
ACADEMY FOR EATING DISORDERS

NEWSLETTER

Issue No. 8

Editor: David M. Garner, Ph.D.

Fall 1996

International Issue

Special Guest Editors:
Melanie Katzman, Ph.D.
Bryan Lask, M.D.

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INTERNATIONAL ACADEMY MEMBERSHIP

In recognition of the international membership of the Academy, it was decided that this issue of the *Newsletter* should be devoted to profiling some of our international colleagues. Melanie Katzman, Ph.D. and Bryan Lask, M.D. kindly agreed to serve as guest editors for this issue and used their network of contacts to assemble a sampling of the work of investigators in the eating disorder field outside of the US. The contents of this issue of the *Newsletter* is a cross section of the work of selected international investigators and the Academy encourages other colleagues from across the globe to show their support by becoming active members in the Academy in order to strengthen the international representation in the organization.

ANNOUNCEMENT

Proposals Solicited For Operation of Academy Business Office

The scope of the Academy's business functions have substantially increased and we are actively soliciting proposals from individuals and organizations which might be interested in housing the Academy's Business Office for the next three years. Proposals need to be submitted by December 15, 1996. Anyone who might be interested in making a proposal should contact: Dr. Walsh at (212) 960-5752

MESSAGE FROM THE PRESIDENT B. Timothy Walsh, M.D.

I would like to bring three important issues to the attention of the Academy membership.

First, I would like to emphasize the significance of this newsletter which highlights the work of our colleagues outside the United States. While the majority of Academy members are North American, one of the Academy's goals is to serve the needs of professionals interested in eating disorders throughout the world. This newsletter appropriately underlines the broad interests and activities of some of our international colleagues.

Second, I would like to announce that the Academy is soliciting proposals to operate the its business office. Dr. Kenneth Schonberg at the Division of Adolescent Medicine at Montefiore Hospital has done a superb job of supervising the business end of the Academy since its founding and has played a crucial role in the dramatic growth of the Academy in the last three years. The scope of the Academy's business functions have now substantially increased and we are actively soliciting proposals from individuals and organizations which might be interested in housing the Academy's business office for the next three years. Proposals need to be submitted by December 15, 1996. Since time is short, I encourage anyone who might be interested in making a proposal to contact my office at (212) 960-5752 so that I can provide more specific information.

Last, I would like to announce that
continued on next page

FOUNDING MEMBERS

Aronld Andersen, M.D., Amy Baker Dennis, Ph.D., William N. Davis, Ph.D., Pat Fallon, Ph.D., David M. Garner, Ph.D., Leah Graves, R.D., L.D., Katherine A. Halmi, M.D., David B. Herzog, M.D., Laura Hill, Ph.D., Kathy Hotelling, Ph.D., James I. Hudson, M.D., Craig Johnson, Ph. D., Melanie Katzman, Ph.D., WalterKaye, M.D., Paula Levine, Ph.D., John Levitt, Ph.D., Margo Maine, Ph.D., Marsha Marcus, Ph.D., Vivian Meehan, D.Sc., Diane Mickley, M.D., James E. Mitchell, M.D., Stacey Lynn (Steinberg) Nye, Ph.D., Pauline S. Powers, M.D., Richard L. Pyle, M.D., Dan W. Reiff, M.P.H., R.D., Patricia Santucci, M.D., Charles Schoengrund, Ph.D., S. Kenneth Schonberg, M.D., Garry Sigman, M.D., Catherine Steiner-Adair, Ed.D., Ruth Striegel-Moore, Ph.D., Michael Strober, Ph.D., B. Timothy Walsh, M.D., C. Jean Williams, D.M.Sc., R.D., Susan C. Wooley, Ph.D., Joel Yager, M.D., Preston Zucker, M.D.

the 1997 annual meeting of the Academy will take place in Boston, June 19 - 21, 1997, in association with a course on obesity directed by Dr. George Blackburn and colleagues at Tufts and at Harvard. This is an excellent and well-attended annual conference, and the Academy is fortunate to be associated with it. We hope to have a teaching institute on June 18 similar to the very successful event conducted in New York prior to the International meeting this past April. More details will be forthcoming about the specific date of the Academy business meeting, but I urge you to mark your calendars and make room to attend both this excellent course and the annual Academy business meeting.

SPOTLIGHT: ACADEMY INTERNATIONAL

Melanie Katzman, Ph.D.
Bryan Lask, M.D.

Attention to international interests in the eating disorders community has thus far been largely confined to International meetings and journals (and possible travel plans). The absence of an international eating disorder society has been a problem and was an overarching stimulus for the founding of the Academy.

At the time it was formed - as 225 people debated the name - it was decided that the title of this emerging entity should be the Academy and not the American Academy. There was an eye to the future and a hope that eventually the Academy could serve the International community. This summer the International Task force was initiated to research just this goal. Could the Academy serve the interests of professionals on a more global level? What would these be and what would constitute valuable membership benefits?

This task force is co-chaired by Bryan Lask and Melanie Katzman. Bringing together the views of professionals world wide is complicated as you all know and perhaps best left to Boutros Boutros-Ghali and Mary Richards. However, since the aim of our initial mission is to determine the degree

to which the Academy can serve international interests, we welcome your view. You can email either of us at:
Melanie: gr56@dial.pipex.com
Bryan: blask@unixg.ubc.ca

To begin an informal dialogue among professionals in different parts of the world, we have been asked to guest edit the *Fall Newsletter*. In soliciting contributions we chose not to impose a rigid structure but rather to offer a forum for information exchange rather than a series of bullet points. We therefore asked colleagues to contribute a short piece reflecting what they thought was important service information, conferences or ongoing research.

In the pages that follow you will see that the information exchanged is as varied as the countries represented. We hope this is of interest and encourage contributions in the future so that we can maintain an international bulletin board.

ARGENTINA

In Argentina, the terms 'anorexia' and 'bulimia' have become more frequently mentioned by the general public and the media, in contrast to only five years ago. Recent studies demonstrate increased concern around weight and label eating problems as a "new epidemic"¹.

In Argentina mental health is approached by an ample range of psychological, psychiatric and psychoanalytical theories. In the particular case of eating disorders, there are interdisciplinary teams working in public and private institutions with systemic, behavioral and psychoanalytical approaches. However, psychoanalysis is currently predominant both in academic and public health institutions. For this reason, some of the prominent issues that have arisen around the psychodynamics of eating disorders, and, anorexia nervosa, in particular will be highlighted.

1. Psychodynamic diagnosis: After a psychiatric evaluation- according to the description of the latest version of the Diagnostic and Statistical Manual- the symptoms need to be re-appraised in the

context of the dynamics of intrapsychic and interpersonal conflicts.

2. Theoretical framework: It is possible to classify the theoretical frameworks underlying the psychodynamic diagnosis in two main groups:

a. Those that emphasize the presence of archaic conflicts (mother-infant), the narcissistic fails in the process of separation-individuation and the pregenital fixations; considering the anorexia a disorder that express lacks in the narcissistic integrity;

b. Those that place the conflict around the newly sexual identity acquired during puberty and adolescence and the neglecting of the emerging female body. This conflict has been intensified by the re-activation of the Oedipal complex. In consequence, those authors consider anorexia a symptom that expresses the conflict between desire and repression.

Considering these two positions, eating disorders are reframed in view of the dynamics underlying the psychiatric symptoms. For instance, some authors would differentiate between psychosomatic anorexia and hysteric anorexia².

In the first group, individuals suffer from a "hole" in their subjectivity and lack of symbolization. The overvalued social images are used as an attempt to fill this vacuum. Failure in early identifications causes certain fragility in the identity that makes it difficult to distinguish and express personal needs and feelings. Lost in the middle of a desert inside, other people's images become highly valued and a necessary reference. At the present, slim and competitive models could constitute an ideal mirror of social success in search of an identity.

When the eating disorder is evaluated as being part of a hysterical presentation, the symptoms are seen as products of the psychic conflict, conforming compromise formations.

When the disorder is a narcissistic one, the psychoanalytical treatment would contribute by offering images, naming feelings and mental states that the patient can slowly make her/his own. The aim

is building up a sense of identity and developing symbolic resources. When the symptoms are themselves a symbolic representation of an inner conflict, it is feasible to use classical analysis with interpretation of unconscious meanings.

The current theoretical work in Argentina about eating disorders is aimed to deepen in the matapsychological mechanism explaining the dynamics of symptoms and the differences between their narcissistic and neurotic presentations.

¹ In Buenos Aires (1993) a study was carried out among 300 female adolescents of a secondary school. The results established that 30% of the total were underweight for height. 78% of underweight subjects considered themselves overweight or in the normal weight range. J. Moiszovich, M. Marmer y S. Guala. "Tratamiento psicofarmacológico de la anorexia y de la bulimia nerviosa". Rev. Actualidad Psicológica ano XIX - n°216 (Ibid).

² F. Urman (1992) Una contribucion para el diagnostico diferencial entre anorexias (conversivas) y psicomaticas (normadas). Revista de la Asociacion Psicoanalitica de Buenos Aires.

Rodulfo, R. (1994) El territorio de las fobias alimentarias. Rev. Actualidad Psicológica ano XIX - n°216. Buenos Aires, Dec. 1994.

Losinno, I.I. (1994) Anorexia nerviosa, control del cuerpo y el contexto. Actualidad Psicológica (Ibid).
Maldavsky, David (1990) Anorexia en la infancia:Metapsicología y clinica. Diarios Clínicos N°3, 1990.

Ruth Rozensztejn (Lic Psych). Clinical Psychologist and Psychotherapist. Postgraduate studies in Clinical Psychoanalysis with Children and Adolescents. Co-ordinator of Child & Family Team in the Psychiatric Department of Hospital Municipal Dr Argerich in Buenos Aires, Argentina. At present: trainee in London in the Eating Disorders Unit at the Maudsley Hospital and in the Department of Psychological Medicine, Eating Disorders Programme at the Great Ormond Street Hospital.

A NEW BOOK FROM ARGENTINA

Dr. Gregorio Tisera, M.D., has just published an edited book titled "Musicoterapia" which has chapters on the technique used with eating disorders. For further information, contact:

Gregorio Tisera, M.D., Head
Music Therapy Department,
University Psychiatric Hospital
Rosario, Argentina
postmaster@savila.sld.ar

AUSTRALIA

The Department of Psychological Medicine at the New Royal Alexandra Hospital for Children in Sydney has been developing resources for the treatment and research of eating disorders in childhood. Our principal work setting is the general pediatric and adolescent wards of our new hospital. We are focussing our efforts on the severely medically ill end of the spectrum of presentation. We have been attempting to develop approaches which allow comprehensive research and treatment protocols to be carried out in shorter treatment times. In particular, we are developing protocols for occupational therapy, physiotherapy, dietetics, neuropsychology and nursing treatment pathways. In the pervasive refusal group we are emphasizing a comprehensive and graded physiotherapy approach. Alongside this improvement in service provision we have been investigating, (in tandem with the Great Ormond Street Hospital for Children Eating Disorder Programme), the use of SPECT Scanning in eating disorders and in the pervasive refusal syndrome in particular. Our findings are similar to those at Great Ormond Street and we intend to present some of our findings at the London meeting next year. We continue to follow a small cohort (n=8) of patients with pervasive refusal syndrome who we have treated. The first report describing this sample will come out in the January edition of Clinical Child Psychology & Psychiatry in an article written by Dr. Sue Thompson and Dr. Ken Nunn. In this paper we provide the first description of a boy with pervasive refusal syndrome.

Dr. Ken Nunn,
Department of Psychological Medicine
New Royal Alexandra Hospital for
Children, Sydney, Australia

CANADA

Bryan Lask, British Columbia Children's Hospital Eating Disorders Programme, Vancouver, Canada.

This program provides a tertiary referral service for British Columbia and the Yukon, thus covering an area 5 times

the size of Great Britain. It is based within a children's hospital and is jointly directed by a pediatrician, psychiatrist and psychologist. The referral rate of children and young adolescents with eating disorders is about 40 per year. There is active collaboration with the adult eating disorder service in Vancouver, and a transition program is being developed. Bryan Lask is currently on a sabbatical from London, and is coordinating the development of a collaborative research programme with Great Ormond St. Hospital for Children.

CZECH REPUBLIC

Eating Attitudes and Behavior of Czech Adolescents

F. David Krch, Ph.D., Psychiatric Clinic, Charles University, Ke Karlovu 11, Prague, Czech Republic
Fax: 0042 2 24910577

This study involved collecting data from secondary and vocational schools in Prague. Respondents were given the Eating Attitudes Test (EAT-40) and the Eating Disorder Inventory (EDI) as well as additional questions on demographics and eating behavior. Data were collected from 254 young men and 723 young women (88.8% response rate). Results suggest levels of disturbed eating attitudes in the Czech sample were similar to that found in North America. Regular episodes of binge eating were reported in 10.7% of the young men and 19.2% of the young women. Diagnostic criteria for bulimia nervosa were met by 5.7% of the women and none of the men. For further information on the results of this study, contact F. David Krch, Ph.D.

ENGLAND

Great Ormond St. Hospital for Children Eating Disorders Programme

This clinical and research programme was started in 1984 by Bryan Lask and Rachel Waugh who have continued to develop it since. It is the only programme in the UK specifically for children with eating disorders. Children are seen from all over the country and upward of 60 new cases are seen per year. Recently Bryan and Rachel have

been involved in the development of a new programme specifically for adolescents, and they are now also responsible for a 20 bed residential facility at Huntercombe Manor Hospital, a delightful stately home dating back over 1000 years, and venue of the Speakers Dinner for the London conference in 1995.

A wide range of research projects have arisen from the programme, with over 30 peer-review publications and the only book so far published on childhood-onset eating disorders. The projects may broadly be divided into psychosocial and biological. The former has included a detailed description of the psychopathology of anorexia nervosa in childhood, two follow-up studies, and investigations of general practitioners' and pediatricians' abilities to recognize eating disorders in children (not very good!), ballet students and issues of comorbidity. In addition, in collaboration with Christopher Fairburn, we have adapted the EDE for children, and in collaboration with Peter Cooper, have adapted the Stroop task for children with eating disorders. The biological research has focussed on the biological correlates of childhood onset eating disorders, including the monitoring of ovarian and uterine regression using pelvic ultrasound, growth delay, zinc deficiency, gastric emptying, dental erosion, and regional cerebral blood flow.

Our main current research endeavors include the development of a detailed classification for the phenomenology of the childhood onset eating disorders (funded by the Medical Research Council), endocrine and growth profiling and the assessment of risk factors for osteoporosis (funded by Child Growth Foundation), and detailed neuroimaging to pursue our earlier finding of a specific, focal and unilateral abnormality in the limbic system of children with anorexia nervosa.

We are collaborating on a number of these projects with centres in the USA, Canada, Scandinavia, and Australia. Further enquiries and requests for visits or reprints to **Bryan or Rachel** at: (44)-171-829-8679 (phone) (44)-171-829-8657 (fax) email 101530.1275@compuserve.com

ENGLAND

The Gerald Russell Eating Disorders Unit, the Maudsley Hospital/Institute of Psychiatry, London treats adolescents and adults on an inpatient or outpatient basis. In addition there are a number of research projects including:

Cost controlled treatment: The efficacy of manualized short-term treatment delivered by nonexpert therapists. Data are currently being collected on this study which has employed *You Can't Have Your Cake and Eat It Too: A Program for Controlling Bulimia* written by Weiss, Katzman and Wolchick to study the efficacy of group care both with and without motivational enhancement and comparing this to individual therapy with motivational enhancement (Katzman and Treasure).

The osteoporosis study is coming to the end of its first year. This is a longitudinal study aiming to discover more about the development of osteoporosis in anorexic patients and to improve their bone density using calcium supplements (Lucy Serpell and Vicky Sullivan).

The COST study continues. This is a collaborative study assessing similarities and differences in psychotherapy for ED across Europe with the aim of better matching of patients to therapies (Sue Turnbull, Jennifer Mahon).

The data collection stage of the Price study, a multi-site study looking for genetic links in anorexia is almost complete (Nigel Brown).

A second genetic study is looking for genetic markers for anorexia by taking blood samples from parents and patients (Nigel Brown and Emma Goodman).

Change in anorexic and bulimic patients. Two studies have taken place. One examined the stage of change of patients entering treatment, the other assessed the effect of brief motivational enhancement therapy on stage of change and on long-term treatment outcome (Sue Turnbull).

Cognitive changes in anorexics before and after inpatient treatment (Ruth Rozensztejn, Lucy Serpell, Caterina Eickhoff).

Qualitative analyses of letters written by patients to their "eating disorder as a friend" and their eating disorder as an "enemy" (Lucy Serpell).

For more information contact: *Melanie Katzman or Janet Treasure*, Maudsley Hospital - Eating Disorders Unit, Denmark Hill, London SE5 8AZ, UK, tel:44-171-9193180; fax:44-171-740 5213.

FINLAND

The ongoing research at the Eating Disorder Unit, Department of Psychiatry, University of Helsinki includes:

1. Studies on pathophysiology of bulimia nervosa (involving studies on energy metabolism, function of the autonomic nervous system and neurotransmitter distribution in the brain)
2. Long-term outcome studies of eating disorders
3. Treatment studies of BED

I am interested in contacting other researchers who are conducting treatment studies on BED or binge-eating, especially if the treatment involves pharmacotherapy. For further information, contact:

Dr Aila Rissanen

National Research & Development Centre for Welfare & Health (Stakes), P.O. Box 220, Finland-00531, Helsinki.

GERMANY / BULGARIA

Mental Health of Young Women in Eastern and Western European Societies

Dr. Phil. Ana Catina Center for Psychotherapy Research, Stuttgart, Germany, Dr. med. Svetlana Boyadjieva University Clinic Sofia, Bulgaria, Michaela Bergner, student at the University of Kiel, Germany.

This investigation represents a comparative study in the field of social psycho-pathology; examining the relationship between social-cultural factors and the health condition of young women focusing specifically on eating disorders. The reason for choosing eating disorders as focal point is that these disorders affect primarily women and are recognized as cultural bound syndromes, i.e. they appear to be typical

for societies with a high level of industrialization.

The increasing orientation toward a free market economy in the East European countries has been accompanied by a noticeable increase in the incidence of this disturbance. A link between this evidence and the import of western cultural values has been assumed. Thus, comparing samples of females living in countries having different incidence rates of eating disorders can indicate if and to what extent certain socio-cultural issues increase womens' vulnerability to pathology.

A Bulgarian-German pilot study was initiated two years ago to detect differences in social models promoted by these societies in an effort to explain different incidence rates of eating disorders. A 15 item questionnaire has been developed for collecting information about how women construct their selves, social models promoted by their cultural group, gender stereotypes, the definition of: attractiveness, desirability of individuation and autonomy in women, and the perceived pattern of social relationships. Qualitative analysis of these data has indicated that there are differences between social models as described by the two groups and suggested some differences in the way the respective models relate to the self-image of females belonging to these groups. The study has indicated that the two groups refer to almost the same feature when describing gender stereotypes yet differences in the definition of these features could be noticed. Starting from these preliminary results, a further step has been planned: a battery of instruments will be applied at six month intervals along a period of three years in order to assess the link between general psycho-pathology, eating behavior, the interpersonal problems and the relation between the self image, the social ideal and gender stereotypes. Other European countries such as Romania, Czech Republic, Italy and Spain have shown interest in joining the project. For further information, contact:

Dr. Phil. Ana Catina
Center for Psychotherapy Research,
Christian Belser Str. 79a,

D-70597 Stuttgart, Germany. Tel: +49-711-6781400; Fax: +49-711-6876902

HONG KONG

The cross cultural validity of the EDI has just been completed examining Chinese students, Sing Lee, Antoinette Lee, Tony Leung, The Chinese University of Hong Kong.

Dr. Sing Lee will be a visiting fellow at the Harvard School of Medical Anthropology for this academic year where he will continue to study the presentation, diagnosis and negotiation of distress in varying societies.

Cindy Davis (Chinese University of Hong Kong) and Melanie Katzman (University of London) have continued to collaborate on studies of male and female body image in HK and the US, and the role of acculturation on the development of eating disorders.

Melanie Katzman (University of London) and Freedom Leung (Chinese University of Hong Kong) have employed a newly developed scale to measure Westernization and the impact on eating attitudes when mothers and daughters have different values. Daughters with modern ideas from traditional families appear to be at the highest risk.

Sing Lee, Melanie Katzman and others have been studying the contribution of personal and family values to the development of eating disorders in the east. For more information, contact:

*Melanie Katzman, Eating Disorders Unit,
The Maudsley Hospital, Denmark Hill,
London SE5 8AZ or Sing Lee.*

MEXICO

In Mexico the first group dedicated to the treatment of eating disorders was founded in 1985 at the Instituto Nacional de la Nutricion in Mexico city. The Eating Disorders Clinic has an inpatient as well as outpatient services, with a capacity of 15 patients (4 new patients are evaluated each month). It is comprised of an interdisciplinary team representing psychiatry, psychoanalysis (Drs. Rocha and Barriguete), endocrinology (Dr. Garcia), nutrition (Lic. Palma) and psychology (Psic. Dupont)]. Although at

the very beginning we were simply a treatment center, we now work in several research fields:

1. Historic: Anorexia nervosa
2. Epidemiologic:
 - A. A study of teenage students of different religions
 - B. Eating disorders & Dependence with Dr. Philippe Jeammet, Paris
3. Familial diagnosis: applications of the family model for psychodynamic systemic evaluation
4. Expressive Psychotherapy in eating disorders with O. Kernberg from Cornell
5. Transcultural: Ethnopsychiatric study of eating behavior in purepechas and the impact of migration, longit and transversal study of cultural, psychological, biological-lipid metabolism. In collaboration with University Paris XIII with Drs. Marie Rose Moro, David Herzog and Anne Becker from Harvard and Victoria Holtz and David Garner.

Another Mexico team is directed by M.Sc Victoria Holtz and Dr. Antonio Tena. They are very much linked to the Universidad Iberoamerican and are also doing research:

1. Epidemiologic: a large transversal sample developing Spanish versions of the EAT and EDI-2 (with Dr. Garner).
2. Psychotherapeutic: Group therapy
3. Educative: In 1993 they created the first university "Diplome in Eating Disorders in Mexico, a two years long training. Both teams are closely involved in treatment, training and research.

For further information, contact:

Dr. J Armando Barriguete Clinic,
Instituto Nacional de la Nutricion and
Postgraduate Studies Center APM,
Mexico. Tel & fax: (52-5) 661 9664
74174.3057@COMPUSERVE.COM

THE NETHERLANDS

On Friday 8 November 1996 the Eating Disorders Steering Committee of the Netherlands, in collaboration with the Robert-Fleury Stichting and the Psychiatric Hospital Endegeest, will host

a one-day national conference, titled: *New Developments in the Treatment and Research of Eating Disorders*. The conference venue is in Oegstgeest (near Leiden). Speakers will include: W. Vandereijcken, C. Fairburn, H.W. Hoek, E.F. van Furth, J.A. Bloks, G. Noordenbos, N.J. Nicolai, among others. Most of the presentations will be in Dutch. For more information, contact:

*The PAO-bureau in Leiden,
The Netherlands. Tel: +31-71-5143143,
fax: +31-71-5140145.*

Dutch Steering Committee on Eating Disorders (SCED)

The Steering Committee on Eating Disorders was established in 1994, it was initiated by the Ministry of Public Health and Sports of the Dutch government. The main aim is to improve the organization of treatment for patients with anorexia and bulimia nervosa. This includes:

- The Implementation of Treatment
- making an inventory of the bottlenecks in organization and content of treatment
- development of specialized treatment centers with a supra regional status
- development of policy advice
- The Improvement of Expertise
- implement training and consultation on ED
- organization of regional, supra regional and national workshops, courses and conferences
- provide advise to and support of the establishment of new regional treatment facilities.
- The SCED participants are:
 - Ministry of National Health and Sports
 - Chief Medical Inspectorate of Mental Health
 - Anorexia and Bulimia Nervosa Foundation (patient organization)
 - Medical Insurance Board
 - Eight specialized eating disorder units, scattered over the Netherlands.

The SCED is currently writing up it's final report for the government. Based on the conclusions of the report the ministry will hopefully decide to formally establish several specialized eating disorder units whose working area will cover the whole of Holland. We also

hope to establish one or two permanent national specialized units. Already, and at least partly due to the activities of the SCED, new treatment facilities are being opened where ED patients can be treated in homogeneous groups. For further information, contact:

The SCED, fax or e-mail to: H.W. Hoek (chairperson) fax: +31-70-3972954, e-mail: H.W. Hoek@Rijnhaave.NL or E.F. van Furth (secretary) fax: +31-70-4441008 e-mail: 74022,2115@compuserve.com

Follow-up Research

The Eating Disorder Unit of the Robert-Fleury Stichting has recently received a grant to start a large prospective follow-up study of all daycare and in-patients. In 1992 the unit has received special recognition from the Dutch government and it now serves as the Dutch national specialist center for treatment of severe eating disorder patients. The present follow-up study has links with the EU research project COST Action B6 "the psychotherapeutic treatment of eating disorders". For further information, contact:

*Dr. E.F. van Furth,
fax: +31-70-4441008
e-mail: 74022,2115@compuserve.com*

NORWAY

In 1992 the Norwegian authorities produced a comprehensive educational package, "Adolescence and eating disorders", for distribution to all secondary schools and colleges. After evaluating both the material and the use of it, we, The Norwegian Ministry of Health and Social Affairs, are now revising it. We try to target the prevention of eating disorders from another angle. The "new" material will become much more general. It will be called "About Culture, Body and Communication", and will empathize what it means to grow up, looking at self-esteem/self assertion, positive and negative coping strategies and stress management. Secondly, it will focus on our cultural obsession with slenderness and eating disorders. The Norwegian National Board of Health is also carrying

out a nation-wide study to evaluate whether treatment recommendations, given in 1992, have been carried out.

On 1st October the first regional center for treatment and prevention will be opened in Northern Norway, financed by the Ministry of Health and Social Affairs. The center will be run by a collaboration between regional hospitals and the University of Troms.

Runi Borrenson-Grecko

A NOTE ABOUT THE COST B6 ACTION:

Chairman Hans Kordy (Germany) and Janet Treasure (Vice Chairperson-England). The action's main objective is to co-ordinate and advance European research on the assessment and efficacy of psychotherapeutic treatment programmes and to identify appropriate "dosages" of treatment. At least 20 countries are participating in this study that will span 6 years until 2000.

Dr Hans Kordy, Center for Psychotherapy Research, Christian Belser Str. 79a, 70597 Stuttgart, Germany. Email: kordy@psyres-stuttgart.germany

SOUTH AFRICA

The National Eating Disorders Coordinating Committee, chaired by Chris Szabo, M.D. is now in its 4th year. I was the first chair and we started a large prevalence study of abnormal eating behaviors in women (i.e. Caucasian, Black, Mixed Race and Asian). That study, under the management of Doug Wassenaar (Clinical Psychologist) has been completed and soon will be submitted for publication. The Committee also steers other research, teaching and clinical activities, and Dr. Szabo assumes an active role in guiding the Committee's research activities. He has recently "replicated the Garner et al., Playboy Centerfold study in South Africa and found the women to get even thinner still. He has also recently completed a pilot study looking at family psychopathology in anorexia and bulimia nervosa.

Chris Szabo, M.D.
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Academy Business Office:
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ACADEMY NEWS

Meetings and Conferences

1997 Academy Annual Meeting Boston, Mass. June 19-21

The 1997 Academy for Eating Disorders Annual Meeting will be conducted in association with a course on obesity directed by Dr. George Blackburn and colleagues at Tufts and at Harvard University. The details of this meeting will be available in the *Winter Newsletter*; however, please make a note of this time on your calendar! It will be a great educational event and a time to meet with Academy colleagues.

3d London International Conference on Eating Disorders

The 3d London International Conference on Eating Disorders will be convened on April 15-17, 1997 and is being organized by the British Journal of Hospital Medicine and Great Ormond Street Hospital for Children (Dr. Bryan Lask and Dr. Rachel Bryant-Waugh are the Conferences hosts). The previous two meetings were highly successful, each drawing more than 600 delegates from over 30 countries. The 1993 meeting was opened by the Princess of Wales.

The program includes plenaries, short papers, posters and workshops. A long list of distinguished clinicians and researchers will be presenting at the Conference. The program will include the very latest ideas and research findings, ensuring that the Conference will be of great interest and value to those involved in the field of eating disorders, as clinicians or researchers.

The conference will be held in the beautiful New Connaught Rooms, in the very center of London, with shops, restaurants, theaters and Covent Garden all on the doorstep. The social program will be very entertaining and full of surprises. There is a generous early booking discount and free registration for one contributor from each accepted workshop or scientific paper. Preliminary programs, registration forms, and abstract submission forms are available from the Conference Manager, Mark Allen, International Conferences, Croxted Mews, 286a-288 Croxted Road, London SE24 9BY
(Phone: +44-181-671-7521; Fax: 7327)

RESEARCH GRANT OPPORTUNITIES

National Institute of Mental Health
Mental Health Research in Eating Disorders: PA Number PA-96-064
For more information, contact NIMH:
Harold Goldstein, Ph.D., 301-443-4140;
Susan Yanovski, M.D., 301-594-8882;
Dr. Patricia Bryant, 301-594-2095.

Academy Newsletter

Please send all suggestions for articles, items of interest, job opportunities, information regarding upcoming events or meetings and letters to the Newsletter Editor:

David M. Garner, Ph.D.
Toledo Center for Eating Disorders
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Toledo, OH 43617

Fax: 419-885-8600
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e-mail: garnerdm@aol.com

The deadline for submissions for the *Winter Newsletter* is January 1, 1997.

All contributions to the Newsletter must be submitted to the Newsletter Editor in hardcopy and on 3½ disk, preferably in WordPerfect 6.0 or 5.1 (DOS).

Academy Representation

Members-at-Large

The following are the members-at-large and their respective Divisions*

Member-at-large**

Judy Baldrige, M.S.W. (8)
Felecia Boyd, M.S. (4)
Martin Fisher, M.D. (5)
Walter Kaye, M.D. (6)
Gloria Leon, Ph.D. (1)
Stephen Wonderlich, Ph.D. (7)

* Key to Divisions

1 = Academic Sciences
2 = Dietetics
3 = Human Services
4 = Nursing
5 = Primary Medicine
6 = Psychiatry
7 = Psychology
8 = Social Work

** Voting members on the AED Board

ACADEMY FOR EATING DISORDERS
Business Office - c/o Division of Adolescent Medicine; Montefiore Medical Center
111 East 210th Street, Bronx, New York 10467; (718) 920-6782 Fax (718) 920-5289

MEMBERSHIP APPLICATION AND INFORMATION SHEET

Name: _____ Current Positions: _____

Mailing Address: _____

Telephone: Home: _____ Work: _____ Fax: _____

Discipline: _____ Highest Degree: _____

To what Division are you applying?: _____

(Academic Sciences; Dietetics; Human Ecology; Human Services; Nursing; Primary Medicine; Psychiatry; Psychology; Social Work)

Are you Board Certified: [] Yes [] No Board: _____

Check all that apply: [] Practitioner [] Researcher [] Academician

Have you ever been subject to disciplinary action by a professional organization, hospital or institution? [] Yes [] No

If yes, please attach an explanation as to when this occurred, what the sanctions were, and whether those have been met.

Do you have any pending malpractice litigation or ethical charges? [] Yes [] No; If yes, please attach an explanation.

Committees of the Academy are listed below. Check those in which you would be willing to be actively involved:

- [] Finance [] Membership [] Bylaws [] Third Party [] Nomination [] Recruitment
[] Publication [] Research [] Awards [] Program [] Prevention

Applicants for Full Membership - Please attach or request the following:

- [] 1. A copy of your resume
[] 2. A copy of your diploma for your highest degree
[] 3. Names and addresses of two references from supervisors, professors, colleagues or members of the Academy that can speak to your knowledge and experience in the field of eating disorders. Reference Form will be forwarded to individuals listed below.

Table with 2 columns: Name, Address. Two rows of empty space for entries.

- 4. If you are a clinician, have you completed at least 60 hours of training in eating disorders? [] Yes [] No
If you are a clinician, have you spent at least 250 hours treating clients with eating disorders? [] Yes [] No
If you are a non-clinician, have you had at least 60 hours of professional activities related to eating disorders? [] Yes [] No

Applicants for Associate Membership - Please attach the following:

- [] 1. A copy of your resume.
[] 2. A copy of your diploma for your highest degree.

Applicants for Student Membership - Please attach the following:

- [] 1. A letter from department chairperson verifying your student status.
[] 2. A copy of your resume.

Signature _____ Date _____

Fees for application and first year membership:

Full member \$100.00; Associate Member \$100.00
Student Member \$ 35.00

Make checks payable to Academy for Eating Disorders and forward with application to the ACADEMY FOR EATING DISORDERS Business office (address above).