Message from the President

A whirlwind tour of Asia is not such a bad way to kick off a presidency. As a trio of Academy ambassadors, AED Executive Director Lisa Myers, longtime Academy member and dedicated volunteer Suzanne Dooley-Hash, and I spent half of May in Mumbai, India and Singapore. We gave a series of lectures and met with healthcare professionals, government officials, and community members to discuss the status of eating disorders treatment and research in each country and what colleagues there felt were their top priorities. Our goal was to strengthen existing relationships in each region, forge new ones, and identify ways that the AED can support the efforts of local professionals to build their nation’s capacity to address eating disorders as they affect their communities.

Our trip was successful far beyond what we even dared to hope for. How was that possible? No doubt this success was a result of our hosts’ overwhelming enthusiasm for our shared mission. They greeted us at every talk and each meeting with an eagerness to deepen ties with the AED and commitment to building the professional and healthcare system capacity to address eating disorders. It was a truly inspiring trip and one that we intend to use as a model as we grow and extend our outreach, technical assistance, and partnerships to support professional capacity building to address eating disorders within nations around the world.

If you are not based in India or Singapore yourself or have not yet had the opportunity to work in either nation, you may be wondering why Mumbai and Singapore were the focus of our trip. To answer this question, I can point to three serendipitous phenomena: the timing of the ICED to be held in the Asia-Pacific region for the first time in June 2020, the rapid growth of local interest in and initiatives geared toward building professional capacity to address eating disorders in Asia, and, on a personal note, my good fortune to have many wonderfully generous colleagues – including Suman Ambwani, Kasisomayajula (Vish) Viswanath, Chew Feng Yi, Derrick Alperet, and Andy Tan – who helped us make all the key connections and put the wheels in motion for planning the first of my international trips to represent the AED as President.

Although it is important for us to do all we can right now to make the most of the months leading up to ICED 2020 in order to deepen and multiply the Academy’s relationships in nations across Asia, the more fundamental and enduring motivation comes down to sheer numbers. Three of the world’s four largest nations in terms of population size are located in this region – China, India, and Indonesia. It is not too farfetched to surmise that a substantial minority, if not the majority, of the world’s cases of eating disorders arise in the Asia-Pacific region, which currently is home to 60% of the globe’s population.

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My term as President runs till June 2020 and coincides with this unprecedented window of opportunity for our organization to strengthen our ties with fellow professionals in the region, encourage them to attend the conference, and invite them to submit abstracts and participate in SIG panels and workshops. You can play a role, too, by reaching out to colleagues you have in the region with an interest in eating disorders or mental health, dietetics, adolescent health, public health, or other related fields and let them know about our upcoming conference June 11-13, 2020, in Sydney, Australia. Send them the link to the ICED annual conference page and encourage them to submit an abstract when the call goes out on August 24, 2019. In the meantime, the AED is offering our expertise and networks to colleagues in Asia in a variety of ways to enhance their own efforts to build capacity to address eating disorders in their nations. The resources we are offering include our many trainings, technical assistance, and, perhaps most importantly, linkages with our unparalleled network of eating disorders specialists from around the world.

What do I most want to share with you from our trip? Our sense of awe, appreciation, and inspiration from spending time with our unflaggingly dedicated colleagues working in each country. These included the Harvard India Research Center, directed by my colleague Vish, which organized one of the two community forums we gave while in Mumbai. One of these forums was hosted at the U.S. Consulate for an audience of well over a hundred interested lay people and professionals from the fields of education, psychology, nutrition, public health, journalism, and others, all with a keen interest in learning more about body image, eating disorders, and ways to support healthy development and well-being in young people in India.

Also in Mumbai, the incomparable Kritika Tiwari, a pediatrician and eating disorders specialist with SRCC Children’s Hospital was our host extraordinaire. One day in the not-too-distant future, she may lead one of the country’s first hospital-based eating disorders specialty treatment centers. For our visit, Kritika organized a day-long seminar on eating disorders where she, Suzanne, and I, and other experts from the region presented to more than a hundred clinicians from across specialties within SRCC Children’s Hospital and from the larger community who brought with them a wide range of experience treating eating disorders of all kinds. As one developmental medicine specialist at the symposium pointed out to me, India is a country of extremes. Close to 40% of children aged 1-5 years have growth stunting from malnutrition. At the same time, India has experienced rapid economic change over the past few decades and produced comparative wealth in other parts of the population. Eating disorders manifest across the full range of the population in myriad and evolving ways shaped by the fast-shifting economic and cultural landscape. In a country of nearly 1.4 billion people, the challenges of identifying the need for care and effective interventions are only compounded in India’s vastly heterogeneous cultural context, where there are more than 20 languages with 700 dialects spoken across a nation made up of more than 2,000 ethnic groups.

Health professionals in India, though, are eager to take on the challenge. There is an emerging critical mass of professionals in Mumbai, New Delhi, and elsewhere in India with burgeoning interest in building the nation’s capacity to address eating disorders in its many manifestations. Our goal within the AED is to offer our support to in-country professionals as they build their own nation’s capacity to address eating disorders in a way they determine to be most appropriate and responsive to their own context and needs.

What might we see emerging in India in the next few years? Perhaps the nation’s first national eating disorders professional association? A dedicated children’s hospital-based treatment center? A regional conference that brings together eating disorders professionals from across South Asia and neighboring regions? Any one or all of these is a strong possibility and likely many other steps toward capacity building geared for the uniquely Indian context.
Singapore, in contrast, is one of the wealthiest countries per capita in the Asia-Pacific region and has a highly sophisticated network of eating disorders treatment centers based in hospital and community settings in a country with a population just shy of 6 million. Our hosts, including Ng Kah Wee, Lee Huei Yen, Kumudhini Rajasegaran, Elaine Chew Chu Shan, Siobhan Kelly, Rajeev Ramachandran, Sajini Mary Varughese, and others from the eating disorders programs of Singapore General Hospital, KK Women’s and Children’s Hospital, and National University Hospital, as well as Izabela Kerner and Kalpana Bhaskaran from the Singapore Nutrition and Dietetics Association, generously opened their doors and cleared their calendars for us to present our work and learn from theirs. Kah Wee, Huei Yen, and their colleagues at Singapore General Hospital Eating Disorders Programme shared with us their recently published English-language book, Treating Eating Disorders: The SGH Experience for patients, families, and fellow clinicians. Thanks to the generosity of the book’s benefactor, we are delighted to offer a free copy of the book through the AED online store. Check out their groundbreaking book here. We also had the good fortune to meet colleagues with federal public health and psychiatric services agencies, all expressing enthusiasm for building eating disorders professional capacity in Singapore.

What might we see emerging in Singapore in the next few years? Very likely the nation’s first national eating disorders professional association and perhaps also a regional conference that brings together eating disorders professionals from across Southeast Asia. And who knows, maybe the ICED one day will find its way to Singapore.

Though our whirlwind tour was illuminating and immeasurably fruitful, I do not know exactly what will emerge or how soon any advances will occur in India, Singapore, or throughout the Asia-Pacific region. What I can say is that the AED will be ready to offer the resources, technical assistance, and collegial networks to support our fellow professionals in the region as they strive to address eating disorders in ways most fitting for their unique contexts and cultures.

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Message from the Editor

Welcome to the latest edition of the Forum! This is my first edition as editor, and as such, I would like to thank Anna Ciao, the outgoing editor, for guiding me through this process as I step into this role for the next 3 years. I am looking forward to working with all of you and the AED on this important piece of communication!

The issue begins with a message from President S. Bryn Austin about ways we can make the AED more global, especially in the Asia-Pacific region. Elissa Myers discusses increasing eating disorders awareness in medical schools. You will also find updates from various committees, as well as important information on past and future meetings of the European Chapter of the AED. Finally, Martha Levine reviews the book “Taking a Detailed Eating Disorder History: A Comprehensive Guide for Clinicians” written by James Kirkpatrick. I hope you will enjoy reading these articles as much as I did.

Thank you to everyone who submitted articles to this issue of the Forum. Please submit your articles, letters, announcements, and suggestions (no more than 250 words per entry) for the next issue of the Forum by October 15, 2019 to Melissa Munn-Chernoff at Forum@aedweb.org.
Greetings from the Executive Director

Awareness of Eating Disorders among Health Care Professionals Should Begin in Medical School (If Not Sooner)

The Royal College of Psychiatrists (RCPsych) is the professional medical body responsible for supporting psychiatrists throughout their careers from training through retirement, and in setting and raising standards of psychiatry in the United Kingdom. They work to secure the best outcomes for people with mental illness, learning difficulties, and developmental disorders by promoting excellent mental health services, training outstanding psychiatrists, promoting quality research, setting standards, and being the voice of psychiatry. They are doing some wonderful work!

This July, Kate Lovett, the College’s Dean, issued a statement warmly welcoming a new report by Health Education England (HEE) stressing the vital importance of implementing psychiatry in training junior doctors. Kate said,

“"It is very positive that Health Education England’s review of the Foundation Programme recognises psychiatry as a vital part of every newly qualified doctor’s training. Whether or not foundation doctors go on to become psychiatrists, they will encounter patients with mental illness throughout their careers and in all medical settings. It is essential that they are properly skilled to recognise, respect and help people with mental illness recover.""

She continued,

“We warmly welcome the development of new initiatives to build on the expansion of psychiatry within the foundation programme and to deliver training and inspire a new generation of doctors to develop expertise in psychiatry.”

Bravo!

The HEE, originally created as a government agency, now operates as a Non-Departmental Public Organization – a non-governmental initiative. Their influence on medical educational initiatives and curriculum is profound, so their attention to increasing psychiatric training in general medical school training is a great breakthrough.

I would be more joyous if I felt confident that eating disorders would be among those illnesses included in the training. It may be, but it is a “term” that does not make the search engine of the HEE. However, the great news is that eating disorders occupy significant space on the RCPsych site – in fact, thank you RCPsych for a specific citation of the AED!

The RCPsych announcement got me thinking about how decisions get made on what goes in to the curriculum of medical schools. I am proud of what the AED has done to create and disseminate the Medical Care Standards Guide, and the representation that the AED has through members in many universities around the world, but I am convinced that more needs to be done.

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There are a number of organizations that may be providing leadership in curriculum development in medical colleges. A couple that we hope to connect to are:

- **Association of American Medical Colleges, and their Liaison Committee on Medical Education** – “The AAMC Curriculum Inventory is designed to serve as the premier benchmarking and reporting tool on content, structure, delivery, and assessment of U.S. and Canadian medical school curricula.”
- **Foundation for Advancement of International Medical Education and Research**

In the meantime, as S. Bryn Austin, our visionary President, said in her new blog this month, let’s all be outspoken citizen advocates, and at every opportunity when we interface with health care professionals around the world, let’s remind them of the existence and importance of eating disorders!

And one more thought – speaking about UK Eating Disorder Initiatives, the RCPsych Faculty of Eating Disorders annual conference will take place in London December 4-5, 2019 with a theme of “Art and Science of Eating Disorders: A Global Vision to Help Eating Disorder Patients and Carers”. A special day-long session on December 5, 2019 will be specifically for the European Chapter of the AED. A call for papers among AED members brought almost 40 submissions, and the event promises to be another great opportunity for colleagues from around the world to gather to share expertise and experience.
SIG and Committee Updates

Electronic Media Committee Update

Danyale McCurdy-Mckinnon

Welcome new and sustaining AED members! We have been hard at work on the AED website streamlining pages and helping to make the AED community more intuitive and user-friendly. We are also working on “how-to” videos, which will help members better navigate the community. Stay tuned for these exciting changes!

In the meantime, we would like to remind members to take some time to update your online profiles with current information, expertise, publications, clinical orientation, photos, etc. Your profile is an excellent referral and networking resource. To update your profile, follow these steps: 1) log on to the AED website, 2) click ‘My AED’ on the far right of the home banner, 3) select ‘Profile’, and 4) then update and save your settings.

We would also like to remind our fellow AED members of the community rules and regulations. The AED Community Guidelines can be found here: 1) click ‘AED Community’ on the home banner, 2) select ‘Main Forum’, and 3) click ‘AED Community Standards’. Here you will find all the community rules and regulations. We ask that you take time to read these rules and regulations before posting in the online community. Thank you for your continued cooperation!

Membership, Retention, and Recruitment Committee Update

Lisa M. Anderson

The Membership Retention and Recruitment Committee (MRRC) has been working on several new initiatives to increase new AED membership rates and increase existing membership retention. Since June 2019, 17 new members joined the AED, increasing the total number to 1,522 current members (80% from North America, 20% international). Efforts to ensure that AED membership renewals occurred in the past year have resulted in 1,047 renewals, or an 82% member retention rate thus far. To inform MRRC goals to increase the representation of individuals from diverse backgrounds, the MRRC is continuing efforts to solicit feedback regarding AED member benefits that might help to not only attract new members, but also continue to maintain the diverse make-up of the organization’s current members. In particular, given that the AED’s vision and mission emphasize its role as a global professional association, the MRRC has begun to move forward with new initiatives with the goal of increasing the representation of researchers, clinicians, students, patient-carers, and individuals with lived experience outside of North America.

One new development that the MRRC is excited to announce is that we are forming a Diversity, Equity, and Inclusion subcommittee. This subcommittee will lead MRRC efforts to develop new initiatives to better reach, welcome, and support AED members from all backgrounds. To support this new initiative, the MRRC will soon be putting out a call for AED members who would like to be involved in the formulation and championing of this subcommittee. If you are interested in learning more about opportunities to participate in this subcommittee, please contact the MRRC co-chairs Marita Cooper (marita.cooper123@gmail.com) and Tara Deliberto (tara.deliberto@gmail.com), and stay tuned for developments on this front!
**Research-Practice Committee Update**

*Kelsey Clark (with special thanks to Millie Plotkin)*

**How to Access Research Articles: An Introduction for Individuals without Institutional Access**

Academic institutions provide access to research publications for students, staff, and faculty. However, many eating disorder practitioners are not granted these permissions and thereby have difficulty acquiring the latest research. To more easily bridge this aspect of the research-practice gap, we offer recommendations for how individuals may access research articles. These suggestions are inclusive but not limited to the following:

- **International Journal of Eating Disorders**: digitally available to AED members
- **AED Twitter/Facebook**: articles shared are often open access or free preview
- **University libraries**: free or small fee to alumni and guests from the public
- **Interlibrary loan/resource sharing**: public libraries share access
- **Directly contact corresponding author**: researchers usually are willing to share
- **Search directly for author**: researchers may have lab websites, blogs, or online CVs with articles linked
- **ResearchGate**
- **Google Scholar**
- **Eating Disorders Information Gateway (Eating Recovery Foundation)**
- **PubMed**
- **Open Science Framework**
- **Directory of Open Access Journals**
- **Core**
- **Public Library of Science**
- **Open Grey**
- **Cochrane Library**

The issue of open access to research articles is controversial; many institutions and online services enforce rules to limit who may obtain literature, and many people advocate for free access to knowledge for those outside of academic settings. In acknowledging the impact of this issue on research-practice integration, we encourage further discussion – how might we as individuals and as an organization promote availability of knowledge (e.g., research articles) across settings? Discuss and provide additional recommendations online in our AED Community post. *Note: This article is for informational purposes and does not indicate endorsement.*
SIG Oversight *Committee Update*

*Suzanne Dooley-Hash*

Hello from the Special Interest Group (SIG) Oversight Committee. We would like to take this opportunity to highlight a new resource available to AED members: SIG videos. These videos have been created in partnership with the AED Social Media Committee (SMC) and are intended to highlight the activities of the AED’s diverse array of SIGs. The videos feature SIG co-chairs introducing their group and discussing its mission and current initiatives. They also highlight benefits of SIG membership and how other AED members can become involved. To date there are nine SIG videos available – Bariatric Surgery; Child & Adolescent; Early Career; Neuropsychology; Nutrition; Professionals & Recovery; Somatic & Somatically Oriented Therapies; Sport & Exercise; Technology & Innovations; and Weight Stigma & Social Justice. More videos coming soon.

The videos are a great way to learn more about what each SIG does. Check them out on the AED’s YouTube channel [here](#).

For any SIG members or co-chairs who would like to produce a video highlighting their SIG, please contact SMC member Courtney Simpson at simpsoncc2@vcu.edu. More information on each SIG is available on the [AED website](#).

Social Media *Committee Update*

*Courtney Simpson*

The Social Media Committee (SMC) is seeking new guests to participate in Facebook Live events or Tweet Chats on the AED’s social media platforms! Involvement in these events is an excellent way to disseminate your research, clinical, or advocacy expertise. Events are conversational so that the audience might actively participate and bring forth questions for further discussion. Timing of events varies so that individuals following the AED’s social media account across the world have opportunities to access the event content. As such, events do not require a specific timeframe and are scheduled based on what works best for the calendar of our guests. Following the event, the content is saved and further promoted to increase access and broaden impact.

The SMC is currently looking specifically for new guests that reside outside of North America. Our goal is to provide more information regarding the state of eating disorders across the globe and maximize reach by offering events in different languages. That being said, the SMC welcomes all researchers, clinicians, carers, advocates, and the like to participate, no matter where you are located! If you have an idea for a social media event, please contact committee member Courtney Simpson at csimpson@ucsd.edu.

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*This is a paid advertisement and does not imply endorsement by AED in any way, shape, or form.*

James Kirkpatrick brings over thirty years of clinical experience in the field of eating disorders to this helpful guide. His compassion for individuals struggling with eating disorders is apparent from the caring tone used to describe the many challenges our clients face. He takes the reader through detailed questions that can help both the clinician and the client understand the extent of the eating disorder and the effect on the client’s life. His use of case examples and quotes provides the opportunity to understand individuals’ thoughts, moods, and emotions as they struggle with their eating disorder and strive for recovery. These vignettes demonstrate the deep connections James has developed with his patients and his in-depth reflections about eating disorders.

The book is divided into six chapters and includes a helpful index.

Chapter 1, The Introduction, starts by looking at various motivations for engaging in an eating disorder. From the beginning, we are reminded that motivations can be positive or negative. They can be external or internal. This sets the stage for the rest of the book as the author takes us through multiple factors that might be driving the eating disorder. Whenever the author introduces a topic, such as social media, he provides questions that the clinician can use to elicit further details about that topic as the clinician and patient proceed through an interview. Many questions are offered throughout the guide. Not all of them will be used with every patient, but the wisdom of the questions allows the readers to think about different topics in new ways. It offers alternative phrasing or further inquiries to use in their evaluations.

Chapter 2, Fundamentals of Taking a Detailed Eating Disorder History, offers evidence for why clinicians need to complete this type of evaluation and highlights cases where it is especially important, i.e. for clients who are not improving. This chapter offers ways to help clients engage, even when one encounters resistance. Helpful advice includes the need to consider the age and developmental history of the patient. Questions need to be framed more vaguely so that new symptoms are not introduced.

Chapter 3, General Eating Disorder History, provides helpful guidelines, which start with collecting as much contact information about the patient and friends or family in case there are emergency medical findings or other concerns about the patient’s safety. This chapter includes not only ideas of other individuals to interview but aspects to consider in the developmental history and family dynamics. This chapter reminds clinicians that similar issues will affect people differently. This is a fact that we already know but may forget in our day to day work. This chapter includes compassionate questions to obtain detailed abuse histories and explore other difficult topics.

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Book Review Corner continued

Chapter 4, *Eating Disorder Behaviors*, takes an extensive look at many eating disorder behaviors including purging, calorie burning, body gauging, binge eating, and restricting. In addition, it reminds clinicians of other behaviors clients may engage in, such as buying tampons even if they are not having their periods, and other behaviors that maintain the secrecy of eating disorder behaviors. These discussions offer ideas for additional avenues to explore when working with someone who has been struggling extensively with their eating disorder.

Chapter 5, *Eating Disorder Behavior Parameters*, describes attributes of specific behaviors for the different eating disorders. One example is a list of actions that an individual may go through to purchase binge food and how to use this information to interrupt one condition to make it harder to follow through to the binge. These discussions help the reader remember the importance of detail when obtaining a history. Understanding the specifics of a person’s eating disorder helps the clinician and client work together to make changes. It will be specific changes and not just general suggestions that will help each individual client work towards recovery.

Chapter 6, *Medical Symptoms and Complicating Health Concerns*, takes the reader through the different body systems to understand risks and complications that should be evaluated. Questions are provided to help the reader compile potential avenues for assessment.

In summary, this book offers great reminders for seasoned clinicians about topics they may have forgotten to explore with their patients. It will help new clinicians and students understand the enormity of eating disorders, including the factors leading up to its development, the significant complications, and the multiple aspects that need to be included as a recovery plan is developed. I plan to encourage my psychiatric residents to read this book and would encourage others to include it in their practice.
European Chapter Updates

Ashish Kumar

You really amazed me with your passion by joining us at our European Chapter board meeting in New York in March 2019 and our first half day European Chapter conference at the ICED 2019. Our inaugural European Chapter conference was really successful with great talks from Walter Kaye, Riccardo Dalle Grave, Gry Kjaersdam Telleus, Rachel Bryant-Waugh, Ulrike Schmidt, Angela Favaro, Cristina Segura-Garcia, and myself.

This has been one of the ambitions of the European Chapter of the AED – to offer opportunities to AED members and non-members to become involved in the European Chapter’s activities. We offer opportunities to our AED members and non-members to contribute to our academic, research, education and training, advocacy, and media work stream activities.

At the European Chapter, we want to promote research in the field of eating disorders and have taken steps in this direction. You may have heard about the ground breaking research led by Cynthia Bulik at the University of North Carolina at Chapel Hill and Gerome Breen at Kings College London. In the largest genetic study of eating disorders to date, which included nearly 17,000 individuals with anorexia nervosa and 55,000 individuals without an eating disorder, their team of researchers have found that anorexia nervosa may best be conceptualized as both a psychiatric and metabolic disorder. This research has the potential to change the way we currently treat individuals with anorexia nervosa.

Recent Media Reports

You may be aware of recent media reports on the British Parliamentary Committee’s critical report that highlighted how doctors’ inadequate training in the field of eating disorders is seriously affecting patient care. Though this report was in relation to avoidable death of patients in England, I am sure it touches a chord across the world. We can reassure you that at the European Chapter, we are working to improve training and have had some success in the exchange of trainees across clinical facilities in different European countries. We aim to develop a core curriculum for professionals working in eating disorders, and implement this work across Europe. Please watch this space for additional information in the future.
We are going to have a one day European Chapter conference in London on December 5, 2019 on the theme of “Art and Science of Eating Disorders: A Global Vision to Help Eating Disorder Patients and Carers”, in collaboration with the Royal College of Psychiatrists. We will have S. Bryn Austin, Ursula Bailer, Janet Treasure, and many other eminent speakers discuss their clinical experience and research in the field of science, therapy, law, treatment, and policy related to eating disorders. We invite you to join us at this exciting conference in London.
Upcoming Conferences, Meetings, and Seminars

AED Webinar: Introduction to Molecular Genetic Methods in Eating Disorders Research
Monday, August 19, 2019 at 2:00 PM EST
Speaker: Zeynep Yilmaz, PhD

This webinar will provide an overview of Molecular Genetic Methods in Eating Disorder research. Dr. Yilmaz will discuss steps to implement methods such as genome-wide association studies, polygenic risk scores, and genetic correlation. In addition, she will explore methodological considerations in this research such as imputation, population stratification, and power. She will identify ways in which these methods can further eating disorder research and discuss current limitations in our understanding of genetic risk for eating disorders.

Register here.

AED Webinar: Weight bias, internalization, and eating disorders: What do we know and what do we do
Thursday, September 12, 2019 at 12:00 PM EST
Speaker: Rebecca L. Pearl, PhD

This webinar will focus on the topic of weight bias, providing an overview of definitions, real-world examples, and empirical support for its negative impact on health. In particular, the adverse effects of internalizing weight bias will be discussed, including implications for eating disorders. The webinar will end with an overview of potential interventions for preventing and reducing weight bias and its internalization.

Register here.

View upcoming live and virtual events happening around the globe on AED’s Events Calendar!

Join us down under in 2020!
The Call for Abstracts for ICED 2020 is August 24, 2019

Visit https://www.aedweb.org/aed-events/iced-2020 to view additional dates to remember, including early bird registration, call for applications, and more!
AED Chapter Conferences

Upcoming AED Chapter Conferences Happening Around the World!

Mark your calendars for the following dates:

- XIV CCHLA – September 5-7, 2019
  Rio de Janeiro, Brazil
- MEEDA – September 28, 2019
  Abu Dhabi, United Arab Emirates
- RCPsych – December 4-5, 2019
  London, United Kingdom

Click on an image to learn more.

Faculty of Eating Disorders
Psychiatry Annual Conference 2019

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AED Chapter Conferences continued