committee with questions or comments:**

Michael J. Devlin (chair)	<a href="mailto:mjd5@columbia.edu">mjd5@columbia.edu</a>
James E. Mitchell	<a href="mailto:Jmitchell@nrifargo.com">Jmitchell@nrifargo.com</a>
Hans W. Hoek	<a href="mailto:w.hoek@parnassia.nl">w.hoek@parnassia.nl</a>
Ovidio Bermudez	<a href="mailto:obermudez@laureate.com">obermudez@laureate.com</a>
Rachel Bryant-Waugh	<a href="mailto:rachel.bryant-waugh@ntlworld.com">rachel.bryant-waugh@ntlworld.com</a>
Dianne Neumark-Sztainer	<a href="mailto:neumark@epi.umn.edu">neumark@epi.umn.edu</a>
Susan Willard	<a href="mailto:willard@tulane.edu">willard@tulane.edu</a>

## Junior Researcher Standouts

Thanks to the efforts of Ruth Striegel-Moore, PhD, FAED, and Cindy Bulik, PhD, FAED, an NIMH conference grant was awarded to AED in order to provide support for junior researchers to attend and present at the annual conference. In addition, senior AED members generously give their time in a Teaching Day for the fellows, which occurs the day before the conference. This year, 15 AED-NIMH fellowships were awarded (see "Winner's Circle" for the complete list). In the next several issues of the *AED Forum*, we will introduce several of these outstanding young researchers and publish the abstract of the presentation given at the ICED Montreal conference. Hats off to these young investigators and their bright futures!

### Ashleigh L. May, MS

Ashleigh May is a graduate student in the human development and family studies doctoral program at The Pennsylvania State University. She received her BA from Spelman College in 2003 and her MS from The Pennsylvania State University in 2005. Her research interests include family and cultural correlates of eating disorders and overweight among adolescents and the design and evaluation of culturally sensitive obesity prevention programs, especially for African American girls.

#### Parent-adolescent relationships and the development of overweight concerns from early to late adolescence

Ashleigh L. May, MS; Ji-Yeon Kim, MS; Susan M. McHale, PhD, and Ann C. Crouter, PhD, The Pennsylvania State University, University Park, Pa.

**Introduction:** The rising rates of eating disorders and potential links between eating disorders and weight concerns point to a need for research examining the development of weight concerns among adolescents. The objectives of this study were to chart the developmental course of adolescent girls' and boys' weight concerns and to determine whether changes in parent-adolescent conflict and intimacy as well as parental monitoring of adolescents' daily experiences were associated with changes in adolescent weight concerns from about age 11 to age 18. **Method:** Data from 364 adolescents who participated in a longitudinal study of family relationships and adolescent development were analyzed using a multilevel modeling (MLM) approach. **Results:** The developmental patterns of boys' and girls' weight concerns differed after controlling for parent education, parent body mass index (BMI), and adolescent BMI percentile. Fathers' BMI was positively associated with boys' and girls' weight concerns. Increases in mothers' intimacy and monitoring were linked to decreases in girls' weight concerns, whereas increases in mothers' and fathers' conflicts with daughters were linked to increases in girls' weight concerns. For boys, increasing

conflict with fathers was linked to increases in weight concerns from middle to late adolescence. **Discussion:** Mothers and fathers have unique influences on adolescent weight concerns. Intervention programming should target parent-adolescent relationships.

### Angela Marinilli, PhD

Angela Marinilli completed her PhD in clinical psychology in August 2004 from the University of Maryland, Baltimore County. In September 2004, she began a postdoctoral fellowship in the Department of Psychiatry and Human Behavior at Brown Medical School, Providence, R.I. Her research interests include the role of self-efficacy and motivation in eating disorder treatment and recovery and obesity treatment and prevention.

#### Development and validation of the Eating Disorder Recovery Self-Efficacy Questionnaire

Angela Marinilli, PhD, Brown Medical School, Providence R.I.; Angela S. Guarda, MD, Johns Hopkins University School of Medicine, Baltimore, Md.; Leslie J. Heinberg, PhD, Case Western Reserve University School of Medicine, Cleveland, Ohio; and Carlo C. DiClemente, PhD, University of Maryland, Baltimore County, Baltimore Md.

**Introduction:** The present study is the first to develop and initially validate a self-report scale to measure self-efficacy to recover from an eating disorder, the Eating Disorder Recovery Self-Efficacy questionnaire (EDRS). **Method:** Participants were 116 female inpatients ( $n = 75$ ) and outpatients ( $n = 41$ ) with a mean age of 25.5 years ( $SD = 9.2$ ) diagnosed with anorexia nervosa, bulimia nervosa, or subthreshold eating disorder, being treated at the Johns Hopkins Eating Disorders Program. All patients completed the EDRS and other self-report measures to assess eating disorder symptoms and related psychopathology. Inpatients also completed the EDRS during treatment. **Results:** As expected, the EDRS contains two internally consistent factors, Normative Eating and Body Image Self-

Efficacy. Good support for the scale's convergent validity is provided by findings of moderate to large correlations between EDRS subscales and other validated measures of eating disorder pathology. The EDRS also demonstrates theoretically consistent relationships with constructs that are related to but distinct from self-efficacy (e.g., depression, struggle to maintain behavior change). Discriminant validity is reflected in small correlations between EDRS subscales and measures of general psychological correlates of disordered eating. Among inpatients, Normative Eating Self-Efficacy increased significantly from admission to discharge ( $M = 2.10 \pm 1.00$  vs.  $M = 3.08 \pm 1.04$ ,  $p = .012$ ), suggesting that this scale may be used to assess change in self-efficacy during treatment. Although increases in Body Image Self-Efficacy were not significant, movement in efficacy scores was in the expected direction. **Discussion:** The current investigation did not demonstrate a clear relationship between self-efficacy and treatment weight gain in a subset of underweight inpatients. Overall, study results suggest that the EDRS is a psychometrically sound measure to assess self-efficacy in eating disorder patients.

### Jill M. Denoma, MS

Jill Denoma is a graduate student in the clinical psychology doctoral program at Florida State University. She received her BA from Illinois Wesleyan University in 2001 and her MS from Florida State University in 2004. Her research interests include the classification of eating disorders, disordered eating in understudied populations, and the genetic contributors to anorexia nervosa.

#### Parental perceptions of offspring body size and eating habits

Jill M. Denoma, MS, Florida State University, Tallahassee, Fla.; Peter M. Lewinsohn, PhD, Oregon Research Institute, Eugene, Ore.; Jeffrey M. Gau, BA, Oregon Research Institute, Eugene, Ore.; Ruth Striegel-Moore, PhD, Wesleyan University, Middletown, Conn.; and Thomas E. Joiner Jr., PhD, Florida State University, Tallahassee, Fla.

**Introduction:** Relatively little research on normative eating patterns of young children exists. Study 1 sought to design a comprehensive, multifactorial instrument for children that would measure and assess the prevalence and correlates of problematic eating behaviors. Study 2 examined parental perceptions of offspring body shape, differential reporting of offspring eating behaviors by mothers and fathers, and gender-specific patterns of offspring feeding habits. **Method:** Parents of a community sample of 36-month old children ( $n = 93$ ) completed a newly designed measure of problematic eating behavior about their offspring's feeding patterns and body shape, as well as other measures of childhood behavior. **Results:** In Study 1, the most common child problems reported by mothers were offspring spitting out food during feedings and becoming upset when food was restricted. Results of an exploratory factor analysis suggested a four-factor solution that identified Pickiness (e.g., child eats a limited variety of food), Food Refusal (e.g., child refuses to eat specific foods), Struggle for Control (e.g., frequent struggles with child over food), and Positive Parental Behavior (e.g., praising child about food intake) domains. Only the Struggle for Control factor was related to other problems measured by the Child Behavior Checklist (CBCL). The Food Refusal factor was related to mothers' lifetime history of psychopathology, while the Pickiness factor was related to mothers' lifetime history of alcohol dependence. In Study 2, interesting correlates of parental perception of offspring body size were noted (e.g., concerns about their child's appetite). Furthermore, mothers and fathers often differed in their accounts of offspring eating habits, and parents reported eating behaviors differently depending upon offspring gender. **Discussion:** Results suggest that both parents should be included in assessments of offspring eating. In addition, parental perceptions of offspring body size and appetite may differ as a function of gender beginning at a very young age.

### **Jessica B. Edwards George, MS, CAGS**

Jessica Edwards George is a graduate student in the combined counseling and applied educational psychology doctoral program at Northeastern University. She received her BA from Binghamton University-State University of New York in 1999 and her MS and CAGS from Northeastern University in 2003 and 2004 respectively. Her research interests include personality and psychological correlates of compliance with medically necessary diets, cultural considerations in eating disorders prevention research, and childhood obesity.

### **Culturally specific prevention programming for Latina women**

Jessica B. Edwards George, MS, CAGS; and  
Debra L. Franko, PhD, Northeastern  
University, Boston, Mass.

**Introduction:** Prevention programs in eating disorders have rarely considered the ethnicity of participants in program design and content. The current study tested the addition of culturally enhanced content to an existing multimedia prevention program. **Method:** Twenty-seven Latina women were administered a questionnaire battery (EDE-Q, EDI-Body Dissatisfaction and Drive for Thinness, Body Shape Questionnaire, and Body Avoidance Questionnaire) prior to completing a two-hour CD-ROM called *Food, Mood and Attitude*. Participants were then randomly assigned to participate in one of two discussion groups: (1) a general discussion about the content of the CD-ROM that focused on risk factors for disordered eating (e.g., media images, pressure to be thin) or (2) a *Culturally Enhanced* discussion that focused on ideals of thinness in the Latina culture, the role of females in traditional Latina culture, and issues related to family, food, and acculturation. All participants completed the questionnaire packet again after the four hours of discussion groups. **Results:** Baseline characteristics were similar between the participants in the General discussion group ( $N = 15$ ) and the Culturally Enhanced discussion group ( $N = 12$ ). Repeated measures ANOVAs conducted on the outcome variables revealed a group by time interaction on the Body Avoidance Questionnaire [ $F(1, 25) = 4.7, p = .04$ ] and a trend on the Weight Concerns subscale of the EDE-Q [ $F(1, 25) = 3.3, p = .08$ ]. Main effects for time were found on the Shape Concerns subscale ( $p = .003$ ), the Body Dissatisfaction subscale ( $p = .001$ ), and the Body Shape Questionnaire ( $p = .008$ ). **Discussion:** This small-scale study suggests that addressing concerns specific to Latina women may enhance existing prevention efforts and that this CD-ROM program decreases certain risk factors for eating disorders. Future research that includes larger sample sizes and longer duration of programming is needed.

## Upcoming Conferences

### **National Conference on Eating Disorder Legislation & State Advocacy Summit**

June 29–July 1, 2005

Holiday Inn on the Hill  
Washington, DC

For more information, go to  
[www.eatingdisorderscoalition.org/conference](http://www.eatingdisorderscoalition.org/conference)

### **The 3rd Annual Conference of the Australian and New Zealand Academy for Eating Disorders: "The Way Forward in the Treatment of Eating Disorders"**

August 25–27, 2005

All Seasons Premier Menzies Hotel  
Sydney, Australia

For more information, contact  
Chris Thornton at  
[ckthornton@bigpond.com.au](mailto:ckthornton@bigpond.com.au)

### **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 Roberta Sherman, PhD, at  
[rsherman@indiana.edu](mailto:rsherman@indiana.edu) or  
Ron Thompson, PhD, at  
[rthomps2@sbcglobal.net](mailto:rthomps2@sbcglobal.net) for  
more information

### **AED 2nd Hispano Latino American Congress**

October 19–22, 2005

Monterrey, Mexico

For more information, e-mail  
[barriguete@quetzal.innsz.mx](mailto:barriguete@quetzal.innsz.mx)

## Global Spotlight on Argentina

Adele Spalter, Argentina

Located in South America, Argentina is a country with a land mass of 2,791,810 Km and a population of about 37,000,000. Buenos Aires is its capital city with a population of 3,000,000 and a suburban population of 10,000,000. Distribution is asymmetrical, as is education and economy throughout the country and even in the same state.

Buenos Aires is the state with the highest population density and offers vast cultural and academic facilities. Individuals suffering from eating disorders from other parts of the country often are faced with the difficult decision of having to travel impossibly long distances to receive specialized treatment or remaining untreated. Fortunately, this seems to be changing. Eating disorder research and treatment projects in different parts of the country have been updated and currently are ongoing.

Eating disorders have been calling the attention of health professional circles. The media also have been alert to these problems, though not always treating it in an appropriate way. There is a strong culture of the body, the image and fashion in the population. The prevalence of obesity is a worldwide problem, and Argentina is no exception. Malnutrition also is a serious problem in infants of many states of this country, similar to other underdeveloped countries. There are no statistics of the prevalence of ED in the country, and treatment facilities are varied. Access to Health Services is divided into public, social security and private. People can have access to free treatment for ED in some hospitals for children and adults in big cities such as Buenos Aires, Cordoba, Mendoza and others.

These services offer outpatient treatment, but some have a very long waiting list. Because of the increasing treatment demand, several public services have been initiated, especially in adolescent clinics. Some professionals from different hospitals work in the organization of a hospital service for ED, but it becomes difficult to establish these networks because many of them work in public health institutions, and financial support for such projects are lacking. There are several interdisciplinary groups (public and private), but very few day hospitals. Many groups of two or three professionals working together exist to help eating disorder patients and families. There has been a great deal of interest in studying and getting correct information on eating disorder pathology.



So for many years, when the economy allowed it, a large group of Argentinean pediatricians, psychiatrists, psychologists and nutritionists have attended the AED international meeting each year. Also many international specialists in the field have been invited to Argentina for conferences, attracting a large audience (Dr. Allan Kaplan, Dr. Janet Treasure and others). Eating disorders is a subject of ongoing interest in national paediatric and adolescent meetings. There have been publications in Spanish for parents and individuals with eating disorders written by senior Argentinean professionals working in the field. The community of professionals working in ED has grown tremendously in Argentina. Research on eating disorders also has increased, and there have been studies on risk groups such as athletes and ballet dancers, with similar results to international findings.

Last year, when I directed the first meeting supported by the AED in Buenos Aires, many professionals came from all over the country to attend the meeting and receive an update on various eating disorder issues such as etiology, diagnosis and treatment. In order to reach parents, in some institutions teachers and sufferers of eating disorders offer counselling oriented to their needs. Schools, mainly private ones, organize talks by professionals for students and parents that address normal nutrition, eating habits, and prevention and warning signs for early detection of eating disorder pathology. In Argentina, we are very far from having the resources and the logistics that more developed countries have to address

and offer solutions for individuals with eating disorders and their families. Nevertheless, eating disorder patients can contact specialized professionals either in the private or the public setting and receive attention.

We need to improve continuing education for health professionals in the primary care setting such as GPs, pediatricians, family doctors and other related specialities to promote early detection of the disease. In addition, more intensive care facilities for the more severe patients must be developed. Although we have come a long way, we still have a long way to go to care adequately for individuals with eating disorders in Argentina.

### 2005 ICED Abstract Correction

P49

#### Bulimia Nervosa: DSM-IV-Defined Versus Eating Disorder Not Otherwise Specified

*Please note that four authors were omitted from the abstract listing in the final program. The full author list appears below. We apologize for this error.*

Roslyn B. Binford, PhD, Clinical Instructor, The University of Chicago, Chicago, Illinois, USA; Daniel le Grange, PhD, Assistant Professor, The University of Chicago, Chicago, Illinois, USA; Ross D. Crosby, PhD, Professor, University of North Dakota, Fargo, North Dakota, USA; Carol B. Peterson, PhD, Research Associated, University of Minnesota, Minneapolis, Minnesota, USA; Scott J. Crow, MD, Associate Professor, University of Minnesota, Minneapolis, Minnesota, USA; Marjorie H. Klein, PhD, Professor, University of Wisconsin, Madison, Wisconsin, USA; Anna M. Bardone-Cone, PhD, University of Missouri, Columbia, Missouri, USA; Thomas E. Joiner, PhD, Professor, Florida State University, Tallahassee, Florida, USA; James E. Mitchell, MD, Chairman and Professor, University of North Dakota, Fargo, North Dakota; Stephen A. Wonderlich, PhD, Professor, University of North Dakota, Fargo, North Dakota, USA

## Book Review Corner

Renee Hoste, PhD  
University of Chicago

### **Eating Disorders**

By Pamela K. Keel, PhD  
Prentice Hall, 2004, 0131839195, \$69

On the first page of *Eating Disorders*, Dr. Keel describes eating disorders as “the perfect opportunity to examine the intersections of culture, mind and body” and emphasizes that to fully understand these disorders one must examine topics from such areas as the humanities, social sciences and natural sciences. Thus, from the very beginning of the book, the field of eating disorders is presented as an area that holds interest for people from a variety of backgrounds.

*Eating Disorders* is well written, thorough and easy to understand. In addition to providing an excellent overview for anyone interested in furthering his or her understanding of eating disorders, the book would be an appropriate text for an undergraduate eating disorders seminar. Key terms in each chapter are highlighted, and a glossary is included at the end of the book. Conclusions at the end of each chapter nicely summarize the information while highlighting significant research findings from that chapter. More importantly, the material is presented in an enthusiastic manner that will make readers want to learn more about the subject.

The first chapter gives a brief definition of eating disorders and introduces three case studies. These case studies are unique in that these three individuals are followed throughout the book, providing the reader with a deeper understanding of these complex disorders and giving the book an appealing sense of continuity.

Chapter 2 presents research and historical evidence addressing the question of whether eating disorders are culture-bound syndromes, and Chapter 3 addresses eating disorders in ethnic minorities and men. Dr. Keel thoroughly reviews research examining eating disorders in African-American, Hispanic, Asian, and Native American samples and thoughtfully sheds light on the increasing societal pressure on males to develop muscular bodies. The chapter serves to caution readers against overlooking eating disorders in individuals who do not fit the traditional stereotype of “upper-middle-class white women” (p. 44).

Chapter 4 reviews methods used to identify causal factors in the development of eating

disorders. It nicely summarizes the benefits and limitations of longitudinal studies, experimental studies and naturalistic investigations. This chapter is a helpful resource for students and allows the reader to better understand and appreciate the information presented in the following chapters. Chapters 5-8 discuss in detail several risk factors for eating disorders, including the influence of culture, family, biology, and psychological factors such as personality and cognitive distortions. Though all of the chapters are well written, Chapter 8, “Biological Bases, Correlates and Consequences of Eating Disorders,” is particularly notable for the clarity with which the information is presented.

Chapter 9 begins with an overview of various treatment modalities and goes on to describe different approaches to the treatment of eating disorders, including areas such as nutritional counseling and behavioral weight loss programs for binge eating disorder. Dr. Keel gives detailed explanations of each treatment approach and reviews evidence for the efficacy of each type of treatment. The following chapter reviews prevention programs for eating disorders. Dr. Keel again gives a clear overview of the topic at the beginning of the chapter, describing different prevention paradigms and levels of intervention, in order to give the reader a better understanding of the specific prevention programs that are outlined later in the chapter. Chapter 11 presents data on the long-term course and outcome of eating disorders, including mortality rates, recovery, relapse, crossover and prognostic variables.

The final chapter reviews the topics covered in each previous chapter and describes a relevant debate within the field related to each topic. For example, after reviewing the diagnostic information presented in Chapter 1, Keel describes the debate surrounding categorical vs. dimensional models of eating disorders and presents evidence supporting both points of view. The review of current debates within the field of eating disorders serves to portray the field as a dynamic one with countless opportunities available to young researchers. The chapter concludes with the statement, “...what remains unknown in the field of eating disorders represents not so much a failure of past research but rather a challenge for the future” (p. 173). This book no doubt will inspire future readers to take on that challenge.

## CONGRATULATIONS!

The Membership Retention and Recruitment Committee congratulates the following winners of the 2005 ICED membership drawings:

### **New Member Drawing**

#### **Grand Prize—**

Complimentary Registration to 2006 ICED Barcelona meeting  
Denise Rochon, *McGill University*

#### **Complimentary Copy of AED's Eating Disorders Review**

Amy Ahern, *University of Liverpool*

Brenda Harrop, *St. Martha's Regional Hospital*

Leah Leonard, *Center for Hope of the Sierras*

Lynn Carol Maynes,  
*LDS Family Services*

David Pilon, *QE II Health Sciences Centre*

### **Current Member Drawing**

2005 ICED Set of Audiotapes  
Courtesy of Conference Copy Inc.  
Marci Gluck, *St. Luke's Roosevelt Hospital*

### **Renewing Member Drawing**

**\$50 gift certificate to Caversham Booksellers (2005 ICED Bookseller)**  
Christina Shaw, *Laurelwood Hospital*



## Participants Enjoying the 2005 AED Conference

Conference attendees figuring out what to see next!



Participants in the Genetics Symposium (left to right): Doug Bunnell, PhD, FAED, Susan Paxton, PhD, Bernie Devlin, PhD, Judith Banker, MA, LLP, FAED, Cindy Bulik, PhD, FAED, Craig Johnson, PhD, FAED, Federica Tozzi, MD, Hubert Lacey, MD, and Michael Strober, PhD, FAED

Ruth Striegel-Moore, PhD, FAED, accepting the AED Leadership Award for Research



Board of Directors and Council Chairs: Back row (left to right): Kathy Pike, PhD, FAED, Ulrike Schmidt, MD, PhD, Steve Wonderlich, PhD, FAED, Scott Crow, MD, FAED, Paulo Machado, PhD, Judith Banker, MA, LLP, FAED, Eric van Furth, PhD, FAED; Front row (left to right): Debbie Katzman, MD, FAED, Daniel leGrange, PhD, FAED, Mimi Israel, MD, Mike Devlin, MD, FAED, Lucene Wisniewski, PhD, FAED, Cindy Bulik, PhD, FAED, Jillian Croll, MS, RD, MPH, Mary Tantillo, PHD, RN, CS, FAED, and Debbie Franko, PhD



### Classified Ads

#### Research Associate in Eating Disorders at the University of North Carolina Eating Disorders Program

Responsibilities include:

- Oversee the eating disorders research program, including ongoing projects such as epidemiological, experimental and clinical research
- Participant recruitment, conducting clinical interviews and reliability protocols, interfacing with research participants, organizing confidential research files and databases, interfacing with international collaborators, and overseeing the completion of funded research projects
- Participation in manuscript and grant writing

Education: Master's or PhD in psychology or related discipline

Experience: Excellent organizational abilities, experience and preferably certification

in conducting structured diagnostic interviews, experience with eating disorders research, familiarity with SAS, SPSS or JMP, excellent interpersonal skills for interfacing with staff, trainees and research participants, and a desire to join an active and productive team of investigators. Experience in manuscript and grant writing. Please submit a letter of application, current curriculum vitae and two letters of reference to Cindy Bulik, PhD, Professor of Psychiatry, 10505 Neurosciences Hospital, CB#7160, Chapel Hill, NC 27599-7160. The University of North Carolina at Chapel Hill is an Equal Opportunity Employer.

#### Three Licensed Clinicians at Newton-Wellesley Eating Disorders and Behavioral Medicine

Newton-Wellesley Eating Disorders and Behavioral Medicine, a multidisciplinary outpatient group practice, currently composed of 12 clinicians, seeks three licensed clinicians, either psychologists or social workers (PhD, PsyD, EdD or LICSW), for one full-time and two half-time positions in

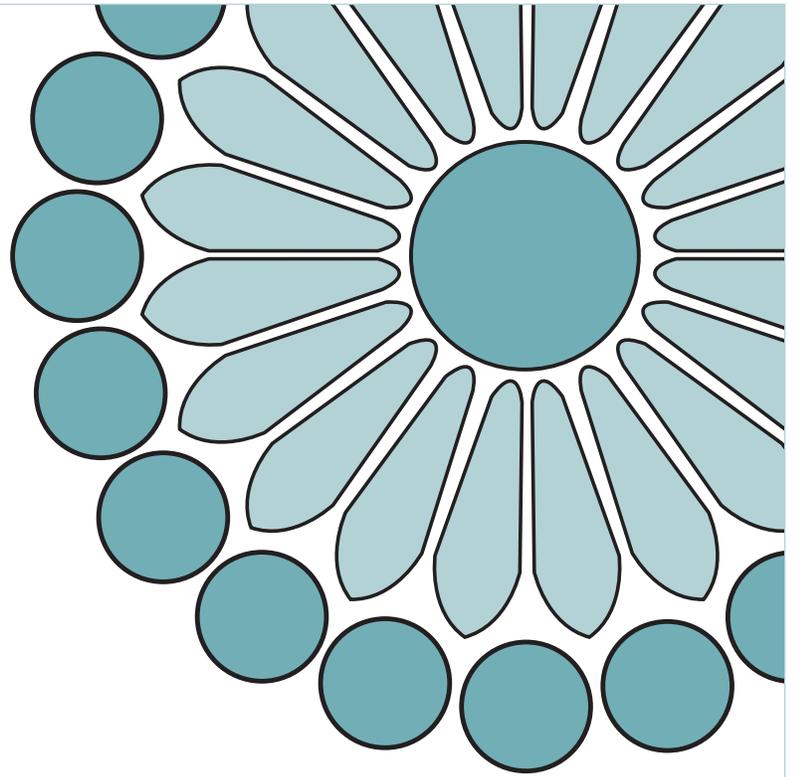
our Newton-Wellesley Hospital and Brookline, Massachusetts, offices. For more information about these positions, please contact Perry Belfer, PhD, at perry\_belfer@hms.harvard.edu. Mail resume and cover letters (by regular mail only) to Perry L. Belfer, PhD, Director, Newton-Wellesley Eating Disorders & Behavioral Medicine, Newton-Wellesley Hospital, 2000 Washington Street, MOB Blue 221, Newton, MA 02462.

#### Clinical Director for Residential Treatment Program

Clinical Director for Residential Treatment Program in Sacramento, California, for Eating Disorder Patients: Salary is competitive, benefits are included, and compensation for relocation is available. Must have experience working in residential treatment for eating disorder patients and have a license in social work, psychology or psychiatry. Send resume to Michelle Matoff, LCSW, BCD 1329 Howe Ave. #201 Sacramento, CA 95825. Phone: 916-565-0554



# Save the Date!



2006 International  
Conference on  
Eating Disorders

June 7–10, 2006  
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Online abstract submission page will open in Fall 2005.  
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## Academy for Eating Disorders

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### 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**

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E-mail: d.franko@neu.edu

#### **Submission deadline:**

**September 1, 2005**

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