

Message from the President

Pat Fallon, Ph.D., FAED



This column is a time for reflection. Much to the dismay of all of us, the world has not become a safer or more secure place over this past year. Here in the US, the impact of the war is discussed on a daily

basis and life seems more uncertain than ever before. It is a challenge at times such as these to feel as though one can make a difference. But in reflecting on what to write, I feel encouraged by the fact that many of you have made a difference in the Academy and in the lives of people with eating disorders over this past year.

This is the last newsletter column I will write as President of AED and I have been thinking a great deal about some of the questions posed in my first column. They were the outlines of the focus for this year and are still central to my thinking about the Academy. Although there remains much to be done, much has also been accomplished. I would like to revisit some of those questions.

How do we help the AED membership feel a part of the community?

With the help of enthusiastic and dedicated volunteers, we have begun to accomplish our vision of providing quality training in a variety of settings and cultures with the help of dedicated AED members around the world. Teaching days and conferences were held in Singapore and Ecuador. Success as measured by attendance, evaluations and enthusiasm has been notable. Our thanks to Kathy Pike and Ee-Lian Lee for their dedication in making the First International Teaching Day in Singapore an informative and highly attended event. Congratulations to Fabian Melamed, Armando

Barriguete, Fernando Fernandez-Aranda, Magdalena Terneus, Ovidio Bermudez, and the Hispano-American SIG for sponsoring the First Hispano-American Congress on Eating Disorders, hosted by the Universidad San Francisco, in Quito, Ecuador. In September 2003, the AED Athlete SIG will hold a mini-Conference to be held in Indianapolis, Indiana. These meetings have grown out of the energy and passion of individual members who saw a need and opportunity and made it a reality.

In addition, this year fourteen Junior Investigator Travel Fellowships and eight Clinician Scholarships will be awarded to applicants from the US and other countries for the 2003 International Conference in Denver. Our hope is that people who may not otherwise have the opportunity to attend or present at the 2003 International Conference will be able to do so and that clinicians will be able to disseminate information from the conference to her/his community.

Members can also feel a part of the larger AED community by participating in discussions on the list serve. The list serve has become an important way for clinicians and scientists share observations, data and expertise. Questions are asked and answered; stances are challenged and corroborated on dozens of topics. We are working to make more information available in the Members Only section of the web site.

What do we need to change in order to make the AED a truly international organization?

The leadership of the AED has been dedicated this year to making the Academy an international organization. Both an International Task Force and an International Teaching Day Committee were formed. The International Teaching Day committee worked to make the Singapore Teaching Day a reality. The International Task Force made recommendations to the AED

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Farewell Message from the Editor

Lisa Lilienfeld, Ph.D.

This is the last issue for which I will serve as Editor. Beginning with the summer 2003 issue, Debra Franko, Ph.D. of Northeastern University and the Harvard Eating Disorders Center will be our new Editor. Debra has been a wonderful book reviewer, is an outstanding researcher and clinician, and I know will be a fantastic Editor for our newsletter.

Thank you Marsha Marcus, Past President, for nominating me for the position four years ago. Thank you David Garner, for paving a successful path as the previous Editor for me to follow and build upon. Thanks to the four Presidents with whom I have worked: Steve Wonderlich, Jim Mitchell, Allan Kaplan, and Pat Fallon. Thanks also to Tim Walsh and Steve Wonderlich who have served as Publications Committee Chairs, as well as Debra Franko and Daniel leGrange who were my tireless book reviewers.

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The Academy's First International Teaching Day: Singapore

Kathleen Pike, Ph.D., FAED, International Teaching Day Task Force Co-Chair; Ee-Lian Lee, M.D., International Teaching Day Task Force Member; Stephen Touyz, Ph.D., University of Sydney

The First International Teaching Day, co-sponsored by the Academy for Eating Disorders, was held in Singapore on February 14, 2003. The teaching day was also co-sponsored by the Singapore Institute of Mental Health/Woodbridge Hospital. By all measures, it was a grand success. Over 120 participants representing a wide range of professional disciplines attended. Psychiatrists, psychologists, nurses, school guidance counselors, school faculty and administration were among those represented. The First International Teaching Day on Eating Disorders provided the opportunity for many mental health and education professionals to enhance their understanding and clinical care of eating disorders.



Dr. Stephen Touyz discusses diagnostic criteria for eating disorders

The teaching day included three speakers, Dr. Ee-Lian Lee (Singapore), Dr. Kathleen Pike (U.S./Japan), and Professor Stephen Touyz (Australia). The morning lecture program provided a broad overview to participants. Professor Touyz opened the meeting with a discussion of diagnostic criteria for eating disorders. Dr. Pike reviewed the literature on evidence-based treatments for anorexia nervosa and bulimia nervosa, and Dr. Lee discussed an integrated treatment approach to obesity management.

The afternoon program consisted of three in-depth workshops, each conducted by one of the teaching day faculty. Professor

Touyz discussed the essential components of establishing and running an eating disorders program. He focused his attention on innovative day hospital programs based upon the transtheoretical model of change paradigm. Such programs aim to match the type of therapy delivered to the patient's readiness to change. Three prototypes currently under investigation in Australia were presented. This was of great interest to many professionals from Singapore who are working towards establishing the first specialty eating disorders service in Singapore. Dr. Pike led a workshop on cognitive behavioral therapy for eating disorders, reviewing the core principles and theoretical assumptions and discussing the key components of putting CBT into practice. She used clinical material to more fully describe CBT in action and provide participants with actual case examples and illustrations. Dr. Lee discussed the use of medication in eating disorders treatment and obesity management. She provided important, detailed information to participants regarding state-of-the-art prescription practices.

The enthusiasm of the three speakers was clearly evident by their decision to hold a post teaching day debriefing meeting in the Long Bar at the hotel! This was the First International Teaching Day co-sponsored by AED, there was much to discuss, and since the speakers had dry throats from teaching all day, Singapore Slings provided the ideal antidote.

Dr. Ee-Lian Lee, a member of the international teaching day task force, served as the local co-chair of the event. Dr. Kathleen Pike, co-chair of the international teaching day task force, worked with Dr. Lee to develop the program for the day. Additional members of the international teaching day task force are Drs. Glenn Waller, co-chair (UK), Paulo Machado (Portugal), Virginia McIntosh (New Zealand), and Fernando Fernandez-Aranda (Spain). This AED task force is committed to facilitating and sponsoring other international teaching days. Academy members are invited to contact one of the members of this group about the possibility of sponsoring a teaching day in other locations around the globe.

Academy for Eating Disorders 2003 International Conference on Eating Disorders Program

Clinical and Scientific Challenges: The Interface between Eating Disorders and Obesity

Omni Interlocken Resort ~ Denver, Colorado, USA

May 29-31, 2003

Thursday, May 29

1:00pm - 4:00pm

Clinical Teaching Day Workshops (*separate registration is required*)

A. *Introduction to Eating Disorders/Beginners Track*

Craig Johnson, PhD, FAED

B. *New Developments in the Treatment of Body Image Disturbance in Eating Disordered Patients*

Ann Kearney-Cooke, PhD

C. *Shared Themes and Possibilities in the Prevention of Obesity and Disordered Eating*

Michael Levine, PhD, FAED; Dianne Neumark-Sztainer, PhD, FAED

D. *What Dietitians Need to Know about Comorbid Psychiatric Disorders*

Jillian K. Croll, MS, RD; Scott Crow, MD, FAED

E. *Psychodynamics and the Treatment of Eating Disorders*

William N. Davis, PhD, FAED

F. *Medical Management and Pharmacotherapy of Eating Disorders*

James E. Mitchell, MD, FAED; Pauline Powers, MD, FAED

4:00pm - 5:30pm

NIMH Fellowship Presentations (Paper Presentations)

5:30pm - 7:00pm

Opening Reception

7:00pm - 8:30pm

Symposium and SIG Discussion Panels

Symposium

Genes, Environment and Behavioral Traits in Anorexia and Bulimia Nervosa: Implications for Treatment, Prevention, and Families

This symposium is sponsored by NIMH collaborative R01 grants on the "Genetics of Anorexia Nervosa

Walter Kaye, MD, FAED; Cynthia M. Bulik, PhD, FAED; Craig Johnson, PhD, FAED

SIG Discussion Panels

1. *Bariatric Surgery: A Panel Discussion*

James Mitchell, MD, FAED, Maureen Dymek, PhD, and Carol Signore, LMFT

2. *Treating Childhood Obesity: A Debate*

Diane Keddy, MS, RD, Marsha Hudnall, MS, RD, Ovidio Bermudez, MD, Susan L. Johnson, PhD, Marilyn Day, MS, RD, Moria Golan, PhD

Friday, May 30

7:00am - 8:00am

Continental Breakfast

8:00am - 8:15am

Welcome and Conference Goals

8:15am - 9:15 am

Keynote Address

Susan Z. Yanovski, MD, FAED

9:15am - 9:45 am

Break

9:45 am - 11:15am

Plenary I - *Classification of Eating Disorders*

Rachel Bryant-Waugh, PhD; Donald A. Williamson, PhD; B. Timothy Walsh, MD, FAED

11:30am - 1:30pm

SIG Meetings/Lunch on your own

1:30pm - 3:00pm

Workshop Session I

3:00pm - 3:30 pm

Break

3:30pm - 3:45pm

Presidential Address

3:45pm - 5:15pm

NIHM Plenary II - *Body Weight Regulation*

Samuel Klein, MD; Allen S. Levine, PhD; Cheryl L. Rock, PhD, RD, FAED

5:30 pm - 7:00pm

Poster Session and Reception

7:00pm - 10:00 pm

Satellite Symposium

Advances In The Treatment Of Bulimia Nervosa And Binge Eating Disorder

Joel Yager, MD, FAED; Denise Wilfley, PhD, FAED; Katherine Halmi, MD; Susan McElroy, MD; Robert Kushner, MD

Saturday, May 31

7:00am - 8:00am

Continental Breakfast and AED New Member Breakfast

8:00am - 9:30am

Plenary Session III - *Eating Disorders and Obesity in the Pediatric Population*

Marsha D. Marcus, PhD, FAED; Dianne Neumark-Sztainer, PhD, FAED; C. Barr Taylor, MD

9:30am - 9:45am

Break

9:45am - 11:15am

Paper Sessions

11:15am - 12:45pm

Workshop Session II

12:45pm - 2:00pm

AED Business Meeting and Lunch

2:00pm - 3:30pm

Workshop Session III

3:30pm - 4:00pm

Break

4:00pm - 5:30pm

Closing Remarks and Plenary IV - *Treatment of Binge Eating Disorders*

Christopher Fairburn, DM; Denise E. Wilfley, PhD, FAED; James E. Mitchell, MD, FAED; Carlos M. Grilo, PhD

7:00pm

10th Anniversary Dinner

Join colleagues in a fun-filled evening as the AED celebrates its first ten years. Following dinner, the dazzling Lannie Garrett will entertain the crowd with "The Patsy DeCline Show", a hilarious tongue-in-cheek spoof of country music.

Remember to call the Omni Interlocken Resort (303-438-6600) to make your room reservation by April 30. And don't forget to mention AED!



The 1st Hispano-American Congress on Eating Disorders: Quito

Multidisciplinary Approaches for the Hispano-American Context

Conference Organizing Committee and Academy Hispano-American SIG members: Fernando Fernandez-Aranda, Ph.D. (Spain); Fabian Melamed, Ph.D. (Argentina); Magdalena Terneus, M.Sc. (Ecuador); Armando Barriguete, M.D. (Mexico); Ovidio Bermudez, M.D. (United States)



The first Hispano-american Congress on Eating Disorders was held last month in Quito, Ecuador, hosted by the University of San Francisco and supported by the Academy. It was recognized as successful by the mass-media and was very well attended by approximately 120 psychologists and psychiatrists representing many Latin-American countries (Argentina, Mexico, Colombia, Peru, Bolivia, Brazil and Ecuador), Spain and the US. The great city of Quito and its excellent food were a wonderful environment and atmosphere to hold such an event.

Invited keynote speakers were James Mitchell, MD, FAED and Craig Johnson, PhD, FAED, who discussed important etiopathological and therapeutic issues. Their expertise and knowledge were greatly appreciated. In addition to the presentations and workshops conducted by the conference organizers on nutrition, etiopathogenesis, risk factors, cross-cultural factors, epidemiology, and therapy, many round tables and discussions allowed us to learn more about the increasing prevalence of eating disorders in the above mentioned countries, some culture-specific traits, and the cultural aspects that must always be considered in order to properly understand patients who may share similar symptoms

but have important cultural differences.

This successful meeting, organized by Magdalena Terneus and her team, opened the door to future meetings over the next several years. We are pleased to announce that the 2nd Hispanoamerican Congress on Eating Disorders (sponsored by the Hispano-American SIG of the AED), will be held in Mexico, October 20-23, 2004. The main organizer of the event, Armando Barriguete, may be contacted at: abarriguete@mexis.com.



Athlete Special Interest Group (SIG) Update

Ron A. Thompson, Ph.D. & Roberta Trattner Sherman, Ph.D., Athlete SIG Co-Chairs

Since forming with only 17 members at the 2001 AED meeting in Vancouver, the Athlete Special Interest Group has continued to grow in membership and in terms of SIG sponsored activities and programs. Currently, there are approximately 55 members, representing Canada, Greece, Mexico, The Netherlands, Norway, the United Kingdom, and the U.S. The co-chairs of the SIG are Ron A. Thompson, PhD, and Roberta Trattner Sherman, PhD.

The Athlete SIG recognizes that athletes constitute a special subpopulation, who, as such, can best benefit from specialized approaches to assessment, treatment, and prevention. This need for specialization has been reflected in our mission statement and goals for the SIG, as well as in the programs we have presented at Academy meetings. In the 2001 SIG meeting, Ron Thompson presented a talk on "Factors in the Athletic Environment that Place Athletes at Risk and Complicate Identification." At the 2002 meeting in Boston, a special panel entitled, "Athletes and Eating Disorders: Special Issues" was conducted by SIG members. Also included on that panel was Joanne Pomodoro, MSW, who talked about her experience with an eating disorder as an elite athlete. At the regular SIG meeting in Boston, noted sport nutritionist Nancy Clark, R.D., talked with SIG members regarding eating and nutrition,

as they relate to the health and sport performance of athletes.

As productive and informative as our SIG efforts were in 2001 and 2002, we anticipate even more in 2003. At the Denver meeting, we will have the opportunity to hear the details of a project headed by SIG member Donald McAlpine. Donald agreed to lead a subcommittee on research. He, Annick Buchholz, Robyn Swenson, and Mary Yannakaelia have taken on the monumental task of compiling research related to athletes and eating disorders. To date, more than 500 citations, most with abstracts, have been collected. Our hope is to make this information available to SIG and Academy members in the very near future, perhaps in the form of a review article.

Also, this year, we will be offering the first SIG sponsored mini-conference. The one day mini-conference, *Athletes and Eating Disorders: Bridging the Gap*, will take place in Indianapolis on Friday, September 19, 2003 at the Indiana Government Center. This mini-conference will offer panel discussions, workshops, paper presentations, and poster sessions. Information about submitting proposals will be available on the AED website. Included in this mini-conference is a special panel of representatives from the sport world. Panelists Jerry Diehl of the National Federation of High School Associations, Mary Wilfert of the NCAA, and Kathy Feldmann of USA Gymnastics will speak to us about how they are approaching eating problems with high school, collegiate, and elite athletes, respectively.

New members are always welcome in the Athlete SIG. Our ideas are endless; we simply need your help to carry them out. If you would like more information about the Athlete SIG or our activities, feel free to contact the co-chairs. Ron A. Thompson's e-mail address is: rthomps2@juno.com and Roberta Trattner Sherman's e-mail is: rsherma@indiana.edu.



Psychodynamic Psychotherapy Special Interest Group (SIG) Update

Judith Banker, Ph.D., Psychodynamic SIG Chair

The Psychodynamic Psychotherapy Special Interest Group (PPSIG) is pleased to sponsor two presentations, one of which took place during a special session of the PPSIG at The 6th London International Eating Disorders Conference April 1-3, 2003. The other is the PPSIG annual meeting at the Academy for Eating Disorders 2003 International Conference on Eating Disorders in Denver in May.

Jeanne Magagna, Consultant, Child, Family and Adult Psychotherapist, Head of Psychotherapy Services and member of the Eating Disorders Team of the Great Ormond Street Hospital for Children in London, will present a talk entitled, *The Imprisoned Self: Psychoanalytic Psychotherapy with People Suffering from Anorexia Nervosa*, on Wednesday, April 2, 7-8 a.m. in the main lecture hall during the London Eating Disorder Conference. This meeting of the PPSIG will be chaired by SIG member Ruth Weissensteiner, MD, Vienna, Austria and is open to all conference attendees.

William Davis, PhD, FAED, Vice President of Research and Outpatient Program Development, The Renfrew Centers, Inc., and Director, The Renfrew Center of New York, will present a talk entitled, *Relationship in the Development and Treatment of Eating Disorders*, as part of the annual meeting of the PPSIG during the AED 2003 International Eating Disorders Conference on Friday, May 29, 11:30 a.m.-1:30 p.m. This presentation and meeting are open to all conference attendees and PPSIG members. No pre-registration is required. For further information about the Psychodynamic Psychotherapy Special Interest Group contact PPSIG Chair Judith Banker at banker@umich.edu or 734-668-8448.



National Eating Disorders Association Update: Efforts Aimed at Expanding Information, Research

Holly Hoff, Director of Programs with NEDA

The National Eating Disorders Association (NEDA) continues its efforts to serve sufferers, their families, the public, and professionals with an ongoing expansion of its programs and materials. Several AED members provide expert advice as members of NEDA's Clinical and Scientific Advisory Council (CSAC). A key responsibility of the CSAC is completing an annual review of the organization's educational handouts. These materials are used by clinicians, sufferers and their families, and the media, during National Eating Disorders Awareness Week and in educational and clinical settings throughout the year.

The CSAC also responds to the need for new information. Currently, CSAC experts are completing fact sheets about the following: healthy nutrition and exercise standards; obesity, binge eating disorder, and gastric bypass surgery; pregnancy and eating disorders; and nutrition information for younger children (ages 2-12). NEDA will soon launch an "Ask the Expert" section on its web site www.NationalEatingDisorders.org and CSAC members will respond online to featured questions.

Members of the AED and NEDA have also collaborated on the National Eating Disorders Association Research Committee to grant awards to young investigators in the eating disorders field. In 2002, the Lori Irving Memorial Grant for research in eating disorders prevention science was awarded to S. Bryn Austin, Sc.D. Dr. Austin is conducting a national longitudinal cohort study of adolescent girls and boys to assess sexual orientation, weight concerns and disordered eating. The Laureate Young Investigators' Grant to support promising new eating disorders research was awarded to Mary Hagan, Ph.D. Dr. Hagan is examining neurochemical mediators in a novel animal model of dieting- and stress-induced binge-eating. Both studies promise to contribute critical new information to the field of eating disorders.

The Research Committee has recently released a Call for Proposals for its 2003 Lori Irving Memorial Grant for research in eating disorders prevention science. Interested applicants should check the submission guidelines online at www.NationalEatingDisorders.org. Letters of Intent were due April 1, 2003. Proposals are due May 1, 2003.

The National Eating Disorders Association would like to thank the following CSAC and Research Committee members for their time and talents as we expand public and professional awareness about eating disorders.

Clinical and Scientific Advisory Council Members:

W. Stewart Agras, M.D., Arnold E. Andersen, M.D., FAED, Kelly Brownell, Ph.D., Randall Dick, M.S., Karin Kratina, M.A., R.D., Michael Levine, Ph.D., FAED, Marsha D. Marcus, Ph.D., FAED, James E. Mitchell, M.D., FAED, Dianne Neumark-Sztainer, Ph.D., M.P.H., R.D., FAED, Niva Piran, Ph.D., Pauline Powers, M.D., FAED, Cheryl L. Rock, Ph.D., R.D., FAED, Maria Root, Ph.D., Catherine Shisslak, Ph.D., Linda Smolak, Ph.D., Michael Strober, Ph.D., FAED, B. Timothy Walsh, M.D., FAED, Susan G. Willard, LCSW, BCD, FAED, and Joel Yager, M.D., FAED.

Research Committee Members:

Cindy Bulik, Ph.D., FAED, Mike Devlin, M.D., FAED, Walt Kaye, M.D., FAED, Michael Levine, Ph.D., FAED, Jim Mitchell, M.D., FAED, Robbie Munn, MSW, Dianne Neumark-Sztainer, Ph.D., FAED, Pauline Powers, M.D., FAED, Ruth Striegel-Moore, Ph.D., FAED, and Steve Wonderlich, Ph.D., FAED



Book Review Corner

Debra L. Franko, Ph.D., Book Review Editor

Eating Disorders and Obesity, Second Edition: A Comprehensive Handbook

Edited by Christopher G. Fairburn and Kelly D. Brownell

(The Guilford Press, 2002, ISBN# 1-57230-688-2, 633 pages)

What can a reviewer say about a book written by arguably two of the top researchers in the fields of eating disorders and obesity? True to its title, this tome is truly comprehensive and certainly will serve as a handbook for clinicians and researchers for many years to come. The brief but exceptionally thorough chapters and annotated bibliographies make this a required reference text for the field. The breadth of topics covered in this volume guarantees that it will be the book to be consulted when a question on any issue in eating disorders or obesity is raised by a student, a client, or another professional. Beyond that however, is the stellar achievement by the editors in meeting one of their stated goals in putting this second edition together – “to strengthen connections between the eating disorders and obesity fields.” Three steps were taken to achieve this end: topics common to both fields were chosen, attention was given to covering the basic processes that underlie the control of eating and weight, and cross-referencing occurs throughout the text to connect the chapters. In addition, fresh topics were included to mirror recent developments in both fields. Just to name a few, new chapters on molecular genetics, leptin, and binge eating disorder have been added to this second edition. The book also includes updated chapters on the etiology, pharmacotherapy, and treatment of bulimia nervosa, and the etiology and consequences of obesity.

The book is divided into 3 sections (foundation, eating disorders, and obesity) and within each major section are several categories. Part 1 covers basic regulation of eating and body weight, psychological and social factors, dieting, body image, and measurement methods. The range of topics covered within the first 26 chapters is tremendous and includes chapters on leptin and body weight regulation (Campfield),

acquisition of food preferences and eating patterns in children (Birch), body dysmorphic disorder (Phillips), and measurement issues in energy expenditure (Prentice), physical activity (Sallis and Zabinski), and eating disorder pathology (Garner). Polivy and Herman review the experimental studies on dieting and Puhl and Brownell address stigma and discrimination in obesity. The term “foundation” aptly describes the first 150 pages of this book, which provide the groundwork for the remainder of the text.

The 41 chapters under the eating disorders heading cover clinical characteristics, epidemiology, etiology, medical aspects, treatment, and prevention. If one were teaching a course on eating disorders, this section would provide coverage of all relevant topics. The expert clinicians and researchers have translated the multitude of research findings into authoritative chapters that both review and synthesize a vast array of information.

The final section on obesity concludes the Handbook by covering 45 separate topics subsumed under clinical characteristics, epidemiology, etiology, course, medical aspects, treatment, and even prevention, in a thoroughly engaging chapter by Kelly Brownell. The final third of the book will be a wonderful resource for clinicians and researchers who are more familiar with eating disorders than obesity, but who appreciate the need to add an understanding of this important topic to their knowledge base.

An earlier review in *Contemporary Psychology* summarized the value of this book by saying, “On occasion, a book is published that is so unique in its contribution and so completely fulfills its lofty goals that it is bound to become a classic the moment the first copy rolls off the press.” *Eating Disorders and Obesity* is the book that Academy members will likely turn to often for reference, since it addresses virtually every topic in the fields of eating disorders and obesity. I would strongly urge all AED members to add this one to their bookshelf.



Academy Member News

Lisa Lilienfeld, Ph.D., Newsletter Editor

Two Academy members wrote to me with news related to their recent professional activities.

First, **Susan Willard, M.S.W., FAED** has a new book that was just published this winter. It is co-authored with Deborah M. Michel, Ph.D. and is entitled, “When Dieting becomes Dangerous: A Guide to Understanding and Treating Anorexia and Bulimia.” Their book is published by Yale University Press. The foreword is by Arthur Crisp, M.D. and the front cover summary is written by Joel Yager, M.D., FAED. Congratulations, Susan!

Second, **Kim Moore**, nurse consultant, and her colleagues are about to open a new treatment service to provide specialist inpatient care for adults with severe eating disorders. The program will have 8 beds and aim to mainly treat those patients with anorexia nervosa. They are based in Stafford, England. The Academy wishes you the best of luck with your new treatment program.



Membership Council Update: New Chair Announced

Kelly Klump, Ph.D., Membership Council Chair

The Academy Board is pleased to announce that Daniel le Grange, Ph.D., FAED will be taking over as Membership Council Chair when Kelly Klump, Ph.D. steps down from this position during the upcoming AED conference in May. Daniel has been very active in the AED where he has served as a book reviewer for our Newsletter and has been a member of two conference planning committees, as well as a member of the Special Interest Groups Oversight Committee. We wish Daniel the best of luck in his new position.



AED Strategic Planning

Cynthia M. Bulik, Ph.D., FAED, AED President-Elect

On March 22-24 the AED Board, recent past-presidents, and Council Chairs met at the National Conference Center in Landsdowne, VA for an intensive strategic planning work session. The strategic planning group was charged with revisiting the AED mission statement, conducting a SWOT analysis of the Academy (strengths, weaknesses, opportunities, threats), exploring social, political, economic, and technological trends (as well as trends in the eating disorders field) and how they impact on the Academy. Finally, we worked toward consolidating the strategic management plan for the Academy for the next five years. The information from the work session will now be compiled so that the key elements of the strategic plan can be ready for presentation by the Denver meeting.



Left: Executive Director George Degnon, Past President and Council Chair Jim Mitchell and Board Member Mary Tantillo collaborate on setting goals for the Academy's growth.



Left: Past President and Council Chair Steve Wonderlich and Council Chair Kelly Klump discuss the effect of Technological trends on the growth of the Academy.



Above: Secretary Michael Devlin and Past President Marsha Marcus contemplate a time line for implementing components of the Academy's strategic plan.



Left: Treasurer Eric van Furth, Immediate Past President Allan Kaplan and President Patricia Fallon revisit the Academy's mission statement



Above: Board Members Susan Willard and Ann Kearney-Cooke and Nominated Board Member Judith Banker explore the impact of various trends on the Academy

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Board in Charleston and many of those suggestions have been implemented. Each year, we take another step towards being a truly international organization. Take a look at the slate nominated for election at the Denver meeting. The nominating committee has paid a great deal of attention to representing a variety of disciplines and countries in their nomination slate for 2003.

How do we reach out to other organizations and groups involved in combating eating disorders?

We have worked hard this year to establish a sense of collaboration and an ongoing dialogue with other emerging and established organizations in the eating disorder field. Liaisons have been established with eating disorder advocacy groups in the US and other countries and we are working diligently to foster communication and share ideas. At times, we have had difficult decisions to make and anticipate more challenges in the future as we continue to establish our vision and mission. As we respect our differences and embrace our commonalities, collaborations emerge and we have a stronger voice as we stand together.

As it does each year, the face of the Academy leadership will change. I have watched over these past ten years as each President leaves an imprint on the organization in one way or another. Cindy Bulik, the incoming President, has already made an impact and with her energy and focus, will bring us to a new place as we begin our second decade of existence.

I will have many individuals and organizations to thank when I leave the office of President in May. However, in this column, I want to acknowledge the three people who have endured the ups and downs of this past year and who have an intimate understanding of the AED without actually being members. We sometimes forget when we go to conferences that each of us has a personal world back home separate from our professional lives. There were years when it was not helpful to a woman's career to actually acknowledge her family but thankfully those days are mostly gone. During this past year, more than ever before, my professional life

has edged into my home life and the Academy has become a household word in our home. My appreciation and love to my husband Dan, and to my children Brenna and Sawyer for all the sacrifices they have made in order for me to do this job in the best way possible.

I hope to see you all in Denver as we cement the connections that have grown over this past year and plan for new endeavors together. Keep your voice strong, tell the AED leadership what you need and want, and put your strength together with the force of more than a thousand members to make your vision a reality.



Editor, Continued from page 1

A year or so after finishing my post-doctoral fellowship at Western Psychiatric Institute in Pittsburgh in 1998, Marsha Marcus asked me to consider the Editorship of the Academy newsletter and my name was nominated to the Executive Committee. I stepped in as Editor in the Spring of 2000. Since this time, the position has given me the opportunity to really get to know many Academy members and officers from all around the globe (both in person and via e-mail) with whom I probably would not otherwise have had the chance to interact. I sincerely appreciate the correspondence from Academy members which sparked several of my newsletter ideas for interesting (I hope) articles, such as debates over how to respond to pro-eating disorder websites, as well as the degree to which we should focus exclusively upon empirically supported treatments.

I personally think the Academy is a wonderful place for academicians, researchers, clinicians, and those of us who are two or all of the above. I have seen a real effort toward becoming more inclusive and more international in the 3 years I have been Editor and the 5 years I have been an AED member. As a full-time academic researcher and instructor with a part-time private practice (what exactly does that add up to?...), I have tried my best to serve the membership well by including information

relevant to all aspects of professional development.

I am honored to have been chosen for this position. As I say goodbye as Editor, I look forward to continuing my involvement in the Academy. With my newfound time, I turn my efforts toward submitting promotion and tenure materials (no stress there), continuing with research, teaching, supervision, and clinical care, doing more piano performances, as well as enjoying my 8 month old baby. As an aside, I have truly appreciated the support and camaraderie among my AED colleagues with regard to parenthood. It's interesting how many stories come forth when you share something in common (besides an interest in eating disorders, that is...). In the past year, I learned that no amount of work as the newsletter Editor, a researcher, instructor, or clinician compares to caring for a baby with colic! As Alana, her father, and I have thankfully emerged from that challenging and exhausting phase, I likewise conclude my position as Editor. I sincerely thank you for the support, guidance, collegiality and friendship of my AED colleagues.



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



Upcoming Conferences

Academy for Eating Disorders 2003 International Conference on Eating Disorders

"Clinical and Scientific Challenges: The Interface Between Eating Disorders and Obesity"

May 29-31, 2003

Omni Interlocken Resoirt
Denver, CO, USA

Keynote Address by Susan Yanovski, M.D.
Visit www.aedweb.org or contact
AED@Degnon.org for more information.



The 5th Brazilian Meeting on Eating Disorders

June 19-21, 2003

Serra Azul Hotel

Gramado, Rio Grande do Sul, Brazil

For more information, contact Professor
Abuchaim at: abuchaim.voy@terra.com.br.



Academy for Eating Disorders Athlete SIG Mini-Conference

September 19, 2003

Indiana State Government Center
Indianapolis, IN, USA

Call for Abstracts deadline is June 15, 2003.
Visit www.aedweb.org or contact
AED@Degnon.org for more information.



The 13th Annual Renfrew Foundation Conference

"Feminist Perspectives and Beyond: The Changing Face of Eating Disorders"

November 13-16, 2003

Philadelphia Airport Marriott
Philadelphia, PA, USA

Keynote speakers include Gloria Steinem, Walter Kaye, MD, FAED, Amy Baker Dennis, PhD, FAED, and others. Visit www.renfrew.org or contact info@renfrew.org for more information.



The 2nd Hispano-American Congress on Eating Disorders

October 20-23, 2004 ~ Mexico

Sponsored by the Academy for Eating Disorders Hispano-American SIG. Contact Armando Barriguete for more information (abarriguete@mexis.com).



Classified Advertising

Position Available: Staff Physician in Eating Disorders Program at Children's Hospital & Creighton University School of Medicine, in Omaha, Nebraska. Opening for a Board Certified or Eligible Child & Adolescent Psychiatrist or Pediatrician. Inpatient & outpatient treatment. Opportunity for clinical work, teaching and research with academic appointment. Contact Mae Sokol, MD (402) 955-6190 or msokol@chsomaha.org



The Eating Disorders Program at the University of Chicago is seeking a Psychologist with specialty in Eating Disorders at the Assistant Professor rank. Postdoctoral training a prerequisite, and an emphasis in the area of eating disorders and/or obesity a plus. Early record of publication and the ability to become grant funded is desirable. Send letter of interest, resume and 3 letters of recommendation no later than 4/30/03 to Daniel le Grange, Ph.D., FAED, The University of Chicago, Department of Psychiatry, 5441 S. Maryland Avenue, MC 3077, Chicago, IL 60637 or email dlegrang@uchicago.edu



THE DEPARTMENT OF PSYCHIATRY AT THE UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL, seeks a Clinical Psychologist at the Assistant Professor level, (fixed-term, clinical track) for providing direct clinical care to inpatients and outpatients in a new eating disorders program. This individual will assist with program development and expansion. Clinical supervision of doctoral students in clinical psychology and psychiatric residents will comprise a major part of the duties. Participation in ongoing research, while not discouraged, is not required, nor is grant writing expected. Qualifications include: Doctorate in Psychology (Clinical); completion of APA-accredited internship, NC State licensure or license training with child/adolescent populations, strong cognitive-behavioral skills for both individual and groups, and liaison experience between inpatient units and outpatient resources. The position requires the ability to work collaboratively in a multidisciplinary team. Submit a let-

ter of application, current curriculum vitae and three letters of reference to Cynthia M. Bulik, Ph.D., FAED, William R. Jordan Distinguished Professor of Psychiatry and Director Eating Disorders Program, ATTN: Sandi Crawford, Department of Psychiatry, CB#7160, University of North Carolina at Chapel Hill, Chapel Hill, NC 27599-7160. The University of North Carolina at Chapel Hill is an Equal Opportunity/ADA Employer.



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Special Interest Groups

Interested in joining or starting a Special Interest Group (SIG)? Time has been set aside in Denver during the 2003 International Conference on Eating Disorders for attendees to meet with colleagues to discuss a variety of topics of special interest within the field of eating disorders. Visit our web site at www.aedweb.org or contact Paulo Machado, PhD at pmachado@iep.uminho.pt for further information.

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Share Membership Information with a Colleague

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

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

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

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

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

Promote multidisciplinary expertise within the Academy membership.

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

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

Acknowledge outstanding achievement and service in the field.

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

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:

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Submission deadline:

June 1, 2003

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