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Message from the President



Eva Trujillo

This is my last "Message from the President" and I write to you with a very mixed feeling of nostalgia and excitement. I want to welcome you to Prague! I am so excited that

ICED 2017 has brought many of us together again, not just for a superb academic experience, but to meet "old and new" friends in the field. This is an experience I really look forward to every year!

These past months have gone by like a hurricane. We have seen a large number of US government provisions that are completely antithetical to AED's mission and vision. The impact of these provisions will affect not only our American colleagues, but our fellow professionals worldwide. With actions like the travel ban and the budget cut to NIH, mental health challenges will extend beyond American borders. Science does not know about barriers and walls. At a time when public policy seems to be fighting with common sense, science and humanity, our role in defending and resisting road blocks to better treatment for our patients can not tire us out.

We, the AED, as a global organization with members from 49 countries outside of the United States, reaffirm our commitment to leadership worldwide in eating disorders research, education, treatment, and prevention, and to delivering it to as many underserved communities as we can.

But, returning to the immediate work, we are so excited with this year's program! The ICED 2017 Scientific Committee has done a wonderful job creating an exciting and enriching program. Thank you so much to Program co-chairs Unna Danner and Jennifer Wildes for their leadership and vision in composing their committee and completing the great amount of work that is involved in planning a conference of this size, importance bringing together members from

across the oceans! Thank you too for the great contributions of the rest of the committee: Kelly Bhatnagar, Angela Celio-Doyle, Leah Dean, Kelsie Forbush, Anthea Fursland, Anja Hilbert, Hana Papezova, Rachel Rodgers, Kendrin Sonnevile, Ross Crosby, and Annemarie van Elburg. Kelsie and Ross have stepped up to serve as chairs of the 2018 conference! And my special thanks to Jenny Thomas, Board Liaison, for her extraordinary support of and guidance to this process.

I am looking forward to listening to our conference presenters, from our keynote speaker Professor Vikram Patel (Harvard University Department of Global Health and Social Medicine) describing *Psychological Treatments for the World*; to the presenters of four outstanding plenary sessions covering complex issues in research and practice including: clinical staging models and personalized treatment approaches; atypical eating disorder presentations; collaboration between the obesity and eating disorders fields; and the clinical value of neuroimaging research. We are offering 33 interactive workshops presented by leading scientists and clinicians in our field; 132 paper presentations and nearly 300 poster presentations by scholars from around the globe. Continuing with our global mission, we are again offering simultaneous translations to all plenaries and selected workshops into Spanish and Czech. If you are interested in our global initiatives, please make sure to attend the European Chapter formation meeting, the Partner, Chapter, and Affiliate Committee workshop, and the Hispano Latino American Chapter meeting. Look for them in our program schedule!

The AED has done an amazing and hard-working job for the past 12-months, and I can not finish my last column without thanking each and every one of you for everything. It has been extraordinary to have the opportunity to watch how much the AED is growing and how we are fulfilling our mis-

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Chapel Hill, NC, USA

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Message from the President *continued*

sion. Thank you to all our members and volunteers for your great job, because without you and all the work you do in our community and our committees the AED could not be so well positioned. Thank you to our staff under the guidance of our fabulous Executive Director Lisa Myers and our Deputy Executive Director Dawn Gannon, you have been a key instrument in helping us take the AED to another level. Thank you Margaret Jamborsky and Yvette Duron for helping us to make our Prague experience a real success.

In her Presidential address last year, Carolyn Becker told you about the formation of what we informally call our Presidential Trio and I was so fortunate to belong to two: Glenn Waller and Carolyn Becker were my first team from whom I learned a lot about how to be a captain for this boat and then Carolyn Becker and Steffi Bauer from who I received all the support I needed this year. Thank you to all of you for helping me guide this boat successfully and in the smoothest way possible in a friendship and supportive environment. And on these lines, my very special thanks to Carolyn and Lisa, I feel so lucky not only for all your help and support but for your friendship.

Finally, I can not say thank you enough to my extraordinary and hardworking Board of Directors: Annemarie Van Elburg, Bryn Austin, Carolyn Becker, Donna Friedman, Guido Frank, Jennifer Thomas,

Jennifer Lundgren, Kyle DeYoung, Lauren Muhlheim, Stephanie Bauer, Ursula Bailer, and Lisa Myers. This is an extraordinary group of people who have been a pleasure to work with. Thank you for your patience, your kindness, your wisdom, your good sense of humor, even under pressure and your time from your work and families with the endless flood of emails, tasks, and meetings over the last year. What we envisioned a year ago for the AED has been achieved and this could not have been possible without you. Thank you for being you, and for everything you did that made our group very special.

Being the Academy for Eating Disorders President has been one of the greatest honors of my life and this space is not enough to thank you all for your support during this past year. When I started this year I said that the AED was going to be THE eating disorders organization in the field. With your work, you helped to advance us another step toward this goal and I really look forward to seeing where the AED will go next.

I hope that everyone attending Prague ICED 2017 will continue finding ways to extend our work to serve our community, our patients, and families.

Enjoy your stay and this wonderful experience. Safe travels to all back home and see you next year in **Chicago for ICED 2018!**

Mensaje del Presidente

Esta es mi última columna para el Forum de "Mensaje al Presidente" y tengo una mezcla de sentimientos, por un lado nostálgica y por otro lado muy emocionada. ¡Bienvenidos a Praga! Estoy muy contenta que la Conferencia Internacional de Trastornos de la Conducta Alimentaria (ICED) 2017 nos haya permitido reunirnos no solo para una magnífica experiencia académica sino también para ver "antiguos y nuevos" queridos amigos de nuestra área. ¡Esta es una experiencia que busco no perderme cada año! Estos últimos meses han pasado como un

huracán. Hemos visto un gran número de disposiciones del gobierno de los Estados Unidos que son completamente anti-éticas para la misión y visión de la AED. El impacto de estas decisiones nos afectan por igual, no solo a nuestros colegas norteamericanos sino a todos los profesionales del mundo. Con acciones como la prohibición de visas y el recorte al presupuesto del NIH y otras agencias dedicadas a la ciencia, los retos para la salud mental se extenderán más allá de la frontera de los Estados Unidos. La ciencia no sabe acerca de barreras y muros. En una

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Mensaje del Presidente *continued*

época en que las políticas públicas parecen estar peleando con el sentido común, la ciencia y la humanidad, nuestro papel de defender y resistir para encontrar los mejores caminos de tratamiento para nuestros pacientes, no debemos cansarnos.

Nosotros, la AED, una organización global con miembros de 49 países además de los Estados Unidos, reafirmamos nuestro compromiso de liderazgo mundial en la investigación, educación, tratamiento y prevención de los trastornos de la conducta alimentaria, y de llevar todo esto a tantas comunidades en el mundo que carecen de esta oportunidad como sea posible.

Pero hablemos de trabajo, ¡estamos muy emocionados por nuestro programa del congreso de este año! El Comité Científico del ICED 2017 ha hecho un magnífico trabajo en crear un programa muy enriquecido y excitante. Muchas gracias a las co-directores del comité, Unna Danner y Jennifer Wildes por su liderazgo y visión para crear un comité de primer nivel y hacer la gran cantidad de trabajo que se requiere para la planeación de una conferencia de este tamaño, de esta importancia, ¡y reuniendo miembros a través de los océanos! Muchas gracias también por sus grandes contribuciones al resto de los miembros del Comité Científico: Kelly Bhatnagar, Angela Celio-Doyle, Leah Dean, Kelsie Forbush, Anthea Fursland, Anja Hilbert, Hana Papezova, Rachel Rodgers, Kendrin Sonnevile, Ross Crosby, y Annemarie van Elburg. Con mucho gusto les anuncio que Kelsie y Ross han empezado a ser los directores de la conferencia 2018. Y un agradecimiento muy especial a Jenny Thomas, nuestro enlace con el Consejo de Directores y este comité, por su extraordinario apoyo y guía a lo largo de todo este proceso.

Estoy ansiosa por escuchar todo lo que nuestros conferencistas tienen que ofrecernos: nuestro orador principal, el Profesor Vikram Patel (Escuela Londinense de Medicina Tropical e Higiene y de la Fundación de Salud Pública de India) nos describirá los *Tratamientos Psicológicos en el Mundo*; después tendremos la fortuna de escuchar cuatro sesiones plenarias fuera de serie que abarcarán temas complejos en investigación y práctica

clínica como modelos clínicos y abordaje de tratamientos personalizados; presentaciones atípicas de trastornos de la conducta alimentaria; colaboración entre los campos de la obesidad y los TCA; y el valor clínico de los estudios de investigación en neuroimagen. Estaremos ofreciendo 33 talleres interactivos presentados por líderes clínicos y de investigación en nuestro campo; 132 presentaciones orales y cerca de 300 pósters por académicos alrededor del mundo. Para seguir con nuestra misión global, otra vez estaremos ofreciendo traducción simultánea de todas las plenarias y algunos talleres seleccionados al Español y al Checo. Si estás interesado en nuestras iniciativas globales, por favor asegúrate de ir a la junta de formación del Capítulo Europeo de la AED, al taller que ofrecerá el Comité de Organizaciones Asociadas, Afiliadas y Capítulos de la AED, y a la junta del Capítulo Hispano Latino Americano. ¡Busca los horarios y lugares de reunión en nuestro programa!

La AED ha hecho un arduo y extraordinario trabajo en los últimos 12 meses, y no puedo terminar mi última columna sin agradecer a todos y cada uno de ustedes por todo este trabajo. Me siento muy afortunada de poder ver de primera mano todo lo que está creciendo la AED y cómo estamos cumpliendo con los objetivos planteados y la misión de la AED. Gracias a todos nuestros miembros y voluntarios por su excelente trabajo, porque sin ustedes y todo lo que hacen por nuestra comunidad y nuestros comités, la AED no podría estar tan bien posicionada. Muchas gracias a nuestro staff bajo la guía de nuestra fabulosa Directora Ejecutiva Lisa Myers y nuestra Directora Ejecutiva Adjunta Dawn Gannon, porque han sido pieza clave para llevar la AED a otro nivel. Muchas gracias a Margaret Jamborsky y a Yvette Duron por ayudarnos a hacer la experiencia de Praga todo un éxito.

En su discurso presidencial del año pasado, Carolyn Becker nos dijo acerca de la formación de lo que informalmente hemos llamado el Trío Presidencial, y yo he sido muy afortunada de pertenecer a dos de ellos: Glenn Waller y Carolyn Becker fueron mi primer equipo, de quienes aprendí cómo ser capitán de este maravilloso barco y luego con Carolyn Becker y Steffi Bauer, de quienes he

recibido un apoyo incondicional a lo largo de todo este año. Muchas gracias a todos por ayudarme a guiar este barco en forma exitosa y de la manera más suave posible en un ambiente siempre de camaradería y amistad. Y en estas mismas líneas, un especial agradecimiento a Carolyn y Lisa, me siento sumamente afortunada por tener la oportunidad de trabajar con ambas, recibir su ayuda y apoyo, pero sobre todo por su amistad.

Finalmente, mi infinito agradecimiento a mi extraordinario Consejo de Directores: Annemarie Van Elburg, Bryn Austin, Carolyn Becker, Donna Friedman, Guido Frank, Jennifer Thomas, Jennifer Lundgren, Kyle DeYoung, Lauren Muhlheim, Stephanie Bauer, Ursula Bailer, y Lisa Myers. Este es un increíble grupo de gente con quien ha sido un placer trabajar todo este año. Muchas gracias por su paciencia, su amabilidad, su sabiduría e incluso su sentido del humor aún a pesar de trabajar bajo mucha presión, gracias por su tiempo quitado a su trabajo y sus familias con la fila interminable de correos electrónicos, tareas y juntas que tuvimos todo este año que pasó. Lo que visionamos para la AED en este año lo hemos alcanzado y esto no hubiera sido posible sin ustedes. Muchas gracias por ser como son y por todo lo que hicieron, esto hizo que este grupo fuera muy especial.

Ser el Presidente de la Academy for Eating Disorders ha sido uno de los más grandes honores de mi vida y no me alcanza este espacio agradecer a todos por su apoyo durante todo este año. Cuando empezó el año de esta presidencia, yo dije que lograríamos que la AED fuera LA organización de nuestro campo. Con su arduo trabajo, cada uno de ustedes ayudó a que camináramos un escalón más para ir alcanzando este objetivo y en verdad espero con ansia ver hacia dónde iremos en el futuro cercano.

Espero que todos los presentes en Praga para el ICED 2017 encontremos maneras de extender nuestro trabajo para servir a nuestra comunidad, nuestros pacientes y sus familias.

Disfruten mucho su estancia y esta maravillosa experiencia. ¡Un feliz regreso a casa para cada uno de ustedes, y nos vemos el próximo año en **Chicago 2018!**

Message from the Editor

Jessica Baker



It is my pleasure to welcome you to the 2017 International Conference on Eating Disorders (ICED)! This issue is the annual print edition of *the Forum* and, as usual, it is full of excellent articles and updates from the AED's members, committees, and partner organizations. In her Executive Director column, Elissa Myers provides an overview of her participation in a discussion with NIMH officials on research priorities, opportunities, and challenges. The Membership Retention and Recruitment Committee reminds you about their Non-Member Meet and Greet Program. This is a great opportunity to network with both members and non-members of the AED! Additional highlights of this issue include a members' perspective on the need for consistent outcome measures in eating disorder treatment—sure to spark great discussions at the conference; a profile of our President-Elect, Stephanie Bauer;

and a review of the book *Prevention and Recovery from Eating Disorders in Type 1 Diabetes: Injecting Hope*, written by AED Forum Book Reviewer, Sherrie Delinsky.

I would like to thank all of the individuals who submitted articles for this issue of *the Forum*. I also would like to extend a warm welcome to Anna Ciao, who is the incoming AED *Forum* Editor and will be serving as Associate Editor for the next two editions. Anna will take over as primary *Forum* editor over the next several months, and I have no doubt she will do an excellent job.

I encourage interested readers to submit articles, letters, and announcements for the next issue of the *Forum*. Please submit your contributions and suggestions to Jessica Baker at jessica_baker@med.unc.edu. The next issue will feature post-conference highlights, so feel free to send your articles and photos of this year's ICED events. **The deadline for submissions to the next issue of the *Forum* is July 15, 2017.**

Meet AED President-Elect Stephanie Bauer

Peter Doyle



Dr. Stephanie "Steffi" Bauer will become the next President of the Academy for Eating Disorders (AED) at the 2017 International Conference on Eating Disorders (ICED) in Prague, Czech Republic. Although Dr. Bauer is based in Heidelberg, Germany, where she serves as Director of the Center for Psychotherapy Research, her work and collaborations span the globe. One look at her curriculum vitae and you will note work with colleagues across Europe, North America, South America, and Australia. She is perhaps best known for her innovative and wide-reaching work in the ever-expanding field of e-mental

health, a field which Dr. Bauer believes can "substantially enhance the reach and impact of current services." Dr. Bauer graciously took time to talk with the *AED Forum* about how she began working in the eating disorders field, using technology in the prevention and treatment of eating disorders, and her goals as the next President of AED.

Collaborative Beginnings

When describing her beginnings in the eating disorders field, Dr. Bauer alluded to collaboration and global networking. She explained, "When I took a position as junior researcher at the Center for Psychotherapy Research in Stuttgart (Germany) in 2000, my colleagues were coordinating several multicenter projects in the field of eating disorders,

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Meet AED President-Elect Stephanie Bauer *continued*

both on a national and European level." It was also in these early years that she became involved with the use of devices and technology in her research, joining colleagues in a project exploring the use of mobile phones and text messaging as an aftercare intervention. As her career progressed, Dr. Bauer found herself more interested in the applications of what became termed "e-mental health."

Dr. Bauer explained, "I became interested in "e-mental health" because of the many challenges related to the treatment of eating disorders, such as insufficient availability of treatment, delayed uptake of treatment, low help-seeking rates, high relapse rates, etc." She soon was reaching outside of Europe to embark on ambitious projects with colleagues like former AED President Cynthia Bulik, one of the many researchers with whom Dr. Bauer has collaborated internationally.

Getting Involved in AED

By 2004, Dr. Bauer had become a member of the AED and in 2005 she attended her first ICED (in Montreal), where she made more face-to-face connections and memories of the

conference and the organization as a whole. She shared, "This initial experience made me attend all future ICEDs since then. I also like to think of the great experiences, connections, and friendships that I made as junior researcher at the research teaching day and later as member of various committees and the Board of Directors. I feel privileged and enjoy working with so many great colleagues from around the world with various backgrounds but the same passion towards AED's vision and mission." Since her first AED committee membership on the Electronic Media Committee, Dr. Bauer has continuously given her time and talent in shaping the direction of various AED programs and today she is a member of the editorial board for the *International Journal of Eating Disorders*, as well as the President-elect.

Looking Forward

As she looks toward the future, Dr. Bauer has hopes for further outreach and access. When asked about her vision for her tenure as AED President, she shared, "I hope that during my presidency, we will further increase

the AED's reach and visibility among eating disorder professionals around the globe. Together with the Board of Directors, the many committee co-chairs, committee members, and our management team I will work towards further enhancing access to knowledge and training resources, especially in underserved regions. In addition to our successful programs at ICED (e.g. scholarship program and mentorship program) we will further extend our online initiatives (e.g. webinars, social media activities, website resources) and implement new programs in order to reach professionals who would otherwise not have access to such content. I am convinced that the AED may significantly contribute to reducing the enormous treatment gap, i.e. to increasing the proportion of individuals with eating disorders that seek and receive appropriate care. This also requires us to continue joining forces with other eating disorder organizations and the patient-carer community as well as remaining active on the media, advocacy, and health political level." She concluded "I feel honored and privileged to serve in this role. And I look forward to an exciting year!"

Greetings from the Executive Director

Elissa Myers



Shortly after his appointment as Director of the U.S. National Institute of Mental Health, Dr. Joshua Gordon wrote an essay in the *Journal Nature Neuro-*

science, *On Being a Circuit Psychiatrist*. "It is an exciting time," he said, "to be a psychiatrist and neuroscientist. New biological and behavioral approaches to the brain have raised considerable optimism that novel treatments are just around the corner. Decreased stigma and increased understanding have opened up public conversations

about mental illnesses and their impact on society. And a new generation of researchers trained in quantitative multidisciplinary approaches stands poised to exploit this convergence of scientific progress and public support."

He's not alone in that assessment. On March 30th, 2017, the AED was invited, along with 27 other major associations in the field of mental health research, to participate in a full day of discussions and debate, with 38 key officials from NIMH, on research priorities, opportunities, and challenges. The excitement and enthusiasm for collaboration electrified the day, despite the cloud hanging over the proceedings in

the form of potential enormous funding cuts in President Donald Trump's proposed budget.

Among the many ideas for cooperation that were expressed were these:

There is a need to balance the NIMH-funded research portfolio to ensure that both top-down and bottom-up initiatives are funded—mature and promising initiatives where the agency encourages grant submissions to further research projects that have demonstrated value balanced with new initiatives that make sense but have no evidence platform as yet. Balance is also needed between young, first time grant applicants, and experienced and established scientists.

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Greetings from the Executive Director *continued*

There is a need to ensure that diverse populations are included in focused and discreet research to identify or disprove racial, ethnic, or other differences in the incidence or manifestation of various forms of mental illness, and to determine whether there are demographic differences in the way segments respond to various treatments and interventions. Among the groups present at this meeting were representatives of the Asian American Psychological Association, the Association of Black Psychologists, the National Hispanic Medical Association, the National Latina/o Psychological Association, and the Society of Psychological Study of Culture, Ethnicity, and Race.

There is a need to encourage widespread public participation in clinical trials and anonymous health data pools. Our studies will be so much stronger if they can be proven against large-scale

research cohorts. And it's especially important to encourage participation by some minority populations who have developed a fear of working within the system based on some unfortunate historical experiences.

Representing the AED, I had the opportunity to argue for international collaboration and sharing of data on a global scale, and have been invited to meet with Greg Farber, Director of the NIMH Office of Technology Development and Coordination, to explore what is being done currently and what new connective threads might be developed. I was reminded that national security provisions for many of the nations of the world prohibit the sharing of citizen data pools across borders. But the core exchange of empirically demonstrated breakthroughs – or dead-ends – can and should be more internationally shared.

As Dr. Gordon said, it is indeed a unique and exciting time for psychiatry, psychology, and research!

Advocacy and Communications Committee Update

Emily Pisetsky

The Advocacy and Communications Committee (ACC) remains committed to our mission of raising awareness of eating disorders across the globe.

In January, the ACC issued a press release highlighting exciting new research published in the *International Journal of Eating Disorders (IJED)*. Researchers found that the age of onset of anorexia nervosa is decreasing, resulting in more children being diagnosed with eating disorders and found two distinct patient groups within those experiencing the symptom of restriction, meaning food avoidance.

In an effort to highlight the impact of language, the ACC created a series of graphics based on an article by the IJED editorial board on terms to avoid or reconsider in the eating disorders field. These graphics were used as part of NEDA awareness week and showed that words can be the difference between stigma and support.

Additionally, in March, the Academy for Eating Disorders (AED) added its voice to the serious concerns raised by the American Psychiatric Association, the American Medical Association, and other major health care organizations about the proposed replacement for the Affordable Care Act. The proposed replacement bill threatened to aggravate the already difficult environment for obtaining care for individuals with eating disorders and other mental illnesses.

The ACC would like to thank Kristine Vazzano, who is ending her term as committee co-chair, for all of her work and dedication to the committee. We are excited to welcome our new co-chair, Christine Peat! For more information about the ACC, please email Alli Spotts-De Lazzer (alli@therapyhelps.us) or Christine Peat (christine_peat@med.unc.edu), ACC Co-Chairs.

Get Social with AED

Follow AED on Facebook, Twitter, LinkedIn, and YouTube and add your voice to dynamic discussions.

Visit www.aedweb.org and access our social media channels at the links at the bottom of the homepage:



We look forward to tweeting with you soon!

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Update from the Electronic Media Committee (EMC)

Suzanne Dooley-Hash

We would like to give members a quick update on the recent activities of the Electronic Media Committee (EMC).

The EMC continues to work on improvements in messaging through the AED Community (<http://community.aedweb.org/home>). The Community remains our main forum for communications. Therefore, we want to maximize its utility and ensure its ease of use for all members. Some have had difficulties with the "Reply" feature. This was discovered to be the result of a setting in member preferences that are selected at the time of establishing a Community account. To assist with this process, an instruc-

tional guide providing a step-by-step guide through the preference-setting process was recently sent out. If you missed this message, you can access the guide here: http://www.aedweb.org/images/AED_Online_Community_User_Guide_FINAL.pdf.

Instructions specific to the ability to receive referral information and personal messages through backchannels can be located on page 34. AED Community FAQs can also be found under the "Get Involved" section of the home page. We appreciate your patience as we continue to improve on Community communications.

We also would like to ask for your help in developing another new website feature, the Content for Special Populations. We are interested in adding links to guidelines or helpful websites that address the needs of special populations of people with eating disorders (children and adolescents, males, bariatric surgery patients, athletes, etc.). Please send links or information that would be helpful to AED members for consideration for this page.

Looking forward to seeing you all in Prague!

Update from the Membership Recruitment and Retention Committee (MRRC)

Ellen Astrachan-Fletcher

The MRRC continues to actively support initiatives to expand AED membership. For the 2017 year, we have welcomed 186 new members to the AED. We expect to grow that number in the coming months as we engage and form relationships with many non-members who are attending ICED in Prague. Of the 185 new members, 69 are international members from around the globe including South Africa, Singapore, Japan, United Arab Emirates, Qatar, Russia, Ireland, Denmark, Finland, Norway, Sweden, Hungary, Turkey, Mexico, Brazil, Chile, Argentina, Australia, New Zealand, Italy, Spain, Netherlands, Belgium, and the United Kingdom. Included in our total membership are members from 49 countries. As part of the ongoing Expanding AED Today (EAT) Initiative, current AED members who refer new members are eligible for prize drawings of free or discounted ICED registration and books—please

encourage your colleagues, students, etc. to join the AED in 2017!

At this year's ICED, the MRRC will again be sponsoring the Mentorship Program on **Thursday, June 8th from 7:30-8:45am**. In order to facilitate mentoring relationships between junior and more seasoned AED members, participants are paired with a mentor/mentee based on shared interests and invited to a breakfast event at ICED. This event provides an opportunity for short-term (and potentially) lasting mentorship, and engages experienced AED leaders with up-and-coming professionals who will be the future of the AED. More mentors are always appreciated and it is not too late to sign up! Please contact Lorna Valle at lvalle@aedweb.org if interested.

We are also excited to again be co-sponsoring the Non-Member Meet and Greet program at ICED in Prague. This ICED event is an opportunity for

non-members to network with current members of the Academy and learn the ins and outs of membership. It will be held on Thursday, June 8th from 6-7 pm, in a private area adjacent to the opening session and we are seeking enthusiastic AED members to attend! Grab your wine and hors d'oeuvres and come mingle with members of the AED leadership team and conference registrants who are not yet members of the Academy. Our mission is to become a global organization and the international location of this year's ICED provides a wonderful opportunity to engage professionals and students who might otherwise not have a chance to attend our conference. Members from our leadership will be available to answer questions, make a presentation, and join in the ice breakers to ensure a successful event.

We look forward to seeing you at our wonderful MRRC events!

MRCC Member Spotlight



1. Who are you?

My name is Kortney Parman. I wear two professional hats—one as a dietitian and one as a nurse practitioner.

2. Where do you live and go to school/work?

I live in San Francisco, CA but Atlanta, GA is where I grew up and I have lived many other places over the years. I currently work at University of California San Francisco (UCSF) Medical Center in several of the ambulatory care clinics and urgent care. I also work for the Rape Treatment Center with San Francisco Department of Public Health completing sexual assault forensic exams and providing aftercare.

3. What is your discipline/major/area of focus?

As a dietitian, I specialized primarily in pediatric clinical nutrition and also with people struggling with eating disorders of all ages. As a nurse practitioner, I currently am focused on primary care but also completed a fellowship in adolescent medicine and have worked in eating disorder treatment as well. Within primary care, I enjoy helping providers to screen for eating disorders and participate on the multidisciplinary treatment team.

4. Why are you interested in eating disorders?

It was not something I was originally interested in, but when I was completing my dietetic internship, the economy in the US was on a decline and I was encouraged by my program director to apply to any jobs

I thought I had a remote chance of getting. There was a position open on the inpatient eating disorder unit at Lucile Packard Children's Hospital at Stanford, so I applied and was hired. It was trial by fire as I had strong clinical training but no experience with eating disorders. However, I realized very quickly how much I enjoyed working with the children and adolescents we served and how rewarding it could be, so I have continued to work in some capacity with eating disorders throughout my professional journey so far.

5. What's one thing most people don't know about you?

I compete in road cycling races.

6. Why did you join the AED?

When I was in nursing school, I completed research on food rules and eating disorders and, while searching for a conference to present my findings at, became aware of the AED. I applied to present my poster at ICED 2010 in Salzburg, Austria and was accepted, so I joined at that time. It has been a great organization to be a member of.

7. How do you/would you like to contribute to AED's Vision & Mission now or in the future?

I was co-chair of the Nutrition SIG, serve on the MRRC committee, and tell colleagues about the organization. I attend ICED when I can, and refer to the AED as a resource with any presentations on eating disorders that I give.

Research-Practice Committee Update

Annie Haynos

The Research-Practice Committee (RPC) is pleased to announce two committee initiatives that will come to fruition at the 2017 ICED.

The RPC will be hosting a workshop, *Shifting away from DSM diagnostic labels and towards dimensional phenotypes: Will this make research more clinically useful or widen the research-practice gap?* Let's talk about it, on Friday, June 9th at 11:15 am. This workshop will examine new research trends that are moving away from the use of diagnostic classification and towards the study of brain systems and behavioral phenotypes. Panelists and audience members will consider how

these changes might impact the ability to translate research to clinical practice, and how the field can continue to promote research-practice collaboration in this shifting research climate. This workshop will be chaired by Theresa Fassihi, and panelists will include Ann Haynos, Ursula Bailer, Janet Treasure, and Scott Moseman.

The RPC will host the annual Research-Practice Think Tank as the concluding session of ICED on Saturday, June 10th at 4:30 pm. The Think Tank offers an opportunity to reflect on research-practice integration issues represented at the conference and broadly within the field. This year, we are excited for

the first time, to include patient and carer representatives on our discussion panel. Panelists will include Jenni Schaefer (recovered patient), Lisa LaBorde (parent-advocate), Heather Thompson-Brenner (clinician-investigator), and Suzanne Dooley-Hash (clinician). The panelists will reflect upon their experiences with evidence-based practice and RPC co-chairs, Kristin von Ranson and Theresa Fassihi, will facilitate a dialogue about how to promote useful knowledge transfer between researchers, practitioners, and consumers of eating disorders treatment.

Please join us for what promise to be exciting and enlightening discussions!

Social Media Committee Update

Elizabeth Claydon

It is conference time and once more, the Social Media Committee is working hard to use social media to enhance conference attendees' experience. ICED 2017 has its own unique hashtag, which we use on all social media posts to maintain a conversation surrounding conference happenings. This year's hashtag is #ICED2017; please be sure to use it throughout the conference to be part of the conversation!

As in past years, there is a Twitter screen that highlights current tweets using #ICED2017, so people can see what is happening in different workshops/paper sessions. Using both

social media and the Twitter screen enables attendees to continue the discussion after different events or share their opinions. Additionally, it allows individuals to connect virtually and broadens a conference environment to an international conversation, where those unable to attend the conference are also included.

Two new means of communication are happening at this year's ICED. First, we will have signs with the conference hashtag displayed so that people can take pictures with the sign and post to social media. Secondly, we will be live streaming some more informal aspects

of the conference, such as interviews with attendees, to gain their insight and experiences.

We also have our annual "Tweet Up" at ICED, which helps interested professionals share and learn about how to use social media in a professional setting. Usually there are tips, shared experiences, and networking that happens during this hour. This year's Tweet Up is scheduled for Thursday, June 8th at 8am. So, grab some breakfast and join us to learn how you can use social media optimally in a professional context.

Updates from the Special Interest Groups

Alan Duffy

Special Interest Groups (SIGs) are preparing for ICED in Prague, where there will be nine SIG Panel Discussions. Many SIGs are having annual meetings. Please check the schedule to determine if your SIG is meeting or ask your SIG co-chairs.

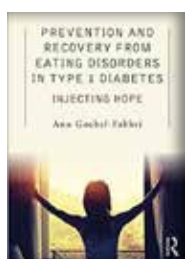
The SIG Panel Discussions will range from neural circuits and eating motivation; to use of technology in treatment; to athletes and exercise. Of note, the Nutrition SIG's panel will discuss *Optimizing the Dietitian's Role in Multidisciplinary Treatment*. Four dietitians with diverse backgrounds and from two continents will describe their roles and the challenges of practicing within a multidisciplinary team. Speaking from a range of treatment experiences, including outpatient solo

practice, outpatient center, intensive outpatient, residential, partial hospitalization, and acute inpatient settings; panel members will additionally explore the issues of professional practice boundaries, role clarification within the multidisciplinary team, and strategies for optimizing client management. The moderator will also engage the panel and audience in an open discussion to highlight shared goals and further clarify the often overlapping roles and responsibilities that exist between the dietitian and other members of treatment teams.

The SIG Oversight Committee warmly invites new AED members to get involved in the SIGs to engage with those involved in specific areas of the eating disorders field!

Book Review Corner

Sherrie Delinsky, AED Book Reviewer



Prevention and Recovery from Eating Disorders in Type 1 Diabetes: Injecting Hope (Routledge, 2017, 152 pages).

Individuals with Type 1 diabetes mellitus (T1DM) are 2.5 times more likely than individuals without T1DM to develop eating disorders (EDs). Both T1DM and EDs cause significant medical morbidity and degrade quality of life, but their interplay has been largely misunderstood or unrecognized, even among treatment professionals. *Prevention and Recovery from Eating Disorders in Type 1 Diabetes: Injecting Hope* (Routledge, 2017), by renowned behavioral health expert and clinical psychologist Dr. Ann Goebel-Fabbri, is a groundbreaking work that fills this critical gap.

Prior to this book, there was no comprehensive resource for patients, families, or clinicians to learn about this issue or how

to manage it. Labeled by lay people and the media as “diabulimia,” the condition was shrouded in mystery and misconceptions, and the specialized knowledge of diabetes and EDs were disconnected. Dr. Goebel-Fabbri’s book not only sheds light on the complexity and co-mingling of these illnesses, she brings them to life through rich, insightful interviews with 25 women with T1DM who have recovered from an ED, and organizes them into themes and lessons learned. In doing so, she provides a voice for their struggles, hope for those following in their footsteps, and guidance for the treatment community about how best to care for these individuals.

The book’s first section, *Type 1 Diabetes and Eating Disorders 101*, is an amenable primer for the uninitiated on pathophysiology, treatment approaches, and medical complications of diabetes. Intentional insulin restriction as a calorie purge specific to T1DM is explained, and the shared risk

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Or, scan the QR code below to go directly to the AED website now.



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Book Review Corner *continued*

factors between EDs and T1DM, as well as those specific to diabetes, are elucidated. Drawing from nearly two decades of clinical and research experience, Dr. Goebel-Fabbri presents an empirical model of EDs in T1DM with insulin restriction that suggests several potential avenues for intervention.

The second section outlines the methodology for the qualitative research, which included thoughtful, comprehensive interviews Dr. Goebel-Fabbri conducted with the women about their experiences of illness, motivation and readiness for recovery, treatment, and the recovery process. The bulk of the book summarizes these themes and presents the direct quotations from which they are drawn, in addition to providing longer case studies. The final section consists of practical tips for fellow sufferers, treaters, and loved ones, including helpful resources. Eminently readable, this book is unique in that it approaches its topic in a scientific way, yet succeeds in articulating the patient perspective in all its personal and varied forms.

Dr. Goebel-Fabbri's skills as an empathic and caring clinician are apparent throughout, as she relays the women's stories and distills their experiences into essential lessons. One primary and important theme is that the way the women were approached by their caregivers and loved ones, especially early on in their diagnosis but often throughout the course of their illness, significantly impacted them, and often to their detriment. The women often felt judged and lectured by their healthcare teams, which may have resulted in avoidance of treatment, exacerbation of symptoms, and significant despair and isolation.

Readers learn that these women wished for more open and accepting communication by their caregivers. Further, specific examples of how to enact such communication, and how and why it might help, is provided. Excellent guidance is given about setting realistic and collaborative illness management goals, acknowledging the limits of behavioral control, reinforcing even small amounts of progress, using non-judgmental language, seeing the patient as a

person—not a collection of symptoms or lab values, and understanding the complexity of the illnesses, especially the mental aspect of the ED. Additionally, the role of weight and body image in both the development/maintenance of illness as well as in the recovery process is addressed.

Readers are given insight into the harrowing physical, social, and emotional tolls of this illness, and how and why the road to recovery is not straightforward or easy. The main message, to not give up hope, is reified by the stories of recovery against poor odds, previous unsuccessful attempts, years of suffering, and utter hopelessness.

Every mental health specialist who works with this population longs to answer the million-dollar question, "What does it take to help this person get better?" This book provides a roadmap, not just telling but showing how real women in the real world were able to overcome this deadly condition and reclaim their lives. It is truly inspiring.

National Eating Disorders Association (NEDA) Update

Diana Denza

The National Eating Disorders Association (NEDA) recently celebrated National Eating Disorders Awareness Week (#NEDAwareness), our largest annual awareness event. This year's theme, It's Time to Talk About It, opened up the conversation about eating disorders to everyone by framing eating disorders as a public health crisis that affects all kinds of people.

This year, NEDAwareness messages reached 538 million people over social

media—a 180% increase over 2016. NEDA also saw a 50% increase to the NEDA website from 2016 and a 22% increase in incoming Helpline traffic. Additionally, 320 organizations joined us as NEDAwareness partners and 73 landmarks were lit in NEDA's signature blue and green colors to spread eating disorders awareness.

By starting conversations, busting myths, highlighting our eating disorders screening, and framing eating

disorders in a more holistic way, NEDA engaged new audiences and shared diverse stories.

Finally, NEDA launched its refreshed website, which is optimized for mobile phones. It features refreshed statistics on body image and eating disorders, user-friendly website categories, and an enhanced blog. Follow NEDA's blog and social media channels for updates and future campaigns!

Member's Viewpoint

Leah Dean

A Parent Advocate's Perspective on:

The need for consistent outcome measures in eating disorder treatment programs: A proposal for the field. Attia E, Marcus MD, Walsh BT, and Guarda AS. *Int J Eat Disord.* 2017;50:231–234.

"What are the best treatments for eating disorders?"

This is the inescapable question—asked by patients, parents, primary care physicians, friends, neighbors, and the news media, day in and day out. As a parent caregiver, AED member, and eating disorder treatment advocate, I wish I had a better way to answer, and I suspect that the AED community feels the same way.

What is my answer? Usually some version of the following:

"Currently, there is no consensus in the professional eating disorder community regarding 'best practices' for eating disorder treatment. In addition, the available and/or accessible treatment options for a given patient will vary widely depending on where they live, their healthcare system, and the (often limited) knowledge of their referring physicians."

OR "Family-based treatment' (FBT) has been called the 'gold standard' for anorexia and bulimia nervosa in adolescents, but there are still very few studies, and not enough trained providers. Also, many clinicians who say they practice FBT, selectively blend elements of the FBT protocol with other techniques that they are comfortable using."

OR "It is very difficult to answer this, as most treatment providers do not publish outcome data, do not follow-up with patients after 6-12 months, and do not use standardized criteria for analyzing their data. In addition, definitions of 'recovery' vary widely, and patients may be considered 'recovered,' by one clinic even if they have relapsed and sought treatment elsewhere."

What is your answer? I've heard many variations of the following from professionals I speak with:

"We really don't know. We need more studies and more data."

OR "Every case is different, so I tend to use an eclectic approach that draws from my own experiences practicing various forms of treatment."

OR "So far, no method studied has better than a 50-60% recovery rate, so I guess you could say we haven't yet found the 'best' way to treat these illnesses."

Clearly, these are not good answers. Clearly, it is time to start working together to take this question more seriously. One way to start is outlined in the recent *International Journal of Eating Disorders* (IJED) paper, *The need for consistent outcome measures in eating disorder treatment programs: A proposal for the field.*

As the authors state, "Patients, families and referring clinicians deserve valid outcome data for serious illnesses such as anorexia and bulimia nervosa; they should be able to compare a program's data to expected performance benchmarks."

Until now, there has been much talk but too little action on this issue within the professional community, and I applaud the authors of this paper for bringing this discussion back to the forefront and framed in a practical, thoughtful, and constructive manner. Although still a theoretical exercise, the authors propose creating a database, managed by a neutral entity which allows:

"...the systematic collection of a core battery of easily administered, clinically useful measures to gather knowledge regarding treatment outcomes across an array of settings. These measures should be considered quality assurance and improvement initiatives, and as such, should be required and exempt from IRB approval."

I believe that real progress toward new and improved treatments will not happen until the professional eating disorder community can agree on and embrace:

The AED Forum

Please send all suggestions for articles, letters to the editor, upcoming events, or other announcements to AED Forum Editor:

Jessica H. Baker, PhD
Chapel Hill, NC USA

jessica_baker@med.unc.edu

Please see the
AED website

(www.aedweb.org)

for more
information about
upcoming events.

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Member's Viewpoint *continued*

- uniform terminology,
- clear standards of care,
- increased expectations for progress in treatment, and
- a set of consensus definitions for the expected stages of recovery.

This proposal is a great first step, and could serve as a model for an expanded consensus building process. However, it is limited in scope and would be primarily used: to establish minimal expectations for care, to help align expectations of treatment progress and, as an internal quality assessment tool for treatment programs. Yes, there are a lot of challenges to overcome but many are surmountable given the powerful technology and global communications available to us

in this day and age where the consistent collection and analysis of data has become a necessary cornerstone of rigorous scientific inquiry.

I would love to see this or a similar proposal executed, not in isolation, but as a stepping stone towards a more ambitious international initiative that follows patients over long periods of time and incorporates information from patients and caregivers as well as their clinicians. Such a large global data set would allow a deeper analysis of patient trajectories over long periods of time and across multiple treatment modalities and diagnoses.

Eating disorders are treatable illnesses where full recovery is possible. Patients and carers deserve to hear that mes-

sage from the professional eating disorder community and know that measurable first steps are being taken to bring consensus to the field.

First steps are not easy, but the longer the eating disorder field goes without a uniform method for collecting valid outcome data, the longer patients and families will have to suffer through a maze of confusing treatment options with low success and high relapse rates. Progress requires hard work and challenges should never become excuses for not trying. I encourage all AED members—clinicians, researchers, patients, carers, and advocates—to continue this discussion and to create a plan of action to make uniform outcome data collection a reality, not just another talking point.

Welcome to **Prague**

by *Elissa Myers*



We are excited about the International Conference on Eating Disorders in Prague, and hope you are too!

Here are some things to think about for your visit

The official Hotel is the Hotel Corinthia, located about 1.8 miles out of the city center, but directly adjacent to the Convention Center where the meeting will be held. If you are booked into the Hotel Corinthia under the AED room block your room automatically comes with breakfast and free wi-fi. Because many of the hotels do include a full breakfast for their guests, we will not be providing a breakfast each day at the

ICED. Instead, because there are no close restaurants close to the center, we will provide lunch each day—Thursday, Friday & Saturday.

Some options for getting around in Prague

The Prague Airport Shuttle is cheap and reliable shared minibus transportation from and to Prague Airport (Václav Havel Airport Prague). They also offer public shuttle-bus service to the city centre for those travelling on a limited budget.

Taxis are plentiful but Prague also offers an Uber option—and Uber from the airport to downtown is about \$12-\$15

depending on traffic. It looks like Lyft is trying to organize itself in Prague but doesn't seem available currently.

If you are staying at the Hotel Corinthia, it's RIGHT on the metro, and we have arranged free metro passes for all delegates for the duration of the meeting.

Safety For US Delegates:

The US Embassy in Prague can be reached at:

American Citizen Services
U.S. Embassy/Prague
Tržišt 15/Prague 1
acsprg@state.gov
ph. +420 257.022.023

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Welcome to Prague *continued*

After hours in an emergency (like arrest, death—so let us hope you never need it!) call +420 257 0222 000

They replace lost/stolen passports only during business hours but you don't need an appointment.

It's also a good idea to enroll in the Smart Traveler Enrollment Program (<https://step.state.gov/>). If you do, you will receive any messages the embassy sends out during the dates of your stay—there don't tend to be many—an occasional security notice, or perhaps voting. And don't miss the opportunity to sign up for their Facebook page (<https://www.facebook.com/USEmbassyPrague>) to follow and capture the spirit of Americans in Prague and to make our presence known when we are in Prague!

For all delegates:

There are 102 embassies and consulates in Prague. Find contact information for yours at this link <https://embassy.goabroad.com/embassies-in/czech-republic>.

Is Prague safe?

On an amusing and delightful website called "Travel Prague: A Guide From Someone Who Lives Here" (<http://www.pragueczechtravel.com/>) author Roman Jalinec asks and answers the question: "Will you fall down a manhole?" a humorous but spot on essay on safety. He writes:

"The most likely cause of injury you will suffer in Prague is spraining your ankle strolling down a cobble street. The cobblestones are pretty and they do bring

you back to old days before asphalt and concrete, but they are dangerous. Step on a cobble the wrong way and you can be down on your knees rubbing your foot. Wearing high heels is just asking for trouble—walking on a street strewn in banana peels is safer. If you fall down a man hole in Prague, the consensus attitude amongst the locals would be that it's your fault for not looking where you are going. Few would question why there was not a barrier preventing you from falling in. Czech common sense dictates that if there is a hole in your path you are responsible enough not fall into it. And if you are climbing up a six-hundred-year-old staircase that has no hand railing with low lighting be careful. You come to Prague to get a taste of how things were in the past six-hundred years ago, when there were no handrails and there was no lighting. Prague is not Disneyland with cardboard characters advising how tall you need to be to walk around the city."

One other safety issue

—it is recommended that you:

- Make a copy of your Passport Page and leave it with someone you can trust and reach.
- Put your Passport in a cover so that it isn't flashing your country of origin when you go through border control.

What do see and do while you are in Prague:

U.S.News and World Report offers nine best things to do in Prague: "Prague boasts some of the most picturesque architectural landmarks in Europe. Here

you'll find the sprawling Prague Castle, the bustling Charles Bridge, the famous Astronomical Clock in the Old Town, and the quirky, Art Nouveau, Frank Gehry-designed Dancing House. Prague is also famous for its abundance of tasty beers, pubs, and beer halls. When you're not sipping on a pilsner, make time for cultural events; operas and symphonies attract large crowds and can be very affordable.

Just wandering the streets of the old town could fill days of colorful amusement, and don't miss the famous John Lennon Wall where day after day tourists add graffiti celebrating themselves, Peace, the universe. There is even a John Lennon Pub close by that will confuse you into thinking you've stepped through a magic passage into Liverpool!

And the Czech Tourism Department reminds you not to miss the incredible collection of museums and galleries: "Prague's wealth doesn't lie only in its churches, palaces, and magnificent gardens. It's also well worth exploring the priceless artworks that are hidden in its dozens of museums and galleries. Discover a world of prehistoric finds, paintings by medieval masters, elegant High Baroque statues, Renaissance jewelry, 19th century technical marvels, and pieces by contemporary artists for whom Prague is a unique showcase for their work."

AED will have a "tourism representative" present at registration at the Convention Center to provide "concierge advice" to help you make the best of your visit!

Upcoming Conferences, Meetings, and Seminars

Australian and New Zealand Academy for Eating Disorders

The Australian and New Zealand Academy for Eating Disorders (ANZAED) held a very successful two day clinical workshop program in March 2016 and is looking forward to their annual conference to be held in **Sydney in September 2017**. There is an exciting and varied program planned with Dr. Josie

Geller and leading Australian business administrator, Kate Carnell AO, as keynote speakers.

For further information:

<http://conference.2017.anzaed.org.au/>

International Academy for Eating Disorders

The annual conference of the IAED will be held on **Monday, June 19th at Hadassah University Medical Center in Jerusalem**. Professionals from all over Israel will gather for a "bottom-up" conference of clinical case studies. Following a keynote address by President Elect, **Dr. Rachel Bachner-Melman** on *Severe and Enduring Eating Disorders*, 14 case studies will be

presented and discussed by therapists from all major eating disorder treatment centers in the country. This is a unique opportunity for eating disorders professionals to meet and learn from one another about therapy offered by professionals from different disciplines and treatment approaches.

Eating Recovery Foundation

The 9th Annual Eating Recovery Foundation Conference

August 4 - 5, 2017 | Denver, CO

Across two days in Denver, Colorado, the 9th Annual Eating Recovery Foundation Conference will explore practical applications in prevention, detection, treatment, and patient

outcomes for eating and related disorders. Esteemed experts and emerging thought leaders in behavioral healthcare will discuss ideas worth spreading and future directions in eating disorder treatment across several formats, including general sessions, panel sessions, and small-group breakout sessions.

Renfrew Center Foundation

The 27th Annual Renfrew Center Foundation Conference for Professionals

Feminist Relational Perspectives and Beyond:

Integrating Science, Creativity and Clinical Wisdom

November 10-12, 2017 | Philadelphia, PA

(18 CEs/CMEs)

Being a highly effective eating disorder therapist is a process, not a destination. As our patient population has become increasingly more complex and diverse, research has continued to add to the growing body of evidence-based practices (EBPs). Clinicians face

the daunting task of mastering the new, cutting edge treatment approaches and integrating them into our well-established and uniquely nuanced practices. Conference 2017 will examine the challenge of learning new skills at different points in one's professional "lifespan." These can include the incorporation of innovative therapeutic approaches and EBPs, the integration of clinical intuition, creativity and wisdom, as well as the critical role of supervision.

For more information, please contact **Kavita Patel**

kpatel@renfrewcenter.com

