



Bridging Science
and Practice:
Prospects and
Challenges

INTERNATIONAL CONFERENCE ON EATING DISORDERS

www.aedweb.org



May 15-17, 2008

**Clinical Teaching Day
May 14, 2008**

Preliminary Program

Seattle

The Westin Seattle | Seattle, WA USA



THE UNIVERSITY OF NEW MEXICO • HEALTH SCIENCES CENTER
SCHOOL OF MEDICINE



AED

Jointly Sponsored by the University of New Mexico School of
Medicine and the Academy for Eating Disorders



Welcome to the ICED

The Academy for Eating Disorders invites you to participate in the 2008 International Conference on Eating Disorders, May 15 – 17, 2008, at The Westin Seattle, Seattle, Washington USA.

The ICED is the primary gathering place for professionals and advocates engaged in research, treatment and prevention of eating disorders. Each year, ICED attendees, faculty, supporters and exhibitors create a unique, inspiring and intensive environment for education, training, collaboration and dialogue.

The Academy for Eating Disorders

The Academy for Eating Disorders (AED) is the largest multi-disciplinary professional society in the eating disorders field. Founded in 1993, the AED has grown to include more than 1,400 members worldwide who are working to prevent and treat eating disorders, such as anorexia nervosa, bulimia nervosa and binge eating disorder.

The AED provides cutting-edge professional training and education; advances new developments in eating disorders research, prevention, and clinical treatments; and advocates for the rights of people with eating disorders and their caregivers.

Meeting Objectives

As a result of this meeting, participants will be able to:

- Describe gaps that exist between information obtained through scientific endeavors (such as randomized controlled treatment trials) and approaches in practice. Recognize when own practices do not reflect state-of-art approaches to patient care.
- Identify approaches to bridge the gap between science and practice by examining opportunities to increase focus on treatment effectiveness within research studies and employ identified treatment advances into practice to improve patient outcome.
- Explain how studies of physiological processes that give rise to disturbed eating behaviors are translated into evidence-based treatments for eating disorders. Utilize this information in treatment of patients to improve patient outcome.
- Describe current variability in how recovery is defined in research settings, clinical settings and patient's home. Work with patients to develop treatment goals that incorporate physical, psychological and social parameters into recovery. Contribute to expanded definitions of recovery within research contexts to improve relevance of scientific findings to clinical practice which will improve patient outcomes.
- Cite empirical evidence highlighting the role of the media as a socio-cultural factor that contributes to the development of eating disorders and explain how research findings inform changes in business practices of the fashion industry to prevent morbidity and mortality.

Continuing Medical Education Physicians

Continuing Medical Education Accreditation

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of New Mexico Office of Continuing Medical Education and the Academy for Eating Disorders. The University of

New Mexico Office of Continuing Medical Education is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation

The University of New Mexico Office of Continuing Medical Education designates this educational activity for a maximum of 21.75 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Program Committee CME Liaison

Joel Yager, MD
University of New Mexico

Non-Physicians

The conference is co-sponsored by the Academy for Eating Disorders and The Institute for Continuing Education. Continuing education credit is offered as listed below. The conference offers 21.75 contact hours (21.5 for psychologists), although hours are subject to change. If you have questions regarding continuing education or presenters, or for a list of learning objectives by session, contact The Institute by phone 251/990-5030, fax 251/990-2665 or e-mail instconted@aol.com.

Psychology: The Institute for Continuing Education is an organization approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content.

Counseling: The Institute for Continuing Education is an NBCC-approved continuing education provider and a co-sponsor of this event. The Institute for Continuing Education may award NBCC approved clock/contact hours for programs that meet NBCC requirements. The Institute for Continuing Education maintains responsibility for this program and its content. NBCC Provider No. 5643.

Social Work: The Institute for Continuing Education is approved as a provider for continuing education by The Association of Social Work Boards (ASWB) through the Approved Continuing Education Program (ACE). Licensed social workers should contact their individual state jurisdiction to review current continuing education requirements for licensure renewal. The Institute for Continuing Education maintains responsibility for the program. ASWB Provider No. 1007.

- Illinois Dept. of Professional Regulation:
Social Work License: 159-000606
- Ohio Board of Counselor/Social Work: Provider No. RCS 030001
- California Board of Behavioral Sciences: Provider PCE 636
- Florida Board: BAP #255



Marriage/Family Therapy: The Institute for Continuing Education is recognized as a provider of continuing education activities by most state boards of marriage/family therapy.

Nursing: The Institute for Continuing Education is accredited as a provider of continuing education in nursing by the Alabama Board of Nursing, Provider No. 1124; and the California Board of Nursing Provider No. CEP 12646. Nurses should contact their state board to determine if approval of this program through the Alabama or California Board of Nursing is acceptable for continuing education in their state.

Alcohol/Drug: The Institute for Continuing Education is approved by the National Association of Alcohol and Drug Abuse Counselors (NAADAC) to provide continuing education for alcohol and drug abuse counselors. NAADAC Provider No. 00243.

Additional Accreditations

These additional accreditations may also be available, although they do not fall under the umbrella of credits offered by The Institute for Continuing Education.

Dietitians

AED will submit an application to the Commission on Dietetic Registration for CPEUs for registered dietitians and dietetic technicians, registered.

Continuing Education Registration and Requirements

A certificate fee of \$30 for members and \$45 for non-members is required. Check the appropriate box on the registration form. You also may pay on site. However, you may not register for credits after May 17. Credit is awarded on a session-by-session basis, with full attendance required at each session. One certificate will be issued for all activities attended.

IMPORTANT!

To receive continuing education credit, attendees must:

- Pay the fee [\$30 members/\$45 nonmembers]
- Sign in and sign out at designated locations
- Complete and return the continuing education evaluation packet

Notes:

- State licensing bureaus and/or professional associations have their own requirements for licensing, certification and/or recertification. Individuals should contact their state licensing bureaus or professional associations regarding the applicability of the continuing education for their own professional needs.
- Learning objectives and the presentation level for all educational sessions will be available on the AED Web site several months prior to the conference.
- The following activities do not qualify for continuing education credits: poster sessions, committee meetings, Welcome and Conference Goals, SIG meetings, Student/Early Career Investigator Travel Fellowship Awards, Meet the Experts, World Summit Session, exhibits and any other non-scientific session.

Hotel and Travel Information

The Westin Seattle is the front door to Seattle's downtown shopping, attractions, dining and the vibrant theater district. Steps away from the Washington State Convention Center, Pike Place Market and the Space Needle, The Westin Seattle unique design offers breathtaking views of the Northwest's beauty, including Lake Union, Puget Sound, and the Olympic and Cascade mountain ranges.

AED has negotiated a discounted rate of \$199 US for single or double occupancy, plus applicable taxes. These rates will be available to attendees, based on availability, from Sunday, May 11 through Tuesday, May 20, 2008. To reserve a room, call 800/228-3000. Identify yourself as an AED meeting attendee to obtain the special rate. Reservations can also be made online by visiting the Web site at www.aedweb.org. The AED 2008 ICED room rate may not be available after Monday, April 14, 2008, so make your reservations early.

The Westin Seattle

1900 Fifth Avenue
Seattle, WA 98101 USA
Reservations: 800/228-3000
Phone: 206/728-1000 • Fax: 206/728-2259
<http://www.westin.com/seattle>

Concierge and Babysitting Services

The Westin Seattle Hotel's concierge desk will help hotel guests book babysitting services, make dinner reservations or plan other activities during your stay in Seattle. For more information, contact the concierge desk at 206/727-5803.

Optional Box Lunches

AED will provide optional box lunches for the SIG meetings on Thursday, May 15 and Friday, May 16. A \$20 US fee is required for each lunch. To ensure that a box lunch is available for you, check the appropriate boxes on the registration form on page 11.

AED Closing Social Event

Join your colleagues on Saturday, May 17 for this year's festive closing social event, which includes delicious food and dancing.

Attire and Climate

Seattle's average high in May is 64.2 degrees Fahrenheit (21 degrees Celsius), with an average low of 47.9 degrees Fahrenheit (9 degrees Celsius). Attire for the conference is business casual. Because people have varying sensitivities to temperatures in hotel meeting rooms, bring a sweater or other warm clothing to wear inside the hotel.

Air Travel Discount Information

Airline reservations may be made through FCm Bannockburn Travel Solutions, the preferred agency for AED meetings. When you call, ask for the group department and identify yourself as an AED 2008 ICED participant. FCm Bannockburn charges a processing fee on transactions.

International callers call FCm Bannockburn Travel Solutions at 847/948-9111, ext. 3; all other callers from North America dial 866/341-7672.



Foreign Visas

Travelers coming from qualified countries to the United States for tourism or business for 90 days or less may be eligible to visit the United States without a visa. Currently 27 countries participate in the Visa Waiver Program (VWP). Visitors entering on the VWP may not work or study while in the United States and may not stay longer than 90 days or change their status to another category.

Visitors entering on the VWP need to have machine-readable passports. Those travelers without machine-readable passports will need to apply for a visa to enter the United States.

Applicants for visitor visas should generally apply at the American embassy or consulate with jurisdiction over their place of permanent residence. Though visa applicants may apply at any U.S. consular office abroad, it may be more difficult to qualify for the visa outside the country of permanent residence.

For additional information regarding obtaining a visa, visit the U.S. government Web site at <http://travel.state.gov/visa/index.html>.

Car Rental

Avis Rent A Car System Inc. is the official car-rental service for the AED 2008 ICED. Avis agents can provide the best available rates for your car needs during your stay. For reservations, visit the online reservation site at <http://tinyurl.com/2k6owz>, or call 1-800/331-1600 and indicate Avis AED Worldwide Discount number J906598 to receive special pricing.

Transportation to/from the Airport

The Westin Seattle hotel is approximately 12 minutes by car from the Seattle-Tacoma International Airport. Taxi fare is approximately \$26.

Downtown Airporter operates shuttles from 5:30 a.m. to 11:00 p.m. from Seattle-Tacoma International Airport to the hotel. Reservations are not required. Shuttle departures leave from the south end of the main terminal in the atrium. Follow the signs to scheduled Downtown Airporter services, Door 00 just past baggage carousel 1. The fare to and from the hotel is \$10.25 US one-way or \$17 US round-trip. Tickets can be purchased from the Downtown Airporter driver or at the Gray Line of Seattle desk located at the south end of the Seattle-Tacoma International Airport main terminal or online by visiting www.graylineofseattle.com. Shuttle from the hotel to Seattle-Tacoma International leaves every half hour, from 5:21 a.m. to 11:21 p.m. For more information contact Downtown Airporter at 800/426-7532 or 206/624-5077 option 3 to speak to an agent.

Questions?

If you have any questions regarding the program or registration, contact AED headquarters via e-mail at aed@aedweb.org, phone 847/498-4274 or fax 847/480-9282.

Academy for Eating Disorders

111 Deer Park Road
Deerfield, IL 60015 USA
Phone: 847/498-4274
Fax: 847/480-9282
E-mail: aed@aedweb.org
www.aedweb.org

Registration Information

Participation in the AED 2008 International Conference is limited to registered delegates. Your full registration includes:

- Admission to all sessions (Thursday, May 15 through Saturday, May 17), excluding Media Training Workshop and Clinical Teaching Day — an additional fee is required for these workshops
- Access to all exhibits
- Entry to poster sessions
- Opening reception on Thursday, May 15
- Closing social event on Saturday, May 17
- Daily coffee breaks
- Final program

Media Training Workshop Registration

Participation in the AED Media Training Workshop on Wednesday, May 14, requires a separate registration fee.

Teaching Day Registration

Participation in the AED Clinical Teaching Day on Wednesday, May 14 requires a separate registration fee. The 2008 ICED will feature five Teaching Day sessions.

Spouse/Guest Rate:

Applicable only to attendees outside of the eating disorders field.

Includes:

- Admission to the keynote address, exhibit hall and poster sessions
- Welcome Reception
- Closing Social Event

Payment Confirmation

Attendees will receive an e-mail confirmation from AED headquarters. If you do not receive an e-mail confirmation two weeks after registering, e-mail AED headquarters at aed@aedweb.org. Due to registration and payment processing time, we are unable to confirm a registration earlier than two weeks from the date it is submitted. For attendees who do not have an e-mail address, a written confirmation will be mailed.

All registration forms must be accompanied by check or credit card information (VISA, MasterCard and American Express only). Make checks payable in U.S. dollars to the Academy for Eating Disorders. Registrations will not be processed without full payment. See page 11 for the registration form.

All meeting participants, including authors and AED leadership, are expected to pay the appropriate registration fee.



Student Volunteers

The Academy needs student volunteers to assist with the meeting. If you are a full-time student, or know of one who would like to attend the meeting at a discounted rate of \$100 US early fee/\$150 US late fee, contact AED for special registration forms and additional information. Students will be confirmed on a first-come, first-served basis. Full details regarding the student volunteer program can be found at www.aedweb.org.



By Mail

Academy for Eating Disorders

36841 Treasury Center
Chicago, IL 60694-6800 USA

Include a check, VISA, MasterCard or American

Express number and expiration date. Registrations cannot be processed without full payment. AED does not accept Discover or Diners Club.



By Fax

Fill out the registration form and fax to AED at 847/480-9282, 24 hours a day, seven days a week. Include your VISA, MasterCard or American Express number and expiration date. Registrations cannot be processed without full payment.



Online

Visit www.aedweb.org to register securely for the meeting online. If you register online, a confirmation notice will be e-mailed to you.

If you are registering online:

- Go to www.aedweb.org and click on the AED Int'l Conference link at the top left of the page.
- Login.

MEMBERS — If someone is registering for you, they must have your login and password. If not, the system will not let them register you at the member rate.

NON-MEMBERS — If you are a first time attendee, you will need to create a Non-Member profile to proceed with online registration. If you are a returning attendee and don't remember your login and/or password, please use the "Forgot Login/Password" links.

- Follow prompts to register for the ICED Meeting, Clinical Teaching Day and Media Training Workshop.
- You're done!

Please do not click the submit button more than once. This may result in multiple charges on your credit card.

Register online via the secure AED Web site at www.aedweb.org.

On or before April 2

Media Training Workshop May 14

AED Member	\$175 US
Non-Member	\$200 US

Clinical Teaching Day May 14

AED Member	\$120 US
Non-Member	\$160 US

International Conference on Eating Disorders — May 15-17

AED Member

MD/PhD	\$520 US
Non-MD/PhD	\$460 US

Non-Member

MD/PhD	\$580 US
Non-MD/PhD	\$520 US
Student*	\$285 US
Student Volunteer*	\$100 US
Spouse/Guest**	\$140 US

After April 2 and onsite

Media Training Workshop May 14

AED Member	\$225 US
Non-Member	\$250 US

Clinical Teaching Day May 14

AED Member	\$170 US
Non-Member	\$215 US

International Conference on Eating Disorders — May 15-17

AED Member

MD/PhD	\$575 US
Non-MD/PhD	\$515 US

Non-Member

MD/PhD	\$635 US
Non-MD/PhD	\$575 US
Student*	\$335 US
Student Volunteer*	\$150 US
Spouse/Guest**	\$190 US

* Must present a valid student ID.

** Only for those outside the eating disorders field

Pre-Registration

To be considered pre-registered, your registration with full payment **must be received by April 24**. Registration forms that do not contain full payment will be discarded. After April 24, registration will only be available onsite. Onsite registration does not guarantee that you will receive the complete meeting registration packet.

Early Registration Discount

In order to qualify for the early registration discount, you must register by April 2. Registration is available online at www.aedweb.org, or you may fax or mail a registration form to AED. In order to receive the early discount fee, registration forms must include full payment and be received or postmarked by April 2. Registration forms that do not contain full payment will be discarded.

Invoice Requests

For a \$40 US processing fee, AED will issue an invoice for meeting registration fees. Please note, in order to qualify for the early registration discount, full payment must be received or postmarked by April 2. All other payments must be received or postmarked by April 24.

Confirmation of Registration

Each registrant will receive confirmation of registration. All registrants must pick up their badges at the AED registration desk when they arrive at The Westin Seattle Hotel.



Cancellation of Registration

Notification of cancellation must be submitted in writing. Cancellations received by April 2 will be refunded, less a \$75 US fee. No refunds will be made for cancellations received after April 2. Substitutions are allowed at any time, but must be submitted in writing and must be of the same membership status.

AED Registration Desk

The registration desk will be open:

Wednesday, May 14	10:00 a.m. – 5:00 p.m.
Thursday, May 15	7:30 a.m. – 6:00 p.m.
Friday, May 16	7:00 a.m. – 5:00 p.m.
Saturday, May 17	7:30 a.m. – 5:30 p.m.

Americans with Disabilities Act

AED complies with the legal requirements of the Americans with Disabilities Act and the rules and regulations thereof. Notify AED of any special needs using the online registration form on page 11 of this brochure.

Exhibit and Support Opportunities

Attention commercial and government agencies and non-profit organizations:

The AED International Conference is your opportunity each year to meet more of your colleagues and customer base than at any other time — all under one roof. Contacting new prospects, gathering leads, introducing your presence in the market and thanking existing customers are all reasons why you should consider supporting the 2008 conference.

For more information about reserving a space or supporting the conference, visit the AED Web site at www.aedweb.org, call 847/498-4274, ext. 275 or e-mail sdsouza@aedweb.org.

Detailed Program Information

The most current conference information can be found at www.aedweb.org.

Session descriptions, speaker credentials and a faculty list are available online.

Clinical Teaching Day Workshops

Wednesday, May 14, 2008

2:00 – 6:00 p.m. (Separate registration fee required.)

Clinical Teaching Days are designed for the treatment provider. These sessions are smaller, “how-to” workshops that are designed to increase participants’ knowledge of accepted treatments and expand clinical skills.

A.

PRACTICAL APPROACHES TO THE ASSESSMENT AND DIAGNOSIS OF EATING DISORDERS

Carol B. Peterson, PhD, University of Minnesota, Department of Psychiatry, Minneapolis, Minnesota, USA

Although accurate assessment provides a critical foundation for conducting clinical work with individuals with eating disorders, the use of assessment instruments in clinical settings can be problematic. The purpose of this workshop is to provide a practical approach to the comprehensive assessment and diagnosis of eating disorders. After an overview of the challenges of conducting skilled assessment, the first portion of this workshop will focus on diagnostic interviewing techniques for DSM-IV and ICD-10 derived from instruments with established reliability and validity. Clinical examples will be described to illustrate the effective use of these approaches. The second portion of this workshop will provide an overview of questionnaire-based self-report measures along with strategies for the practical use of these instruments for screening, diagnosis, and treatment planning. The third portion of this workshop will focus on the assessment of co-occurring psychiatric and medical symptoms to determine suicide risk, medical instability, and comorbid diagnoses. The workshop will conclude with clinical examples of common assessment problems including minimization of self-reported symptoms, along with potential strategies and solutions for addressing these challenges and enhancing motivation for treatment in the context of assessment.

B.

WORKING WITH CHILDREN AND ADOLESCENTS WITH EATING DISORDERS

Rachel Bryant-Waugh, MSc, DPhil, Feeding and Eating Disorders Service, Department of Child and Adolescent Mental Health, Great Ormond Street Hospital, London, UK; Jenny Nicholson, Clin PsyD, Feeding and Eating Disorders Service, Department of Child and Adolescent Mental Health, Great Ormond Street Hospital, London, UK

Children and adolescents can come to our professional attention with a wide range of disordered eating presentations. These include AN, BN and EDNOS, but also a number of other difficulties reaching clinical significance where a disturbance in eating is the primary presenting feature. We are now all aware of the evidence base in relation to working with families of adolescents with AN, and of the developing treatment research interest in interventions for adolescents with BN. Despite extremely positive steps in the right direction, the evidence we have to date to guide us in our routine clinical practice with young patients with significant eating difficulties remains extremely limited. In addition, for any one clinician seeing such young people, those with AN and BN will only form a subset of patients encountered.

The aim of this Clinical Teaching Day session is therefore to provide participants with a structure, increased knowledge and a set of skills



to be able to make informed decisions about interventions in the context of this clinical heterogeneity, and to apply basic medical and psychological treatment principles. Drs. Bryant-Waugh and Nicholson will outline a model for the assessment and treatment of eating disorders and difficulties that may be encountered in clinical practice with young people. This will include a brief update of existing treatment research, but the main emphasis of the session will be on what to do from the moment the family or the young person is first seen. The session will cover issues related to presentation, assessment and management and will emphasize basic clinical principles and common themes, rather than discuss diagnosis specific interventions. Use will be made of clinical case examples, as well as group discussion and participation throughout, as the main objective is to enhance the clinical salience of material covered for each individual participant.

C.

INDIVIDUALIZED COGNITIVE BEHAVIORAL THERAPY FOR ADULTS WITH EATING DISORDERS

Glenn Waller, MClInPsychol, DPhil, Vincent Square Clinic, Central and North West London NHS Foundation Trust, Osbert Street, London, UK, and Eating Disorders Section, Institute of Psychiatry, King's College London, UK; Lucy Serpell, DClinPsy, PhD, Vincent Square Clinic, Central and North West London NHS Foundation Trust, Osbert Street, London, UK, and Sub Department of Clinical Health Psychology, University College London, UK

There is ample evidence that cognitive-behavioral therapy (CBT) is the best-supported therapeutic approach for individuals with a range of disorders, including most adults with eating disorders. However, there is also evidence that clinicians using CBT either apply protocols too rigidly or fail to deliver the treatment appropriately. The key is to ensure that the clinician individualizes treatment appropriately, while keeping in mind the principles of CBT — the basis of this teaching session.

This session will be largely based on case material regarding the development of the skills necessary to work with anorexic, bulimic and atypical cases. It will begin by outlining the principles of formulation for CBT, and showing how to develop a treatment plan from that formulation. It will then go on to discuss the “meta”-skills that are needed to ensure that CBT can work with such cases (e.g., motivational enhancement, working with life-threatening and therapy-interfering behaviors, developing an effective working relationship). The key skills of CBT itself will then be addressed. This will include elements that address cognitions and emotions, but will focus on the central importance of

behavioral change and physiological stability (especially behavioral experiments and the need for carbohydrate intake).

The session will conclude with a summary of pitfalls in the delivery of CBT for the eating disorders, based on case material. It will focus on ways in which it is possible for well-meaning clinicians to ensure that CBT fails to work, as well as ways in which returning to principles can get treatment back on track.

D.

MEDICAL COMPLICATIONS OF ANOREXIA NERVOSA AND BULIMIA: A PRACTICAL REVIEW TO IMPROVE PATIENT CARE

Philip S. Mehler, MD, Denver Health Medical Center, Denver, Colorado, USA

Will review all the medical complications of anorexia nervosa and bulimia. This will be done in a practical and helpful manner with emphasis on diagnosis, pathophysiology, and treatment for these medical complications. Salient “pearls” will be readily and frequently shared which can be easily integrated into clinical practice. Those attending will feel more comfortable with the medical issues of anorexia nervosa and bulimia after the session. Will also devote some time to practical refeeding and dietary issues to increase the comfort level of those caring for these patients.

E.

HOSPITAL-BASED APPROACHES TO EATING DISORDERS TREATMENT: PERSUADING OUTPATIENTS TO ACCEPT HOSPITAL-BASED CARE AND STRATEGIES FOR WEIGHT RESTORATION AND RELAPSE PREVENTION IN THE INPATIENT AND PARTIAL HOSPITAL SETTING

Angela S. Guarda, MD, Johns Hopkins School of Medicine, Department of Psychiatry, Baltimore, Maryland, USA; Evelyn Attia, MD, Columbia University, Department of Psychiatry, New York, New York, USA

Since weight restoration is a requirement for recovery from anorexia nervosa, safe and efficient weight gain is a necessary goal for specialty eating disorder programs. Maximizing a medically safe rate of weight gain is of paramount importance for severely underweight patients given current constraints on length of stay and limited insurance policy benefits. This workshop will review strategies effective in achieving superior rates of weight restoration across two academic specialty programs. An integrated inpatient-partial hospital model aimed at facilitating transition back to the community and relapse prevention will be outlined. Topics covered will include the specifics of a behavioral protocol, the use of group therapy to generate compliance with the protocol and increase motivation for recovery, patient and parent training in social eating skills and ethical issues surrounding treatment resistance. Potential strategies for engaging resistant outpatients into intensive treatment will be reviewed as well as patient feedback on the usefulness of this approach. Data will be presented supporting the model's efficacy across programs. The use of behavioral treatment contracts as a relapse prevention tool following discharge to outpatient care will also be illustrated.



Join AED now!

Join the Academy for Eating Disorders and register for the ICED at the member rate.

Visit <http://www.aedweb.org/membership/index.cfm> for a dues table and membership application. Special student rates available.



Tentative Schedule-at-a-Glance

[For detailed session and speaker descriptions, visit www.aedweb.org]

Wednesday, May 14

8:00 a.m. – 5:00 p.m.	AED Board of Directors Meeting
10:00 a.m. – 5:00 p.m.	Registration
8:30 a.m. – 12:00 p.m.	Media Training Workshop (separate registration fee required)
8:30 a.m. – 1:30 p.m.	AED/EDRS Research Training Day Workshop (invitation only)
2:00 – 6:00 p.m.	Clinical Teaching Day Workshops (separate registration fee required)
	A. Practical Approaches to the Assessment and Diagnosis of Eating Disorders B. Working with Children and Adolescents with Eating Disorders C. Individualized Cognitive Behavioral Therapy for Adults with Eating Disorders D. Medical Complications of Anorexia Nervosa and Bulimia: A Practical Review to Improve Patient Care E. Hospital-Based Approaches to Eating Disorders Treatment: Persuading Outpatients to Accept Hospital-Based Care and Strategies for Weight Restoration and Relapse Prevention in the Inpatient and Partial Hospital Setting
1:00 – 5:00 p.m.	Exhibitor Set-Up
3:00 – 5:00 p.m.	Poster Presenter Set-Up

Thursday, May 15

7:30 a.m. – 6:00 p.m.	Registration
7:30 – 8:30 a.m.	Special Interest Group (SIG) Chairs Organizational Meeting
7:30 a.m. – 7:30 p.m.	Poster Viewing/Exhibit-Hall Open
8:30 – 9:00 a.m.	Welcome and Conference Goals Presidential Address <i>Kelly Klump, PhD, President</i> <i>Pamela Keel, PhD, FAED and Maria-Teresa Rivera, LNCA, FAED</i> <i>Scientific Program Committee Co-Chairs</i>
9:00 – 10:15 a.m.	Keynote Address Dialectical Behavior Therapy: Development and Current Status <i>Marsha M. Linehan, PhD</i> <i>University of Washington, Seattle, WA</i>
10:15 – 10:45 a.m.	Refreshment Break
10:45 a.m. – 12:15 p.m.	Workshop Session I A. The 90-Minute Medical School B. A Cognitive Behavioural Approach to Inpatient Treatment C. Getting Teamwork to Work: From Conflict and Confusion to Harmony and Understanding D. Enhancing Motivational Enhancement with Emotion-Focused Therapy E. Medical Stabilization: A Multidimensional & Motivational Model of Treatment for Children and Adolescents with Eating Disorders F. Where Trauma and Eating Disorders Intersect: Research, Clinical Implications, and Strategies for Treatment of Sequela arising from Physical, Sexual, and Emotional Violence among Adults and Youth G. Laxative Abuse in Older Eating Disorder Patients, Abuse Taken to a New Level of Severity: Acute and Chronic Sequelae H. Individually Tailored Stepped-Care Strategies for the Prevention and Treatment of Eating Disorders I. Skills-Based Learning in Caring for a Relative with an Eating Disorder: The New Maudsley Method J. Treating Eating Disorders in Asians; Special Treatment Considerations
12:15 – 1:30 p.m.	Lunch on Your Own
12:15 – 1:30 p.m.	Special Interest Group (SIG) Annual Meetings (Box lunch available for purchase. See registration form.)
2:00 – 4:00 p.m.	Plenary Session I: Innovative Approaches to Treatment Resistant Eating Disorders <i>Moderators: Jacqueline C. Carter, PhD, Toronto, Canada and Patricia Fallon, PhD, FAED, Seattle, USA</i> Emotion-Focused Therapy for Eating Disorders <i>Leslie S. Greenberg, PhD, Professor, Department of Clinical Psychology, York University, Toronto, Canada</i> Is CBT Necessary for Effective Treatment of Anorexia Nervosa? A Consideration of Specialist Supportive Clinical Management for Anorexia Nervosa <i>Virginia McIntosh, PhD, Department of Psychological Medicine</i> <i>University of Otago, Christchurch School of Medicine & Health Sciences</i> <i>Christchurch, New Zealand</i> Schema Therapy for Borderline Personality Disorder <i>Arnoud Arntz, PhD, Department of Psychology, University of Maastricht, Maastricht, The Netherlands</i>



Tentative Schedule-at-a-Glance

[For detailed session and speaker descriptions, visit www.aedweb.org]

4:00 – 4:30 p.m.	Refreshment Break
4:30 – 6:00 p.m.	Workshop Session II:
	A. Transdiagnostic Cognitive Behavior Therapy for Eating Disorders: Its Use in Clinical Practice B. If it Walks Like a Duck? When is an Eating Disorder not just an Eating Disorder? The Relationship Between Eating Disorders and Other Medical Illnesses C. Journey Beyond CBT: What Can We do When CBT Fails? D. It's Never Too Late To Have a Happy Childhood: The Use of Integrative Family Therapy with Adult and Adolescent Women with Eating Disorders E. Imagery Modification in Eating Disorders: A Clinical Protocol F. Evidenced-Based Eating Disorders Prevention in Athletes: The Female Athlete Body Project G. Adolescent Anorexia Nervosa and the Promotion of Interoceptive Awareness: An Outpatient Group Treatment H. Surfing for Thinness: Cyber-Challenges in Eating Disorder Treatment and Recovery I. Integrating Theory and Practice Concerns into the Assessment Process J. Calorie Restriction for Longevity: Opportunities and Challenges for the Eating Disorder Field
6:00 – 7:30 p.m.	Opening Reception/Poster Presentations/Exhibit Hall Open

Friday, May 16

7:00 – 8:00 a.m.	Current, New and Prospective Member Breakfast
7:00 a.m. – 5:00 p.m.	Registration
7:00 a.m. – 5:00 p.m.	Poster Viewing/Exhibit Hall Open
8:00 – 10:00 a.m.	Plenary Session II: When the Biology of Weight Regulation and Eating Behaviors Collide: New Insights into the Origins and Treatment of Eating Disorders <i>Moderator: Tom Hildebrandt, PsyD, Mount Sinai School of Medicine, Department of Psychiatry, New York, NY USA</i> Animal Models of Binge Eating <i>Mary M. Boggiano, PhD, Department of Psychology, University of Alabama at Birmingham USA</i> Getting Weighty: Issues in Anorexia Nervosa Sorted Out <i>Johannes Hebebrand, MD Institute of Human Genetics, University of Erlangen, Germany</i> The Importance of Eating in Eating Disorders <i>B. Timothy Walsh, MD, New York State Psychiatric Institute, Department of Clinical Therapeutics, New York, NY USA</i> Translating Lab-Based Findings into Clinical Diagnosis and New Treatments for Eating Disorders <i>Evelyn Attia, MD, New York State Psychiatric Institute, Department of Psychiatry, New York, NY, USA</i>
10:00 – 10:30 a.m.	Refreshment Break
10:30 a.m. – Noon	Oral Scientific Paper Session I (brief scientific papers for presentation and discussion)
Noon – 1:15 p.m.	Lunch on Your Own
Noon – 1:15 p.m.	Special Interest Group (SIG) Annual Meetings (Box lunch available for purchase. See registration form.)
1:30 – 3:00 p.m.	Oral Scientific Paper Session II (brief scientific papers for presentation and discussion)
3:00 – 3:30 p.m.	Refreshment Break
3:30 – 5:00 p.m.	Special Interest Group (SIG) Discussion Panels A. From Social Cognition to Social Competence: Recent Research in Anorexia Nervosa B. Building an Assessment and Diagnostic System for Males with Eating and Body Image Disorders C. Neuro-Cognitive Models of Anorexia Nervosa and Bulimia Nervosa: Evidence from Neuroimaging D. Treatment Resistance and Eating Disorders: Clinical, Cultural and Research Perspectives E. Must Try Harder: CBT Continues to Fail to Work with Anorexia Nervosa F. Prevention of Eating Disorders in Athletes: New Directions G. Contemporary Perspectives on Trauma and Eating Disorders H. The War Against Obesity: The New Challenge for Eating Disorder Treatment and Prevention
3:30 – 5:00 p.m.	AED/NIMH Travel Fellowship Awards
6:00 – 7:30 p.m.	Meet the Experts

Tentative Schedule-at-a-Glance

[For detailed session and speaker descriptions, visit www.aedweb.org]

Saturday, May 17

7:00 – 8:00 a.m.	Special Interest Group (SIG) Follow-Up Meetings
7:00 – 10:30 a.m.	Poster Viewing/Exhibit Hall Open
7:30 a.m. – 5:30 p.m.	Registration
8:00 – 10:00 a.m.	<p>Plenary Session III: The Domains of Recovery from Anorexia Nervosa in Adolescents: Identifying Physical, Psychological and Social Goals <i>Moderators: Teresa Rivera, LNCA, Clinica Angeles Trastornos De La Conducta Alimentaria, Cuernavaca, Morelos, Mexico, and Pamela K. Keel, PhD, University of Iowa Department of Psychology, Iowa City, IA, USA</i></p> <p>Definitions of Recovery in Research <i>James Lock, MD PhD, Stanford University School of Medicine, Palo Alto, CA, USA</i></p> <p>The Indicators of Physical Recovery in Adolescents with Anorexia Nervosa <i>Debra K. Katzman, MD, Hospital for Sick Children Division of Adolescent Medicine, Toronto, Ontario, Canada</i></p> <p>Psychological Components in the Recovery Process <i>Josefina Castro, MD, University of Barcelona Hospital Clinic, Child and Adolescent Psychiatry and Psychology Department, Barcelona, Spain</i></p> <p>Reflections on Recovery in a Social Context <i>Jan Cullis, CEO and founder of the Bronte Foundation in Australia, Melbourne, Australia</i></p>
10:00 – 10:30 a.m.	Refreshment Break
10:30 – 11:00 a.m.	Poster Dismantle
10:30 – 11:30 a.m.	Exhibitor Dismantle
10:30 – 11:45 a.m.	Awards Ceremony and Business Meeting
11:45 a.m. – 1:15 p.m.	<p>World Summit Session (Box lunches will be available) Let's Talk: Advancing the Research-Practice Partnership</p>
11:45 a.m. – 1:15 p.m.	Lunch on Your Own
1:30 – 3:00 p.m.	<p>Workshop Session III:</p> <ul style="list-style-type: none"> A. Understanding and Managing Countertransference in the Treatment of Eating Disorders B. Interpersonal Psychotherapy (IPT) for Preventing Excessive Weight Gain in Adolescent Girls C. How to do Behavioural Experiments: Practical Guidance for Implementing Cognitive-Behavioural Therapy with the Eating Disorders D. Using Neuropsychological Feedback Therapy in the Treatment for Eating Disorders E. Siblings: The Invisible Casualties of Eating Disorders F. Applying DBT Eating Disorders Across Levels of Care G. The Family: Agents of Change in the Treatment of Eating Disorders in Outpatient & Inpatient Treatment H. A Practical Approach to Working with Fear in the Treatment of Eating Disorders I. Capitalizing on Our Strengths: Four Therapeutic Styles in Eating Disorders Treatment J. When to Lead, When to Follow: Advanced Nutrition Therapy Techniques
3:00 – 3:30 p.m.	Refreshment Break
3:30 – 5:30 p.m.	<p>Plenary Session IV: Extending our Understanding of the Social Context for Body Dissatisfaction: The Role of Media and Fashion <i>Moderator: Susan J Paxton, PhD, School of Psychological Science, La Trobe University, Melbourne, Victoria, Australia</i></p> <p>Media and Body Image: Research Findings and Implications <i>Professor Marika Tiggemann, PhD, Psychology Department, Flinders University, Adelaide, South Australia, Australia</i></p> <p>Sex, Drugs and Rock'n'Roll: The Media and Adolescents' Health <i>Professor Jane Brown, PhD, School of Journalism and Mass Communication, University of North Carolina, Chapel Hill, North Carolina, USA</i></p> <p>The Fashion Industry + the Body Beautiful: The Reality Of the Fantasy <i>Zoe Edquist, M Law, General Manager, Australian Fashion Council, Melbourne, Victoria, Australia</i></p> <p>Discussant <i>J. Kevin Thompson, PhD, Psychology Department, University of Southern Florida, Tampa, Florida, USA</i></p>
6:30 – 10:00 p.m.	Closing Social Event





2008 ICED Registration Form

May 15–17, 2008

Clinical Teaching Day: May 14, 2008

The Westin Seattle • Seattle, Washington USA

Type or print clearly, or attach your business card.

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will be accepted
after April 24



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First Name (Given Name, as you would like it to appear on your badge)		Last Name (Family Name)		Credentials
Organization				
Address				
City	State/Province	ZIP/Postal Code	Country	
Phone (Business)	Fax	E-mail		
After hours e-mail or phone				
Emergency Contact Name		Emergency Contact Phone Number/Pager		

On or Before April 2

On or Before April 2 and Onsite

Media Training Workshop Registration

- | | | | |
|---|----------|----------|----------|
| <input type="checkbox"/> AED Member | \$175 US | \$225 US | \$ _____ |
| <input type="checkbox"/> AED Non-Member | \$200 US | \$250 US | \$ _____ |

Clinical Teaching Day Registration

- | | | | |
|-------------------------------------|----------|----------|----------|
| <input type="checkbox"/> AED Member | \$120 US | \$170 US | \$ _____ |
| <input type="checkbox"/> Non-Member | \$160 US | \$215 US | \$ _____ |

ICED Registration

- | | | | |
|--|----------|----------|----------|
| <input type="checkbox"/> AED Member MD/PhD | \$520 US | \$575 US | \$ _____ |
| <input type="checkbox"/> AED Member Non-MD/PhD | \$460 US | \$515 US | \$ _____ |
| <input type="checkbox"/> Non-Member MD/PhD | \$580 US | \$635 US | \$ _____ |
| <input type="checkbox"/> Non-Member Non-MD/PhD | \$520 US | \$575 US | \$ _____ |
| <input type="checkbox"/> Student* | \$285 US | \$335 US | \$ _____ |
| <input type="checkbox"/> Student Volunteer* | \$100 US | \$150 US | \$ _____ |
| <input type="checkbox"/> Spouse/Guest | \$140 US | \$190 US | \$ _____ |

(only for those outside the eating disorders field)

Spouse/Guest Name _____

* Must submit a valid student ID

Registration Total: \$ _____

Optional

- | | | |
|--|---|---|
| <input type="checkbox"/> Invoice Fee | \$40 US | \$ _____ |
| <input type="checkbox"/> Continuing Education | <input type="checkbox"/> Members: \$30 US | <input type="checkbox"/> Non-members: \$45 US |
| <input type="checkbox"/> SIG Meeting Box Lunch, Thursday, May 15** | \$20 US | \$ _____ |
| <input type="checkbox"/> SIG Meeting Box Lunch, Friday, May 16** | \$20 US | \$ _____ |
| <input type="checkbox"/> AED Membership Dues*** | | \$ _____ |
| <input type="checkbox"/> Scholarship Fund Donation**** | | \$ _____ |
| <input type="checkbox"/> General Fund Donation**** | | \$ _____ |

** Lunch includes turkey sandwich, chips, fruit, bottled water.

*** REMEMBER! Join AED and register at the member rate.

Visit www.aedweb.org for details

**** Please consider a tax-deductible donation to support AED programs.

Total Fees: \$ _____

Payment

- ☐ Payment enclosed \$ _____
- ☐ Check (Make checks payable to: Academy for Eating Disorders. Funds must be in US dollars.)
- ☐ Visa ☐ MasterCard ☐ American Express **AED Tax ID# 36-3929079**

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Academy for Eating Disorders
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After your registration form is processed, you will receive an email confirmation. For attendees who do not have an e-mail address, a written confirmation will be mailed. **It is your responsibility to verify that the courses you register for do not conflict with one another.** Please keep a copy of this form for your records.

Teaching Day Workshop Selection:

Indicate your preferred session with the letter of the workshop:

You may change your session selection at any time. There is no need to contact AED.

ICED Workshop Selection:

Indicate the letter of the workshop you would like to attend in each session.

Workshop I (Thurs AM) _____

Workshop II (Thurs PM) _____

Workshop III (Sat PM) _____

You may change your session selection at any time. There is no need to contact AED.

SIG Discussion Panel Selection:

Indicate the letter of the panel you would like to attend.

SIG Panel _____

Optional Events:

Check if attending the following events:

- ☐ Current/New/Prospective Member Breakfast Friday, May 16
- ☐ World Summit Session — Saturday, May 17
- ☐ Closing Social Event — Saturday, May 17

Pre-registration Policy: To be considered pre-registered, your registration, changes or replacement must be received by April 24. After this date, you must register on site. **Caution: If you submit your registration form more than once, it may result in a duplicate charge on your credit card. Send your registration using only one method of payment.** Cancellation Policy: Notification of cancellation must be submitted in writing. Cancellations received by April 2, will be refunded, less a \$75 US cancellation fee. Cancellations will be honored but money will not be refunded after April 2. Substitutions are allowed at any time but must be submitted in writing and must be of the same member status. No telephone registrations please. Payment in US dollars only.



Special needs or dietary requests:

Faxed registration forms that do not contain credit card information do not qualify as an early paid registration.



Academy for Eating Disorders

111 Deer Lake Road
Deerfield, IL 60015 USA

