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Message from the President



Jennifer J. Thomas

We are all looking forward with great anticipation to the 2023 International Conference on Eating Disorders (ICED) in Washington, DC, which will mark our first in-person conference since 2019.

Over the past few years, many of you have shared with me your observations that the ICED climate has felt increasingly contentious. This makes good sense as our membership represents many diverse perspectives, and the AED is the premier global community for important intellectual debates to unfold. That said, to achieve our vision of a world without eating disorders through science and practice, the AED community needs to be a place where we can learn from and challenge one another safely. We welcome delegates to express differences in opinion that reflect their own research, practice, and/or lived experience, but every delegate has the responsibility to ensure that the ICED and all AED-supported spaces are welcoming, inclusive, and free from harassment and bullying.

To support our community in engaging in the highest level of academic discourse, over the past six months, I have worked with the AED Board of Directors to create the AED Community Agreement to guide our collective behavior. To create the agreement, the board reviewed example codes of conduct from other organizations, drafted an AED-specific agreement based on observations from recent conferences, and solicited feedback and edits from the membership of all AED committees. The board approved the final draft last month, and I am delighted to share it with you today. All prospective registrants will be invited to sign the community agreement as a requirement for ICED registration, and all current and prospective members will be asked to sign when they renew or join the AED. I appreciate your partnership!

The AED Community Agreement

In recognition that we are continually learning and striving to be a more inclusive organization, this is an evolving document and will be revised and refined as appropriate on an ongoing basis.

Message from the President *continued*



Officers

President

Jennifer J. Thomas, PhD, FAED
Boston, MA, USA

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Beachwood, OH, USA

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Karen Jennings-Mathis, PhD, RN, APRN, FAED
Providence, RI, USA

Director for Standards of Excellence

Jerel Calzo, PhD, MPH, FAED
San Diego, CA, USA

The AED is a global organization that includes members with diverse culture, professional discipline, ethnicity, race, religion, language, weight and body shape, appearance, gender, and sexual orientation. We are committed to ensuring an inclusive and equitable environment that considers the viewpoints of all participants wherever AED-supported work occurs, be it at the annual ICED, or in the committee meetings, educational events, or online communication that occur throughout the year. Accordingly, the AED Community Agreement outlines the expectation that all participants proactively seek to establish and adhere to a culture of respect in which everyone feels welcomed and valued. The AED Community Agreement applies to all participants, including but not limited to attendees, speakers, volunteers, exhibitors, and AED staff.

Guidance for creating an inclusive learning community:

- Be respectful and considerate -- show others the respect you expect to receive.
- Use welcoming and inclusive language that honors the requests of marginalized groups.
- Approach and interact with others from a perspective of curiosity and open-mindedness, including those with views and opinions that are different than your own.
- Expect your ideas to be respectfully challenged. This is part of scientific discourse.
- Assume positive intent. Ask questions or request clarification instead of making negative assumptions.
- Communicate openly and thoughtfully.
- Formulate feedback in a constructive way (e.g., identify potential harms and how to address them positively, assuming good intentions).
- Be mindful of power differentials.
- Respect others' boundaries and confidentiality.
- During question-and-answer periods, pose comments as questions to facilitate dialogue.
- Embrace "both/and" as opposed to "either/or" thinking, acknowledging that there may be multiple "truths."
- Strive toward creating an anti-discrimination environment working actively against oppression in all forms.

Unacceptable behavior (live or online) includes, but is not limited to:

- Harassment, intimidation, abuse, or threats, including any verbal, written, or physical conduct designed to threaten, intimidate, or coerce another person.
- Disrupting and interrupting presenters or educational sessions, unnecessarily confrontational speech or behavior, including ad hominem attacks.
- Retaliation against any individual for reporting prohibited conduct.

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Actions and reporting system:

- Informal resolution between the involved parties is the initial action step if unacceptable behaviors have occurred. We strongly encourage “calling in” first (e.g., asking questions to clarify perspectives and viewpoints and to discuss and reflect on the impact of the language or action). “Calling out” (e.g., stopping words or actions) should be used only when necessary to prevent active harm.
- If violations of the community agreement occur during a live session, AED leadership (including session moderators, board members, and/or Ethics Committee members) will provide real-time re-direction.
- If informal resolution cannot be accomplished (e.g., “calling in” is not possible due to potential power differentials among the parties), members can report unacceptable behavior via email to the AED Operations Director, [Erin Quinn](#). Conflicts of opinion should not be reported. Only objectively disruptive, hostile, or discriminatory behavior will be reviewed.
- Reports will be shared with the AED Executive Committee for screening and referral. Referral could include:
 - Informational feedback to the full AED Board or Scientific Program Committee.
 - Referral to the Ethics Committee for review and counsel. This could lead to action based on the AED Policies and Procedures, up to and including suspension of ICED attendance or revocation of AED membership for egregious violation of these standards.

We appreciate your cooperation and collegueship.

Botschaft der Präsidentin

Jennifer J. Thomas (Translated into German by Karin Waldherr)

Wir alle blicken mit großer Vorfreude auf die International Conference on Eating Disorders (ICED) 2023 in Washington DC, die unsere erste Präsenz-Konferenz seit 2019 sein wird.

In den letzten Jahren wurden viele Beobachtungen an mich herangetragen, wonach das Klima bei ICED als immer streitbarer empfunden wird. Das ist nachvollziehbar, da unsere Mitglieder viele verschiedene Perspektiven vertreten und die AED die führende globale Gemeinschaft ist, in der sich wichtige intellektuelle Debatten entfalten können. Um unsere Vision einer Welt ohne Essstörungen durch Wissenschaft und Praxis zu erreichen, muss die AED-Community ein Ort sein, an dem wir voneinander lernen und uns gegenseitig herausfordern können. Wir begrüßen es, wenn Delegierte unterschiedliche Meinungen äußern, die ihre eigene Forschung, Praxis und/oder Lebenserfahrung widerspiegeln, aber jede:r Delegierte trägt die Verantwortung dafür, dass die ICED und alle von der AED zur Verfügung gestellten Bereiche einladend, inklusiv und frei von Belästigung und Mobbing sind.

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Um unsere Community dabei zu unterstützen, einen akademischen Diskurs auf höchstem Niveau zu führen, habe ich in den letzten sechs Monaten gemeinsam mit dem AED Board of Directors eine Vereinbarung erarbeitet, die unser kollektives Verhalten regeln soll. Zur Ausarbeitung der Vereinbarung hat das Board Beispiele für Verhaltenskodizes anderer Organisationen geprüft, eine AED-spezifische Vereinbarung auf der Grundlage von Beobachtungen auf jüngsten Konferenzen entworfen und die Mitglieder aller AED-Ausschüsse um Feedback und Änderungsvorschläge gebeten. Das Board hat den endgültigen Entwurf letzten Monat genehmigt, und ich freue mich, ihn heute mit Ihnen teilen zu können. Alle zukünftigen ICED-Teilnehmer:innen werden als Voraussetzung für die Registrierung gebeten, die Vereinbarung zu unterzeichnen, alle derzeitigen Mitglieder bei der Erneuerung der Mitgliedschaft und zukünftige Mitglieder beim Neubeitritt zur AED. Ich weiß Ihre Kooperation zu schätzen!

AED Community-Vereinbarung

In Anbetracht der Tatsache, dass wir ständig lernen und danach streben, eine inklusivere Organisation zu werden, ist dies ein sich entwickelndes Dokument, das ständig überarbeitet und verfeinert werden wird.

Die AED ist eine weltweit tätige Organisation, die Mitglieder aus verschiedenen Kulturen und Fachrichtungen und mit unterschiedlicher ethnischer Herkunft, Religion, Sprache, Gewicht und Körperform, Aussehen, Geschlecht und sexueller Orientierung umfasst. Wir sind bestrebt, ein inklusives und gleichberechtigtes Umfeld zu schaffen, das die Standpunkte aller Teilnehmenden berücksichtigt, wo immer die AED-Aktivitäten stattfinden, sei es bei der jährlichen ICED, oder bei den über das ganze Jahr stattfindenden Ausschusssitzungen und Weiterbildungsveranstaltungen, oder in der Online-Kommunikation. Dementsprechend wird in der AED Community-Vereinbarung die Erwartung geäußert, dass sich alle Teilnehmenden proaktiv um die Schaffung und Einhaltung einer Kultur des Respekts bemühen, in der sich jede:r willkommen und wertgeschätzt fühlt. Die AED Community-Vereinbarung gilt für alle Teilnehmenden, einschließlich – aber nicht beschränkt auf – Zuhörer:innen, Referent:innen, Freiwillige, Aussteller:innen und AED-Mitarbeiter:innen.

Leitfaden für die Schaffung einer inklusiven lernenden community:

- Seien Sie respektvoll und rücksichtsvoll; zeigen Sie anderen den Respekt, den Sie selbst erwarten.
- Verwenden Sie eine einladende und inklusive Sprache, die den Bedürfnissen von Randgruppen Rechnung trägt.
- Gehen Sie mit Interesse und Aufgeschlossenheit auf andere zu und interagieren Sie mit ihnen, einschließlich jener Personen, die andere Ansichten und Meinungen haben als Sie selbst.
- Rechnen Sie damit, dass Ihre Ideen respektvoll in Frage gestellt werden. Dies ist Teil des wissenschaftlichen Diskurses.
- Gehen Sie von einer positiven Absicht aus. Stellen Sie Fragen oder bitten Sie um Klärung, anstatt negative Annahmen zu treffen.
- Kommunizieren Sie offen und bedacht.
- Formulieren Sie Ihr Feedback auf konstruktive Weise (z. B. indem Sie potenzielle Risiken ansprechen und aufzeigen, wie Sie diese positiv angehen würden, wobei Sie von guten Absichten ausgehen).
- Seien Sie achtsam in Hinblick auf mögliche Machtunterschiede.
- Respektieren Sie die Grenzen und die Privatsphäre anderer.
- Formulieren Sie während der Frage-und-Antwort-Runden Kommentare als Fragen, um den Dialog zu erleichtern.
- Lassen Sie "Sowohl-als-auch" im Gegensatz zum "Entweder-Oder"-Denken zu und erkennen Sie an, dass es mehrere "Wahrheiten" geben kann.
- Bemühen Sie sich um die Schaffung eines diskriminierungsfreien Umfelds und gehen Sie aktiv gegen alle Formen der Unterdrückung vor.

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Zu inakzeptablen Verhaltensweisen (live oder online) gehören unter anderem:

- Belästigung, Einschüchterung, Missbrauch oder Bedrohung, in verbaler, schriftlicher oder physischer Form, mit dem Ziel, eine andere Person zu bedrohen, einzuschüchtern oder zu nötigen.
- Störung und Unterbrechung von Referent:innen oder Weiterbildungseinheiten, unnötig konfrontative Äußerungen oder Verhaltensweisen, einschließlich persönlicher Angriffe.
- Vergeltungsmaßnahmen gegen Personen, die inakzeptables Verhalten gemeldet haben.

Maßnahmen und Meldesystem

- Eine informelle Lösung zwischen den beteiligten Parteien ist der erste Handlungsschritt, wenn inakzeptables Verhalten aufgetreten ist. Wir empfehlen dringend, zuerst „calling in“ (d.h. das Gespräch zu suchen z.B. durch Fragen, um Perspektiven und Standpunkte zu klären und die Auswirkungen der sprachlichen Ausdrucksweise oder Handlung zu diskutieren und zu reflektieren). „Calling out“ (d.h. öffentlich auf das inakzeptable Verhalten hinzuweisen z.B. durch das Stoppen von Worten oder Handlungen) sollte nur dann verwendet werden, wenn es notwendig ist, um aktiven Schaden zu verhindern.
- Wenn während einer Live-Sitzung Verstöße gegen die AED Community-Vereinbarung auftreten, wird die AED-Führung (einschließlich Vorstandsmitglieder, Sitzungsmoderator:innen und/oder Mitglieder der Ethikkommission) sofort für Abhilfe sorgen.
- Wenn eine informelle Lösung nicht erreicht werden kann (z.B. wenn "calling in" aufgrund eines möglichen Machtgefälles zwischen den Parteien nicht möglich ist), können die Mitglieder inakzeptables Verhalten per E-Mail an die Verwaltungsdirektorin der AED, [Erin Quinn](#), melden. Meinungsverschiedenheiten sollten nicht gemeldet werden. Nur objektiv störendes, feindseliges oder diskriminierendes Verhalten wird überprüft.
- Die Berichte werden dem AED-Exekutivausschuss zur Prüfung und Weiterleitung übermittelt. Die Weiterleitung könnte folgendes umfassen:
 - Informelle Meldung an den gesamten Vorstand oder das wissenschaftliche Programmkomitee.
 - Weiterleitung an die Ethikkommission zur Überprüfung und Beratung. Dies könnte zu Maßnahmen auf Grundlage der AED-Richtlinien und -Verfahren führen, bis hin zur Suspendierung von der ICED-Teilnahme oder zum Entzug der AED-Mitgliedschaft bei schwerwiegenden Verstößen gegen diese Normen.

Wir schätzen Ihre Mitarbeit und Kollegialität.

Message from the Editor



Abigail Matthews
Hamberg

Happy New Year! This Forum opens with AED President Jennifer Thomas's introduction of the AED Community Agreement, a new agreement that emphasizes the inclusive and equitable nature of the AED and its commitment to an organizational culture of respect. You will also find a blog post written by Brian Belko and Elizabeth Cummins, highlighting potential challenges of eating disorder recovery around the new year. Future *Forum* editions will now include blog posts, as the *AED Forum* and blog have merged. Please be on the lookout for opportunities to write a blog post for an upcoming *Forum* edition!

Are you interested in being the next *Forum* editor? I have loved the opportunity to connect with fellow AED members and be more involved in our organization. Please email [me](#) with questions! Formal applications will be accepted via the annual AED Call for Volunteers. For the next *Forum* issue, please submit your articles, letters, announcements, and suggestions (no more than 250 words per entry please) by **April 15, 2023**, to Forum@aedweb.org.

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Greetings from an AED Board Member



Unna Danner

My first encounter with eating disorders was in 2007 when I started my postdoctoral fellowship at Altrecht Eating Disorders Rintveld in collaboration with health psychology at Utrecht University. I must admit that I had not given eating disorders in general much thought before. From the first moment I was grabbed by the severity of eating disorders and the devastation it brings. My research brain was immediately curious about the mechanisms behind problems with something as fundamental as our eating behavior. As a researcher, I like to go to conferences to gain more knowledge and insight, but also to network and get to know people. When working in the field of eating disorders, no matter what your background is (clinical, research, advocacy, people with lived experiences), it is important to look beyond the boundaries of your own field. This is true both inside and outside the eating disorder field.

The first ICED I attended was in 2010 in Salzburg, Austria. I immediately found the conference to be valuable and informative. Since then, I have attended almost every ICED (except 2014, when my son was just born). I met a lot of people at the conferences, most of them very valuable professional colleagues, and it is always nice to meet them again at our annual ICED. My role as an AED volunteer began in 2013, as part of the Scientific Program Committee. Together with Jennifer Wildes, I co-chaired this committee for the 2017 ICED in Prague, Czech Republic. In 2019, I became part of the AED Board of Directors for Standards of Excellence and in 2021, I was appointed as AED Secretary. In this role, I am responsible for and oversee different processes as outlined in the [AED Terms of Reference](#), including the maintenance of AED Board meeting minutes and membership records, filing reports to federal and state authorities in the United States, and supervising the review process of the AED Policies and Procedures manual and other important AED documents.

I consider it an honor to be able to give something back to the AED and the eating disorder field more generally in this role. I hope to continue to do so as an AED volunteer for more years to come.

Groet uit het AED Bestuur

Unna Danner (Translated into Dutch by the author)

Mijn eerste kennismaking met eetstoornissen was in 2007 toen ik een postdoc positie kreeg bij Altrecht Eetstoornissen Rintveld in combinatie met Gezondheidspsychologie, Universiteit Utrecht. Ik had eigenlijk nog nooit echt nagedacht over eetstoornissen, maar vanaf het eerste moment werd ik gegrepen door de ernst van eetstoornissen en de verwoesting die het met zich meebrengt. Mijn onderzoeksbrein was meteen nieuwsgierig naar de mechanismen achter problemen met zoiets fundamenteels als ons eetgedrag. Als onderzoeker ga ik graag naar congressen om meer kennis en inzicht op te doen, maar ook om te netwerken en mensen te leren kennen. Als je op het gebied van eetstoornissen werkt, ongeacht je achtergrond (klinisch, onderzoek, belangenbehartiging, ervaringsdeskundigen), is het belangrijk om over de grenzen van je eigen veld heen te kijken. Dit geldt zowel binnen als buiten het eetstoornisveld.

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Special Interest Group and Committee Updates

Cognitive-Behavioral Therapy for Eating Disorders *Special Interest Group*

Olivia Carter and Suzanne Straebler

The Cognitive-Behavioral Therapy for Eating Disorders (CBT-ED) Special Interest Group (SIG) *Ask the Expert* series commences next month with Professor Zafra Cooper providing clinical consultation for Enhanced CBT (CBT-E) on Monday, February 27th at 11:00 am EST. The 2023 *Ask the Expert* series consists of four virtual meetings featuring a world leading expert on CBT for eating disorders. Any CBT-ED SIG member can attend. Participants can bring their trickiest clinical queries directly to those at the forefront of developing CBT interventions in eating disorders. Questions can be submitted ahead of time for consideration, or in real-time, during the session.

Login details for the February meeting will be shared on the CBT-ED SIG discussion board. To submit questions beforehand, please post them on the discussion board or email them to [Olivia Carter](#) and/or [Suzanne Straebler](#). If you are interested in attending this series but are not a member of the CBT-ED SIG, we strongly encourage you to join via the [AED website](#). We look forward to meeting you next month!

Educational Programming *Committee Update*

Linda Booij

The Educational Programming Committee (EPC) is responsible for creating learning and continuing education (CE) opportunities for AED members worldwide. We do so by organizing events that present and discuss the latest clinical and research developments in the field of eating disorders.

We also provide self-learning opportunities to AED members, including full access to our webinar library of past presentations. Organized by the EPC, our webinars are led by carefully selected presenters, ensuring our members have access to the latest information on advances in eating disorder research and best and most current clinical practices. In the webinar library, webinars are divided by topic, including treatment, eating disorder forms and recovery, comorbidity, genetics and neurobiology, and research. Slide downloads are also available for some presentations.

Access the webinar library with these simple steps:

1. Login to the [AED website](#).
2. Click on the *Education* button to see the dropdown menu.
3. Select *Webinar Library*.
4. Scroll down and click on the + sign to *Browse the Member Webinar Library*.
5. Click on presentation titles to watch the presentation videos.

We suggest viewing Dr. Glenn Waller's recent recording from August 2022. From the University of Sheffield, United Kingdom, Dr. Waller shares his perspective on the importance of implementing open weighing as a key practice in psychological therapies for eating disorders. You can see the talk by clicking [here](#).

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Membership Retention/Recruitment *Committee Update*

Megan Parker

This past quarter, the Membership Retention/Recruitment Committee (MRRC) worked to identify ways to increase access to membership benefits. One benefit of an AED membership is free access to the forty plus webinars previously hosted by the AED. Through collaborative conversations with the Educational Programming Committee and the Online and Social Media Committee, we identified ways to make it easier for members to find and watch recordings of past webinars. If you search for webinars on the AED website, you will now find a [webinar library](#) page that contains instructions on how to access the recordings. Changes were also made to the membership registration form. To increase clarity about membership types and fees, the price of purchasing a membership is now provided earlier in the registration and renewal process. Keep an eye out for additional changes to the website in the coming quarter.

We are also preparing to host our annual Mentor/Mentee event in-person at this year's ICED. The goal of the event is to provide junior members of the AED with an opportunity to receive short-term -- and potentially lasting -- mentorship from professionals and leaders who have more years of experience in the field. To increase transparency about the Mentor/Mentee event, information about its goals and structure has been added to the [ICED registration form](#).

We look forward to continuing our efforts toward increasing collaboration and transparency with members of the AED. We are delighted to welcome four new committee members to the MRRC who will help us continue these efforts in the upcoming quarter.

Online & Social Media *Committee Update*

Danyale McCurdy-McKinnon

Hello and Happy New Year from the Online & Social Media Committee (OSMC)! The OSMC continues to examine and modify the AED website to make it a more user-friendly and enjoyable experience. Currently, we are focusing on improvements to the *Membership* tab. We are working together with members of the Membership Retention/Recruitment Committee to make joining the AED easier, to better highlight all the awesome member benefits, and to emphasize ways to get more involved in the AED. We want to especially highlight the AED Special Interest Groups as a way for members to unite over shared sub-specialties and interests. Secondly, we are prioritizing the reduction of text-heavy pages and creating a more visually appealing experience with the addition of helpful graphics. As always, we welcome any and all feedback from members who have ideas about improving the website. Reach out to our committee co-chairs, [Britt Bohrer](#) and [Danyale McCurdy-McKinnon](#), with suggestions.

The OSMC is calling for new volunteers to join our busy and exciting committee! We especially welcome those who are passionate about disseminating research on our social media platforms as well as individuals who know or want to learn Canva, the graphic design platform. Reach out to the OSMC co-chairs for more information. If you do not already, please follow the AED on social media!

[Instagram](#)

[Facebook](#)

[AED General Twitter](#)

[AED ICED Twitter](#)

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Research Practice *Committee Update*

Abby Sarrett-Cooper

Like most non-profit organizations, I am sure you are aware that the AED has a mission statement -- *advance eating disorder prevention, education, treatment, and research by expanding the global community of committed professionals*. How many members know that the AED also has a vision statement? The AED Vision -- *a world without eating disorders through science and practice* -- drives the Research Practice Committee (RPC).

At the annual ICED, the final event is the Research Practice Think Tank. Offered by the RPC, this event unites members from various disciplines to process conference themes and identify areas of successful and unsuccessful research-practice integration in the ED field. The event has a recent and long-term history of sparking debate and stimulating discussion.

In the summer of 2022, the RPC hosted a series of open conversations to identify new avenues for research-practice integration. The series, led by RPC member Kristen Anderson, in partnership with Drew Anderson and Kyle DeYoung, brought together researchers and clinicians to discuss practical issues with developing and maintaining researcher-clinician partnerships and facilitating the formation of effective collaborations. The RPC is working to translate ideas generated during these conversations into action.

As the RPC develops initiatives for 2023, we encourage members to share ideas that will continue bringing the AED Vision to light.

Special Interest Group (SIG) Oversight *Committee Update*

Heather Hower

After a difficult selection process, the SIG Oversight Committee (SOC) is pleased to announce that thirteen SIGs have been accepted to present in nine separate panels at the ICED 2023! The presentations are diverse and align with the ICED 2023 theme, *Broadening our Impact: Enhancing Visibility through Collaboration and Outreach*.

The presentations will focus on outreach to typically under-represented populations and collaborations between different groups of professionals and individuals with lived experience.

Please visit the [ICED 2023 website](#) for more information about the conference program, schedule, and registration. Please visit the [SIG website](#) for more information about SIG co-chairs, goals, and community resources.

The SOC would also like to acknowledge our fifteen *new* SIG co-chairs:

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Special Interest Group (SIG) Oversight *continued*

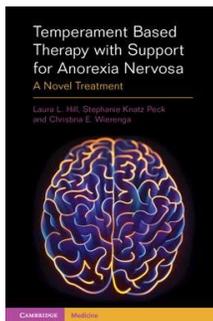
SIG	Co-Chair(s)
Child and Adolescent Eating Disorders	Alison Chase
Cognitive-Behavioral Therapy	Olivia Carter
Dialectical Behavior Therapy and Suicide	Charlotte Thomas
Genes and Environment	Christopher Hubel
Medical Care and Standards	Nicole Cifra and Tammy Maginot
Neuroimaging	Sophie Abber
Nutrition	Tammy Beasley
Professionals and Recovery	Caitlin Scafati
Psychodynamic and Integrated Psychotherapies	Rachelle Heinemann
Sport & Exercise	Madeline Palermo
Technology and Innovations	Angela Celio Doyle
Trauma and Eating Disorders	Caitlin Martin-Wagar
Universities	Yue Huang
Weight Stigma and Social Justice	Stephanie Amundson

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Other News

Book Review Corner

Bertha Winterman Hemilson, AED Book Reviewer



Temperament Based Therapy with Support for Anorexia Nervosa by Laura L. Hill, Stephanie Knatz Peck, and Christina E. Wierenga (Cambridge, 2022, 362 pages)

Temperament-Based Therapy with Support (TBT-S) for the treatment of anorexia nervosa (AN) uses neurobiological findings as a building block for long-term symptom reduction. Psychological illnesses, including AN, have a biological basis that involves temperament and altered brain function. Temperament influences a person’s thoughts, feelings, and behaviors, and shapes personality traits throughout life. TBT-S for AN focuses on converting destructive traits into productive ones to decrease eating disorder symptoms. It is essential to work on this because personality traits persist after recovery. Therefore, the treatment helps patients learn to recognize and use the expressions of personality traits to modify, shape, and promote recovery from AN.

The book begins by explaining the theoretical basis of TBT-S. The interplay between genes and environmental factors like malnutrition is discussed, including how this interplay can modify gene expression and temperament through epigenetic processes. Differences between symptoms and traits are reviewed, as these terms can sometimes be confused. Symptoms are defined as the thoughts, emotions and behaviors that became problematic, dysfunctional, or harmful to the person. They can be diminished or eliminated. Conversely, traits are stable and biologically based, and can be *influenced* by eating disorder symptoms. A few examples of traits are perfectionism, emphasis on achievement, impulsivity, and anxiety. It is important to know that these traits may present themselves differently in each person, and that all patients with AN will not have the same personality traits.

To quote Dr. Eva Trujillo with whom I work, “Eating disorders are brain and biologically based illnesses, and an undernourished brain thinks, acts, and feels differently than a malnourished one.” Understanding this in detail may be complicated, but the book uses analogies, different images, and diagrams to make it very easy to understand. TBT-S can be used with two populations, including young adults and individuals with severe and enduring AN, and applications are provided for each. The treatment includes psychoeducation, experiential learning, skills training, mealtime support, and behavioral agreements. Throughout the chapters, recommendations are given to provide neurobiological psychoeducation to patients and supporters, because this helps increase understanding about AN and simultaneously breaks down myths and/or stigma. TBT-S is a therapy that validates the patient, which is necessary for recovery.

The book is constructed in a way that makes implementing TBT-S easy. It includes objectives and tools for therapy sessions, defines roles of the individuals involved, and provides helpful notes for therapists. Different therapy activities reflect on the neurobiology of AN, to help the patient understand their feelings and thoughts during treatment, and to simultaneously increase their engagement with it. The book also provides adaptations of TBT-S for different levels of care. I appreciated that the book dedicated several chapters to psychoeducation about different personality traits to help individualize treatment. This clarified that each patient may have one or more traits, but not all patients will have the same ones.

Overall, *Temperament Based Therapy with Support for Anorexia Nervosa* is very enriching, with valuable and updated information for the treatment of AN. By the end of the book, the reader will access the necessary tools and resources to implement TBT-S into their practice.

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Rincón de Reseñas de Libros

Bertha Winterman Hemilson, Revisor de libros AED (Translated into Spanish by the author)

Terapia Basada en el Temperamento con Apoyo para el tratamiento de la Anorexia Nerviosa por Laura L. Hill, Stephanie Knatz Peck, y Christina E. Wierenga (Cambridge, 2022, 362 páginas)

La Terapia Basada en el Temperamento con Apoyo (TBT-S) para el tratamiento de la Anorexia Nervosa (AN) utiliza los hallazgos neurobiológicos como base para la reducción de los síntomas a largo plazo. Las enfermedades psíquicas, incluida la AN, tienen una base biológica que implica el temperamento y una función cerebral alterada. El temperamento es la base genética y neurobiológica que influye en los pensamientos, sentimientos y comportamientos de una persona, y contribuye a la formación de los rasgos de personalidad a lo largo de la vida. La TBT-S para la AN se centra en convertir los rasgos destructivos en productivos para disminuir los síntomas del Trastorno de la Conducta Alimentaria. Es esencial trabajar en esto porque los rasgos de la personalidad persisten después de la recuperación. Por lo tanto, el tratamiento ayuda a los pacientes a aprender a reconocer y utilizar las expresiones de los rasgos de personalidad para modificar, moldear y promover la recuperación de la AN.

El libro comienza explicando la base teórica del TBT-S. Se analiza la interacción de los genes y los factores ambientales, como la desnutrición, y cómo esta interacción puede modificar la expresión genética y el temperamento a través de procesos epigenéticos. Se revisan las diferencias claras entre síntomas y rasgos, ya que estos términos pueden confundirse en ocasiones. Los síntomas se definen como los pensamientos, emociones y comportamientos que se volvieron problemáticos, disfuncionales o perjudiciales para la persona; pueden disminuir o eliminarse. Por el contrario, los rasgos son estables y tienen una base biológica, y pueden verse influidos por los síntomas del Trastorno de la Conducta Alimentaria. Algunos ejemplos son el perfeccionismo, enfocado en los logros, la impulsividad y la ansiedad. Es importante saber que estos rasgos pueden presentarse de manera diferente en cada persona y que no todos los pacientes con AN tienen los mismos rasgos de personalidad.

Citando a la Dra. Eva Trujillo, con la que trabajo, "los Trastornos de la Conducta Alimentaria son enfermedades de base cerebral y biológica, y un cerebro desnutrido piensa, actúa y siente de forma diferente". Entender esto en detalle puede ser complicado, pero el libro utiliza analogías, diferentes imágenes y diagramas para hacerlo muy fácil de comprender. La TBT-S puede utilizarse con dos poblaciones diferentes, adultos jóvenes e individuos con AN severa y persistente, y los autores explican cómo aplicar el manual en ambos casos. El tratamiento incluye psicoeducación, aprendizaje experimental, entrenamiento en habilidades, apoyo a la hora de comer y acuerdos conductuales. A lo largo de los capítulos, se dan recomendaciones para proporcionar psicoeducación neurobiológica a pacientes y cuidadores, incluyendo cómo esto ayuda a aumentar la comprensión sobre la AN y simultáneamente romper con mitos y/o estigmas. La TBT-S es una terapia que valida al paciente, lo cual es necesario para la recuperación.

El libro está estructurado de forma que la aplicación de la TBT-S resulte sencilla. Incluye objetivos y herramientas para las sesiones de terapia, define los papeles de las personas implicadas y ofrece notas para los terapeutas o el especialista que lo aplicará. Diferentes actividades reflexionan sobre la neurobiología de la AN, para ayudar al paciente a comprender sus sentimientos y pensamientos durante el tratamiento y, al mismo tiempo, aumentar su compromiso con el mismo. El libro también ofrece adaptaciones de la TBT-S para distintos niveles de tratamiento. Me gustó que el libro dedicara varios capítulos a dar psicoeducación sobre cada uno de los diferentes rasgos de personalidad. Esto proporcionó una mayor claridad de que cada paciente puede tener uno o más rasgos, pero no todos los pacientes tendrán los mismos. Esto ayuda a individualizar el tratamiento.

En general, la Terapia Basada en el Temperamento con Apoyo para el tratamiento de la Anorexia Nervosa es muy enriquecedor, con información valiosa y actualizada en el tratamiento de la AN. Al final del libro, el lector accederá a las herramientas y recursos necesarios para implementar la TBT-S en su práctica.

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AED Blog Post



Brian Belko and Elizabeth Cummings

A Lived Experience Conversation on New Year Pressure

E: Hi Brian. Welcome to the first AED blog of 2023!

B: Hi Elizabeth. It's exciting to be starting a new chapter for the blog here in the *Forum*.

E: Yes! The holiday break seems so far away now already!

B: I agree! However, the start of a new year always feels full of possibilities and the potential for change.

E: Indeed. Yet, for many, the journey of change is so tough and challenging that a new year and all its possibilities may seem overwhelming. Just thinking about those struggling with eating disorders, I am mindful that it can feel like the journey is endless. What are your thoughts?

B: I agree with what you are saying. There can be a real sense of pressure to initiate changes when a new year starts. There is so much focus in the media, and society in general, on making resolutions and changing things in our lives at the start of a new year. I've already seen several TV ads here in the United States talking about resolutions to go to the gym and things like that.

Such ideas can be really challenging for those hoping to make positive changes for their health especially when it comes to eating disorders.

E: Absolutely. There is enormous social pressure around body image and appearance, making those involved in eating disorder recovery -- the clinicians, the support networks, and the clients themselves -- feel like they are continually working against a tide of social demands to conform. In the case of the advertising industry, much of the call to action around body image is about pushing certain products and services instead of genuinely focusing on the audience's well-being.

B: Yes, it can make an already challenging road forward even more tricky to navigate for those dealing with an eating disorder and, as you mentioned, the professionals, friends, and family who are part of a support network. That feeling of a fresh start in a new year should be embraced, but it needs to be approached in a way that is helpful towards and cognizant of the hurdles often faced on the path to eating disorder recovery.

E: Listening to what you are saying reminds me of the phrase "strength and gentleness." I think it was a friend's school motto. I always thought the words seemed in opposition to each other but really, they emphasize that being strong does not always need to "look tough," but that a gentle attitude can be a source of strength. In relation to working with those recovering from eating disorders, the support role requires a level of strength as well as a continued empathic and gentle manner toward those recovering.

B: I think you are exactly right about that Elizabeth. It is also important to note that changes in a person's life can be made at any time they ready. There is no need to succumb to the pressure of a new year or wait for that time of year to come. The most important thing is for a person to make a change, or take steps toward change, when they are ready and when they have a support system in place.

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E: Wise words Brian. When an individual is held safely within their support system, knowing that they are heard and respected, then positive steps can be taken toward goals.

B: Very well said. For those who spend their time working in eating disorder recovery, being mindful that a new year doesn't have to serve as pressure to change more quickly than a person is ready is important for maintaining sustainable progress.

E and B: Happy New Year!

Member's Spotlight: Jocelyn Lebow



Jocelyn Lebow

Abigail Matthews Hamberg

Jocelyn Lebow is featured in this *Forum* edition's *Member's Spotlight*. Jocelyn is a clinical psychologist at the Mayo Clinic in Rochester, Minnesota in the United States. Get to know her, below!

- **Where do you live and what language(s) do you speak?**
I live in Minneapolis, Minnesota. I speak English, but my 5-year-old daughter attends a language immersion daycare so I can sing many children's songs in Spanish.
- **How long have you been a member of the AED?**
I have been an AED member since 2013.
- **Why are you an AED member?**
I like that the AED offers a place where clinicians, scientists, advocates, and people with lived experience can all connect and learn from each other. I think that this makes our work stronger and more relevant.
- **What is one thing that you are passionate about in the field of eating disorders?**
My research and clinical work have led to my interest in expanding access to evidence-based eating disorder care for children and adolescents. I am really excited about finding innovative ways that we can improve the reach of our established treatments, so that more kids can get good, effective care, earlier in their illness trajectory.
- **In your region, what is one thing that is working well in eating disorder treatment and/or research? What is one thing that can be improved?**
I work in pediatric primary care and am more and more encouraged by the rising awareness among medical providers, who are increasingly recognizing that eating disorders are a real issue in their patients. I think the rising number of cases in the wake of the pandemic might have helped raise awareness for these providers. Similarly, I'm seeing the same providers beginning to recognize that affected patients don't always look like the stereotypical, made-for-TV-movie, affluent, white, emaciated, cisgender, adolescent female. I think we

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Member's Spotlight *continued*



have a LONG way to go toward improving early detection and combatting the prevalent myths and misunderstandings about what eating disorders look like, but this is a start.

➤ **If you had one free hour each day, what would you do?**

I wish I could say that I would use it for something like learning a new language, but honestly, right now if I had an hour free each day, I would read trashy detective novels that have absolutely no intellectual value whatsoever.

If you would like to participate in the *Member's Spotlight* column, please e-mail the [AED Forum editor](#).

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New Members Corner

Abigail Matthews Hamberg

Forty-eight new members joined the AED between October and December 2022. Please welcome colleagues from six countries, including Canada, Costa Rica, Germany, Guatemala, the United Kingdom, and the United States.

New Member	Country	New Member	Country
Foluso Ademola	Canada	Emily Koithan	United States
Rebeca Aguilar	Guatemala	Annette Krumpholz	Germany
Robbi Alexander	United States	Casey Lane	United States
David Alperovitz	United States	Alexis Libert	United States
Gianna Baker	United States	Jamie Manwaring	United States
Diane Barone	United States	Kaetlin Marsh	United States
Mariam Bekhit	United States	Michelle McParland	United States
Alissa Bredbenner	United States	Iman McPherson	United States
Betsy Brenner	United States	Adriana Nevado	United States
Jeff Broussard	United States	Arielle Pearlman	United States
Emily Charles	United States	Michele Pelley	United States
Andrea Chilson	United States	Eleanor Ross	United States
Zafra Cooper	United Kingdom	James Runyan	United States
Bailey Driscoll	United States	Christine Sawhill	United States
Nicole Ferrigno-Layton	United States	Hadis Schertzer	United States
Francesca Golfin	Costa Rica	Jordan Schille	United States
Rachel Goodwin	United States	Merrit Stahle	United States
Carole High Gross	United States	Nicole Tag	United States
Jeff Hopkins	United States	Dana Turnbull	United States
Blakely Hunze-Austin	United States	Jennifer Warnick	United States
Cynthia Johnson	United States	Megan Wilkinson	United States
Derrick Johnson	United States	Tornia Wyllie	United States
Candace Jones	United States	Christina Yangas	United States
Meredith Kells	United States	Jasmine Zhou	United States



Stay connected with fellow eating disorders professionals and advocates from around the world when you renew your AED membership!

Renew today at www.aedweb.org