

AED

Academy for Eating Disorders

Newsletter

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

Message from the President

Michael J. Devlin, MD, FAED

Turn and Face the Strange

Change is never easy. As I sit down to write my first column as AED President, this classic David Bowie lyric floats into my mind. How often do we come face to face with the difficulty of change when working with our patients, and even in our own lives? But, of course, change is necessary for growth. As I embark on my term as AED President, I find myself reflecting on the challenges and opportunities offered by the transition that our organization is currently experiencing. It is my firm belief that, for AED to maximize its potential during this time, we need the active participation of our members, now more than ever.

This is of course not a new idea, but I think that we as an organization have a ways to go in fostering the kind of participation that we need. In fact, the strategic planning group saw this as such an important priority that it was selected as one of the five major directions for AED in the next five years. One of the unique features of AED is the diversity of its members, in professional discipline, area of work (clinical practice, education, prevention, research, or in many cases, several of the above) and national origin. More than many organizations, we all have something different to offer. And some impressive models have arisen over the years.

First, I'd like to highlight the achievements of the AED Special Interest Groups. It amazes me how quickly the SIGs, which originated only in 1998 (if memory serves), evolved to become the major organizing principle of our association. I suppose it was a timely idea offering the opportunity for members to affiliate across disciplines (the organizational structure that preceded SIGs) and geographic boundaries. One needs only to attend a SIG meeting or SIG discussion panel or to follow a

SIG-related discussion on the listserv to understand how organic a feature of AED they have become. The awarding of this year's Meehan/Hartley Leadership Award for Public Service and/or Advocacy to the HispanoLatinoAmerican SIG underscores the achievement of one of AED's most distinguished SIGs, one that continues to push the boundaries of what SIGs can achieve. A SIG-sponsored conference? It seemed a far-fetched idea until the HLA SIG pulled it off. I'm hoping that, as we make our transition this summer, we can even more actively foster the growth of the SIGs. My question for all of the SIGs is: How can the AED Board help you to achieve your vision? And for those members who want to find meaningful work in AED, think about picking a SIG, contacting the chair, and getting on board. Or if no existing SIG matches your area of interest, SIG coordinators Judith Banker, LLP, MA, FAED, and Paulo Machado, PhD, will be happy to assist you in getting a new one off the ground.

Another area where I think there's lots of potential for growth is AED's interface with local and regional eating disorder organizations. In the few weeks that I've served as President, AED has had the opportunity to voice its support for the efforts of a Massachusetts-based eating disorders advocacy group to increase health care coverage for our patients, and for the launching of an eating disorders public awareness campaign in upstate New York. The AED leadership is often not aware of all that's taking place on a local and regional level, and it is our members who bring these sorts of opportunities to our attention. These are truly win/win opportunities: When AED lends its support and expertise to efforts like these, it both advances our mission and increases our visibility, providing us with further opportunities to work toward the sorts of changes in eating disorders services and prevention that are so desperately needed. The Public Affairs Council, under the leadership of Debbie Franko, PhD, and Allan Kaplan, MD, FAED, wants and needs to hear from members around the world about opportunities to advance our work on a local and regional level. Similarly, the Education and Training Council, led by Kathy Pike, PhD,

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Message from the Editor

Debbie Franko, PhD

For those of you who attended the recent Academy for Eating Disorders International Conference in Orlando in April, I hope you will agree that the conference was truly an outstanding showcase of state-of-the-art work in the field. The consistent attention to the integration of clinical topics with research findings was visible throughout the proceedings and was enthusiastically received by the audience. For those of you who couldn't attend, in this issue you'll find a summary of highlights from the conference (which hopefully will entice you to attend next year, when the conference will be in beautiful Montreal, Quebec!). I've asked those who attended to send me what they viewed as the "best part" of the conference and you'll see their responses here, as well as "scenes from the conference" snapped ably by our volunteer photographers Federica Tozzi, MD, and Lauren Reba. Personally, I thought that the tremendous representation from around the world, both in participants and in presenters, was a wonderful demonstration of the success of the

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President's Message continued

FAED, and Debra Katzman, MD, FAED, is actively exploring opportunities to conduct smaller-scale locally based training and education programs, and the International Teaching Day Task Force, the leadership of which has been newly assumed by Howard Steiger, PhD, FAED, and Fernando Fernandez-Aranda PhD, FAED, is developing models for co-sponsorship of educational activities by AED and other professional organizations around the world. Kathy, Debra, Howard, and Fernando would be most interested in learning of opportunities for AED to bring its educational resources to your area, or exploring how you can help in this endeavor.

The other side of the coin of increasing the number of members actively involved in AED is decreasing the number of positions held concurrently by the "tried and true" AED leaders. Like most young organizations, AED has tended to make ample use (to put it mildly) of a small number of individuals, and has not always been as effective as it might have been in recruiting new talented, energetic, and committed individuals to lend a hand. Although the number of AED members who are actively serving on AED councils and committees is now at an all-time high, there is still a great deal of room for improvement. So, while apologizing to those members who have attempted to become actively involved and have not found suitable opportunities to be forthcoming, I again extend the offer: let me know what you would like to do for AED, what your background and skills are, and where your interests lie, and the Board, the Council Chairs, and I will do our very best to help you to find the right niche within AED. And I would be remiss if I did not mention the crucial work of the Nominating Committee, and the degree to which the committee depends upon members to identify those indi-

viduals who will most effectively lead AED in the years ahead. Now is the time to let the Nominating Committee, headed by Cindy Bulik, PhD, FAED, know about who you would like to see on the AED Board and Nominating Committee.

Finally, I'd like to acknowledge the dedication and hard work of those individuals who are rotating off of AED positions as well as the enthusiasm and willingness to serve of those who are rotating on. They are summarized in the Passages section on page 3. AED is truly fortunate to have so many hardworking and committed individuals to carry our work forward. As AED looks toward a year of transition and growth, I invite each of you to think about what part you would like to play. On behalf of the AED Board, I assure you that we have no higher priority than to provide a channel for our members to work toward the kind of change that we are all committed to bringing about.

Editor's Message continued

momentum and focused efforts to make the AED a truly global organization. It was quite amazing to hear so many languages spoken in the poster session ballroom! This issue of the Newsletter also provides an introduction to the people who have recently joined the organizational structure and a grateful farewell to those leaving various positions. Related is information from the Nominations Committee on the important task of choosing new leaders for the upcoming years. Finally, please be sure to read the feature on Position Papers. This effort is new for the AED and is a place where all members can become involved in the work of our organization. As always, send me your Member News!

Teaching Days Around the Globe

To improve access to training on best clinical practices in the eating disorders, the AED wishes to help develop clinical teaching days all around the globe.

If you would like to work with the international teaching day task force to set up a teaching day in your city, please contact Howard Steiger (e-mail: stehow@douglas.mcgill.ca) or Fernando Fernandez (e-mail: ffernandez@csb.scs.es).

2004 International Conference on Eating Disorders Conference Highlights

Howard Steiger, PhD, and Kelly Klump, PhD, Conference Co-Chairs

This is supposed to be an article in which we review “conference highlights.” But before we do that, we want to thank everyone who attended and participated in the AED 2004 International Conference on Eating Disorders for making the conference such a great experience. A conference is at most half made by its presenters—the other half is the audience—the participants who are willing to share and compare, to engage in the material, and to bring their knowledge and experience to the discussion table. We had a great group of presenters this year, but an even greater group of participants, who really strove to “think outside the box” and to engage in dialogue about how best to treat, study, and prevent eating disorders. For that, we are very thankful to all who took part.

The conference theme this year was “Integration.” The overt message was about integrating Clinical Practice and Research—diverse models of therapy—and different theoretical perspectives. A firm belief (held by all of us involved in organizing this conference) was that the fewer barriers there are to integration in any of these areas, the better our patient care will be. In designing the conference, the planning committee really strove to take the “Integration” theme to new heights in both content and structure, to ensure that we start thinking and acting in integrative ways. Let us point out a few of the efforts made by the organizing committee to ensure that the Integration theme “spoke” throughout the conference:

To start, there was no such thing anywhere as a “Biology plenary” or a “Sociocultural session,” or a session called “Psychological issues.” These are each important dimensions, but they do not guide us to integrative concepts. Eating disorders teach us to think multidimensionally and to treat multi-modally. So instead, we opted for plenary sessions that addressed interactions among things Bio-Psycho-Social.

In addition, each plenary speaker was mandated to discuss clinical implications of his/her work, no matter how basic the science was that he/she was presenting. All presenters rose to this daunting task and really highlighted for us the ways in which science, from the

Passages

The Academy would like to thank the following individuals, who are rotating off of their current Board and Council positions, for their dedicated service:

Cindy Bulik, PhD, FAED: *President*
Pat Fallon, PhD, FAED: *Immediate Past President*
Ann Kearney-Cooke, PhD, FAED: *Board member, Public Affairs Council Chair*
Susan Willard, LCSW, FAED: *Board member*
Jim Mitchell, MD, FAED: *Research Council Chair*
Amy Baker Dennis, PhD, FAED: *Education and Training Council Co-Chair*
Scott Crow, MD, FAED: *Board member, Education and Training Council Co-Chair*

The Academy would also like to welcome the following individuals into their new positions and wish them the best:

Michael Devlin, MD, FAED: *President*
Scott Crow, MD, FAED: *President-Elect*
Cindy Bulik, PhD, FAED: *Immediate Past President*
Jillian Croll, PhD, RD, MPH: *Board member*
Fernando Fernandez-Aranda, PhD, FAED: *Board member*
Ulrike Schmidt, MD, PhD: *Board member*
Debbie Franko, PhD: *Public Affairs Council Co-Chair*
Allan Kaplan, MD, FAED: *Public Affairs Council Co-Chair*
Debra Katzman, MD, FAED: *Education and Training Council Co-Chair*
Kathy Pike, PhD, FAED: *Education and Training Council Co-Chair*
Ruth Striegel-Moore, PhD, FAED: *Research Council Co-Chair*
Tracey Wade, PhD: *Research Council Co-Chair*

Thanks to all who are ending their terms as chairs and to members of councils, committees, and task force members, and welcome to all who have recently joined!



Cindy Bulik, PhD, delivering her Presidential Address

cellular to the macro level, really does impact our patients and the work that we do.

Finally, the program strove to represent integrative work being conducted across multiple domains: psychosocial and biological risk factors, empirically validated and non-empirically validated treatments, prevention of obesity and acceptance of body size, etc. The result was a stimulating and enjoyable tour of many facets of the “Integration” theme. Here is a sampling of the presentations we had:

The Keynote Address was given by Drs. Chris Fairburn and Craig Johnson and focused on where we have come in our empirically validated treatments of eating disorders and where we need to go from here. Aside from the simple nostalgic value of seeing both of them on stage together again after approximately 15 years (they had done a similar keynote address at the end of the 1980s), Chris and Craig each stressed that the less

there is a distinction between clinical practice and clinical research, the better this will be for our patients. We both came home with these nagging ruminations: “Are we really evidence-based enough at our program back home?” and “How can we integrate treatments to improve them for our patients who are not getting better?” We kind of hope that everyone had a bit of these same nagging thoughts.

We had a fabulous plenary on “Culture and Constitution” that brought in just about everything. It touched on sociocultural findings, personality and temperament, and genetics, with really excellent contributions from Drs. Anke Hinney, Pamela Keel, Michael Strober, and Drew Westen. If you didn’t catch this one (like maybe you were at Disneyworld?) you really missed something. These were some of the most cutting edge ideas we’ve heard in some time.

The plenary on “Hidden Manifestations and Long Term Risks” addressed topics that often get overlooked at our conferences: athletes, osteoporosis, diabetes, and chronic anorexia nervosa. Drs. Ron Thompson, Roberta Sherman, Robert Peveler, Stefan Zipfel, and Robert Palmer all gave greatly informative, valuable talks that raised our awareness of issues that might not have been on our radar, but truly should be. Comments made by each speaker made this plenary a growth experience—truly thoughtful and thought provoking.

Another plenary, with Drs. Leann Birch, Ruth Striegel-Moore, Andreas Karwautz and Marika Tiggemann, addressed “Eating Disorders across the Lifespan.” This session really taught us something about how to understand risk for eating disorders and the ways in which this vulnerability changes across development. And if you happened to be a woman, particularly of middle or older age, Dr. Tiggemann’s talk provided validation and an ego boost that is rarely a benefit of conference attendance!

Then there was the “Treatment” plenary. Speakers were asked to discuss up-to-date outcome findings as well as provide clinically relevant materials that gave the “how to” of the clinical technique they were discussing. And they did. Drs. Simon Gowers, Daniel LeGrange, Ulrike Schmidt, and Martina de Zwaan gave beautifully complementary talks on treatments that are stretching the boundaries of traditional eating disorders therapy. Each proved that it’s possible to be practitioner and scientist, and to embody true clinical-research integration.

All of these planned events lived up to their billing in terms of pushing each of us to think in new and integrative ways. However, much of what makes a conference are those events that were NOT designed by the conference committee, but are instead the result of the creativity and energy of AED members and conference attendees. There were several of these that contributed to the vitality and success of the conference. The National Institute of Mental Health (NIMH) Junior Investigator Awardees did an exceptional job with their research presentations. These junior investigators represent the best of the best and are living proof that our field will continue to learn, grow, and prosper in the future.

between cognitive-behavioral therapy (CBT) and psychodynamic therapy in the combined CBT and Psychodynamic SIG Discussion Panel. Audience members really felt that everyone was trying to find a common language and extend their long-held views on the best treatments for these disorders. A similar mood prevailed in the Prevention and Health at Any Size SIG Discussion Panel that addressed obesity prevention efforts and the body acceptance movements. Both of these sessions had a sense of mutual understanding, respect, and honesty. We really need more of these types of sessions in future conferences.



A wealth of information sharing and networking at the poster session.

The Global Hallway made its debut at this conference by highlighting eating disorders organizations around the world. Although relatively small in size this year, many of us benefited from learning about organizations and treatment centers in countries different from our own. This “globalization” was also evident in this year’s first ever Spanish-speaking Teaching Day workshop and the global representation of speakers at all levels of presentations—plenaries, workshops, papers, and posters. It is our hope that future conferences will continue these trends to better inform us about the exciting work being conducted by our colleagues from all corners of the world.

Finally, the paper sessions, poster session, and Special Interest Group discussion panels were the icing on the cake. The diversity of topics in the paper and poster presentations really reflected the growing awareness in our field of the multitude of issues our patients face and our need to expand our theories and views on treatment, research, and prevention. In line with this view, there was an honest contemplation of commonalities and differences

In ending, we both feel very fortunate to have been a part of such an exciting program. We were fortunate with a planning committee with unparalleled creativity, energy, and ability to...well...think integratively. We would like to thank each committee member for his/her fabulous contributions: Drs. Cynthia Bulik, PhD, FAED, Scott Crow, MD, FAED, Michael Devlin, MD, FAED, Debbie Franko, PhD, Daniel le Grange, PhD, FAED, Tracey Wade, PhD, and Ulrike Schmidt, MD, PhD.

So, these are our notions of “conference highlights.” (We won’t mention “Mission to Mars” at Epcot Center.) We hope that others found these to be highlights, too. But also, we hope that everyone had many, many highlights of their own. Thanks for the opportunity to contribute our little piece to the International Conference on Eating Disorders. This is really the highlight that we will never forget...and for which we remain forever grateful.

Special Interest Group ICED 2004 Highlights

Judith Banker, MA, LLP, FAED, and Paulo Machado, PhD, SIG Oversight Committee Co-Chairs

The Orlando 2004 Conference was the most successful venue to date for the AED Special Interest Groups. Many of the SIGs reported record attendance at their annual meetings with many exciting initiatives stemming from their meeting discussions. There were more SIG-sponsored activities in Orlando than at any previous AED conference. The enthusiastic response from the conference attendees to the SIG-sponsored workshops, panel discussions and invited speakers ensures even more SIG involvement in future AED training and educational events.

The following are just a few of the SIG event highlights from the Orlando conference:

- **Athletes SIG**

Roberta Sherman, PhD, and Ron Thompson, PhD, Co-Chairs

Don McAlpine reported on the development of the athletes and eating disorders literature review, Anne Monroe discussed her dissertation research on eating disorder services for athletes in educational institutions, and Kelly Pedrotty discussed the treatment of eating disorder patients using exercise, and the transition of athletes back in to their sport following treatment.

Planning is taking place for a second mini-conference slated for Fall 2005.

- **Bariatric Surgery SIG**

Carol Signore, MS, Chair, Brenda Wolfe, PhD, and Anthea Fursland, PhD, Co-Chairs

Jim Mitchell presented on the Longitudinal Assessment of Bariatric Surgery Research and an Orlando malpractice attorney presented on liability issues for mental health providers working in the bariatric surgery field.

The BSSIG sponsored a conference workshop, "Pre-operative Psychological Interview for Bariatric Surgery: To

Prescreen or to Prepare?" which was well-received.

- **CBT SIG**

Claire Wiseman, PhD, Chair and Katharine Loeb, PhD, Co-Chair

Planning is taking place to host a teaching day/workshop at the AED Montreal 2005 Conference. Meeting discussion focused on need for certification of therapists in CBT.

Co-sponsored SIG panel discussion with Psychodynamic Psychotherapy SIG, "Enhancing Clinical Efficacy: Integrating CBT and Psychodynamic Psychotherapy in Eating Disorder Treatment" which was attended by almost 100 people. Co-sponsored workshop (see PPSIG) with Psychodynamic Psychotherapy SIG.

- **Child and Adolescent SIG**

Shelagh Wright, RN, Chair, Nancy Zucker, PhD, Co-Chair

Annual meeting discussion outlined areas of research interest. Initiatives include:

- To develop a resource of tools for working with the child and adolescent population;

Join a SIG!

Judith Banker, MA, LLP, FAED and Paulo Machado, PhD
SIG Oversight Committee Co-Chairs

Some Academy members have expressed confusion about what a Special Interest Group is, how one becomes a member, and what membership entails. To help address these questions we offer the following:

What is a SIG?

"SIG" is an acronym for Special Interest Group. SIGs are formed by AED members around areas of special interest in the field of eating disorders. The purpose of a SIG is to provide a more intimate, interactive forum for professional activity around a particular issue.

Who can join a SIG?

Any AED member is encouraged to join any SIG in which s/he has an interest.

What does it cost to join a SIG?

SIG membership is a free benefit offered to any AED member. Join as many SIGs as you like—it is free!

How do I join a SIG?

You can join a SIG by contacting the SIG Chair or Co-Chair listed on the AED website or by contacting the AED Central Office. Your name, mailing address and e-mail will be added to the membership list for the SIG(s) you wish to join. You will automatically be added to the SIG listserv membership. Again, SIG membership is free and you can participate in as many SIGs as you like.

What is the benefit of belonging to a SIG?

SIG membership provides access to groups of colleagues who have expertise in and/or interest in shared issues or areas of study. Each SIG has its own listserv, which offers members a unique opportunity for online discussion with colleagues from around the globe about issues of particular concern to you. SIG membership also offers opportunities for leadership, program development, research and education allowing members to become more involved in the AED at varying levels of commitment.

How do I form a SIG?

A new SIG can be formed by any AED member by following these steps: Develop a new SIG proposal which includes: a name for the proposed SIG, the proposed SIG Chair and/or Co-Chairs, their e-mail addresses and brief professional biographies, and a one paragraph description of the topic, purpose, and targeted membership of the SIG; Gather a list of at least 10 other AED members who are willing to be members of the proposed SIG; Submit the SIG proposal to the SIG Oversight Committee (SOC) for review. If the new SIG is approved by the SOC, the SIG Chair/Co-Chairs will be assigned a liaison on the SOC who will inform them of the simple guidelines for active SIGs and who will assist them in establishing the new SIG. Proposals can be e-mailed to SOC Co-Chairs Judith Banker and Paulo Machado at banker@umich.edu or pmachado@iep.uminho.pt.

The AED SIG Program offers unique and varied opportunities for collaboration, collegial networking, and training and development. Joining is free, easy, and your level of involvement is up to you. For further information about the SIG Program contact SIG Oversight Committee Co-Chairs Judith Banker (banker@umich.edu) and Paulo Machado (pmachado@iep.uminho.pt).

- To develop a resource of measures that have already been validated for the child and adolescent population;
- To develop a discussion forum around treatment issues for children and families;
- To collaborate with the Family Therapy SIG to further goals 1-3. Meeting planned for the 2005 London International Conference on Eating Disorders.

- **Health at Every Size SIG**

Deborah L. Burgard, PhD, and Ellen Shuman, MSW, Co-Chairs

Co-sponsored SIG Panel Discussion with Prevention SIG, "Creating Coherent Prevention Programs across the Weight Spectrum: How Do We Address Weight Concerns without Creating Eating Disorders?" which was well-attended and very well received.

- **HispanoLatinoAmerican SIG**

J. Armando Barriguete, MD, FAED, Chair

Founders J. Armando Barriguete Melendez, MD, FAED, Ovidio Bermudez, MD, FAED, Fernando Fernandez Aranda, PhD, Paulo Machado, PhD, and Fabian Melamed, PhD, were awarded the 2004 AED Meehan/Hartley Leadership Award for Public Service Advocacy for their tireless efforts in advocating for the mission of the AED in Hispanic countries.

The HLA SIG sponsored the first Spanish-speaking Teaching Day workshop, "Introduction to Eating Disorders, Working With Hispanic Patients and Families" and will be sponsoring "2nd HispanoLatinoAmerican Congress on Eating Disorders" in Mexico City and Cuernavaca, October 20-23, 2004.

A major initiative of the Congress and the HLASIG is to build a clinical consensus from which to delineate clinical eating disorder treatment guidelines for Hispanic cultures.

- **Males SIG**

Mark Warren, MD, Chair

Group is in process of identifying new Chair/Co-Chairs.

- **Medical Care SIG**

Ovidio Bermudez, MD, FAED, Chair, Garry Sigman, MD, and Richard Kreipe, MD, Co-Chairs

Offered a Teaching Day workshop, "Identifying and Treating Eating Disorders:

A Primer for Primary Care Providers" sponsored by Ortho-McNeil Pharmaceutical, Inc., which was well received.

Major initiative focuses on the education of PCPs. A second Teaching Day workshop will be proposed for the AED Montreal 2005 Conference. Plans to develop position statements on medical aspects of eating disorder treatment with the initial paper addressing re-feeding syndrome.

- **Neuroimaging SIG**

C. Laird Birmingham, MD, Chair

Meeting discussion focused on neuroimaging. Plans to collaborate with Eating Disorder Research Society and London International Eating Disorder Conference planners to further develop neuroimaging think tank.

- **New Investigators SIG**

Marci Gluck, PhD, Chair, Jennifer Boisvert, MA, Co-Chair

This was the NISIG's second annual meeting. Plans include:

- Hosting a "nuts and bolts" grant writing workshop at the AED Montreal 2005 Conference with a NIH recruit as well as senior member AED recruits
- Using the SIG listserv to implement a mentoring program between advanced junior members (postdocs) and lower level junior members (graduate students) and between senior AED members and junior investigators
- Investigating possibility of IJED featuring a New Investigator paper on a regular basis to encourage young investigators to publish and to expose other AED members to their work

- **Nutrition SIG**

Sondra Kronberg, MS, RD, CDN, and Reba Sloan, RD, Co-Chairs

Attendance of almost 50 at annual meeting. Discussion focused on practical treatment applications. Nutritionists are thrilled to see the group growing and to have an organization that recognizes and reinforces their work with eating disorders.

Plans are developing for a Teaching Day in New York City, NY.

- **Prevention SIG**

Ricardo Dalle Grave, MD, Chair, Carolyn Black Becker, PhD, Co-Chair

Co-sponsored SIG discussion panel with Health At Every Size SIG (see HAES SIG) that was very well-attended.

- **Psychodynamic Psychotherapy SIG**

Judith Banker, LLP, MA, FAED, Chair, David Tobin, PhD, Co-Chair

The annual meeting featured invited speaker Jeanne Magagna, Great Ormond's Street Hospital for Children, London, who addressed the psychodynamic treatment of anorexia nervosa. Meeting discussion focused on the need for more research on the efficacy of psychodynamic psychotherapy in eating disorders treatment. A task force was formed to address this issue. An ongoing literature review resource for the PPSIG web page is in development. The PPSIG, in cooperation with CBT SIG, has also developed a clinical practice survey which was distributed at the conference and through the AED website which looks at clinical treatment interventions currently practiced by eating disorder psychotherapists.

Co-sponsored a SIG panel discussion with the CBT SIG (see CBT SIG).

Co-sponsored, with CBT SIG, a conference workshop, "To Speak or Not To Speak? That Is the Question: Therapist Self-Disclosure in Eating Disorders Treatment" that was very well-received. Meeting planned for the 2005 London International Conference on Eating Disorders.

- **Transcultural SIG**

Richard Gordon, PhD, Chair

Representation at annual meeting from U.S., U.K., Canada, Mexico, Italy, Japan, Singapore, and Puerto Rico. Discussion focused on facilitating global communication about eating disorder research and treatment and facilitating conference attendance by hosting meetings outside U.S. (current AED plan).

In addition to the groups mentioned the AED also offers the following SIGs: Body Image (Stacey Tantleff Dunn, PhD, Chair), Family Therapy (Elizabeth Blocher McCabe, MSW, Chair), Nursing (Carolyn Cochrane, PhD, RN, CS, Chair) and Private Practice (Jill Strasser, PhD, Chair). All of the Special Interest Groups plan to host annual meetings at the AED Montreal 2005 International Conference. For further information about the AED SIGs go to the Academy website and click on "Special Interest Groups."

Clinical Practice Survey Participants Needed!

In order for clinicians to inform the process of efficacy research, we need a better understanding of what is happening in the clinical trenches—what interventions are practiced, what the attitudes are of clinicians toward particular treatment modalities, and what training or experience clinicians have received.

As a step in this direction, the Psychodynamic Psychotherapy Special Interest Group and the CBT Special Interest Group are collaborating on a survey research project that looks at the current clinical interventions practiced by psychotherapists in eating disorders treatment. Surveys were distributed to attendees at the AED Orlando 2004 ICED and the survey team extends its appreciation to those clinicians who took the time to complete and return the forms.

If you completed a survey and have not returned it, please mail it to: Judith Banker, 111 North First Street, Suite 2, Ann Arbor, Michigan, USA, 48104 or fax it to David Tobin at 413-732-5155. The survey is also available on the AED website at www.aedweb.org. Click on "Special Interest Groups" and go to the CBT SIG web page or the Psychodynamic Psychotherapy SIG web page and follow the instructions.

We appreciate the help of all psychotherapists who work with eating disorders. Please share the survey with any colleagues you know who are not AED members but who may work with eating disorder patients. If you need multiple copies or have any questions about the survey or this project please feel free to contact us.

Practice Survey Team
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Laura Weinberg, Katharine Loeb,
Wayne Bowers

Position Papers

Public Affairs Council

*Richard Kriepe, MD, Position Paper
Committee Chair*

The Board of Directors of the Academy for Eating Disorders recently approved a new policy and procedure for the development of position papers. "Position Paper" is defined as a "scholarly work that expresses an opinion about an issue related to eating disorders that

may be controversial or a source of consumer confusion or misinformation, that needs clarification for professionals, or that represents an issue deserving advocacy on behalf of individuals with eating disorders." In taking a stand on an issue, a "position" would consist of 1) "statement(s)" declaring the AED's official stance regarding an important issue germane to the mission and objectives of the AED that emanate from a 2) "paper" that provides pertinent data and other sources of evidence to support the statement(s). All AED members are encouraged to become involved in the process of developing position papers. The following procedure (in summary form) should be used in the development of position papers.

1. An individual (or group, including the Board of Directors) identifies an issue that appears to warrant an AED position, completes and submits a "Position Concept Form" and "Evaluation Checklist" (available at www.aedweb.org after July 31).
2. The Position Concept Form is forwarded to the members of the Public Affairs Council (PAC) for discussion. Recommendations to the Proposed Position Concept Form could be made to ensure that the Position is sufficiently comprehensive (or narrow) in focus.
3. If the PAC approves the proposed/modified position, it is forwarded to the Board to decide to accept, reject, or further modify the development of a Position.
4. After the Board votes for development of a Position, the PAC assumes responsibility for the creation of a workgroup that will select authors, including a lead author and, if appropriate, the individual who proposed the development of the Position. Although the majority of authors for a Position should be AED members, in some circumstances, it may be appropriate to include non-members who have expertise relative to the content of the topic. In addition, senior member authors should actively involve junior member colleagues in the development of a Position, to ensure active participation of the next generation of leaders in AED. Finally, to enhance the sense of inclusiveness and active participation in AED initiatives that directly affect members at-large, such as position papers, authors should represent at least two different disciplines and reflect our global membership.
5. After the authors have accepted responsibility to develop the Position, a timeline

of deliverables—in draft form—will be created and agreed upon by all authors and the PAC. To avoid a protracted process, a timeline of 12 months is suggested (specific timeline details are available from the PAC Co-Chairs).

6. When the draft of the position statement(s) and paper are completed, they will be posted on the AED website for 1 month for member comments that will be incorporated, as appropriate, into the final draft that goes to the PAC for comment, then eventually to the Board for comment and approval or revision.
7. When the Position is approved by the AED Board, it is sent to the *International Journal of Eating Disorders* for publication. Once the Position is published in the Journal it becomes an Official Position of the AED. It can then be posted on the AED website, on the "Positions" web page (yet to be created), with an indexed listing of Statements and their supporting Papers.

Showcase on New Board Members

Fernando Fernández-Aranda, PhD, worked as a Consultant Psychologist and Supervisor at the Department of Psychiatry at the University Hospital of Bellvitge from 1996-2003, where he was made Head of the Eating Disorders Unit in 2003. He has been an Associate Professor in Psychology, University of Barcelona, since 2000. He obtained his PhD in Psychology in 1996 at the University of Hamburg (Germany) and his BP in 1990 (Clinical Psychology) at the University of Barcelona. His previous appointments are as a Consultant Psychologist at the Behavioural Therapy Unit at the University Hospital of Hamburg, Germany (1994-1995), and Long-term Pre-doctoral Research Fellowship in Germany (1992-1993). He has extensive expertise in research into the psychological and therapeutic aspects of eating disorders, and has been an active participant in many multi-center Spanish and European research projects. As a recognised Supervisor, he is actively involved in Continuing Education for Psychologists in Spain, and is a member of many Spanish psychology associations. He is a Fellow of the Academy for Eating Disorders (AED), chair of HispanoLatinoAmerican SIG and co-chair of the AED International Teaching-Day Task Force and member of the Eating Disorders Research Society. He recently received the Pfizer-2004 Spanish award in Neuroscience Research.

Jillian Croll, PhD, RD, MPH is a Clinical Dietitian and the Research Clinical Practice Director for the Eating Disorders Institute in Minneapolis, MN. Her clinical responsibilities include individual, group, and family nutrition education and counselling, supported meals and experiential nutritional outings, and staff and program development. Her areas of research are treatment outcomes, stages of change, eating disorder related educational needs of health professionals, and sports participation and eating disorders. She completed her PhD in Nutrition and Epidemiology at University of Minnesota, her Master's degree in

Nutrition from the University of Vermont and her Master of Public Health degree in Public Health Nutrition from the University of Minnesota. She has authored or co-authored numerous book chapters and journal articles in the areas of adolescent nutrition, body image, and disordered eating among adolescents. Her professional memberships include the American Dietetic Association and SCAN (Sports, Cardiovascular and Wellness Nutritionists).

Ulrike Schmidt, MD, PhD, is Reader in Eating Disorders at the Institute of Psychiatry,

London, UK and Honorary Consultant Psychiatrist at the Maudsley Hospital, London. She qualified from Düsseldorf University, Germany, and trained in psychiatry at the Maudsley Hospital, London. Her research interests include all aspects of eating disorders, but in particular are in the area of brief psychological and self-help treatments. She has been involved in the development and evaluation of such treatments in a number of randomized controlled trials. More recently, she has also become interested in the use of new technologies in the treatment of eating disorders.

Winner's Circle: The Academy for Eating Disorders 2004 Awards

AED Annual Awards:

Lifetime Achievement Award: *Peter Beumont, AM, M.Phil*

Outstanding Researcher Award: *Janet Treasure, MD*

Meehan/Hartley Award for Community Service:

*HispanoLatinoAmerican (HLA) Special Interest Group (SIG)
(J. Armando Barriguete, MD, Ovidio Bermudez, MD, Fernando Fernandez Aranda, PhD, Paulo Machado, PhD, and Fabian Melamed, PhD)*

NIMH/AED Fellowships:

Liana Abascal, MA, San Diego State University/University of California at San Diego, USA

Roslyn Binsford, PhD, University of Chicago, USA

Laura Currin, BA, St. George's Hospital Medical School, UK

Sherrie Delinsky, MS, Rutgers University, USA

Meghan Doughty, Wesleyan University, USA

Jess Haines, MHSC, RD, University of Minnesota, USA

Janet Latner, PhD, University of Canterbury, New Zealand

Margarita Lorence, Columbia University, USA

Heather Niemeier, MA, Brown University, USA

Hiroko Maekawa, Keio University, Japan

Sarah Perkins, BSC, King's College, UK

Lauren Reba, University of North Carolina, USA

Meghan Sinton, MS, Pennsylvania State University, USA

Joanna Steinglass, Columbia University, USA

Jennifer Thomas, BA, Yale University, USA

AED Clinician Scholarships:

Edi Cooke, PsyD, Cedars Sinai Hospital, USA

Maureen Dymek-Valentine, PhD, University of North Carolina, USA

Anita Kumar-Gill, MD, Private Practice, USA

Victoria Petrilli, RD, University of North Carolina, USA

Claudia Unikel, PhD, National Inst. of Psychiatry, Mexico

Sharlene Wedin, PsyD, Medical Univ. of South Carolina, USA

Shelagh Wright, Pdip, Huntercombe Manor, UK

Ruth E. Yodaiken, MA, Neve Hadar Eating Disorders Center, Israel

AED 2004 Class of Fellows:

Diann Ackard, PhD, LP, FAED

Fernando Fernandez-Aranda, PhD, FAED

Diane Keddy, MS, RD, FAED

Lisa R. Lilienfeld, PhD, FAED

Fabian Melamed, PhD, FAED

Niva Piran, PhD, FAED

Roberta Sherman, PhD, FAED

Ron Thompson, PhD, FAED

Eric van Furth, PhD, FAED

Claire Wiseman, PhD, FAED



HLA SIG



NIMH Fellows



AED Fellows

Junior Researcher Standouts

Thanks to the efforts of Ruth Striegel-Moore, PhD, and Cindy Bulik, PhD, an NIMH conference grant was awarded to the 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 that occurs the day before the conference. This year, 15 AED-NIMH fellowships were awarded (see Winner's Circle for complete list). In each Newsletter issue we will introduce several of these outstanding young researchers and publish the abstract of the presentation given at the AED Orlando conference. Hats off to these young investigators and their bright futures!

Roslyn B. Binford, PhD

Dr. Binford is a postdoctoral fellow in the Eating Disorders Program at The University of Chicago. She received her PhD from the University of Minnesota in 2003. Her primary research interest is treatment outcome research, with specific focus on evaluation of efficacious interventions for adolescents with eating disorders.

EDE versus EDE-Q in full and partial-syndrome bulimia nervosa and anorexia nervosa adolescents

Roslyn B. Binford, PhD, Daniel le Grange, PhD, & Courtney C. Jellar, B.A., The University of Chicago, Chicago, IL

ABSTRACT

Level of correspondence between the Eating Disorder Examination (EDE) and the Eating Disorder Examination-Questionnaire (EDE-Q) has not been empirically examined in adolescents with bulimia nervosa (BN) or partial-syndrome BN (PBN). The purpose of this study was to compare the EDE and EDE-Q in an adolescent sample. Participants (N=70; M age=15.79, SD=2.28 years) were adolescents with BN (n=21), PBN (n=25), and AN (n=24). PBN cases satisfied all DSM-IV criteria except binge and purge frequency (>1/week past 6 months). All participants were assessed with the EDE and EDE-Q prior to outpatient treatment. Moderate to high correlations ($r=.71-.94$) were found on all four subscales (Restraint, Shape Concern, Weight Concern, Eating Concern) within and between diagnostic groups. The discrepancy between the EDE and EDE-Q was significantly greater among BN (M difference=0.97, SD=0.80) adolescents relative to PBN (M difference=0.18, SD=0.58) and AN (M difference=0.24, SD=0.62) adolescents for the Eating Concern subscale ($F(2, 67)=9.68, p<.001$). Mean objective bulimic episode (OBE) frequency in BN (EDE=29.43 vs EDE-Q=17.65) and subjective bulimic episode (SBE) frequency in BN (EDE=15.71 vs EDE-Q=10.0) and PBN (EDE=17.64 vs EDE-Q=7.26) were higher on interview than questionnaire. Self-induced vomiting was highly correlated between the two measures in BN ($r=.731$) and PBN ($r=.932$). Adolescents with BN, PBN, and AN exhibited strong correspondence between the

interview and questionnaire format of the EDE. However, this consistency was not as pronounced for BN as it was for PBN and AN. This study lends preliminary credibility to the use of the EDE-Q in adolescent eating disorder samples.

Meghan M. Sinton, MS

Ms. Sinton is a PhD candidate in the human development and family studies program at the Pennsylvania State University. She received her B.A. from the College of the Holy Cross in 2001 and her MS from Penn State in 2003. Her research is focused on understanding the developmental pathways involved in the emergence of disordered eating in pre-adolescent and early adolescent females. Her work has a particular emphasis on the role that girls' weight status and psychological health has upon the etiology of risk factors for disordered eating and the impact of the family environment upon the development of eating disorders.

Weight status and psychosocial factors predict the emergence of dieting in preadolescent girls

Meghan M. Sinton, MS, & Leann L. Birch, PhD, Pennsylvania State University, University Park, PA

ABSTRACT

Few studies have assessed the impact of childhood weight status on the development of disordered eating or accounted for the potential interaction of weight status with other variables predictive of eating pathology. This research tested a longitudinal model predicting the onset of girls' dieting at age 9, an established risk factor for subsequent eating disorders, using data on girls' individual and family characteristics, measured at ages 5 and 7. Participants included 183 girls and their mothers; families were not selected based on weight status or dieting. Girls' weight status (BMI), psychological health, and body satisfaction, along with maternal feeding practices and parents' marital relationship, were measured when girls were ages 5 or 7, and included in a hierarchical regression model predicting the emergence of dieting in girls at age 9, as measured by a subscale of the Children's Eating Attitudes Test. Interactions of girls' weight status with depression, self-concept,

and maternal feeding practices were also included to assess whether weight status moderated effects of other predictors in the development of risk for disordered eating. Overall, the model accounted for nearly half of the variance in girls' dieting. Results revealed that girls' weight status at age 5, both independently and in interactions with depression, self-concept, and maternal restriction of child intake, was a significant predictor of girls' dieting at age 9. Childhood overweight places young girls at risk for early dieting, which, in turn, increases risk for disordered eating.

Liana Abascal, MA

Ms. Abascal is a doctoral student in the San Diego State University/University of California at San Diego joint doctoral program in clinical psychology. She received her B.A. from the University of California at Berkeley in 1993 and her MA from San Francisco State University in 2001. Her research interests include health promotion and the prevention of obesity (and related health problems) and eating disorders.

Screening for eating disorders and high risk behavior: Caution

Liana Abascal MA, Clinical Psychology, SDSU/UCSD, San Diego, CA, Corinna Jacobi, PhD, Psychology, University of Trier, Trier, Germany, & C. Barr Taylor, MD, Psychiatry, Stanford University, Stanford, CA

ABSTRACT

The purpose of this research is to review the state of the art of screening for eating disorders (ED), to discuss methods and criteria applied for screens, and to make recommendations as to which screens should be used for which populations and purposes. Information on development, psychometric properties and external validation (sensitivity (Se), specificity (Sp), positive predictive values (PPV), negative predictive values etc.) is summarized. Results indicate that screens differ widely with regard to objective, psychometric properties and the validation methodology used. For anorexia nervosa (AN), screens had high Se [range of 100-64.3%] and Sp [97.7-66.1] but low PPV

continued on page 12

Call for Nominations

Cindy Bulik, PhD, Past-President

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 five positions open for the 2005–2006 year. These positions, with a brief description, are listed 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. No nominations will be accepted after that date.

We ask you to submit your nomination on the new nominations form and complete all information.

President-Elect

The President-Elect will function as a back up 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.

Treasurer

The Treasurer is the chief financial officer of the Academy. He or she is elected for a three-year term, and may be re-elected to not more than one additional term. The Treasurer will be responsible for preparation of the annual budget, oversight of the financial management, initiating annual dues notices and filing necessary federal and state financial reports and such other duties as outlined in the Policies and Procedures of the Academy.

Board Member at Large (Two Positions Available)

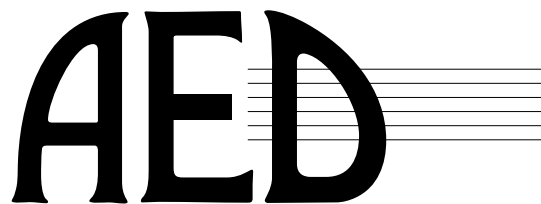
Six members shall serve at large on the Board of Directors, each elected to a three-year term staggered so that two new Board of Director members are elected annually.

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 Nominating Committee. Each year two members will be elected by the membership to a single term of three years. The composition of the Nominating Committee shall be multidisciplinary. Currently serving members of the Nominating Committee shall not be eligible for elected office.

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). The nominating committee will contact you.



Academy for Eating Disorders

Please submit your nominations to the following address:

E-mail: klump@msu.edu

Phone: 517/432-9861 **Fax:** 517/432-2476

Kelly Klump, PhD, *Secretary, Academy for Eating Disorders*

Attn: Nominating Committee

Department of Psychology

Michigan State University

129 Psychology Research Building

East Lansing, MI 48824, USA

Call for Nominations Form

NAME OF NOMINEE

POSITION

ORGANIZATION

ADDRESS

CITY

ST/PROV

COUNTRY

ZIP/PC

PHONE

FAX

E-MAIL ADDRESS

Position for which you are nominating this person:

Board Member

President-elect

Treasurer

Nominations Committee

Brief biographical information

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

[2.7-19.4] for identifying cases of full syndrome AN. For bulimia nervosa (BN), screens had high Se [100-80] and Sp [100-99.6] however, the Sp for these screens to differentiate between full-syndrome BN and other or partial ED is not known. A screen for ED in general is available with high Se and Sp for AN [Se 93][Sp100], BN[Se 81][Sp 98] and BED [Se 77][Sp 96], but does not identify partial cases. Limited information is available to identify those at risk for developing an ED but do not have one. Screens for middle and high school students are available with ranges for Se [86-43] and Sp [90-53] but have been used in limited populations. It is concluded that screens should be used with caution. Most screens that identify cases are not appropriate for the identification of at-risk behaviors. Little data on the external validity of screens are available. A sequential procedure, in which subjects identified as being at-risk during the first stage is followed by more specific diagnostic tests during the second stage, might overcome some of the limitations of the one-stage screening approach.

Seeking a Director of the Intensive Outpatient Program at the Renfrew Center of Connecticut. Position requires licensure in CT in social work or psychology and includes clinical, supervisory, and case management responsibilities. The IOP runs on Monday, Wednesday and Thursday evenings from 5:00 to 9:00 pm and includes a structured meal supervised by the program dietitian. Please e-mail/send cover letter and CV to:

Dr. Douglas Bunnell
Renfrew Center of Connecticut
436 Danbury Road
Wilton, CT 06897
e-mail: dbunnell@renfrewcenter.com
or bdcz@aol.com

Global Spotlight: Eating Disorders in Mexico 2004

*J. Armando Barriguete MD, FAED,
HispanoLatinoAmerican (HLA) SIG Chair,
HLA Congress 2004 President
barriguete@quetzal.innsz.mx*

*Ma. Teresa Rivera. HLA bulletin director,
HLA Congress 2004 Program Coordinator,
ARIWA Foundation
terenut@prodigy.net.mx*

Recently, the National Survey on Psychiatric Epidemiology in Mexico was carried out in a non-institutionalized population of individuals between 18 to 65 years old living in urban zones. The survey included an evaluation on eating disorders. Results indicated that 0.8% of men and 1.4% of women reported an eating disorder and a prevalence rate of 1.2% was found for bulimia nervosa. Investigation and treatment of eating disorders in Mexico is fortunately growing in quality for the benefit of patients. There are now a number of groups with clinical excellence that are part of National Institutes of Health (Nutrition and Psychiatry), and many professionals in private practice are very interested in the academic activities supported by the AED HLA SIG. Two of these include the **1st HispanoLatino-**

American Congress on Eating Disorders: October 20–23 2004, Mexico City and the 1st HispanoLatinoAmerican Consensus on Eating Disorders. June–October 24th 2004. Cuernavaca, Mexico.

Clinics in University Hospitals

The first clinic for eating disorders treatment and prevention was founded in 1985 in the National Institute of Nutrition and today is referred to as the "Instituto Nacional de Ciencias Médicas y Nutrición Salvador Zubirán." The interdisciplinary team includes the following professionals: Dr. Salinas (family therapy and psychoanalyst), Dr. Ulloa (endocrinologist), Dr. Núñez (psychiatrist), Dr. Barriguete (psychiatrist), Dr. Méndez (reproductive biology), Dr. Lerman (endocrinology, expert on Diabetes), and Drs. García, Casillas, Rocha and Arcila. Early on, the focus of the clinic was on treatment, and more recently a variety of topics have been the subject of investigation (prevention, multidisciplinary treatment, family, transcultural, therapeutic alliance, and assessment instruments). In 2003 this Eating Disorders Clinic and the Obesity Clinic joined together under the direction Dr. Eduardo García. Another important group in Mexico City is the Mexican Institute of Psychiatry directed by Dr. Alejandro Caballero. The ED Clinic includes hospitalization, day hospital and outpatient



Tucson's Center for Adolescent Eating Disorder Recovery

The adolescent program will utilize the integrative approach to treatment, which is a Mirasol signature. Mirasol is dedicated to providing a safe haven for girls to heal through a highly successful approach that respects and nourishes the body, mind and spirit of each individual.

The adolescent program will be limited to eight adolescents to ensure exclusive, personalized attention to every detail of the recovery process. Featured therapies include:

- cognitive behavioral
- dialectical behavioral therapy
- adventure therapy
- rocks and ropes
- challenge courses
- animal therapy
- neurofeedback
- martial arts
- body image and movement
- whole diet and nutritional counseling
- intensive 5-day family program
- four day mother/daughter workshops

Contact Mirasol at 1-888-520-1700 or e-mail Jeanne Rust at jrust@mirasol.net. Visit Mirasol's website for more information at www.mirasol.net.



services and provides individual and group therapy and nutritional counseling, with special attention to low income patients. The staff includes Drs. Claudia Unikel, Pilar Rendón Ruggiero, Paola Cervantes Laing, Arturo Chávez Flores, Laura González Macías, Marcela Blum Ortiz, Víctor Ruíz-Velazco, Olga Payan Yáñez. The "To Begin Again" Clinic for eating disorder treatment is located in Monterrey, Nuevo Leon (North of México) and is affiliated with TEC de Monterrey University. The Director is Dr. Eva Trujillo.

Investigation and Educational Universities

Universidad Nacional Autónoma de México (UNAM. ENEP Iztacala). Dr. Juan Manuel Mancilla, works together with Georgina Alvarez Rayón, Rosalía Vazquez Arévalo, on the validation and application of instruments like EAT, BULIT-R, EDI-2, and BSQ. Within the UNAM, the psychology faculty does research in prevention and risk groups, as well as conducting comparative studies with Spain. The Estudios Superiores Zaragoza Faculty has conducted long-term work in obesity, and the Dietetics and Nutrition School ISSSTE awards Eating Disorders Diplomas in the institution, as well as via the Internet. The Universidad Iberoamericana also conducts interesting work within the Health and Nutrition section. The TEC de Monterrey, Campus Santa Fé is currently conducting an interesting study on prevention in Mexican students with the participation of Spaniard groups.

Foundations

In the early '90s the first foundation was started, Fundación Internacional CBA, by Victoria Holtz and Antonio Tena. Their work focuses on prevention, treatment, and academic programs for professionals, which are conducted together with Universidad Iberoamericana.

For contact information for any of the services or individuals in this article, please contact Dr. Barriguete.

Member News

Cindy Bulik, PhD, FAED, was the recipient of the 2004 Research Award from the Eating Disorders Coalition for Research, Policy, and Action, presented in Washington, DC, on April 15, 2004.

Linda Smolak, PhD, and Michael Levine, PhD, have been awarded, as a joint appointment, the Samuel B. Cummings Jr. Professorship in Psychology at Kenyon College in Gambier, OH (USA).

Barton Blinder, MD, was awarded the Clinical Faculty Special Award in May 2004 by the University of California Irvine, College of Medicine.

F. Richard Ferraro, PhD, was awarded the Century Award by the Department of Psychology at the University of North Dakota for having 100 or more publications.

Mary Tantillo, PhD, RN, CS, FAED, was promoted to Clinical Associate Professor effective July 1, 2004, at the University of Rochester Medical Center, Department of Psychiatry.

Katharine L. Loeb, PhD, is pleased to announce the opening of her new Eating and Weight Disorders Program at The Mount Sinai School of Medicine in New York, NY. The clinic provides evidence-based treatment for children, adolescents and adults suffering from anorexia nervosa, bulimia nervosa, binge eating disorder, EDNOS, and obesity. For more information, please call 212-659-8724.

Juana Presman, Córdoba, Argentina, received a scholarship to visit the Roseneck Klinik in Germany under the direction of Prof. Manfred Fichter in March 2004.

The following AED members were National Eating Disorder Association (NEDA) Conference 2003 Award Recipients:

The Don & Melissa Nielsen Lifetime Achievement Award: *Craig Johnson, PhD*

The Price Family Award for Research Excellence: *Walter Kaye, MD*

The Lori Irving Award for Excellence in Eating Disorders Prevention and Awareness: *Dianne Neumark-Sztainer, RD, MPH, PhD*

Books published:

J. Armando Barriguete Melendez, MD, FAED, *Perinatal Psychiatry and Intercultural Perinatal Psychiatry*, 2003.

Kathy Kater, LICSW, *Real Kids Come in All Sizes: Ten Essential Lessons to Build Your Child's Body Esteem*, available July 27, 2004, Broadway Books/Random House.

Rachel Bryant-Waugh, PhD, and Bryan Lask, MD, *Eating Disorders—a Parents' Guide, 2nd edition*, 2004, Brunner-Routledge.

Ann Kearney-Cooke, PhD, *Change Your Mind, Change Your Body: Feeling Good about Your Body and Self After Forty*, June, 2004, Simon & Schuster.

Upcoming Conferences

Society for the Study of Ingestive Behaviors

July 18–19, 2004
Hueston Woods, Ohio
"Eating Disorders and Obesity"
Satellite Meeting
For more information, contact
jhutchens@chpnet.org.

Retreat and Professional Training on Eating Disorders

September 18–24, 2004
Kalani Oceanside Retreat Center,
Big Island of Hawaii.
For further information, contact Carolyn
Costin (mntc@montenido.com).

Eating Disorders Research Society

October 7–9, 2004
Amsterdam, The Netherlands
Visit www.edresearchsociety.org for more
information.

2004 National Eating Disorders Association Conference for Families and Professionals

October 15 & 16, 2004
Emory Conference Center, Atlanta, GA
"Getting Real About Eating Disorders"
For more information, please visit:
<http://www.nationaleatingdisorders.org>.

The 2nd Hispano-American Congress on Eating Disorders

October 20–23, 2004
Mexico City, Mexico
Sponsored by the Academy for Eating
Disorders Hispano-Latino American SIG
Contact Armando Barriguete at: abarriguete@mexis.com for more information.

The 14th Annual Renfrew Center Foundation Conference

November 4–7, 2004
Philadelphia Airport Marriott, Philadelphia, PA
"Feminist Perspectives and Beyond:
Hungers, Health and Healing"
For more information, please visit
www.renfrew.org or call
Debbie Lucker at 1-877-367-3383.

Eating Disorders 2005

April 4–6, 2005
Imperial College London, UK
For further information please e-mail Tania
at ed2005@markallengroup.com
or call 0044 207 501 6747.

2005 International Conference on Eating Disorders

April 28 – May 1, 2005
Montreal, Canada
Hilton Bonaventure Hotel

Orlando Conference Highlights

The discussion panel, sponsored by the Health at Any Size and Prevention SIGs on Friday, was the absolute highlight of the conference. It was very well taught and the discussions, led by Drs. Michael Levine, Riccardo Dalle Grave, Deb Burgard and Ellen Shuman, were both inspiring and truly enlightening. The resolution of the conflict between the “diet mentality” of traditional obesity management and the “anti dieting” stance of most eating disorders treatment and prevention programs is one of the most pressing and important themes in our field right now. It deserves our attention, and I was pleased to find that so many Academy members feel the same way.

— Sigrun Daniels, Reykjavik, Iceland



Saturday evening entertainment

Thank goodness it rained Saturday night! Moving the social event indoors was the only decision I had to make without Howard (he was co-chairing a plenary during the time the decision had to be made). When we decided to move it indoors, it was gorgeous outside! But thankfully, the weather followed the 10 forecasts we consulted, and it began raining right at the start of the event. Whew!

— Kelly L. Klump, PhD, Conference Co-Chair, Michigan State University

The Orlando Conference was an outstanding success. The science was first rate. The multiple options for workshops and for the teaching day provided opportunities for every level of clinical experience. The fastest growing component of the AED has been the integration of inter-hemispheric Hispanic-Latino clinicians, vital in view of the major concerns for increasing eating disorders and body image distress in the Spanish speaking countries of Mexico, Central America, and South America.

— Arnold Andersen, MD, University of Iowa Hospitals and Clinics



Jim Mitchell, MD, Martina de Zwaan, PhD, and Andreas Karwautz, PhD

Given the distance and fatigue involved in long trips, conferences need to be pretty special to make it “all worth while.” In this way, the Orlando conference was made all worth while for me at the workshops when I hear what others are doing and can pick up new ideas for my own clinical practice.

— Tracey Wade, PhD, University of Flinders



Anne Becker, MD, Ovidio Bermudez, MD, Susan Willard, MSW, and Carolyn Costin, PhD

Bob Palmer’s plenary talk was a gem. The short-paper session on treatments on Sunday morning were great—all presenters were very upbeat, gave excellent talks and importantly kept to time impeccably. Meeting new people and meeting people I know well, but never normally have time to chat to about work and life, was a true highlight.

— Ulrike Schmidt, MD, PhD, University of London



The three Levines: Michael, Paula, and Richard

A definite highlight was the debate between Chris Fairburn and Craig Johnson, if only because it exposed the differences between the therapeutic communities in the UK and the US. I’m glad that the Academy is emphasizing the debates between psychodynamic and CBT approaches, at least in the SIG forums, and I would like to see these aired out more in the plenary sessions. There was also a very nice gathering of the Transcultural SIG on Sunday, with attendees from Puerto Rico, Singapore, Japan and other places we need to hear more about.

— Richard Gordon, PhD, Bard College

For me the highlight of the conference was attending the NIMH/AED research fellows’ session. The presenters were all so excellent and poised—it was a glimpse into AED’s future.

— Cynthia Bulik, PhD, FAED, AED Past-President, University of North Carolina



Rachel Bryant-Waugh, PhD and Eric van Furth, PhD

Book Review Corner

Guest Reviewer

Diann M. Ackard, PhD, FAED

Weight Wisdom: Affirmations to Free You from Food and Body Concerns

By Kathleen Burns Kingsbury, LMHC and Mary Ellen Williams, LICSW

[Brunner-Routledge, 2003, ISBN 0-415-94434-1, published September 2003, 148 pages, \$14.95]

The book *Weight Wisdom* is thoughtfully designed to address both treatment and prevention of eating disorders. Written for a broad range of individuals struggling with food and body image concerns, *Weight Wisdom* provides clear and practical information, clinical and personal vignettes, and helpful strategies in short chapters, all written using positive and empowering language. The authors describe recovery as a journey and not simply a destination, a supportive approach that encourages continued progress while allowing for struggles along the way.

Throughout the book, therapists Kingsbury and Williams draw on interventions from cognitive, behavioral, interpersonal, and art therapies. Each chapter focuses on a particular theme or problem often experienced by individuals with food and body concerns. Within the chapter, several paragraphs address the issue in an educational and validating format, and at the end of each chapter, the reader is challenged in a "helpful hint" which specifies an area to make change. These changes may focus on self-monitoring a specific behavior, addressing a conflict in life, observing a pattern of thoughts, attending to uncomfortable emotions, or enhancing self-concept.

The first collection of chapters for affected individuals, *The Journey Begins*, is designed to cover the basics of recovery. Several chapters seem particularly well written for clients in the early stages of treatment. The chapter, "You're Not Crazy, You're Coping," underscores in a supportive manner that eating behaviors often occur as a means, albeit an unhealthy one, to manage a problem in life. In the chapter, "Fat Is Not a Feeling," the authors provide valuable information about the often hidden process of projecting emotions onto the body. "The Pyramid Was Not Built in a Day" emphasizes that recovery is a journey and that patience is important during this time of change. Finally, the chapter "Value the Instrumental, Not the Ornamental" addresses the dilemma behind "form versus function" and encourages the reader to appreciate the many things that their body allows them to do.

In the second section for affected individuals, *Conquering the Hills and Valleys*, the authors offer insightful descriptions and practical strategies to help individuals continue in their recovery. For example, in the chapter "What is Done Is Done," the authors present the cognitive-behavioral strategy of thought stopping, and in "Get Off the Sidelines And Into the Ball Game," they supportively encourage the reader to stop waiting for good body image and recovery to happen before engaging in desirable activities. Finally, the authors challenge the reader to note strengths and weaknesses in their interpersonal relationships and to identify those persons who can realistically meet their needs in the chapter, "You Can't Buy Something from an Empty Store."

Continuing the Journey is the final section designated for individuals suffering from food and body concerns, and offers sound advice and strategies for ongoing maintenance of recovery and personal growth. Several chapters are particularly noteworthy. In "Slips Don't Always Lead to Slides," Kingsbury and Williams emphasize that during the process of recovery, slips don't indicate failure or a complete return to symptoms, but instead provide an opportunity to reflect on an area that may need more attention. The chapter, "Pursue Your Passion," encourages readers to identify their passions in life, whether in education, volunteering, recreation, or a profession, and become more involved as a means of emphasizing passion in an area outside of the food and body. Finally, tips for appreciating the wonders and beauty of life are addressed in the chapter "Every Day Is a Gift."

Also included in the book are short sections for loved ones and professionals. Although these sections provide valuable information, I believe the strength of the book is in what it provides for individuals who are concerned with food and weight. Included at the end of the book are important handouts provided by NEDA, and a list of eating disorder resources, although not comprehensively representative of national and international resources.

Weight Wisdom is a reader-friendly and valuable resource for a broad range of individuals struggling with food and body concerns. The authors have compiled a wealth of practical information and helpful strategies drawn from effective therapeutic interventions into short, encouraging affirmations. I believe *Weight Wisdom* is particularly beneficial for those persons in the early stages of their recovery, and is also affirming and validating for those who have already achieved substantial progress.

Charis Center for Eating Disorders, an expanding clinic that is part of Clarian Health Partners (Indiana University Hospital, Methodist Hospital, Riley Children's Hospital) has a full-time opening for a doctoral level clinical or counseling psychologist to join our multi-disciplinary team. Responsibilities include outpatient individual, group, and family therapy, as well as participation in development and staffing of IOP and partial hospitalization programs. Clinical experience with eating disorders is desirable. Licensed or license eligible in Indiana. We offer competitive salary and excellent benefit package. Review of applications begins immediately and will continue until position is filled.

Applicants should send letter of interest and curriculum vita to:

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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:

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Submission deadline:

September 1, 2004

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

SAVE THE DATE!

The Academy for Eating Disorders 2005 International Conference

April 28 – May 1, 2005

Montreal, Canada

Hilton Bonaventure Hotel

The 2005 conference program committee chaired by Eric van Furth, PhD and Mimi Israël, MD is in the process of creating a stimulating and innovative program centered on the theme "Reaching New Frontiers: Global Advances in Eating Disorder Treatment, Prevention, and Research." We are also privileged to have as our keynote speaker Kelly D. Brownell, PhD who is Professor and Chair of Psychology and Professor of Epidemiology and Public Health at Yale University as well as director of the Yale Center for Eating and Weight Disorders.

Abstract submissions will be welcomed as of **September 1, 2004** via the AED website (www.aedweb.org) and the deadline for submitting abstracts will be **October 31, 2004**.