

Message from the President

Allan S. Kaplan, M.D.



The Executive Council and Academy Board have been working diligently preparing for the Academy sponsored International Conference on Eating Disorders (ICED)

and Teaching Day, scheduled for April 25-28 in Boston, and for the first Academy Gala Fundraiser to be held on Friday night, April 26 at the Boston Park Plaza Hotel. The full program for the ICED meeting, with its theme of "New Aspects of Gender in Eating Disorders," is now available on the AED website (www.aedweb.org). Members can register online for the meeting and teaching day; information about hotel arrangements is also available on the website. The deadline for making hotel reservations at the special conference rate of \$175 has been extended to April 19. Reservations can still be made at the hotel. Kudos to Drs. Cindy Bulik and Scott Crow and their committee for putting together such a great program, and to Dr. Susan Willard and her committee for the Teaching Day Program.

The Gala fundraiser, with its theme of "Moving Ahead: Forging New Paths For Others To Follow," will honor several women who embody this theme and who have contributed to the field of eating disorders. It will be a spectacular evening of celebration, with a formal dinner and dance in addition to the awards presentation. All members should have received invitations to this special event. The proceeds from it will support several new innovative training initiatives for the Academy. Please come to the gala and support the work of your Academy. Thanks are due to Drs. Ann Kearney-Cooke, Cindy Bulik and the other members of the Fundraising Com-

mittee, Drs. Marsha Marcus, Lucene Wisniewski, Debra Franko, Laura Hill, Pam Owens and Beth McGilley for their efforts in planning this event.

The Board is in the process of negotiating a new contract with Wiley, publishers of the International Journal of Eating Disorders (IJED). In collaboration with the Editor-in-Chief Dr. Michael Strober, changes to the Editorial board have been agreed upon, which include new Associate Editors Drs. Cindy Bulik, Tim Walsh, and Ruth Striegel-Moore. This will hopefully facilitate the review process and the establishment of new IJED initiatives.

On February 28, Dr. Ann Kearney-Cooke, Public Relations Council Chair and several other AED Board members met in Washington to begin to develop Academy sponsored public affairs initiatives, including the education and training of mental health professionals who work with under-served populations and the training of primary care physicians. I strongly encourage any interested member to get involved in these new and exciting Academy initiatives. The Academy was also well represented at the first fundraiser of the Coalition for Eating Disorders on February 27, when Senator Hillary Rodham Clinton, former Academy president Dr. Ruth Striegel-Moore, and Kitty Westin were honored for their respective leadership in the areas of policy, research and action in eating disorders.

This is the final column I will be writing for the Newsletter as President of the Academy. I have been both challenged and invigorated by the job. I feel much has been accomplished through the dedication and hard work of the Executive Committee, Board of Directors, Council Chairs, Committee members, and all those who have participated and contributed to the Academy's mission this past year. I would like to thank all those with whom I have

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Message from the Editor

Lisa Lilienfeld, Ph.D.

Much of this issue is dedicated to a preview of the upcoming International Conference on Eating Disorders to be held in Boston at the end of this month. I look forward to meeting Academy members there. Please feel free to approach me and introduce yourself when you see my nametag. It would be nice to meet some of you in person who I have, up until now, only corresponded with via e-mail.

One of the recent themes of our newsletter, highlighting up-and-coming new junior investigators in our field, continues in this issue. On the following page, you will find the names of the winners of the Academy's first Junior Investigator Travel Fellowship Program, who will present their award-winning papers on Thursday evening of the conference, April 25, 2002. Beginning with our next issue, we will highlight those junior investigators (i.e., graduate students, residents, post-doctoral fellows, junior faculty) who give particularly strong

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Academy for Eating Disorders Junior Investigator Travel Fellowship Program: Winners Announced!

Ruth Striegel-Moore, Ph.D.
Wesleyan University
Academy Past President

Winners of the first Academy for Eating Disorders Junior Investigator Travel Fellowship Program have been selected. These individuals have been invited to present their research at a special paper session on Thursday evening during the Academy's International Conference on Eating Disorders in Boston this month. The travel stipends awarded will cover the conference registration fee and assist in costs for transportation and hotel accommodation. Funding for this program has been provided by the National Institute of Mental Health.

Application criteria included a demonstrated interest in eating and weight disorders, promise as researchers, current student or post-graduate trainee status, and to have had an abstract accepted for presentation by the Academy conference program (excluding undergraduate applicants).

There was a very strong group of candidates, making the final decision an extremely difficult one. We were unable to fund all applicants and regret that we had to turn down quite a few very qualified candidates. The final choice reflected the travel awards' aim to represent students across the spectrum of training levels, and the winners included 2 undergraduate students, 2 graduate students, and 6 post-docs or residents. Please join me in congratulating these promising young researchers:

- Charles B. Anderson, M.S.- Virginia Commonwealth University; Richmond, Virginia
- Lisa Johnsen, Ph.D.- Northwestern University; Chicago, Illinois
- Anna Keski-Rahkonen, M.D. - University of Helsinki, Department of Psychiatry, Twin Research Unit; Helsinki, Finland
- Federica Tozzi, M.D.- Virginia Commonwealth University; Richmond, Virginia
- Nathaniel Scott Winstead, M.D.- Tulane University Medical Center; New Orleans, Louisiana
- Marci Gluck, Ph.D.- New York Obesity Research Center, St. Luke's Roosevelt Hospital; New York, New York

- Rebecca M. Ringham, M.S. - Western Psychiatric Institute & Clinic; Pittsburgh, Pennsylvania
- Katherine L. Loeb, Ph.D. - Columbia University, Department of Psychiatry, Eating Disorders Research Unit; New York, New York
- Lisa Ysela Ramirez, B.A.- University of Texas at Austin; Austin, Texas
- Jeanette S. Torres, B.A.- University of California-Irvine; Irvine, California



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worked this year. Special thanks are due to Drs. Jim Mitchell, Tim Brewerton, and Diane Mickley, who will be completing their terms on the Board, to Dr. Lisa Lilienfeld for her efforts as the Newsletter Editor, and to our Executive Director George Degnon and his dedicated staff of Meg Gorham, Bette Anne German and Sarah-Jane Ziaya. What I have enjoyed most is being able to work closely with all of you. I have been inspired by the experience. It has been an honor to serve you, the membership.

I hope to see all of you in Boston.



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paper presentations at the Boston conference. Supporting and mentoring young investigators in our field continues to be a top priority for the Academy.

I would especially like to hear feedback from members about possible future topics of interest to include in the newsletter. One member recently suggested spotlighting the controversial issue of: To what degree should we emphasize adherence to empirically supported treatments in our field? This is a topic that lends itself to many differing viewpoints within our own membership and something that may indeed be highlighted in a future newsletter. Your thoughts about this topic, as well as suggestions for other areas of potentially divergent opinions within the Academy, would be of great interest to me.



2002 International Conference on Eating Disorders and Clinical Teaching Day

New Aspects of Gender in Eating Disorders

April 25 - 28, 2002

Boston Park Plaza Hotel & Towers - Boston, MA USA

Thursday, April 25

12:00 noon - 7:00 p.m.

Registration

1:00 p.m. - 4:00 p.m.

Clinical Teaching Day Workshops

(separate registration is required)

A. *Enhancing Readiness and Motivation for Change in Individuals with Eating Disorders*, Josie Geller, PhD

B. *Building Bridges: Assisting Clients Through the Continuum of Nutritional Care*, Leah L. Graves, RD, LD, FAED and Nancy L. King, MS, RD, CDE, Private Practice, Los Angeles, CA, USA

C. *Weight Phobia or No Phobia, That is the Question: Implications for Assessment and Treatment*, Arthur H. Crisp, MD

D. *Dialectical Behavior Therapy (DBT) in the Treatment of Eating Disorders*, Marsha D. Marcus, PhD, and Elizabeth B. McCabe, MSW

E. *Medical Complications, Medical Management and Pharmacotherapy of Eating Disorders*, Pauline Powers, MD and James E. Mitchell, MD

F. *Innovative Approaches to the Treatment of Body Image Disturbance Among Eating Disordered Patients*, Ann Kearney-Cooke, PhD

5:30 p.m. - 7:00 p.m.

Opening Reception

Join colleagues as the Academy kicks off the 2002 International Conference on Eating Disorders

4:00 p.m. - 5:30 p.m.

Special Satellite Symposium

Innovative Approaches to the Management of Anorexia Nervosa

6:30 p.m. - 8:00 p.m.

Discussion Panels and Special Paper Session



Friday, April 26th

7:00 a.m. - 5:00 p.m.

Conference Registration

8:00 a.m. - 8:15 a.m.

Welcome and Conference Goals

8:15 a.m. - 10:15 a.m.

Plenary Session I - *Sociocultural Issues*

Anne E. Becker, MD, PhD; Hans W. Hoek, MD, PhD; Katharine A. Phillips, MD; Christopher P. Szabo, MMed

10:15 a.m. - 10:30 a.m.

Break

10:30 a.m. - 11:30 a.m.

Keynote Address: Jean Kilbourne, EdD

11:30 a.m. - 12:30 p.m.

AED Annual Business Meeting

12:30 p.m. - 1:45 p.m.

Lunch Break

1:45 p.m. - 3:45 p.m.

Plenary Session II - *Neurobiology and Genetics*

Wade Berrettini, MD, PhD; Howard Steiger, PhD; Stephen J. Suomi, PhD; Carol Worthman, PhD

3:45 p.m. - 4:15 p.m.

Break

4:15 p.m. - 5:45 p.m.

Workshop Session I

5:30 p.m. - 8:00 p.m.

Special Satellite Symposium

Binge Eating Disorder: Progress in Understanding and Treatment

6:00 p.m. - 7:15 p.m.

Special Interest Groups

7:30 p.m. - 11:00 p.m.

Fundraising Gala



Saturday, April 27th

7:00 a.m. - 4:00 p.m.

Conference Registration

7:00 a.m. - 8:00 a.m.

Continental Breakfast/Membership Breakfast

8:00 a.m. - 8:15 a.m.

Academy President's Remarks

8:15 a.m. - 10:15 a.m.

Plenary Session III - *Nutrition*

John M. de Castro, PhD; Julie Parks, PhD; Cheryl L. Rock, PhD, RD; Barbara J. Rolls, PhD

10:15 a.m. - 10:45 a.m.

Break

10:45 a.m. - 12:45 p.m.

Scientific Session I

(Oral paper presentations)

12:45 p.m. - 2:15 p.m.

Conference Luncheon and Awards

2:15 p.m. - 4:15 p.m.

Plenary Session IV - *Clinical Trials & Closing Remarks*

Michael Devlin, MD; Ivan Eisler, PhD; Peter Joyce, MB ChB, PhD; Ulrike Schmidt, MD, PhD

4:15 p.m. - 4:45 p.m.

Break

4:45 p.m. - 6:15 p.m.

Workshop Session II

7:00 p.m. - 8:30 p.m.

Poster Session/Wine and Cheese Reception



Sunday, April 28th

7:00 a.m. - 8:00 a.m.

Special Interest Groups/ Continental Breakfast

8:00 a.m. - 11:00 a.m.

Scientific Session II

(Oral Paper Presentations)

11:00 a.m. - 11:30 a.m.

Break

11:30 a.m. - 1:00 p.m.

Workshop Session III



Fundraising Gala — Show Your Support for AED Education and Training Initiatives

In conjunction with the International Conference on Eating Disorders in Boston, we will be hosting the 2002 Academy for Eating Disorders Fundraising Gala.

The Gala, themed “Moving Ahead: Forging Paths for Others to Follow,” will be held Friday, April 26 in the Imperial Ballroom of the Boston Park Plaza Hotel from 7:30 p.m. to 11:00 p.m. During the evening, AED will be honoring people who have made a difference in the field of eating disorders. Dinner will be served following the awards presentation. Then be prepared to dance the night away with Boston’s most popular swing band, the White Heat Swing Orchestra.

Tickets are \$250 US per person (\$200 US is tax deductible) and can be ordered along with your conference registration by visiting www.aedweb.org, or by contacting the AED Central Office at 703/556-9222.

Make sure you don’t miss this exciting and entertaining evening while supporting new training and education initiatives of AED by helping us to move ahead by forging new paths for others to follow.

The Academy is pleased to honor the following people with Special Recognition awards:

Nikki Stone

At the Olympic Winter Games in Nagano, Nikki Stone became America’s first-ever Olympic Champion in the sport of inverted aerials. The medal meant even more to her due to the fact that less than two years earlier, a chronic injury almost took her out of the sport indefinitely. Her tenacity and refusal to step down from a challenge found a perfect home in the newly adopted Olympic sport of inverted aerial skiing, where she earned 35 World Cup podiums, eleven World Cup titles, four National titles and two Overall World Grand Prix titles. Nikki will inspire us with her own story of how she has overcome an eating disorder and adversity in the world of professional sports.



Natalie Laughlin

Natalie Laughlin is a woman of firsts. She is the first plus-size model to have five consecutive billboards in Times Square, a fashion spread and story in the pages of *Glamour* and a contract with a web site, *Onlyreal.com*. She is not only at the top of her career but in the process has paved the way for other plus-size models. Equally important, Natalie has been a spokeswoman and role model for women of all sizes.



“It’s not always easy to feel confident and secure with your physical self, especially as a woman in a society that puts such a premium on a virtually unattainable ideal. But if at this moment, right now, you can start by accepting that you are an individual, a person like no other, you can begin to feel love and acceptance for yourself. Those feelings will spring you forward into your self-where your self-confidence and self-esteem are waiting,” says Laughlin.

“The obsession with food and my body is in my past. It does not control the Natalie of today. But it is important for me to share the story of my eating disorder. I am proof that from the depths of despair, you can achieve peace and happiness.” Join us as we listen to Natalie’s inspiring message.



Larkin McPhee

Eating Disorders were brought to the forefront by writer, producer and director Larkin McPhee in the highly-rated and well-received documentary, “Dying to be Thin” shown on PBS. The film examines a disturbing increase in the prevalence of debilitating and sometimes life-threatening eating disorders, particularly anorexia and bulimia. This documentary, partly funded by the Minnesota-based McKnight Foundation, acknowledges cultural and media pressures on young women to set unrealistic body goals. But McPhee wisely focuses on letting her subjects tell the real story – not in words so much as in their demeanor, circumstances and achievements.

Deidra Brown

Young girls across the country are relating to Deidra Brown, an African American teen from Alabama, and her struggle with poor body image. After submitting an essay to *Girls, Incorporated* about her struggle, she now inspires millions of girls by her story of coming to terms with her body which is aired in the form of a 30-second public service announcement on cable networks like Nickelodeon, Fox Family, Disney, Cartoon, BET and Lifetime.



In December, she was featured as one of *CosmoGirl!* Magazine’s “Real Girls of the Year” for taking the big step of sharing her story on national TV and being proud of the body she was born with.

Like many girls around the country, Brown has committed to fighting stereotypes and opening doors for girls to come. She says, “I know the beauty of a woman comes in all shapes, sizes and colors” Deidra will share her message with us and tell us what it’s like to be seen by 85 million television viewers nationwide!



Luciana Price

Luciana Price is chairwoman of the Price Foundation which has provided support for a multi-center, international collaboration that seeks to understand the genetic contributions to anorexia and bulimia nervosa. Join us as we honor Ms. Price for her dedication to research in eating disorders and for the tireless effort she has devoted to furthering the understanding of the genetic basis of anorexia and bulimia nervosa.



The gala and other events of the 2002 International Conference on Eating Disorders will take place at the Boston Park Plaza Hotel & Towers throughout the week of April 25-28 (see page 3 for schedule).

Please contact the Boston Park Plaza Hotel & Towers directly for hotel reservations at (800) 225-2008 and mention that you are with the AED meeting.



Academy Publications Council Update

B. Timothy Walsh, M.D.
Publications Council Chair

The goal of the Publications Council is to facilitate and increase publications of the Academy both in print and electronic media. The Council is comprised of the following members: Douglas Bunnell, Ph.D., Lisa Lilienfeld, Ph.D., James Mitchell, M.D., Ruth Striegel-Moore, Ph.D., B. Timothy Walsh, M.D. (Chair), and Joel Yager, M.D. Developments in the past year include the following:

Under Lisa Lilienfeld's editorship, the newsletter has taken on a new, more polished look, and has published stories on provocative developments within the field, such as the recent controversy over whether pro-anorexia websites should be censored. Advertisements are now appearing, providing evidence of the growing recognition of the Academy as one of the best places to reach eating disorder specialists.

Several changes have occurred in the last year on the Academy website, which is overseen by Doug Bunnell. The website has a new, easier-to-remember name: **www.aedweb.org**. The website has provided an easy-to-use method of submitting abstracts to and registering for the annual meeting. And, the website continues to provide a readily accessible method of locating Academy members throughout the world. Doug and the Academy's central office are now reviewing the website with an eye toward updating its appearance and content.

Cindy Bulik, Jim Mitchell, Ruth Striegel-Moore, Steve Wonderlich, and Tim Walsh constitute a liaison committee to the *International Journal of Eating Disorders*. Recent discussions with Mike Strober, the Journal's long-time editor, and with Wiley, the Journal's publisher, have led to new ideas about ways to make the Journal more directly useful to the Academy's membership. Cindy, Ruth, and Tim have been appointed Associate Editors of the Journal to assist Mike in such developments.

The Publications Council is eager to hear from members about their ideas and suggestions. I can be contacted via e-mail at btw1@columbia.edu.



New Academy Special Interest Group (SIG) Chair Appointed

Kelly Klump, Ph.D.
Membership Council Chair

Paulo P. P. Machado, Ph.D. received his degree in Psychology at the University of Porto, Portugal and his Ph.D. in Clinical Psychology at the University of California, Santa Barbara. The recipient of an APA Dissertation Award for his work on emotion recognition in psychotherapy, he also has done research on Eating Disorders, Psychotherapy Processes and Service Provision.

He was the National Coordinator for the European Collaborative Study on efficient psychotherapy for eating disorders (COST Action B6), and he coordinates a national project on the Epidemiology of Eating Disorders, Risk Factors and Service Provision. He is the Executive Officer for the Society of Psychotherapy Research, and has several papers published on eating disorders and psychotherapy research. He is currently Associate Professor of Clinical Psychology at the University of Minho in Portugal, and carries a clinical practice in Porto, Portugal.

Paulo replaces Eric van Furth, Ph.D. as Academy SIG chair since Eric has been nominated to fill the position of Academy Treasurer. We look forward to Paulo's leadership for our growing SIG program.

His contact information is as follows:

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Member Feedback Requested: *International Journal of Eating Disorders* Internet Access

We are very interested in Academy members' feedback about the new internet access to the *International Journal of Eating Disorders*.

If you have not yet accessed the journal on line, you can do so by following these instructions:

1. Go to the Wiley InterScience home page at www.interscience.wiley.com
2. Click on Login
3. Fill in your Username and Password
4. Click on Login

Logging in will take you to a personal home page, where you can store journal and article bookmarks and search parameters, as well as set up user preferences.

Academy members who no longer have a copy of the username and password provided to you by the publisher last November may contact the Wiley subscription department at uscs-wis@wiley.com or 800-825-7750 (in US) or 212-850-6645 (outside US).

Please send us your feedback to aed@degnon.org. Thank you!



Special Interest Groups

Interested in joining or starting a Special Interest Group (SIG)? Time has been set aside in Boston during the 2002 International Conference on Eating Disorders for attendees to meet with colleagues to discuss a variety of topics of special interest within the field of eating disorders. Visit our web site at www.aedweb.org or contact Paulo Machado at pmachado@iep.uminho.pt for further information.



Members Honored

Lisa Lilienfeld, Ph.D.

In recognition of his extensive and significant work on, and for patients with, eating disorders, **Pierre Beumont, M.D.** has recently been made a Member of the Order of Australia, a very distinguished honor. The award was announced at the Queen's Official Birthday last September. He will attend an investiture ceremony this month. About ten years ago, Australia decided to create no more knighthoods. Instead, the Order of Australia was set up to acknowledge contributions to the community by research, clinical work, social work, military service, religious service, charity work, winners of the Victoria Cross for gallantry, and for those Australians who had already been knighted before the Order was established.

Pierre's work in the area of eating disorders has been long-standing and extensive. His pioneering work in the 1970s was on the endocrinology of anorexia nervosa. His second major body of work focused on the distinction between purging and restricting anorexia nervosa, which was referred to in Russell's original description of bulimia, as well as DSM-IV definitions of anorexia and bulimia nervosa. His third main area of focus was the description of a lenient, flexible behavioral treatment program, which has now replaced the older restrictive behavioral programs in many treatment units throughout the world. Other areas of research have included anorexia nervosa among males, psychosexual issues, body composition and metabolism in anorexia nervosa, the relationship among weight, body temperature and activity in anorexia nervosa, issues concerning compulsory refeeding, cross-cultural studies, and the pioneering of day hospital treatment based upon motivational status.

Pierre has been an overseas contributor to the DSM-III-R, DSM-IV, ICD-10, and the APA Guidelines on Eating Disorders. He is also responsible for the Australian and New Zealand Guidelines on Treatment for Anorexia Nervosa and the establishment of a multi-center database. Congratulations, Pierre, on your far-reaching accomplishments, and most recently upon receiving this impressive honor. We are very pleased to have you as a member of the Academy.



Classified Advertising

STAFF PSYCHOLOGIST Eating Disorder Clinic

At St. Cloud Hospital, part of the fast growing CentraCare Health System in Central Minnesota, we know a satisfying and fulfilling work experience for healthcare professionals is vital for truly excellent healthcare. That's why we're proud of our consistently high levels of employee satisfaction and the prestigious state and national awards we receive.

The Behavioral Health Clinic is recruiting a licensed psychologist to provide assessment and therapy services to adolescents and adults with eating disorders. We anticipate you will function as part of a multidisciplinary eating disorder team. You must have a strong interest in eating disorders and women's issues. Psychologists on this team provide high quality assessments and therapy, and will be expected to facilitate group therapy with individuals and families who are struggling with the impact of an eating disorder. The opportunity to see general adult and adolescent clients would be available for approximately 25% of the caseload. Must be a MN state-licensed psychologist. A Ph.D. or Psy.D. from an accredited university program is preferred; a Master's degree with five years experience and license will be considered.

We offer a competitive salary, exceptional benefits, and the opportunity to participate in an organization that places value and recognition on the accomplishments of its employees. To apply, please send your resume to: St. Cloud Hospital, 1406 Sixth Avenue North, St. Cloud, MN 56303 or fax: 320-656-7022 or e-mail: hrs@centracare.com. EOE. Drug/Alcohol screen. Smoke free environment. www.centracare.com.



Upcoming Conferences

Academy for Eating Disorders International Conference on Eating Disorders

April 25-28, 2002

Boston Park Plaza Hotel & Towers
Boston, MA

Keynote Address by Jean Kilbourne
Visit www.aedweb.org, contact
AED@Degnon.org, or see page 3 of
this newsletter for more information.



The Treatment of Eating Disorders: A Three-Day Practical Conference and Exhibition

April 29-May 31, 2002

Sam Beach Resort, Kassandra,
Halkidiki, Greece

Visit conferences@markallengroup.com
for more information.



The Renfrew Center's 12th Annual Conference

Feminist Perspectives on Body Image,
Trauma & Healing

November 7-10, 2002

Philadelphia Airport Marriott
Philadelphia, PA

Workshops presented by: Jean Kilbourne,
Susie Orbach, Kevin Thompson, Carol
Munter, Jane Hirschmann, Doug Bunnell,
Rita Freedman, Laurie Pearlman.



Eating Disorders Research Society 2002 Meeting

November 21-23, 2002

The Westin Francis Marion Hotel
Charleston, SC

EDRS meetings are focused on the rapid dissemination of new research findings in the field, discussion of research methodology, training of junior researchers, and facilitation of cooperation of researchers across the globe. Colleagues who are not EDRS members but are interested in attending this meeting are encouraged to contact the current president, Dr. Timothy Brewerton, at tbrewerton1@comcast.net for further information.



Book Review Corner

Debra L. Franko, Ph.D.

Children and Teens Afraid to Eat: Helping Youth in Today's Weight-Obsessed World

Frances M. Berg, M.S., LN
(Healthy Weight Network, 2001, ISBN 0-918532-69-8, \$19.95, 344 pages)

Frances Berg's book examines her perspective that the current cultural messages telling children they must not be fat, no matter what the cost, results in an obsession with thinness, body dissatisfaction, and eating disorders. According to the author, this crisis leads to six interrelated eating and weight problems: dysfunctional eating, undernourishment in teenage girls, hazardous weight loss, eating disorders, size prejudice, and overweight children and adolescents. Berg describes an emerging paradigm, "Health at any size," which is an approach that centers on health and well being, rather than on size or weight. She argues that today's policies, culture, and the weight loss industry overemphasize the risks of obesity, with the unintended negative effects of creating a society of young people obsessed with staying thin. She points out that health professionals, educators, parents, and policy makers need to understand that this emphasis plays a direct role in the development of dysfunctional eating and eating disorders, the use of unhealthy weight loss techniques, particularly by adolescent girls, and the tremendous societal prejudice against overweight individuals.

The first half of her book is devoted to examining each of these six issues in detail, integrating scientific research with clinical and personal experiences. In chapter two, titled, "Our culture fails to nurture its youth," she points out the myriad ways in which societal messages do not support the healthy growth and development of girls. The focus on appearance and thinness at all costs sends the message to girls that their value comes from what they look like rather than from who they are. Throughout the book, Berg reminds us that more and more, boys are also being taught to devalue their bodies unless they are "buff and muscular." Although the messages about advertising, societal roles, and sexual harassment are not new, Berg's description

and interweaving of science and experience makes this chapter particularly useful for the lay reader who wants to better understand the cultural context of eating disorders.

Subsequent chapters review the disruptive psychological and physical effects of the focus on thinness and detail the many ways and reasons why adolescent girls "are the most poorly nourished group in the U.S." These chapters would be very helpful for the parent curious about the causes and consequences of disordered eating and its correlates. However, some of the statistics presented were either incorrect or dated (e.g., "mortality is as high as 15-20% for anorexia and bulimia," p. 61) and the original sources for important statements were not always provided (e.g., "Sixty percent of overweight 7-year olds achieve normal weight"). The value in these chapters, however, is less with the numbers presented than with the overarching message that the current focus on thinness and emphasis on the risks of obesity has had the unfortunate effect of increasing dieting practices, body dissatisfaction, and eating disorders.

One of the most important chapters in the book was on size prejudice, which large children are subjected to across many domains. Berg describes examples of discrimination in school and health care settings that highlight the psychological pain caused to children simply because they are larger than what society or the medical profession believes they should be.

The second half of the book, "Helping youth in a weight-obsessed world," focuses on guidelines for parents to assist their children in achieving health at any size. She describes three principles: eat well, live actively, and feel good about yourself and others. A particularly informative chapter offers a set of guidelines for parents on a broad range of topics, including how to develop healthy eating habits and prevent eating disorders (from Smolak and Levine), and how to address the needs of large and obese children. Finally, Berg provides a call to action, in which she asks, "How can we promote wellness and wholeness in positive ways for children of all sizes and help children understand that their bodies are good bodies and their size is okay?" She offers many suggestions in the areas of attitude, lifestyle, prevention, health care,

and knowledge in an effort to answer this question. The lives of many children and adolescents might be powerfully changed if we could actually heed this call to action.

I think this book would be an excellent resource to offer parents and educators on this topic. It is well written, easy to read, and provides important and valuable information for parents of children and adolescents growing up in a thin-obsessed time.



Call for Manuscripts: Special Issue on Eating Disorders

The Journal for the Professional Counselor, a refereed journal published by the New York Counseling Association, invites submission of original manuscripts for a special issue on eating disorders. Articles focusing on practice, research, and training are being sought. Manuscripts should be clearly and concisely written, and conform to the guidelines of the Publication Manual of the American Psychological Association, 5th edition. Please submit materials by July 1, 2002 to: Jana Atlas, Ph.D., Division of School Psychology, Alfred University, Alfred, NY 14802. The projected publication date of the special issue is Spring, 2003.



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

Academy for Eating Disorders

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Share Membership Information with a Colleague

Founded in 1993, the Academy for Eating Disorders is a multidisciplinary professional organization focusing on Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and related disorders. The mission of the Academy is to promote excellence in research, treatment and prevention of eating disorders. The AED brings together an international membership designed to:

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

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

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

Stimulate and **support** research in the field.

Promote multidisciplinary expertise within the Academy membership.

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

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

Acknowledge outstanding achievement and service in the field.

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

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www.aedweb.org



Academy Newsletter

Please send all suggestions for articles, job opportunities, information regarding upcoming events or meetings, letters to the Editor, awards and honors received by Academy members, published books, and all other items of interest to:

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**Submission deadline:
June 1, 2002**

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