

## Message from the President

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



As promised in the last newsletter, I will use this column to share with the AED members some details of each of the new strategic directions that the AED Board has embraced for the future. The first new direction has been a salient issue for

the AED for years, namely internationalization. The direction reads: "Expanding the AED services for eating disorders professionals worldwide."

This direction has prompted immediate action within the Academy, which underscores, I believe, the critical importance of the issue of internationalization to the membership. There are many facets to internationalization; however, I will focus on some of the concrete issues that are being addressed.

The backdrop for this direction is reflected in the results of the Internationalization Survey, a questionnaire sent to the membership by the International Task Force (ITF), chaired by Tracey Wade Ph.D. (Australia) and including myself (US), Pat Fallon Ph.D., F.A.E.D. (US), Glenn Waller D.Phil (UK), Josie Geller Ph.D. (Canada), Hana Papezova M.D., Ph.D. (Czech Republic), Paulo Machado Ph.D. (Portugal) and Eric Van Furth Ph.D. (Netherlands). Although the response rate was less than optimal, we at least had some data and opinions to work with. Results of the survey indicated that there was a tendency for individuals from outside of the US to perceive the AED as being less international than did US residents. Indeed, 65% of respondents perceived the AED as not being truly an international organization. In addition, 73% of respondents indicated that it was very important that the AED be perceived as an international organization and most said they would be happy to attend an AED conference outside of North America (with Europe tops on the list and South America second most popular).

With these baseline data in hand, the ITF convened electronically to address two critical questions: 1. What is it about the AED that contributes to the perception that it is primarily

North American in orientation? ; and 2. How can the AED become more international?

The first question led to a variety of recommendations, many of which have already been implemented. Some of the changes, although technically small, contributed to the perception of AED being a North American and a Northern hemisphere-o-centric organization. For example, you will notice that countries on the website are now listed in alphabetical order (rather than the US first followed by other countries listed alphabetically). Second, in recognition of the fact that the world does not revolve around the northern hemisphere, we have changed the way we index the newsletter. Until now, we have labeled the newsletters by season (spring, fall, winter). We have now moved to a less hemisphere-biased system using year and volume number. Third, each newsletter now includes an "international spotlight" column highlighting the international spectrum of high quality clinical and research activity in eating disorders.

We have also worked towards greater transparency when we have scholarships or fellowships to offer that restrict applications based on nationality (as is often the case with National Institute of Mental Health awards). When such a stipulation exists, we are clearly spelling out the reason for the restriction. More importantly, in such instances where there are restrictions from outside sources, the AED has acted to provide matching grants so that applicants from outside the specified parameters can also receive awards. This was the case in Denver where we matched the NIMH research fellowships with AED research fellowships enabling grants to go to trainees from US, Portugal, New Zealand and Norway. Likewise, AED funds from the 2002 Gala were put towards clinician scholarships at Denver which were awarded to individuals from : Canada, Columbia, Japan, Mexico, United States and Venezuela.

Other central issues that have already been addressed include the historical differences between "even-year" and "odd-year" conferences. In the past, the even year AED conferences were viewed as international conferences and were always held in New York. For a brief interval, smaller odd-year conferences were held that were viewed as more US-focused. As was demonstrated in Denver this year, that distinction no longer exists. The even-odd year distinction

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## Message from the Editor

Debbie Franko, Ph.D.

Welcome to Volume 11, Issue 4 of the AED newsletter. This issue previews the AED 2004 conference in Orlando - save the dates (April 29-May 2) for an exciting conference that promises to appeal to members with a number of new features (and I don't mean just the proximity to Disneyland!). An innovative keynote event, a special workshop track and a fun evening event are just a few of the planned activities for 2004.

Also in this issue is an interesting article on the work of two academy members, Roberta Sherman Ph.D. and Ron Thompson Ph.D. on the Female Athlete Triad. Their efforts in this area have led to a meeting with a physician from the International Olympic Committee to develop a position statement and recommendations for Olympic athletes. We have also included an article from the National Eating Disorders Association to update our readers on the important work of this organization. Additional highlights in this issue include an international spotlight on Australia and an update from the Public Affairs Council, so read on!

As always, I welcome your comments, suggestions, and news for the next edition of the newsletter.

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## Academy for Eating Disorders

6728 Old McLean Village Drive  
McLean, VA ♦ 22101-3906  
(703) 556-9222 ♦ Fax (703) 556-8729  
Email: aed@degnon.org  
www.aedweb.org

### President

Cynthia M. Bulik, Ph.D., F.A.E.D.  
Chapel Hill, NC  
cbulik@med.unc.edu

### President-Elect

Michael J. Devlin, M.D., F.A.E.D.  
New York, NY  
mjd5@columbia.edu

### Treasurer

Eric van Furth, Ph.D.  
Leidschendam, The Netherlands  
E.vanFurth@robertfleury.nl

### Secretary

Kelly Klump, Ph.D.  
East Lansing, MI  
klump@msu.edu

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Patricia Fallon, Ph.D., F.A.E.D.  
Seattle, WA  
fallonp@aol.com

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### Newsletter Editor

Debbie Franko, Ph.D.  
Boston, MA  
d.franko@neu.edu

### Executive Staff

George K. Degnon, C.A.E.  
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Associate Director

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Association Manager

Kaymie Thompson  
Executive Assistant

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## AED Orlando Conference 2004

Kelly Klump, Ph.D. and Howard Steiger, Ph.D. Conference Co-Chairs

The next AED Conference takes place at the Caribe Royale All-Suites Resort and Convention Center in Orlando, Florida from April 29-May 2 and is sure to be a crowd-pleaser. The theme of the conference is "Finding Common Ground: Integrating Clinical Practice & Research." The focus of the conference will be to emphasize integration in a number of ways, including research with clinical practice and biological perspectives with psychosocial ones, as well as featuring both interdisciplinary and international work. Some highlights to which you can look forward include a keynote event with two major leaders in the eating disorders field and four plenary sessions offered by well-known international presenters. The plenaries will cover developmental influences, classification issues, treatment outcome, and special topics (such as chronic eating disorders, eating disorders in athletes, and medical complications of eating disorders). Please note that the Teaching Day workshops will begin in the morning on Thursday, April 29 and the regular program will begin in the afternoon. This is a change from previous years.

This year will also feature workshops geared toward those less familiar with eating disorders, or who may be new to the field and who wish to acquire basic information on evaluation, diagnosis and treatment. With regard to workshops, it was recently decided to limit the number of complimentary registrations offered to workshop presenters from 2 to 1. This change will help defray costs of LCD projectors and provide additional scholarships for student attendees. The conference will also feature an evening social event "around the pool" so that AED members can socialize easily with each other in the warm Orlando sun. Hope to see you all in sunny Florida - mark your calendars now! For more details, see [www.aedweb.org](http://www.aedweb.org).

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## Female Athlete Triad

Roberta Trattner Sherman, Ph.D.

Athlete SIG co-chairs, Roberta Trattner Sherman Ph.D. and Ron Thompson Ph.D. recently attended the Second Annual Female Athlete Triad Task Force Summit as representatives of the Academy. This new national task force is comprised of approximately 30 members representing 25 national health and sport organizations and has been kept small because it is intended to function as a task oriented work group. Its primary mission continues to be education and prevention efforts related to the Female Athlete Triad (disordered eating, amenorrhea, and osteoporosis) for girls and young women at all ages and sport participation levels.

After the summit meeting, Drs. Sherman and Thompson met with Patricia Sangenis, M.D., a cardiologist and a member of the Medical Committee of the International Olympic Committee (IOC), as well as Task Force members Barbara Drinkwater, Ph.D., and Anne Louckes, Ph.D., to discuss recommendations for a new position stand by the IOC. In this preliminary meeting, Dr. Sangenis asked Drs. Sherman and Thompson to contribute to the section related to disordered eating, while Drs. Drinkwater and Louckes will contribute to the sections on amenorrhea and osteoporosis. Hopefully, this collaborative effort will lead to a serious commitment by the IOC to address the health risks of the Female Athlete Triad for female athletes.

There appears to be increased interest in athletes and eating disorders by the visual and print media. ESPN contacted Ron Thompson Ph.D. and conducted a lengthy interview, which will be part of a segment on athletes and eating disorders on "Outside the Lines" to be aired sometime this fall. The contact by ESPN was prompted by a recommendation from an elite athlete, who is a former patient of Dr. Thompson's, and who will be featured on the program with other athletes who have experienced eating disorders. Dr. Thompson has also given interviews on the subject to the *Indianapolis Star* and the *Chicago Tribune* in recent weeks.

## Junior Researcher Stand-Outs

Debbie Franko, Ph.D.

As noted in the previous issue, we will highlight the researchers who won NIMH/AED-sponsored awards and presented their work at the AED conference in Denver. This issue features Diana Prata and Robyn Sysko.

### GENETIC ANALYSIS OF THE 5HT2C RECEPTOR AND THE NET TRANSPORTER GENES IN ANOREXIA NERVOSA

Prata, D., Hu X, Holliday, J., Tchanturia, K., Treasure, J., & Collier, D. Eating Disorders Unit, Section of Molecular Genetics, Institute of Psychiatry, De Crespigny Park, Denmark Hill, London, SE8AF, UK.

Diana Prata was born in 1979 in Portugal and is undertaking a 5-year degree in Biology at the Faculty of Sciences of the University of Lisbon. Currently she is supported by a 1-year EU-funded Leonardo da Vinci fellowship as a research trainee on the genetics of eating disorders at the Institute of Psychiatry of King's College of London. She intends to enroll there for a Ph.D. on eating disorders research in 2003.

This study was designed to test the hypothesis that the 5-HT<sub>2C</sub> (Serotonin receptor type 2c) and NET (Norepinephrine transporter) genes are genetic risk factors for anorexia nervosa (AN). DNA samples from 147 family trios with a DSM-IV diagnosis of AN were collected from London and Vienna. Written informed consent was taken in all cases. Patients were diagnosed with a structured clinical interview (EATATE) and divided into restricting AN (R-AN), and Binge-Purging AN (BP-AN).

Two polymorphisms were genotyped in the promoter region of the 5-HT<sub>2C</sub> gene: a (CT)<sub>n</sub> tandem repeat and a -995C/T single nucleotide polymorphism (Yuan *et al*, 2000; Deckert *et al*, 2000); and one in the NET gene, an (AAGG) insertion/deletion polymorphism in the promoter (Urwin *et al*, 2002). Genotyping was by standard PCR methods. Transmission Disequilibrium Test (TDT) analysis was performed using the program ETDT. For the 5HT<sub>2C</sub> (GT)<sub>n</sub> repeat, TDT analysis of 147 family trios (BP-AN and R-AN combined), the allele sized 454bp was passed 31 times and not passed in 16 cases and the 458bp allele passed 17 and not passed 30 (chi-squared 8.16; p-value, 0.086). In a sub-group of 67 families with RAN allele 1 was transmitted 13 times vs 10 for the

first allele and for the second 10 versus 15 cases (chi-squared 3.49, ns). For the -995C/T RFLP marker, analysis of 126 trios with AN showed a transmission of the C allele 9 times versus 13 times not transmitted (chi-squared 0.73; ns). The 60 RAN trios showed identical transmission of both alleles. For the NET gene (AAGG)<sub>n</sub> VNTR marker, in 144 AN trios allele S4 (343 bp) was transmitted 39 times versus 41 times, and allele L4 (347 bp) 41 times 40 times; chi-squared was 1.41 (ns). Within the RAN group of 67 families, allele S4 was transmitted 22 times and not transmitted 20 with a chi-squared of 0.095 (ns).

We found no statistically significant difference in allele transmission within the families analysed, for any of the polymorphisms, whether of the RAN or overall AN subtype, to support an association between the 5-HT<sub>2C</sub> or NET genes and AN.

### PREDICTORS OF DROPOUT FROM A STUDY OF BULIMIA NERVOSA IN A PRIMARY CARE SETTING

Sysko, R., Walsh, B.T., Fairburn, C.G., & Mickley, D. Department of Psychology, Rutgers University.

Robyn Sysko graduated with a B.A. from the College of the Holy Cross in 1999. She is currently obtaining her Ph.D. in Clinical Psychology from Rutgers University, where her masters thesis will address eating behaviors among AN patients. Her advisor is G. Terence Wilson, Ph.D.

The purpose of the study was to determine whether the pre-randomization characteristics of patients treated in a primary care setting predicted premature dropout from a trial for broadly defined bulimia nervosa.

Ninety-one patients were enrolled in a study to examine the benefits of two treatments, and their combination, for bulimia nervosa: fluoxetine, an antidepressant medication and guided self-help, an adaptation of cognitive-behavioral therapy. Approximately 30% of the patients completed the treatment trial.

Pre-randomization demographic, behavioral, and psychological characteristics were examined as predictors of premature termination. Compared to those who did not terminate treatment prematurely, patients who dropped out had higher frequencies of self-induced vomiting as measured by the Eating Disorder Examination (EDE), higher levels of symptoms as measured by the 53-item version Symptom Checklist (SCL-53), higher levels of depression as measured by Beck Depression Inventory (BDI), and a greater

frequency of personality symptoms as measured by Personality Diagnostic Questionnaire for DSM-IV (PDQ-4). Using a multivariate logistic regression analysis, only the SCL-53 predicted dropout ( $p = .04$ ).

The treatment of patients with bulimia nervosa in a primary care setting is hampered by the high dropout rate. As the high dropout rate was not anticipated at the outset of the treatment trial, our analyses of predictors of dropout were conducted on a post-hoc basis. However, there are indications that increased levels of general psychopathology predict dropout from treatment. The rate of dropout suggests that patients with these characteristics are probably best managed in specialist settings.

## Call for AED Nominations

Academy members are urged to send recommendations for AED members to serve in the following positions in 2004: President-Elect, Board members-at-large (at least 2 positions) and Nominating Committee (2 positions). Please send nominations either to Pat Fallon, Chair at [fallonp@aol.com](mailto:fallonp@aol.com) or to the Academy Central Office at [aed@degnon.org](mailto:aed@degnon.org). The AED is dedicated to ensuring a breadth of disciplines and geographic representation on the Board and on the Nominating Committee. Please send in nominations by November 15th.

## AED Newsletter Advertising Rates

### Classified Ads:

**Members:** First 10 lines no charge; each additional line, \$10 each

**Non-members:** First 10 lines \$150; each additional line, \$10 each

### Display Ads:

**1/4 page:** member: \$425  
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**1/2 page:** member: \$700  
non-member: \$850

**Full-page:** member: \$1100  
non-member: \$1350

## Special Interest Groups Update

### HispanoAmerica SIG

Chair: J Armando Barriguete M. M.D., F.A.E.D (MX), Co-Chairs: Fernando Fernandez Ph.D. (ES), Fabian Melamed Ph.D. (AR), Ovidio Bermudez M.D., F.A.E.D (USA) & USA liason.

Current initiatives:

2nd Hispano-American Congress on Eating Disorders – Mexico 2004, Mexico City & Cuernavaca, October 20-23.

Information: barriguete@quetzal.innsz.mx.

Objectives of the Conference:

- ❖ Develop clinical consensus among the different countries/regions, leading to writing clinical guidelines for Hispanic cultures;
- ❖ Publish clinical guidelines as proceeds of Mexico 2004;
- ❖ Integrate the eating disorder leaders from the Hispano American countries to the AED.

Scientific Advisory group: David Herzog M.D., Joel Yaeger M.D., F.A.E.D., Craig Johnson Ph.D., F.A.E.D., Jim Mitchell Ph.D., F.A.E.D., Cindy Bulik Ph.D., F.A.E.D., Pat Fallon Ph.D., F.A.E.D., Michael Devlin M.D., F.A.E.D., Walter Kaye M.D., F.A.E.D., Paolo Machado Ph.D. & Doug Bunnell Ph.D.\* (\*pending acceptance).

**Hispano America SIG members:** Victoria Alalu (AR), Georgina Alvarez (MX), Alejandra de Araujo (BR), J. Armando Barriguete M (MX), Perry Belfer (USA), Ovidio Bermudez (USA), Michel Botbol (FR), Alejandro Caballero (MX), Fary M Cachelin (USA), Julia Casamadrid (MX), Josefina Castro (ES), Alicia Cobelo ( BR), Eduardo Chandler (AR), Paulette C L'Esperance (MX), Monica Facchini (AR), Fernando Fernandez Aranda (ES), Veronica Fernandez Stanganelli (UR), Esther Geifman (MX), Arieh Goldberg (MX), León Golub (MX), Guadalupe Gonzalez (MX), Gilda Gomez Perez-Mitre (MX), Angel Guarda (USA), Ma Elisa Herrera (EC), Lisa Johnsen (EU), Anaël Jolly (MX), Monica Katz (AR), Alicia Langellotti (AR), Christianne Lysne (USA), Xochitl López Aguilar (MX), Paulo Machado (PT), Juan Manuel Mancilla (MX), Fabian Melamed (AR), Paula Melin (BR), Jim Mitchell (USA), Patricio Paez (USA), Ana Pérez Bustinzar (MX), Jorge Pinzon (CA), Caridad Ponce (EC), Juana Presman (AR), Lisa Ysela

Ramírez (USA), Ma. Teresa Rivera (MX), Luis Rojo (ES), Ruth Rozenstein (AR), José Luis Salinas (MX), Adela Spalter (AR), Perla Tabachnic E. (MX), Magdalena Terneus (EC), Fernando Torrente (AR), Jeanette Sofia Torres (USA), Gabriela Tortosa McCausland (MX), Eva Trujillo (MX), Claudia Unikel (MX), Rosalia Vazquez (MX), David Szydlo (USA).

### New Investigator SIG

Marci Gluck, Ph.D.

We are excited to announce the formation of a SIG dedicated to the growth and development of new investigators! We held our opening meeting at the 2003 annual conference in Denver. There were over 25 new investigators in attendance, all of whom helped make our very first meeting a complete success. Those in attendance included undergraduates as well as seasoned clinicians seeking information on starting research programs at their home institutions. The group was led by Chairperson Marci Gluck, Ph.D. a postdoctoral fellow at the NY Obesity Research Center. Jan Gullis, a doctoral student from Australia volunteered to serve as Co-Chair. We all agreed that the NI SIG could play an important role in helping junior members become more involved in the Academy. Several goals were set, including the establishment of a NI SIG Listserve, which is now up and running. Participants were extremely enthusiastic about plans to develop two types of mentoring programs: a junior-junior program within the SIG and also a senior-junior program with senior Academy members. Other ideas included creating an online message board, as well as links for fellowship, job and funding opportunities (including non-NIH options for international members), and collaborating with the *International Journal of Eating Disorders* to highlight work from a junior investigator in each issue. Ideas for the 2004 Orlando meeting included co-hosting a research training and grant writing workshop, and instituting a conference-mentoring program where a senior member could volunteer to host a junior member with similar research interests for the duration of the AED meeting. We look forward to working in partnership with the Academy and are eager for feedback and suggestions from both junior and senior members. The NI SIG welcomes new members from all disciplines. For additional information (or to give feedback) please contact Marci Gluck, Ph.D. at [Mgluck@chpnet.org](mailto:Mgluck@chpnet.org).

## Public Affairs Council Update

Ann Kearney-Cooke, Ph.D.

The Public Affairs Council, chaired by Ann Kearney-Cooke, Ph.D., is now divided into three subcommittees: Advocacy, Position Papers, and Media. The following is a description of the new projects and initiatives that have been developed over the last six months.

Members of the Advocacy Committee include Beth McGilley, Ph.D.(Chair), Bryn Austin, D.Sc., Alison Brzenchek, M.A., Doug Bunnell, Ph.D., Walter Kaye, M.D., Dana Rofey, M.A., Pat Santucci, M.D., and Blake Woodside, M.D. An action alert was sent out March 13, 2003 regarding the Senator Paul Wellstone Mental Health Equitable Treatment Act. Members of AED were encouraged to contact local members of Congress to ask for their support of this legislation. As of May 1, the Paul Wellstone Mental Health Equitable Treatment Act had gained a majority of co-sponsors in the House and Senate. AED will continue to support the passage of this bill and send out action alerts to members as needed. Beth McGilley will organize these efforts.

Social Security and Mental Health Social Security is planning to update and revise the rules used to evaluate mental disorders in both children and adults who apply to receive disability. Doug Bunnell Ph.D., Pat Santucci M.D., F.A.E.D., and Pauline Powers, M.D. wrote recommendations for regulations with regard to disability due to eating disorders which were approved by the AED Board on June 16, 2003. Ann Kearney-Cooke Ph.D., F.A.E.D. represented the Academy at the National Advisory Mental Health Council's Public Policy Session September, 2003 and the National Institute of Mental Health Roundtable on Research Meeting June, 2003. She discussed the need for grants supporting research on the prevention and treatment of anorexia, bulimia and binge eating disorder.

Members of the Position Paper Committee include: Rachel Bryant Waugh, Ph.D., Mary Gee, Richard Kreipe, M.D., and Roberta Sherman, Ph.D. Position papers will be developed and disseminated to public agencies and shared with members of other organizations (e.g. The Eating Disorders Coalition, ANAD, NEDA) for use in advocacy and public policy. The Position Paper Committee, led by Richard Kreipe, has drafted a comprehensive document describing policy and procedures for the development and

maintenance of Academy Positions Papers. This includes, for example, a proposed Position Concept Form where the background information, rationale, objectives, key points and scientific justification for the proposed Position must be described. It is expected that by December 2003 the final draft of the procedures will be approved.

Topics suggested for position papers by members of the Academy for Eating Disorders include: eating disorders as a lifestyle choice versus an illness; primary prevention of eating disorders; access to over the counter laxatives; female athlete triad; definition and operationalization of body image disturbance; relationship between obesity and eating disorders prevention; recommendations for treatment of eating disorders; medical issues in the treatment of eating disorders; special issues for ethnic minorities with eating disorders; insurance reimbursement for the treatment of eating disorders; evidence-based review of hormone replacement therapy for adolescents with osteoporosis.

The Public Policy Council is considering the following topics for the initial series of Position papers: access to over the counter laxatives (Rachel Bryant Waugh Ph.D.), the female athlete triad, (Roberta Sherman Ph.D.) and the relationship between obesity and eating disorders prevention (Bryn Austin Sc.D.). If you are interested in proposing a topic for a Position paper, contact Richard Kreipe M.D.

The Media Committee, which includes Marsha Marcus, Ph.D., Scott Mizes, Ph.D., Beth McGilley, Ph.D., Ruth Striegel Moore, Ph.D., Melanie Katzman, Ph.D. and Ellen Rome, M.D., is researching options for media/press release services. Media alerts would be provided based on the clinical significance of scientific articles from the *International Journal of Eating Disorders*, as well as papers presented at the Annual Meeting. If you are interested in becoming involved in the work of the Public Affairs Council, please contact Ann Kearney-Cooke Ph.D., F.A.E.D. at AKCC@FUSE.NET.

There is a lot of work to be done and we welcome new members.

## Member News

In January of this year, Melanie Katzman, Ph.D., FAED, was asked to work with Chancellor Joel Klein to establish The New York City Leadership Academy. The academy is Mayor Bloomberg's cornerstone initiative for the turn around of the Department of Education, which services 1.1 million students. The Leadership Academy

board, headed by former GE CEO Jack Welch, looked to Melanie for consultation as a result of her extensive experience combining academic knowledge with corporate leadership, particularly in a multicultural environment.

## Call for AED Fellows

Dianne Neumark-Sztainer, Ph.D.

The Academy Fellowship Committee is pleased to announce its call for 2004 Fellow Applications. The Academy awards Fellow status to AED members from various disciplines and recognizes the diverse ways they may contribute to the field of eating disorders. Fellows of the Academy will have the letters FAED on their badges at the Annual Meeting, and can use these letters after their names to acknowledge the Academy for Eating Disorders and their contributions to the Academy and the field of eating disorders. Eligibility is open to those who have been full members of the Academy for at least five years.

Applicants should be able to document significant contributions in at least five of the following ten areas:

1. Active involvement in the work of the Academy in a leadership role.
2. Positions in other professional organizations.
3. Clinical contributions demonstrating excellence in the care of patients.
4. Teaching contributions in an academic or clinical setting.
5. Research accomplishments that have expanded knowledge in the field.
6. Scientific and scholarly publications and service on the editorial boards of journals.
7. Significant participation in conferences.
8. Active involvement in advocacy organizations.
9. Uncompensated community service in the treatment or awareness of eating disorders.
10. Development or administration of programs for eating disorders.

If you are interested in applying, please send a letter clearly stating how you meet the above criteria and a current curriculum vitae, signed and dated, to the AED Central Office (aed@degnon.org) by January 15th, 2004.

Once this initial information is reviewed by the Fellowship Committee, each applicant may be requested to supply more information prior to acceptance, including:

1. Completed application form (available from Central Office).

2. Copy of professional school diploma.
3. Copy of current license or other certification (as appropriate to one's discipline and location).
4. Two letters of recommendation from Fellows of the Academy who are able to comment on the applicant's suitability for Fellow status.
5. Copies of publications or additional supporting data.

The induction of all 2004 Fellows will take place during the 2004 International Conference on Eating Disorders.

## President's Column continued

has been erased. Moreover, the AED Board is working towards planning the first AED conference outside of North America in either 2005 or 2006.

Additional initiatives prompted by the vibrant and energetic Hispanoamerican SIG and the Education and Training Council include the first SIG sponsored conference in Quito Ecuador, and the planned SIG sponsored conference in Mexico City. Also on the horizon is a Spanish language teaching day and workshops in Orlando. The International Teaching Day Committee (chaired by Kathy Pike Ph.D., F.A.E.D. and Glenn Waller D.Phil) is also working to provide teaching days outside North America on a regular basis.

Finally, a critical feature of internationalization is structural. The ITF has been expanded and charged with exploring models for internationalization for the AED. This group has been given a difficult brief, but under the guidance of Tracey Wade Ph.D. and Pat Fallon Ph.D., F.A.E.D. they will feed back to the Board their recommendations regarding further internationalization of the AED. The ITF is now a broad and representative group with no shortage of opinions, which is exactly what is needed to insure a lively debate about the future of internationalization. In addition to those individuals mentioned above, this task force includes Chris Fairburn M.D. (UK), Anna Keski-Rahkonen M.D. (Finland), Fernando Fernandez-Aranda Ph.D. (Spain), and Yael Latzer D.Sc. (Israel).

As I close this column, I realize I have only succeeded in conveying a portion of the activity that is going on under this new direction. The speed with which initiatives regarding internationalization have taken off is positively dizzying and a testimony to the fact that, regardless of whether we refer to them as trastornos de alimentacion, eetstoornissen, syömishäiriöt, or eating disorders, we are all working toward the same challenging goals regarding the understanding, prevention, and treatment of these potentially devastating disorders.

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## National Eating Disorders Association Moving Forward

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Holly Hoff, Director of Programs, NEDA

These are exciting times for the National Eating Disorders Association (NEDA)! The recent appointment of new Chief Executive Officer Lynn Grefe, combined with two major upcoming events, will all serve as catalysts for increasing the impact of NEDA's efforts.

Lynn brings more than 20 years of advocacy and communications experience to her new position as CEO. Her career in corporate and non-profit environments has centered on issues, advocacy and solutions. Lynn's previous work has centered around youth and women's health issues, a terrific match for the work of the National Eating Disorders Association. Lynn's skills are strong in all areas of NEDA's anticipated growth, including legislative action and grassroots development.

Based in New York, Grefe is personally and professionally inspired by NEDA's mission to expand public understanding of eating disorders and promote access to quality treatment. In her short time with the organization, she has already put this mission

into action. She shares, "Putting the crisis of eating disorders on the country's agenda is our first priority. At the same time, we hope to tackle the solutions, knowing that millions of sufferers are waiting in the wings. Our work is vital and I look forward to having this opportunity to try to make a serious difference for people's lives...there is nothing more important to me than that."

As Grefe leads NEDA as its bi-coastal CEO, she has contributed new energy and ideas for programs and events that will truly make a significant difference in people's lives. The first of these events is NEDA's October 2003 Conference: *Building Connections and Mobilizing Families, Educators, Advocates & Treatment Professionals*, at the Pheasant Run Resort & Spa in St. Charles, IL.

For the first time, the NEDA conference will specifically address the needs of families affected by eating disorders, while continuing to serve health care professionals, educators, and advocates who work to prevent and treat these deadly illnesses. The inclusion of families in this conference provides unprecedented new opportunities for the field as a whole, because passionate and educated individuals who have been touched by an eating disorder hold the

potential to be some of the most highly effective agents of change.

A brief glimpse of notable Conference 2003 speakers includes (but is not limited to): Anne Becker, MD, PhD, Cynthia Bulik, PhD, Carolyn Costin, MFT, Craig Johnson, PhD, Walter Kaye, MD, Sondra Kronberg, MS, RD, CDN, Jim Mitchell, MD, Dianne Neumark-Sztainer, PhD, Pauline Powers, MD, and Susan Willard, LCSW. Please join us for this incredible conference!

The next upcoming event is NEDA's long awaited New York City Luncheon. **Friends in the New York area, mark your calendars!** Scheduled for November 13th at the University Club, Trisha Meili (the Central Park Jogger) will be a featured speaker. Trisha will discuss the critical ways her own eating disorder placed her physical safety at even greater risk the night she was attacked.

If you would like to become a committee member or sponsor for the NEDA New York Luncheon, please call Diana Robertson at 212-752-4770 as soon as possible. For more information about attending NEDA's Conference, visit [www.NationalEatingDisorders.org](http://www.NationalEatingDisorders.org) or call 206-382-3587.

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## International Spotlight – Australia

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Susan J. Paxton, Ph.D.

Eating disorder research and treatment in Australia was pioneered by Professor Peter Beumont M.D. I know I speak for all Australians working in the field in saying how terribly saddened we are by Peter's passing on October 1, 2003 and our thoughts are with his family and friends at this difficult time. He was very much loved and admired and worked tirelessly to improve the position of all those suffering from eating disorders in Australia.

Australia is so far flung, the view I give is inevitably egocentric. But one important development in Australia addresses this geographical reality. At the end of 2002, the Australian and New Zealand Academy for Eating Disorders (ANZAED) was established to represent the interests of professionals working in this area. Peter Beumont M.D. was the Foundation President and Dr. Paul Foulkes has now taken on this role. It is multidisciplinary and aims to promote collegial communication of information on eating disorders, research, and improved treatment and resources for those with eating disorders, within Australia and New Zealand. ANZAED will hold its first conference in late October. The Australasian Society for Psychiatric Research Conference in Christchurch in December, at which Cynthia Bulik Ph.D., F.A.E.D. is a key note speaker, will also feature an Eating Disorders Research Day.

We are lucky that being so far away has not deterred visitors! Our research activities have been supported and stimulated by Janet Polivy Ph.D. (based at Flinders University, Adelaide with Marika Tiggemann Ph.D.) and Dianne Neumark-Sztainer M.P.H., Ph.D., R.D., F.A.E.D. (based at La Trobe University in Melbourne with Susan Paxton Ph.D. and Eleanor Wertheim Ph.D.). We are grateful that Janet and Dianne were so generous in sharing their ideas and time.

Recently, the Royal Australian and New Zealand College of Psychiatrists promulgated *Clinical Practice Guidelines for Health Practitioners for Anorexia Nervosa*. Of particular novelty is a companion document, *A Treatment Guide for Consumers and Carers* prepared by a committee chaired by Pamela Loveridge ([www.ranzcp.org/publicarea/publications.asp#ocp](http://www.ranzcp.org/publicarea/publications.asp#ocp)). This is a practical, informed and well balanced guide for consumers.

## Book Review Corner

Dianne Neumark-Sztainer, Ph.D.  
Guest Book Reviewer

### **When Dieting Becomes Dangerous: A guide to understanding and treating anorexia and bulimia.**

Deborah M. Michel, Ph.D. & Susan G. Willard, MSW, LCSW (Yale University Press, 2002, ISBN 0300092334, 154 pages) Price: \$13.95 US

This excellent book provides a wealth of information in a succinct and easy to read format. As I read the book, I felt the warmth and caring nature of the authors emerging from the pages. The book targets individuals with eating disorders and those who care about them, including family members, friends, teachers, school counselors, and coaches. It also targets health care providers who may not have expertise in eating disorders. In my opinion, the book will also be of interest to health care providers with expertise in eating disorders, since it provides an overview of eating disorders that can fill in holes within their knowledge base and provide examples of how to get complex information across to individuals with eating disorders and their families in a relatively simple and straightforward manner. I certainly enjoyed reading it and learned from the authors' extensive experience in treating individuals with eating disorders over many years.

The first four chapters of the book provide a brief, but excellent, summary of the literature including descriptions of anorexia nervosa and bulimia nervosa (with a bit on binge eating disorder), causal processes, and factors that may place individuals at increased risk for these conditions. I appreciated how the authors provide a good description of the factors that may place individuals at increased risk while still emphasizing that individuals who do not fit into a particular box may also develop an eating disorder. For example, descriptions of some "typical" families are provided, but the authors state that readers may or may not see their family in any of these descriptions.

Chapter 5 (How is an eating disorder treated?) clearly lays out what individuals with eating disorders and their families can expect from treatment. It describes the interdisciplinary nature of treatment in a manner that emphasizes the importance of each component. As a dietitian, I appreciated the importance that the authors assign to the dietitian's role and how they explain how the work of the dietitian and psychotherapist complement each other. Chapter 6 (What can family, friends, and others do to help?) is written in an extremely compassionate manner, yet provides sound advice on what family, friends, and educators can do to help. This chapter is bound to be appreciated by concerned individuals such as parents of a child with an eating disorder, who often feel quite helpless and aren't sure what to do to help. These two chapters

will probably be of most interest to family members. The chapter on eating disorders in males (Chapter 7) will be of interest to families of boys with eating disorders.

The final chapter of the book focuses specifically on the needs of the physicians, dentists, mental health care providers, and dietitians who do not have expertise in the areas of eating disorders, yet may see patients with these conditions. It provides specific questions to be used in assessing the condition, a bit of information on treatment, and recommendations for hospitalization or referral to an eating disorder specialist team.

It is difficult to write a book to address the needs of both families and professionals, but I do think that the authors have been successful in their mission. I highly recommend this book for health care providers as both a source of information for themselves and as a reference book to give to family members of individuals with eating disorders. It provides a wealth of information and a great deal of compassion in about 100 pages of text.

## Upcoming Events

2003 National Eating Disorders  
Association Conference  
"Building Connections and Mobilizing  
Families, Educators, Advocates, and  
Treatment Professionals"  
October 24 & 25, 2003  
Pheasant Run Resort and Spa  
St. Charles, IL  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

13<sup>th</sup> Annual Renfrew  
Foundation Conference  
"Feminist Perspectives and Beyond: The  
Changing Face of Eating Disorders"  
November 13-16, 2003  
Philadelphia Airport Marriott  
Philadelphia, Pennsylvania  
Visit [www.renfrew.org](http://www.renfrew.org) or contact  
[info@renfrew.org](mailto:info@renfrew.org) for more information.

2<sup>nd</sup> Hispano-American Congress  
on Eating Disorders  
October 20-23, 2004 Mexico  
Sponsored by the Academy for Eating  
Disorders Hispano-American SIG  
Contact Armando Barriguete M.D.,  
F.A.E.D. at: [abarriguete@mexis.com](mailto:abarriguete@mexis.com) for  
more information.

## Classified Ads

❖ The Eating Disorders Program at the University of Chicago is seeking a Psychologist with a specialty in Eating Disorders at the Assistant Professor rank. Post doctoral training is a prerequisite and an emphasis in the area of eating disorders is a plus. Early record of publication and the ability to become grant funded is desirable. Send letter of interest, resume and three letters of recommendation no later than November 30, 2003 to Daniel le Grange, Ph.D., The University of Chicago, Department of Psychiatry, 5441 South Maryland Avenue, MC 3077, Chicago, IL 60637 or e-mail [dlegrange@uchicago.edu](mailto:dlegrange@uchicago.edu). The University of Chicago is an Equal Opportunity, Affirmative Action Employer.

❖ The Eating Disorders Institute of Methodist Hospital (EDI) has openings for Outpatient Licensed Psychologists. EDI is located in suburban Minneapolis, Minnesota and serves as a center of excellence for primary prevention, intervention, education and research related to eating disorders, including anorexia nervosa, bulimia nervosa and EDNOS. EDI offers a multidisciplinary team approach and provides a full continuum of care, offering inpatient, residential, partial day, intensive outpatient and outpatient programs.

Psychologists will be responsible for providing assessment and varying levels of 1:1 and group intervention, i.e., education, support, counseling and long-term psychotherapy, and will maintain frequent contact with patients and their family members and healthcare professionals involved with Eating Disorders education programs. Masters or Ph.D. in Mental Health field required. Two or more years experience in Eating Disorders desirable. Licensed by the State of Minnesota.

Please submit resume to: Stephanie Hatier, Clinician Recruitment, Park Nicollet Health Services, 3800 Park Nicollet Boulevard, Minneapolis, MN 55415; Tel: 952/993-2703 or 866/807-8945; Fax 952/993-2819; E-mail: [haties@parknicollet.com](mailto:haties@parknicollet.com).

## Academy for Eating Disorders

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### Share Membership Information with a Colleague

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

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

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

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

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

**Promote** multidisciplinary expertise within the Academy membership.

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

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

**Acknowledge** outstanding achievement and service in the field.

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

AED Central Office  
6728 Old McLean Village Drive  
McLean, VA 22101  
AED@degnon.org  
www.aedweb.org



### Academy Newsletter

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

**Debbie Franko, Ph.D.**

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

**Submission deadline:**  
**December 1, 2003**

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