



Event Summary: ICED 2017

A live conference hosted by AED, co-sponsored by CE Learning Systems

Thu, Jun 8 – Sat, Jun 10 2017 (4 days)

Venue:

Attendance

Up to 1000 attendees expected. 76 educational sessions.

Target Audience

- Psychologists
- Social Workers
- Counselors
- Marriage & Family Therapists
- Alcohol/Drug Counselors
- Dietitians



Session: Clinical Teaching Day: Neuroscience

Code CTD1-1 :: Seminar Session :: 3.50 CE hours

2:00 pm – 6:00 pm Wednesday, June 7th 2017
Prague Congress Center

Session Description

Anorexia nervosa (AN) is a severe, biologically based brain disorder with significant medical complications requiring new, effective treatments to interrupt the persistent course of the illness. AN treatment attempts have been diverse, however, evidence shows that impact is weak and effects are generally small. This workshop will integrate current neurobiological AN research from diverse perspectives into a shared goal that translates into various forms of clinical practice.

Learning Objectives

- Integrate current neurobiological anorexia nervosa research into various forms of clinical practice.
- Describe how neuro-progression changes the form and content of anorexia nervosa.
- Discuss how therapists can integrate research findings on cognitive and emotional processing with patients to help in recovery.
- Introduce preliminary data suggesting reward, inhibition, and salience in ED improve treatment response.
- Apply recent imaging data, on interoceptive processing and the mismatch between anticipated and actual experience, to a 5-day eating disorder treatment structured environment that reduces internal "noisy" signals that evoke anxiety and avoidance.
- Summarize how the above research findings are integrated into a 5-day ED treatment, involving multifamily/supports with adults and adolescents, will be detailed in an interactive electronic text.

Presenters

- **Laura Hill, PhD, FAED, Chief Clinical Officer of The Center for Balanced Living**

Dr. Laura Hill is the Chief Executive Office and Chief Clinical Officer of The Center for Balanced Living, a free standing not for profit organization that specializes in the prevention, treatment and research of eating disorders since 2000. Laura is the recipient of the National Eating Disorders Association 2011 Lori Irving Award for Excellence in Eating Disorders Prevention and Awareness.

She has provided treatment for persons with eating disorders since 1979, and conducted eating disorders research since 1984. She is the former Director of the National Eating Disorders Organization from 1990 to 1994; and has published and lectured internationally since the 1980's. She has led The Center's research through collaborations nationally. She is a member of the American Psychological Association and a Founding Fellow of the Academy for Eating Disorders.

- **Walter Kaye, MD, FAED, Director, Eating Disorders Program**

Dr. Walter Kaye was recruited to the UC San Diego faculty from the University of Pittsburgh



School of Medicine, where he was research director of the eating disorder program, and where he received a NIMH senior scientist award.

Dr. Kaye's current research is focused on exploring the relationship between brain and behavior using brain imaging and genetics, and developing and applying new treatments for anorexia and bulimia nervosa. He is the principal investigator for an international, multi-site collaboration on the genetics of anorexia and bulimia nervosa. He has an international reputation in the field of eating disorders and is the author of more than 300 articles and publications. He attended Ohio State Medical School, trained in neurology at the University of Southern California and trained in psychiatry at the University of California, Los Angeles. Dr. Kaye was then a fellow and research physician at the National Institute of Mental Health for seven years where he conducted research on appetite regulation, behavior and treatment for disorders.

As Director of the University of California, San Diego Eating Disorder Treatment and Research Program, Dr. Kaye and his clinical team are treating anorexia nervosa and other eating disorders with an innovative, intensive program that approaches the problem on multiple levels, including medical, psychological, psycho-educational and counseling of the family as key support group.

- **Janet Treasure, PhD, Psychiatrist**

Janet Treasure, OBE PhD FRCP FRCPsych, is a British psychiatrist, who specialises in research and treatment of eating disorders. She is currently the director of the Eating Disorder Unit and Professor of Psychiatry at the Institute of Psychiatry, King's College, London. In early 2013 she was awarded Officer of the Order of the British Empire (OBE) for Services to People with Eating Disorders.

- **Kate Tchanturia, PhD, FAED, Reader in Psychology of Eating Disorders King's College**

Since 1998, my research and clinical work has been focused on Eating Disorders. My main areas of interest include; cognitive, emotional characteristics and the translation of evidence from scientific research to clinical practice. I am a member of a very strong research team and have many teaching responsibilities involving the training of PhD, doctoral clinical psychology and MSc students, who actively contribute to pilot and major projects that help us understand the complex nature of eating disorders.

I enjoy international and multidisciplinary work and I feel very honoured to have amazing collaborators both in the UK and abroad. My clinical responsibilities include leading the clinical psychology team in South London and Maudsley (SLaM) NHS adult eating disorder service, supervising colleagues, training junior members of the multidisciplinary team, taking part in strategic planning of the service, auditing and developing new psychological interventions informed with research evidence and service user feedback.



Session: Clinical Teaching Day: Therapy - Integrating Family Based Treatment with the Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders

Code CTD2-1 :: Seminar Session :: 3.50 CE hours

2:00 pm – 6:00 pm Wednesday, June 7th 2017
Prague Congress Center

Session Description

With the addition of Avoidant Restrictive Food Intake Disorder (ARFID) to the broader DSM-5 category of Feeding and Eating Disorders, increasing numbers of young patients are presenting for treatment of this condition. Patients with ARFID appear to fall into several sub-categories including those with: lifetime picky eating, selective eating and an Autism Spectrum disorder, selective eating in the context of comorbid anxiety conditions, and selective eating in patients with a medical condition and fear of eating due to worries about pain. This workshop will present an integrated treatment approach that combines an adapted form of family based treatment (FBT) for patients with ARFID, together with the Unified Protocols for the Treatment of Emotional Disorders in Children and Adolescents (UP-C/A), a manualized, transdiagnostic cognitive behavioral treatment. The UP-C/A is well suited for all categories of ARFID as it includes modules on mindfulness, flexible thinking, avoidance, and interoceptive and situational exposures. This workshop will demonstrate how to deliver this integrative approach by focusing first on nutritional stabilization and weight regain, using principles of FBT. Role plays will be used to highlight the differences when using FBT for ARFID patients. An overview of the UP-C/A will be presented with interactive exercises to show key modules and techniques used in treating young patients with ARFID. The workshop will support discussion of treatment for patients with different categories of ARFID, and will include a detailed discussion of the use of rewards for behavior change in patients with ARFID.

Learning Objectives

- Describe adaptations of Family Based Therapy (FBT) for ARFID.
- Demonstrate key interventions from the Unified Protocols for the Treatment of Emotional Disorders in Children and Adolescents (UP-C/UP-A) to treat anxiety and avoidance in patients with ARFID.
- Understand the protocol for clinician decision-making when combining strategies from both FBT and UP-C/A with youth presenting with varied clinical challenges associated with ARFID.

Presenters

- **Julie Lesser, MD, Psychiatrist**

Dr. Julie Lesser is a psychiatrist in Minneapolis, Minnesota and is affiliated with Abbott Northwestern Hospital. She received her medical degree from University of Minnesota Medical School and has been in practice for more than 20 years.

- **Daniel Le Grange, PhD, FAED, Professor, University of California San Francisco**



Daniel Le Grange, Ph.D., is Benioff UCSF Professor in Children's Health, and Eating Disorders Director, Department of Psychiatry, at the University of California, San Francisco. He also is Emeritus Professor of Psychiatry and Behavioral Neuroscience at The University of Chicago Medicine. He received his doctorate at the Institute of Psychiatry, University of London, and trained in family-based treatment (FBT) for adolescent anorexia nervosa (AN) at the Maudsley Hospital in London.

- **Sarah Eckhardt, PhD, Psychologist, Center for the Treatment of Eating Disorders**

Sarah Eckhardt, PhD, is a licensed psychologist in the Center for the Treatment of Eating Disorders. Her interest in eating disorders first began as a pediatric psychology fellow at the Children's Hospital of Orange County, where she provided therapy and Consultation/Liaison services for the children with a wide variety of chronic medical issues. She later went on to complete a specialized postdoctoral fellowship in eating disorders at the University of California San Diego's Eating Disorders Center for Treatment and Research/Rady Children's Hospital, where she trained in family-based therapy and inpatient medical stabilization for eating disorders. Dr. Eckhardt is a 2011 graduate of the University of Wisconsin-Milwaukee's Doctoral Program in Counseling Psychology and her clinical interests include medical stabilization and the treatment of eating disorders using family-based therapy and cognitive behavioral therapy-enhanced.

- **Jill Ehrenreich-May, PhD, Associate Professor, Child Division, University of Miami**



Session: Clinical Teaching Day: Therapy - Binge Eating Disorder – State of the Art of Current Treatment

Code CTD2-2 :: Seminar Session :: 3.50 CE hours

2:00 pm – 6:00 pm Wednesday, June 7th 2017
Prague Congress Center

Session Description

This session will review the current state of knowledge regarding the treatment of those with binge eating disorder. The literature will be reviewed, and a number of areas will then be addressed: 1.) Psychotherapy approaches, with an in depth session by session presentation of a CBT approach, the manual for which will be provided to interested participants after the conference by email; 2.) Pharmacotherapy approaches, targeting binge eating and mood, and when appropriate weight loss for those patients who are also obese; 3.) The use of bariatric surgery for those that are severely obese; 3.) A brief review of medical complications and medical evaluation for those who are normal weight, overweight and obese; 4.) Practical recommendations for individual patients based on binge eating status, mood disorders, other comorbidities, and weight. Discussion will include case discussions and suggestions/questions from participants.

Learning Objectives

- Discuss the currently available, empirically supported psychotherapies for those with binge eating disorder.
- Discuss the currently available, empirically supported pharmacotherapies for those with binge eating disorder.
- Discuss when bariatric surgery should be considered in the treatment of those with for binge eating disorder.
- Discuss the medical complications and medical evaluation for those with binge eating disorder.
- Discuss the important key elements of CBT for those with binge eating disorder.

Presenter

- **James E. Mitchell, MD, FAED, Professor at the University of North Dakota School of Medicine**

Chester Fritz Distinguished University Professor at the University of North Dakota School of Medicine and Health Sciences. Dr. Mitchell completed his undergraduate education at Indiana University and medical school at Northwestern University. Following an internship in Internal Medicine, he completed his Residency in Psychiatry and a Fellowship in Consultation/Liaison Psychiatry at the University of Minnesota. Dr. Mitchell has focused his research on the areas of eating disorders, obesity, and bariatric surgery. He is a Past-President of the Academy for Eating Disorders and a Past-President of the Eating Disorders Research Society. Dr. Mitchell is on the editorial boards of the International Journal of Eating Disorders and Surgery for Obesity and Related Diseases, where he is also an Associate Editor. Dr. Mitchell has been an author on more than 600 articles in the scientific literature and has authored or edited 18 books.



Session: Clinical Teaching Day: Therapy - Treatment of EDs in Males and Ethnic Minorities

Code CTD2-3 :: Seminar Session :: 3.50 CE hours

2:00 pm – 6:00 pm Wednesday, June 7th 2017
Prague Congress Center

Session Description

Eating disorders (EDOs) have been inaccurately stereotyped as a disorder of white females. Therefore, most of the treatments have been developed primarily for Caucasians and females. However, the literature of EDOs among males and diverse populations has increased significantly during the past years. It is clear that EDOs do not discriminate by gender, race/ethnicity, or age. Providing culturally tailored treatments that appreciate the culture, context, language and gender differences is essential to reduce health disparities. With the increasing recognition of diversity in prevalence and presentation of disordered eating behaviors comes a need for understanding the etiology, course, treatment and specific needs for males and people who self-define themselves as being members of diverse groups who also have eating disorders. The goal of this clinical workshop is to provide the skills necessary for clinicians who work with males and culturally diverse populations, appreciating how these differences alter the origin, presentation, clinical course, and treatment.

Learning Objectives

- Understand the differences in the internal and external psychosocial and developmental milieu of males and diverse populations compared to Caucasian females;
- Discuss the differences in presentation of the eating disorder symptoms in males and in culturally diverse populations;
- Identify differences in the approach to treating males and patients from diverse cultural backgrounds with eating disorders and,
- Identify the appropriate assessment protocol to be used with males and diverse populations.

Presenters

- **Arnold Andersen, MD, FAED, Adjunct Instructor, John Hopkins**

Arnold Andersen, M.D. is the world's leading authority on eating disorders in men. Since 1991, he has been the director of the eating disorders Program at the University of Iowa College of Medicine, where he is also a professor of Psychiatry. In addition to treating patients and teaching, he has written several texts and has contributed more than 200 articles in scientific publications. He has also lectured widely to medical and psychological groups worldwide. Dr. Andersen has appeared on a number of national television programs in which he has discussed eating disorders and he has been quoted in numerous publications, including the Wall Street Journal, Newsweek, and the New York Times.

- **Mae Lynn Reyes-Rodriguez, PhD, Assistant Clinical Professor, UNC Chapel Hill**

Dr. Reyes-Rodriguez is an Assistant Clinical Professor in Psychiatry Department and faculty with



the Center for Latino Health (CELAH) at UNC-Chapel Hill. She has built strong ties throughout North Carolina with the Latino community since 2008 in which she was awarded with a Diversity Supplement grant funded by NIMH to adapt eating disorders treatment for Latinos in the U.S. The focus of her research is on the development of culturally appropriate interventions for Latinas with eating disorders with a specific emphasis on developmentally and culturally appropriate incorporation of family members into treatment. Her current work builds on her experience working with adults with bulimia nervosa in Puerto Rico which underscored the importance of incorporating the family early in treatment as a necessary cultural adaptation for Latinas. Currently, Dr. Reyes-Rodríguez is the Principal Investigator of the PAS Project-Promoviendo una Alimentación Saludable "Promoting Healthy Eating Patterns". The PAS Project comprises a series of investigations in order to tailor the development of a culturally appropriate family-based adjunct intervention to CBT-BN for adult Latina patients with eating disorders.



Session: Clinical Teaching Day: Medical - Medical Complications of EDs and their treatment

Code CTD3-1 :: Seminar Session :: 3.50 CE hours

2:00 pm – 6:00 pm Wednesday, June 7th 2017
Prague Congress Center

Session Description

There are many serious medical complications associated with anorexia nervosa and bulimia. This presentation will address these complications and their treatments. It will also deal with how to recognize when a patient needs a higher level of care for ongoing management of medical issues. There are also many complications associated with attempts to discontinue the purging behaviors associated with self-induced vomiting, diuretic and laxative abuse. These serious, and often difficult to manage, complications include, severe edema, electrolyte and acid-base abnormalities, gastrointestinal and cardiovascular-related complications and those which adversely affect body image. Some of these complications, or the memories thereof, often impede the bulimic patient's attempts to successfully "detox" from harmful purging behaviors and results in these patients reverting back to purging behaviors. A description of the medical complications associated with anorexia nervosa, ARFID and bulimia and with attempts to discontinue the different modes of purging, and their treatments, embedded in evidenced case-based vignettes, will be presented in an understandable and clinically salient manner.

Learning Objectives

- Identify medical problems related to bulimia nervosa, and how to manage them
- Identify medical problems related to anorexia nervosa, and how to manage them
- Recognize when a patient needs a higher level of care for ongoing management of medical problems

Presenter

- **Philip Mehler, MD, Medical Director of the ACUTE Center for Eating Disorders**

Dr. Mehler served as Medical Director of the ACUTE Center for Eating Disorders, and Medical Director of Denver Health and Hospital Authority. Dr. Mehler began his career at Denver Health nearly 30 years ago and was formerly its Chief of Internal Medicine. He is the Glassman Professor of Medicine at the University of Colorado School of Medicine, and has conducted research into the optimal treatment of the most severe cases of Anorexia Nervosa and Bulimia. Dr. Mehler has authored 400 publications, including 3 textbooks, *Medical Complications of Eating Disorders*, which published by the Johns Hopkins University Press and is now in its third edition. Dr. Mehler was the recipient of the Academy of Eating Disorders 2012 Outstanding Clinician Award, has been recognized among the "Best Doctors in America" for the past 20 years in a row, and was voted the "Top Internist in Denver" multiple times by 5280 magazine. Dr. Mehler is a member and fellow of the Eating Disorders Research Society and the Academy of Eating Disorders, as well as a member of the editorial board of the *International Journal of Eating Disorders*. He has lectured extensively on a national and international level as the leading medical expert on the topic of medical complications of eating disorders.





Session: Research Training Day

Code RTD1-1 :: Seminar Session :: 3.50 CE hours

2:00 pm – 6:00 pm Wednesday, June 7th 2017
Prague Congress Center

Session Description

The aim of this workshop is to provide a comprehensive review of the critical steps involved in the planning, preparation, conduct, and publication of quantitative eating disorders research. The topics to be addressed in this workshop include: (1) formulating research questions; (2) designing your research study; (3) choosing assessment measures for your study; (4) regulatory issues, including dealing with Institutional Review Boards, (5) data collection and management; (6) statistical analysis and interpretation; and (7) manuscript preparation. The presenters will provide overviews of each of the areas, as well as supplemental materials with additional information. Ample time will be provided for question and answer sessions. Attendees will be encouraged to discuss their own research projects.

Learning Objectives

Presenters

- **Stephen Wonderlich, PhD, FAED, Professor, Department of Clinical Neuroscience at the University of North Dakota School of Medicine and Health Sciences**

Stephen A. Wonderlich, PhD, is Chester Fritz Distinguished Professor in the Department of Clinical Neuroscience at the University of North Dakota School of Medicine and Health Sciences. He is also Director of Clinical Research at the Neuropsychiatric Research Institute and Chair of the Eating Disorder Department at Sanford Health, both in Fargo, North Dakota. Past president of the Academy for Eating Disorders, he is a recipient of the Leadership Award in Research from the Academy for Eating Disorders and the Price Family Award for Research Excellence from the National Eating Disorders Association. Dr. Wonderlich's research interests include the development of new treatments for eating disorders and the identification of factors that increase the risk for eating disorders, or maintain them. Widely published, he serves on several journal editorial boards and has written or edited seven books.

- **Ross Crosby, PhD, FAED, Director of Biomedical Statistics & Methodology**

Ross Crosby, PhD, FAED is the Director of Biomedical Statistics & Methodology, Neuropsychiatric Research Institute Clinical Associate Professor, Department of Neuroscience, University of North Dakota School of Medicine Professor (Adjunct), Department of Psychology, North Dakota State University. His interests include (1) Pharmacotherapies in the treatment of cocaine abuse, (2) Statistical applications in psychiatric research, (3) Treatment outcome research in eating disorders.

- **Markus Moessner, PhD, Research Fellow, Center for Psychotherapy Research at the University Hospital, Heidelberg, Germany**



MARKUS MOESSNER received his PhD from the Technical University, Darmstadt, Germany. He is a research fellow at the Center for Psychotherapy Research at the University Hospital, Heidelberg, Germany. His areas of research include psychotherapy research, e-mental health, and service research



Session: Psychological Treatments for the World: Lessons from Global Mental Health for Eating Disorders

Code K01 :: Seminar Session :: 1.25 CE hours

8:30 am – 9:45 am Thursday, June 8th 2017
Prague Congress Center

Session Description

Despite the robust evidence of the effectiveness of psychological treatments for a range of mental disorders, the vast majority of affected persons, in particular in low and middle income countries, do not receive these treatments due to a range of demand and supply side barriers. This lecture will present the findings of a recent systematic review of the approaches taken by innovators in the global south to address these barriers in the context of adult common mental health problems, redefining how we conceptualize and deliver psychological treatments. The lecture will finally consider the implications of this evidence for psychological treatments in highly resourced settings.

Learning Objectives

- Describe the effectiveness of psychological treatments for adult common mental health problems in low and middle income countries
- Discuss the approaches taken for the design and delivery of such treatments
- Assess the suitability of these approaches to improving access to effective psychological treatments in high income settings.

Presenter

- **Vikram Patel, PhD, Professor, London School of Hygiene & Tropical Medicine**

Vikram Patel is a Professor and Wellcome Trust Principal Research Fellow at the London School of Hygiene & Tropical Medicine and the Public Health Foundation of India. He is a co-founder of Sangath, an Indian NGO which works in the fields of child development, adolescent health and mental health. He is a Fellow of the UK's Academy of Medical Sciences and serves on two WHO expert committees: for mental health, and for maternal, child and adolescent health. He has served on several Government of India committees including the Core Committee on Health of the National Human Rights Commission and the Mental Health Policy Group.

He is a recipient of the Chalmers Medal from the Royal Society of Tropical Medicine and Hygiene (UK), the Sarnat Medal from the US Institute of Medicine, an Honorary Doctorate from Georgetown University, the Chanchlani Global Health Research Award from McMaster University and an Honorary OBE from the UK Government. He was listed in TIME Magazine's 100 most influential persons of the year in 2015.



Session: Plenary I - Setting the Stage: Clinical Staging and Personalized Approaches to Treating Eating Disorders

Code P01 :: Seminar Session :: 1.75 CE hours

9:00 am – 12:00 am Thursday, June 8th 2017
Prague Congress Center

Session Description

In recent years, there has been growing concern over the utility of existing diagnostic procedures in psychiatry. Namely, the procedures categorize symptoms appearing only in the later stages of illness when it has already been consolidated. Some believe this method hampers the development of treatments geared towards earlier forms of the illness and thus, increases the risk of illness progression (Treasure et al., 2015). Clinical staging offers an alternative to conventional diagnostic practice in that it a) defines the extent of a progression of a disorder at a particular point in time and b) identifies where a person lies at any given time along the continuum of the course of an illness (McGorry et al., 2007). Clinical staging has the potential to allow clinicians to select treatments relevant to earlier stages of an illness and assumes that such interventions will be more effective than treatments delivered later in the course of illness (McGorry et al., 2007). The clinical staging framework has been used with some success in other psychiatric disorders (Cosci et al., 2013; Hickie et al., 2013; Scott et al., 2013), which begs the question – Is it time for a staging model to map the course of eating disorders? This plenary strives to examine the evidence surrounding this question and explore treatment implications that may come about as a result.

Learning Objectives

- Explore the utility of using a staging approach to map the course of illness in eating disorders.
- Examine how a staging or adaptive (personalized) model may influence treatment recommendations and approaches during different phases of illness.
- Describe new methods for testing personalized approaches and propose ways in which these methods could be applied to eating disorders.

Presenters

- **Patrick McGorry, PhD, Executive Director of Orygen, Professor of Youth Mental Health at The University of Melbourne**

Professor Patrick McGorry is the Executive Director of Orygen, Professor of Youth Mental Health at The University of Melbourne, and a Director of the Board of the National Youth Mental Health Foundation (headspace). He is a world-leading researcher in the area of early psychosis and youth mental health, and has a strong interest in promoting the mental health of the homeless, refugees and asylum seekers.

His work has played a critical role in the development of safe, effective treatments and innovative research into the needs of young people with emerging mental disorders, notably psychotic and severe mood disorders. He has also played a major part in the transformational reform of mental health services to better serve the needs of vulnerable young people.



Professor McGorry was a key architect of the headspace model and has been successful in advocating with colleagues for its national expansion. He has successfully advocated for the establishment of a national early psychosis programme based on the Early Psychosis Prevention and Intervention Centre model. He is frequently asked to advise on youth mental health policy both nationally and internationally.

- **Daniel Le Grange, PhD, FAED, Professor, University of California San Francisco**

Daniel Le Grange, Ph.D., is Benioff UCSF Professor in Children's Health, and Eating Disorders Director, Department of Psychiatry, at the University of California, San Francisco. He also is Emeritus Professor of Psychiatry and Behavioral Neuroscience at The University of Chicago Medicine. He received his doctorate at the Institute of Psychiatry, University of London, and trained in family-based treatment (FBT) for adolescent anorexia nervosa (AN) at the Maudsley Hospital in London.

- **Carlos Grilo, PhD, Professor of Psychiatry at the Yale University School of Medicine and Professor of Psychology at Yale University**

Carlos M. Grilo, PhD is Professor of Psychiatry at the Yale University School of Medicine and Professor of Psychology at Yale University. Dr. Grilo is the Founding Director of the Program for Obesity, Weight, and Eating Research (POWER) at the Yale University School of Medicine and serves as Senior Scientist for the National Center for Substance Abuse and Addictions at Yale. Dr. Grilo completed his undergraduate education at Brown University (1983) and received his PhD in clinical psychology from the University of Pittsburgh (1991). Following an internship (1990) and a fellowship (1991) at the Harvard Medical School and McLean Hospital and postdoctoral training at Yale University (1992), Dr. Grilo joined the faculty at Yale University. Dr. Grilo served as Director of Psychology at the Yale Psychiatric Institute 1993-2000. His primary research focus is on eating disorders, obesity, and manifestations of disordered eating. His secondary interests include psychopathology, personality disorders, and addictions. Dr. Grilo has been the recipient of numerous research grants; he has served as Principal Investigator on ten grants from the National Institutes of Health, including two K24 Mid-Career Investigator Awards in Eating and Weight Disorders, as co-Principal Investigator on four NIH grants, and as Co-Investigator on numerous additional NIH grants. Dr. Grilo currently serves on the editorial boards of ten professional journals and is the Associate Editor for the Journal of Consulting and Clinical Psychology. Dr. Grilo has published over 370 peer-reviewed journal articles, over 20 chapters, and two books on eating and weight disorders.

- **Heather Thompson-Brenner, PhD, FAED, Associate Adjunct Professor in Clinical Psychology at Boston University**

I am a clinical psychologist with a private practice in Cambridge. I have training and experience in psychotherapy integration, particularly including cognitive behavioral and psychodynamic psychotherapy. In other words, I try to facilitate my patients' awareness and acceptance of emotional and personal experiences, while helping them overcome symptoms and attain their goals. I have specialized in treating eating disorders and anxiety disorders, but I am interested in the full range of problems that people experience in the course of their lives. I received my Ph.D. in Clinical Psychology from University of Michigan, with additional postdoctoral training and experience at Harvard University and the Center for Anxiety and Related Disorders at Boston University.



Currently an Associate Adjunct Professor in Clinical Psychology at Boston University, I was previously the Director of the Eating Disorders Program at the Center for Anxiety and Related Disorders for over ten years. My research has been supported by grant funding from the National Institute of Mental Health, including a Career Development Award, and from Boston University, Massachusetts General Hospital, and private sources. I currently work as a consultant to eating disorders treatment facilities, including the Renfrew Center. I have over forty articles in press or published, and a book in press with Guilford Press on the topic of evidence-based treatments for eating disorders.



Session: Plenary II - Atypical Eating Disorders: Addressing the Overlooked and Misunderstood

Code P02 :: Seminar Session :: 1.75 CE hours

11:15 am – 1:00 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

Atypical eating disorders comprise a large proportion of eating disorder syndromes. DSM 5 changes have more effectively captured varied presentations of disordered eating with the inclusion of Avoidant/Restrictive Food Intake Disorder (ARFID) and named examples of Other Specified Feeding or Eating Disorder (OSFED); however, there remains great heterogeneity within these groups and in the category of Unspecified Feeding and Eating Disorders. Dedicated research on these more unusual patterns of disordered eating and related experiences is essential for addressing suffering within individuals with atypical presentations and may help to create more valid and reliable phenotypes as more research integrates genetics, neuroscience and behavioral components. In this plenary, speakers will present on our growing understanding of eating disorder phenotypes and chart a course for how the field will forge ahead in the assessment, treatment, and further study of atypical eating disorders.

Learning Objectives

- Describe efforts being made to increase precision in the measurement of eating disorders using Research Domain Criteria (RDoC) and what impact this might have on treatment.
- Summarize the research on older men and women with later-onset eating disorders as well as young children for more optimal assessment and treatment.
- Synthesize key topics in the understanding of atypical eating disorder phenotypes, taking into consideration the contributions of genetics, neuropsychiatry, and behavioral methods.

Presenters

- **Kamryn T Eddy, PhD, Assistant Psychologist, Massachusetts General Hospital**

Kamryn T Eddy, PhD is an assistant psychologist at the Massachusetts General Hospital as well as an assistant professor at Harvard Medical School. Kamryn received a PhD in Psychology in 2007 from Boston University and focuses on psychological implications of eating disorders.

- **Hans-Wijbrand Hoek, PhD, MD, Consultant Psychiatrist**

"Hans Wijbrand Hoek, MD PhD, is a consultant psychiatrist (1990), a certified epidemiologist and group psychotherapist. He is chair of the Parnassia Academy and director of psychiatric residency of Parnassia Psychiatric Institute (Parnassia Groep) in The Hague, as well as professor of psychiatry at the University of Groningen. He holds an adjunct position as professor of epidemiology at Columbia University, Mailman School of Public Health, New York. Hans Wijbrand Hoek has published extensively, particularly in the fields of eating disorders and psychosis. His main research topics are the epidemiology, neurobiology and treatment of eating disorders. He has a special interest in transcultural psychiatry. He is involved in the Global Burden of Disease



Study 2013 (and its predecessor GBD 2010). Hans Wijbrand Hoek was involved in the development of the DSM-5 as a member of the DSM-5 Eating Disorders Work Group and of the DSM-5 Impairment and Disability Study Group. He is past president of the Eating Disorders Research Society and was the recipient of the Academy of Eating Disorders Research Award 2011. He is a member of the editorial board for four eating disorders journals, as well as section editor Eating Disorders for Current Opinion in Psychiatry. He is past chairman of the Steering Group on Eating Disorders in the Netherlands, set up by the Dutch Ministry of Health. He is a consultant for the World Health Organization for the development of the WHODAS 2.0."

- **Richard Kreipe, MD, FAAP, FSAM, FAED, Director of the Child and Adolescent Eating Disorder Program**

Richard Kreipe, MD, FAAP, FSAM, FAED, the founding Director of the Child and Adolescent Eating Disorder Program, is a board-certified pediatrician and adolescent medicine specialist, as well as a Fellow of the Academy for Eating Disorders. His professional focus for the last 30 years has been on pediatric eating disorders, having published numerous research studies, articles, book chapters, position papers and reviews on the topic. Dr. Kreipe is a consultant to the American Psychiatric Association regarding diagnostic criteria for eating disorders in young people, and is a past-President of the Society for Adolescent Health and Medicine. He is the founding Medical Director of the Western New York Comprehensive Care Center for Eating Disorders, which forms a coordinated, integrated network of care across the full range of services and settings required for the treatment of eating disorders. In addition, Dr. Kreipe devotes much time to in-person and web-based continuing education of professionals to encourage earlier recognition and treatment of eating disorders, as well as community-based prevention efforts.

- **Pamela Keel, PhD, FAED, Professor of Psychology, Florida State University**

Pamela K. Keel, Ph.D., is Professor of Psychology and Director of the Eating Behaviors Research Clinic at Florida State University. She received her A.B. in Anthropology summa cum laude from Harvard University in 1992, Ph.D. in Clinical Psychology from the University of Minnesota in 1998 and completed her clinical psychology internship at Duke University Medical Center in 1998. Dr. Keel has received grants from the National Institutes of Health (NIH) for her research on the nosology, biology, epidemiology, and longitudinal course of bulimic syndromes.



Session: Family-Based Treatment: From the Ivory Tower to the Real World, at All Levels of Care

Code W1-1 :: Seminar Session :: 1.50 CE hours

2:15 pm – 3:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

Although Family-Based Treatment (FBT) is an evidence-based psychological/behavioral treatment for adolescent anorexia nervosa, it is not routinely implemented in community-based clinical settings. In an effort to bridge the research-practice gap (ivory tower vs real world), we have begun research seeking to generate knowledge to inform the adaptation, implementation, and sustainment of evidence-based treatments in community practice. This workshop will include the following outline: We will begin our workshop with a welcome, introduction, and a review of some recent research on FBT (10 minutes). We will then discuss our work that led to the “Family-Based Informed Treatment for Anorexia Nervosa: Handbook for Partial Hospital Program/Intensive Outpatient Adolescent Program” and an overview of FBT in higher levels of care (HLOC). This would include why and how we are adapting FBT for HLOC (30 minutes). Next, we plan to hand out a Questionnaire and give participants time to take the questionnaire regarding attitudes and beliefs about FBT (15 minutes). We will then divide participants into groups to discuss the results of the questionnaire (15 minutes). Following the group discussion, presenters discuss potential solutions for the barriers to using FBT in the “real world,” including role playing difficult situations that might intimidate clinicians and interfere with FBT adoption. The workshop will be concluded by a 20 minute questions and answer period.

Learning Objectives

- Describe the evidence-base supporting FBT for adolescent anorexia nervosa.
- Identify and understand barriers to using FBT in the “real world.”
- Problem-solve solutions to increase adoption and implementation of FBT.

Presenters

- **Daniel Le Grange, PhD, FAED, Professor, University of California San Francisco**

Daniel Le Grange, Ph.D., is Benioff UCSF Professor in Children's Health, and Eating Disorders Director, Department of Psychiatry, at the University of California, San Francisco. He also is Emeritus Professor of Psychiatry and Behavioral Neuroscience at The University of Chicago Medicine. He received his doctorate at the Institute of Psychiatry, University of London, and trained in family-based treatment (FBT) for adolescent anorexia nervosa (AN) at the Maudsley Hospital in London.

- **Erin Accurso, PhD, Assistant Professor in the Department of Psychiatry at the UCSF School of Medicine**

"Dr. Accurso is Assistant Professor in the Department of Psychiatry at the UCSF School of Medicine. Her research focuses on children's mental health service delivery, with the ultimate goal



of improving effective dissemination and implementation of evidence-based practices in community-based settings, particularly for underserved minority populations. In particular, Dr. Accurso is interested in improving mental health services and promoting health equity for youth with eating disorders. Dr. Accurso received a B.A. in Psychology from Dartmouth College and a Ph.D. in Clinical Psychology from the San Diego State University (SDSU) / University of California, San Diego (UCSD) Joint Doctoral Program. She then completed a postdoctoral fellowship at the University of Chicago through the T32 Midwest Regional Postdoctoral Training Grant in Eating Disorders Research. Dr. Accurso joined the faculty at UCSF Department of Psychiatry in 2015.

"

- **Ellen Astrachan-Fletcher, Lecturer at Northwestern University's Feinberg School of Medicine**

Dr. Ellen Astrachan-Fletcher has a wealth and breadth of experience treating patients with eating, mood and anxiety disorders. She is Lecturer at Northwestern University's Feinberg School of Medicine, Department of Psychiatry and Behavioral Sciences and Associate Professor of Clinical Psychology in the Department of Psychiatry at the University of Illinois at Chicago. She has over 20 years of clinical and teaching experience in the field of eating disorders and women's mental health issues, and has taught and supervised Psychiatry residents and fellows as well as Clinical Psychology interns and externs for many years. She was named Teacher of the Year by the Clinical Psychology Internship and Fellowship Program at the Northwestern University Feinberg School of Medicine in 2013. Dr. Astrachan-Fletcher is a nationally recognized expert in the field of DBT, is functionally trained in the FBT (Family-Based Treatment) model, and is a frequent presenter at national eating disorders conferences. She co-authored *The Dialectical Behavior Therapy Skills Workbook for Bulimia: Using DBT to Break the Cycle and Regain Control of Your Life* (2009), which is used at eating disorders treatment facilities throughout the country. "Our focus is on helping create change from the inside out – and not simply from the outside in." - Ellen Astrachan-Fletcher, PhD, CEDS



Session: Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder (CBT-AR): Children, Adolescents, and Adults

Code W1-2 :: Seminar Session :: 1.50 CE hours

2:15 pm – 3:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

Avoidant/Restrictive Food Intake Disorder (ARFID) was recently added to the Feeding and Eating Disorders section of DSM-5 to describe children, adolescents, and adults who cannot meet their nutritional needs, typically because of sensory sensitivity, fear of aversive consequences, and/or apparent lack of interest in eating or food. ARFID is so new that there is currently no evidence-based treatment for the disorder. We have recently developed and manualized a novel treatment—Cognitive Behavioral Therapy for ARFID (CBT-AR)—that we are testing in a foundation-funded pilot study at Massachusetts General Hospital in Boston. CBT-AR can be offered in an individual or family-supported format and comprises four stages: (1) psychoeducation and regular eating; (2) re-nourishment and treatment planning; (3) addressing maintaining mechanisms (including sensory sensitivity, fear of aversive consequences, and/or apparent lack of interest in eating or food); and (4) relapse prevention over 20-40 sessions. A case report describing the successful treatment of an 11-year-old girl with CBT-AR is currently in press in the New England Journal of Medicine, and we are actively recruiting CBT-AR trial participants from our ongoing National Institute of Mental Health-funded grant on children and young adults with ARFID entitled “Neurobiological and Behavioral Risk Mechanisms of Youth Avoidant/Restrictive Eating Trajectories” (R01MH108595). Although CBT-AR is still being formally testing for efficacy, we have already achieved promising results in clinical practice, and our workshop will fulfill the critical need of clinicians who are already seeing such patients and as yet have no resources on which to base treatment plans. Our interactive workshop will begin with a brief didactic description of the rationale for and goals of CBT-AR and detailed case examples drawn from a heterogeneous group of children and adults who have benefitted from this treatment (35 mins). We will then use role-plays and experiential exercises (e.g., in-session food exposure for sensory sensitivity, interoceptive exposure for low appetite) to demonstrate CBT-AR techniques across the four stages of this flexible, modular treatment (40 mins). We will leave ample time for questions and discussion at the workshop’s conclusion (15 mins).

Learning Objectives

- Describe the basic structure, goals, and session format of CBT-AR for children, adolescents, and adults with ARFID.
- Implement the four basic stages of CBT-AR including (1) psychoeducation and regular eating; (2) re-nourishment and treatment planning; (3) addressing maintaining mechanisms in each ARFID domain; and (4) relapse prevention.
- Tailor CBT-AR to a patient’s unique ARFID presentation by implementing optional modules (e.g., food exposure for sensory sensitivity, interoceptive exposure for low appetite, situational exposure for fear of aversive consequences) as needed.

Presenters

- **Jennifer Thomas, PhD, FAED, Clinical Psychologist**



I am a clinical psychologist (Massachusetts license #9117) specializing in the treatment of eating disorders. I completed my undergraduate degree summa cum laude at Dartmouth College, my Ph.D. in clinical psychology at Yale University, my pre-doctoral clinical internship at McLean Hospital, and my post-doctoral research fellowship jointly at Massachusetts General Hospital and McLean Hospital's Klarman Eating Disorders Center.

In addition to my private psychotherapy practice, I am the Co-Director of the Eating Disorders Clinical and Research Program at Massachusetts General Hospital, where I evaluate and treat individuals of all ages with anorexia nervosa, bulimia nervosa, and other clinical eating disorders.

- **Kamryn T Eddy, PhD, Assistant Psychologist, Massachusetts General Hospital**

Kamryn T Eddy, PhD is an assistant psychologist at the Massachusetts General Hospital as well as an assistant professor at Harvard Medical School. Kamryn received a PhD in Psychology in 2007 from Boston University and focuses on psychological implications of eating disorders.

- **Kendra Davis Becker, PhD, Department of Psychiatry**

Dr. Becker is completing her postdoctoral fellowship in clinical psychology as a Clinical and Research Fellow at Mass General. She received her PhD from the University of Georgia and completed her predoctoral internship at Massachusetts General Hospital/Harvard Medical School. Dr. Becker has clinical expertise in dialectical behavioral therapy and cognitive behavioral therapy. Her primary research interests include investigating biological, hormonal and behavioral differences among individuals with low weight eating disorders.



Session: Thinking Critically about Risk and Causality: Implications for Work with Patients and Families

Code W1-3 :: Seminar Session :: 1.50 CE hours

2:15 pm – 3:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

It is common in publications, conference presentations, and clinical work with patients and families to hear phrases such as “Now we know that eating disorders (EDs) are ‘biologically-based mental illnesses’” or “Now we know that EDs are not caused by sociocultural influences.” However, examination of the “evidence base” for these contentions reveals a lack of clarity about logical concepts and evidentiary standards for determining causality and risk. This inattention to detail nurtures an imprecision in language that threatens to render meaningless phrases such as “X is an underlying influence in anorexia nervosa” or “Y sets the stage for bulimia nervosa.” This workshop invites treatment professionals, clinical researchers, and advocates for families to consider in depth several perspectives on the nature of scientific “evidence” in “evidence-based” claims about the causes of EDs. Specifically, this workshop integrates work by a U.S. psychiatrist and medical anthropologist who examines social and cultural mediation of body image and eating disturbance; a Canadian clinical psychologist who studies, and applies in his clinical work, how certain individuals carry real biological susceptibilities that are “switched on” by specific environmental triggers; a British psychiatrist who integrates our understanding of aetiology and how this impacts interpersonal relationships into training for patients, friends, and family; and a U.S. experimental psychologist who applies sociocultural models of risk to prevention programming. Thus, the presenters combine theory, empirical findings, and clinical experiences to help participants improve their ability to be accurate and authentic in talking with patients and families about what we know and do not know in regard to causality and risk, while endeavoring to increase self-acceptance, reduce shame and anxiety, and increase hope and motivation for change.

Learning Objectives

- Define—in conceptual and methodological terms—and thus distinguish between, a correlate, a risk factor, a protective factor, and a causal (risk) factor for eating disorders
- List three specific ways in which what we know about genetics and brain science can be translated into plain language that will improve work with patients and families in the treatment of anorexia nervosa.
- List two important reasons why standard approaches to thinking about and studying risk factors have limitations

Presenters

- **Michael Levine, PHD, MA, FAED, Emeritus Professor of Psychology at Kenyon College**

Michael P. Levine, Ph.D., is Emeritus Professor of Psychology at Kenyon College in Gambier, Ohio, where he taught 33 years. In the field of eating disorders his commitment to research, writing, and activism focuses on the intersection between sociocultural risk factors, prevention, community psychology, and developmental psychology. He has authored two books and three



prevention curriculum guides, and he has co-edited three books on prevention. In addition, he has authored or co-authored approximately 100 articles and book chapters, and he has presented his work throughout the United States, as well as in Canada, England, Spain, Austria, and Australia.

- **Howard Steiger, PhD, FAED, Chief, Eating Disorders Program, Douglas Institute**

Howard Steiger is Director of the Eating Disorders Program (EDP) of the Douglas University Institute in Mental Health, Professor of Psychiatry at McGill University and Associate Member in Psychology at McGill. He is an active clinician, researcher, and teacher, and has published numerous clinical, scientific and theoretical articles and book chapters on the Eating Disorders (EDs). Steiger directs the only large-scale, specialized program for the treatment of adults suffering eating disorders in the Province of Quebec, a program offering a full range of Inpatient, Day Hospital/Day Program and Outpatient treatments. Through the research arm of the program, Steiger and his colleagues have recently been studying: a) Genetic and epigenetic processes thought to influence ED development and the expression of associated traits and symptoms. b) Factors that predict response during and after specialized treatments. c) The utility of neuro-modulation techniques in eating-disorder treatment. Steiger is a recent Past President of the Eating Disorders Research Society (2007-2008) and past Board and Executive-Committee member of the Academy for Eating Disorders (AED: 2007-2009). He is currently Co-President of the Quebec Government's committee to develop a "Charter for Healthy and Diversified Body Images". He was recipient, in 2010, of the Academy for Eating Disorders' Leadership Award for Clinical, Educational or Administrative Service.

- **Janet Treasure, PhD, Psychiatrist**

Janet Treasure, OBE PhD FRCP FRCPsych, is a British psychiatrist, who specialises in research and treatment of eating disorders. She is currently the director of the Eating Disorder Unit and Professor of Psychiatry at the Institute of Psychiatry, King's College, London. In early 2013 she was awarded Officer of the Order of the British Empire (OBE) for Services to People with Eating Disorders.

- **Anne Becker, PhD, Professor of Global Health and Social Medicine at Harvard Medical School**

Anne E. Becker, MD, PhD, SM is the Maude and Lillian Presley Professor of Global Health and Social Medicine at Harvard Medical School she also serves as a member of the Leadership Council of the Harvard/MIT MD-PhD Program. An anthropologist and psychiatrist, Dr. Becker has been lead investigator on a series of studies demonstrating the relationship between media exposure and eating pathology in the small-scale indigenous population of Fiji. In addition, Dr. Becker's NIMH-funded research has investigated the impact of rapid economic and social transition on eating pathology, suicide, and other youth health risk behaviors in Fiji. She and her co-PI, Pere Eddy Eustache, have just completed a school-based youth mental health pilot intervention in central Haiti with NIMH funding. Dr. Becker is founding and past Director of the Eating Disorders Clinical and Research Program at Massachusetts General Hospital, an associate editor of the International Journal of Eating Disorders, past president of the Academy for Eating Disorders, and served as a member of the American Psychiatry Association's DSM-5 Eating Disorders Work Group as well as vice chairperson of their Council on International Psychiatry. In addition to her portfolio at IJED focused on strategic global initiatives, Dr. Becker is past co-editor in chief of the journal, Culture, Medicine and Psychiatry and serves on the editorial boards of Anthropology &



Medicine and the Harvard Review of Psychiatry. She received the 2013 Price Family Award for Research Excellence from the National Eating Disorders Association and in 2014 received the Mentorship Award in recognition of “Exceptional Mentorship of Women Faculty” at Massachusetts General Hospital.



Session: Implementing the 'Happy Being Me' body image intervention programme: Learning from United Kingdom and Australian experiences

Code W1-4 :: Seminar Session :: 1.50 CE hours

2:15 pm – 3:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

Schools are ideal settings for body dissatisfaction prevention; however, dissemination is limited by lack of opportunities for training in evidence-based approaches. This workshop will provide practical training in delivery of the Happy Being Me (Dunstan, Paxton & McLean, 2016) body image programme. The workshop will first review empirical support for the intervention including previous research trials of Happy Being Me in Australia and the UK, and a recent implementation in UK schools by a clinical service to whole classes of 11-12 year old girls and boys (N=150). Preliminary analysis reveals significant changes in body satisfaction, appearance comparison and self-esteem ($p < 0.001$). The workshop will use an interactive format to involve participants in experiential learning to become competent presenters of body image interventions addressing: peer environments and appearance conversations, media pressure to conform to appearance ideals, engagement with social media, internalisation of appearance ideals, and body comparison. Participants will participate in guided small group role plays of key intervention activities, and engage in collaborative learning to experience media literacy and dissonance approaches to attitude and behavioural change. Program materials will be made available to participants. The workshop will conclude with a discussion of challenges in implementation and dissemination of school-based prevention, including: timetabling; required expertise, training of school based professionals, and alignment of positive body image approaches with curriculum and policies regarding obesity prevention, mental health, and social media engagement. The workshop structure will be as follows: Review of evidence (15 minutes); Role plays (20 minutes); Engagement in media literacy (20 minutes); Exploring social media engagement and effects on body dissatisfaction through representative profile pictures (20 minutes); Challenges of program implementation (15 minutes).

Learning Objectives

- Apply skills to implement key intervention activities in small group formats
- Apply media literacy strategies to deconstruct traditional and social media messages to reduce persuasive influence of media and social media-based peer interactions
- Identify challenges and implement strategies to overcome barriers to school-based body image intervention delivery

Presenters

- **Mima Simic, MRCPsych, MD, MSc, Consultant Child and Adolescent Psychiatrist**

Dr Simic is joint head of the child and adolescent Eating Disorders Service at the Trust and a consultant psychiatrist with the Dialectical Behaviour Therapy Service.



She completed her doctor of medicine (MD) qualifications at the University of Belgrade in the former Yugoslavia, followed by specialised training in child and adolescent psychiatry.

Dr Simic moved to London in 1994 and retrained as a consultant psychiatrist at the Maudsley Hospital and St George's Hospital. She also completed her training in family therapy, group analysis and DBT.

Since 2001, Dr Simic has been a consultant child and adolescent psychiatrist for the child and adolescent Eating Disorders Service at SLaM, and a consultant for our service since 2009.

- **Catherine Stewart, CPsychol, PhD, Senior Clinical Psychologist, National and Specialist CAMHS, Child and Adolescent Eating Disorder Service**

Catherine Stewart, CPsychol, PhD is a senior clinical psychologist at the National and Specialist CAMHS, Child and Adolescent Eating Disorder Service, South London and Maudsley NHS Foundation Trust. Catherine received her PhD in experimental psychology from the University of Bristol in 2007 and has 15 publications relating to psychiatric conditions.

- **Elizabeth Goddard, PhD, Department of Psychological Medicine for Eating Disorders at King's College in London**

Elizabeth Goddard, PhD is currently working with the Department of Psychological Medicine for Eating Disorders at King's College in London. Elizabeth received her PhD in 2012. Elizabeth has experience in abnormal, clinical and cognitive psychology as it relates to eating disorders.

- **Gill Allen, MA, South London and Maudsley NHS Foundation Trust**

Gill Allen, MA received his masters in Psycho-analytical approaches from the College of Ripon & York St. John in 2007. He currently works with the South London and Maudsley NHS Foundation Trust.

- **Sian McLean, PhD, Psychologist**

Sian McLean, PhD received her PhD from La Trobe University in Psychology. Siân's research has led to publication of papers in international peer reviewed journals and chapters in edited books on body image and eating disorder treatments. Siân has also presented research papers and training workshops at national and international conferences. In addition to focusing on prevention of body dissatisfaction, Siân takes a keen interest in eating problems, such as severe dieting and overeating. She is an advocate of the "Health at every size" approach that promotes respect for and acceptance of one's body, and engagement in behaviours to enhance health and well-being, rather than weight control. Siân is committed to advancing good health, both psychological and physical, for people of all sizes.

- **Susan Paxton, PhD, FAED, Professor in the School of Psychological Science at La Trobe University in Melbourne, Australia**

Dr. Paxton is a professor in the School of Psychological Science at La Trobe University in Melbourne, Australia. She has been a leading researcher in the field of eating disorders prevention for two decades, contributing to our understanding of body image and eating disorders in a range



of populations including children, adolescents, young adults, pregnant and post-partum women, women in midlife, and older men and women. Her research has contributed to the development of effective prevention and early intervention programs for body image and eating problems. Dr. Paxton has been President of both the Australian and New Zealand Academy for Eating Disorders and the Academy for Eating Disorders, the leading eating disorders professional organization in the world. In addition, Dr. Paxton has served on Australian government advisory bodies including the National Ministerial Advisory Committee on Body Image and the Victorian Government Community Advisory Committee on Body Image. She recently received the Academy for Eating Disorder's 2013 Leadership Award for Research.



Session: Medical Complications of Severe Malnutrition

Code W1-5 :: Seminar Session :: 1.50 CE hours

2:15 pm – 3:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

This workshop will focus on the common medical complications of severe malnutrition and their management, is based on the expertise developed at the ACUTE Center for Eating Disorders at Denver Health. It will include complications special to anorexia nervosa restrictive subtype, binge-purge subtype as well as complications common to both. This is a case-based interactive presentation in which 9 cases are discussed. The cases will focus on common complications of malnutrition and offer practical guidelines for their evaluation and management. There are two cases specific to binge-purge subtype of anorexia nervosa and the remaining 7 are based on complications common to both subtypes. Each case will last about 4 minutes with additional time for questions. Discussion is based on a combination of expertise gained over years of caring for severely malnourished patients as well as based on scientific data and literature review. Case 1: Vital sign abnormalities: bradycardia, hypotension, and hypothermia. When to worry? Case 2: Hepatitis: What's the work up? What is the mechanism? Case 3: Pancytopenia: Do we need a bone marrow biopsy? What's the mechanism? Case 4: Hypoglycemia: How do we treat it? Case 5: Osteoporosis: What do we recommend to these young patients? Is treatment different for males and females? Case 6: Refeeding syndrome: With focus on hypophosphatemia and edema Case 7: Gastroparesis: Who is at risk? Do we need radiology studies to diagnose? How do we treat? Case 8: PseudoBartter syndrome seen in bulimia nervosa and binge-purge anorexia: What does it mean? Why do patients become edematous? Can edema be prevented? How can we treat it? Case 9: Purging, diuretic and laxative abuse: how do we detox patients? What long term sequelae can patients have? Do we taper abused laxatives and diuretics? How do we deal with the ensuing electrolyte abnormalities?

Learning Objectives

- Identify the most common medical complications of severe malnutrition due to anorexia nervosa and bulimia nervosa.
- Understand evidence-based management of severely malnourished patients.
- Recognize criteria for admission to the hospital for treatment of severe malnutrition.

Presenters

- **Margherita Mascolo, MD, Hospitalist at Denver Health**

Dr. Mascolo is a hospitalist at Denver Health and lead physician at ACUTE. She completed her undergraduate work at the University of St. Thomas in Houston, Texas and earned her medical degree at the University of Texas Health Sciences Center. She completed her residency in Internal Medicine at the University of Colorado in Denver. She is board certified in Internal Medicine and is an Assistant Professor in the Department of Medicine at the University of Colorado.

- **Philip Mehler, MD, Medical Director of the ACUTE Center for Eating Disorders**



Dr. Mehler served as Medical Director of the ACUTE Center for Eating Disorders, and Medical Director of Denver Health and Hospital Authority. Dr. Mehler began his career at Denver Health nearly 30 years ago and was formerly its Chief of Internal Medicine. He is the Glassman Professor of Medicine at the University of Colorado School of Medicine, and has conducted research into the optimal treatment of the most severe cases of Anorexia Nervosa and Bulimia. Dr. Mehler has authored 400 publications, including 3 textbooks, *Medical Complications of Eating Disorders*, which published by the Johns Hopkins University Press and is now in its third edition. Dr. Mehler was the recipient of the Academy of Eating Disorders 2012 Outstanding Clinician Award, has been recognized among the “Best Doctors in America” for the past 20 years in a row, and was voted the “Top Internist in Denver” multiple times by 5280 magazine. Dr. Mehler is a member and fellow of the Eating Disorders Research Society and the Academy of Eating Disorders, as well as a member of the editorial board of the *International Journal of Eating Disorders*. He has lectured extensively on a national and international level as the leading medical expert on the topic of medical complications of eating disorders.



Session: International Perspectives on Nutrition Counseling

Code W1-6 :: Seminar Session :: 1.50 CE hours

2:15 pm – 3:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

Nutritional rehabilitation is a key element in the treatment of eating disorders. In most inpatient and outpatient settings throughout the world, dietitians provide the clinical management necessary to correct abnormal nutritional status and dietary patterns that characterize eating disorders. Yet, standards for nutrition practice have not been established. This workshop will be a step toward developing consensus-based standards. Workshop leaders will summarize the nutrition guidelines and standard practices from across the world and present the results of in-depth interviews with some of the world's most experienced dietitians. The workshop will conclude with participants having the opportunity to participate in a Nominal Group Technique to reach consensus on best nutrition practices. Lesson Plan: Introduction of speakers and topic (10 minutes); Survey audience (10 minutes); Content (40 minutes); Nominal Group Technique (20 minutes); Concluding remarks (10 minutes).

Learning Objectives

- Describe the difference in guidelines and practices in nutrition settings across the world.
- Identify best nutrition practices and discuss implications for various treatment settings.
- Integrate three advanced nutrition counseling techniques into their practice.

Presenters

- **Marcia Herrin, EdD, MPH, RD, FAED, Founder, Dartmouth College Eating Disorders Prevention, Education and Treatment Program**

Dr. Herrin is founder of the Dartmouth College Eating Disorders Prevention, Education and Treatment Program, one of the most respected programs of its kind in the nation. Currently, she runs a busy private practice specializing in children and adults with weight issues and eating disorders. Dr. Herrin received her master's of public health from the University of California at Berkeley, and her doctorate in nutrition education from Columbia University.

- **Shane Jeffrey, RD, Researcher**

Shane Jeffrey is an advanced dietitian at the Royal Brisbane Women's Hospital. Shane received his graduate diploma in Nutrition and Dietetics from QUT in 1993 and has been previously appointed the Senior Dietitian and Manager for the Bronte Foundation Eating Disorders Clinic.

- **Hala Abu Taha, BSc, Dietitian**
- **Asha Mootoosamy, BSc, SRD, Vivre Care**



Session: One Size Does not Fit All: How Moderators and Follow-up Data from Randomized Controlled Trials can Inform Integrative Treatments and Matching Interventions to Patients Beyond Eating Disorder Symptoms

Code W1-7 :: Seminar Session :: 1.50 CE hours

2:15 pm – 3:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

Ongoing research efforts to improve existing treatment outcomes for EDs often assume homogeneity within groups, in spite of empirical efforts suggesting high rates of diagnostic cross-over as well as significant within group variability in personality and overall functioning. While several randomized controlled trials have compared the relative efficacy of psychodynamic and cognitive behavioral approaches in particular, recent analyses of moderators and follow-up data inform matching treatment approaches to patients beyond manifest ED symptoms and integrating behavioral with affective and relationally focused interventions to promote long-term positive outcomes. The purpose of this workshop is to bring together three prominent clinical research groups from across the world to lead an interactive discussion and answer the following key questions: 1) what particular treatments help specific ED patients subgroups improve and maintain progress; 2) how do the research data, including moderator and follow-up analyses, inform mechanisms of change; 3) and ultimately how can clinicians integrate different theories and tailor interventions at various stages of treatment. We will first present an overview of major theoretical accounts of EDs in the treatment of adult AN and BN. Next, panelists will discuss treatment outcome research and recent data analyses from three separate clinical trials, including predictors of outcome in psychodynamic psychotherapy (PPT), CBT, and nutritional counseling from a mixed community sample of recently hospitalized patients; moderators of drop-out in CBT and PPT for BN; and long-term outcome of CBT, TAU and PPT for AN. Panelists will demonstrate treatment techniques, therapy process and approaches to the assessment of key areas of functioning in EDs and related symptoms. The latest findings in ED research and their direct clinical applications will be reflected in a group process that informs what works best for the individual patient.

Learning Objectives

- Describe current theories and their evidence bases in the treatment of adult AN and BN
- Identify moderators of treatment outcome and predictors of follow-up in EDs for CBT, PPT, and TAU
- Assess specific interventions by patient subtype

Presenters

- **Susanne Lunn, PhD, Associate Professor, University of Copenhagen**

Susanne Lunn is associate professor at the Department of Psychology, University of Copenhagen. Her research focuses primarily on eating disorders and psychotherapy research. Her research on eating disorders includes a theoretical, clinical as well and an empirical approach. Special foci for

her eating disorder research are personality characteristics, psychopathology and the development of eating disorders. Her psychotherapy research centers on effect as well as on process research: 1) on the contribution of different kinds of psychotherapies on the recovery of eating disorders, 2) on non-specific factors such as therapist and clients characteristics (e.g., motivation and attachment patterns, and 3) on therapy relational patterns, e.g., the therapeutic alliance and therapist countertransference feelings. Her research supports the hypothesis that one specific therapy does not suit all, which indicates that the research question "which method is the best" must always be supplemented by the question "what works for whom". Her methodological approach is both nomothetic and ideographic. A special interest of hers is related to how different kinds of methods, quantitative as well as qualitative, can contribute with different kinds of results and knowledge at different levels.

- **Heather Thompson-Brenner, PhD, FAED, Associate Adjunct Professor in Clinical Psychology at Boston University**

I am a clinical psychologist with a private practice in Cambridge. I have training and experience in psychotherapy integration, particularly including cognitive behavioral and psychodynamic psychotherapy. In other words, I try to facilitate my patients' awareness and acceptance of emotional and personal experiences, while helping them overcome symptoms and attain their goals. I have specialized in treating eating disorders and anxiety disorders, but I am interested in the full range of problems that people experience in the course of their lives. I received my Ph.D. in Clinical Psychology from University of Michigan, with additional postdoctoral training and experience at Harvard University and the Center for Anxiety and Related Disorders at Boston University.

Currently an Associate Adjunct Professor in Clinical Psychology at Boston University, I was previously the Director of the Eating Disorders Program at the Center for Anxiety and Related Disorders for over ten years. My research has been supported by grant funding from the National Institute of Mental Health, including a Career Development Award, and from Boston University, Massachusetts General Hospital, and private sources. I currently work as a consultant to eating disorders treatment facilities, including the Renfrew Center. I have over forty articles in press or published, and a book in press with Guilford Press on the topic of evidence-based treatments for eating disorders.

- **Stephan Zipfel, MD, Department of Psychosomatic Medicine and Psychotherapy of the University Hospital Tuebingen in Germany**

Stephan Zipfel received his MD from the University of Heidelberg in 1991. He currently works for the Department of Psychosomatic Medicine and Psychotherapy of the University Hospital Tuebingen in Germany. Dr. Zipfel has written numerous articles and is included in many citations.

- **Eytan Bachar, PhD, Psychologist**

- **Dana Satir, PhD, Psychotherapist**

Since 2012, I have worked in clinical and academic settings providing inpatient and residential services to adolescents, adults and families as well as supervising and teaching graduate students in psychology at the University of Denver. Most recently, I was awarded a fellowship through the American Psychoanalytic Association for advanced study of psychodynamic psychotherapy. In total, I have over a decade of experience in treatment with a variety of difficulties clients might



experience, exposure to a range of levels of care and treatment modalities, and also have an extensive background in research and writing. These additional academic pursuits support my efforts at understanding clients and keeping current with state of the art treatments and developments in the field.



Session: A Triple Perspective on Barriers to Eating Disorder Treatment

Code W1-8 :: Seminar Session :: 1.50 CE hours

2:15 pm – 3:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

Three members of the Patient-Carer Committee - a clinician, a former patient, and a parent - will offer unique, multi-perspective insights into (perceived) barriers to treatment, in order to spark a dialogue on efforts to improve patient care, strengthen family and community support services, and empower parents to be effective and engaged caregivers. Each presenter will be given equal time and will draw upon personal experience as well as the reported experiences of peers. Barriers presented from the clinician perspective include the lack of access to a full clinical team - especially well trained medical providers, the lack of access to a full range of care services, the tenuous and often misunderstood relationship between research results and clinical results, inadequate treatment options to support connection, commitment and motivation for patients/families, and the need for better quality evidence based treatments overall. Barriers from the patient perspective will focus on internal factors such as anosognosia, stigma, shame, negative attitudes towards seeking help, complex fears, and the walls of resistance that must be broken down in order to allow for recovery. Barriers presented from the parent perspective will focus on external factors, and include compromised standards of medical care, financial limitations, legal complications, lack of communication between treatment team professionals, and the marginalization, blaming and disempowerment of parents. Each presenter will offer solutions for how to identify and address barriers to treatment that pose potential harm to patients and families, and which can derail the best efforts of clinical care. Workshop participants will be able to relate to the barriers presented through a personal and experiential narrative that is authentic, genuine, and heartfelt; and, will better empathize with the frustrations these barriers cause for patients and carers.

Learning Objectives

- Recognize the importance of including multiple perspectives in formulating a treatment plan, and learn to listen to clinician, patient and carer experiences, observations and concerns in a manner that illuminates the specific barriers that are preventing
- Identify universal and pervasive barriers to effective treatment and integrate into their practices strategies for facilitating better workarounds that strengthen the patient/parent/clinician relationship and maximize the potential for recovery.
- Advocate for improvements to early identification and first interventions, educate others in order to reduce shame, stigma and to debunk myths, provide accessible information about eating disorders that improve public understanding and promote evidence-based treatment.

Presenters

- **Mark Warren, MD, MPH, FAED, Faculty, Case Western Reserve School of Medicine**

Mark graduated from the Johns Hopkins University School of Medicine and completed his residency at Harvard Medical School. His practice focuses on bringing the most up-to-date



research into evidence-based care.

He serves on the faculty of Case Western Reserve School of Medicine and teaches at University Hospitals of Cleveland and The Cleveland Clinic Foundation. Dr. Warren is a Distinguished Fellow of the American Psychiatric Association and a Fellow of the Academy of Eating Disorders, where he leads the SIG in Males and Eating Disorders. He is a two-time recipient of the Exemplary Psychiatrist Award of the National Alliance for the Mentally Ill and a winner of the Woodruff Award.

Dr. Warren co-chairs the Academy of Eating Disorders Presidential Task Force for Medical Care and serves on the FEAST Medical Advisory Board and the London-based Succeed Foundation Medical Advisory Board. He has presented extensively at the International Conference on Eating Disorders, The Renfrew Foundation and the Multidisciplinary Eating Disorder Association.

- **Leah Dean, BA, FEAST**
- **Mirjam Roelink, BS, MS, Recovery Warriors**



Session: Transforming treatments for child and adolescent eating disorders by investing in early intervention and rapid access to specialist community based services

Code W1-9 :: Seminar Session :: 1.50 CE hours

2:15 pm – 3:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

In recent years significant progress has been made in developing effective treatments for ED with a degree of consensus as to what works. Nevertheless, disseminating effective treatments has been slow and for those suffering from ED, finding access to expertly delivered evidence-based treatments is often difficult particularly early on in the course of the illness when the chances of rapid recovery are highest. In December 2014 the UK Government decided address this problem by investing £150m over 5 years to transform services in England for children and adolescents with ED. A specific aim of this investment was to provide easy and rapid access from primary care to specialist community based multidisciplinary services to ensure early, effective treatment is available to all, regardless of the severity of their illness. We will describe some of the factors that led the Government to allocate this funding at a time when other health service budgets were being cut and the way this pledge is being implemented across England. We will present new health-economic data from the London Care Pathways study which had a key role in convincing the UK Government that investing in specialist community based child and adolescent ED services would not only improve clinical outcomes by providing access to expert evidence-based treatments but would also achieve significant cost savings. The major part of the workshop will be to explore the potential applicability of this type of service model in different health service contexts and the range of opportunities, strengths as well as potential pitfalls that large funding initiatives of this kind may bring. Discussants from several countries with different health service contexts will work with the workshop participants to consider a) the range of service provisions for eating disorders available in their country b) how treatment is funded and the opportunities and constraints this provides and c) the extent to which the service model being developed across England might be applicable to their own health service context and how it would need to be modified. Workshop structure: London Care Pathways study – 10 min Access and waiting times transformation plans in England – 20 min Brief comments by discussants – 10 min Discussion in small groups – 30 min General discussion – 20 min

Learning Objectives

- Following the workshop participants will be able to describe key features of specialist and non-specialist care pathways of child and adolescent eating disorders
- Following the workshop participants be able to demonstrate the cost effectiveness of different service models for treating child and adolescent eating disorders
- Following the workshop participants will be able to evaluate the strengths and weaknesses of different service level approaches to the treatment of child and adolescent eating disorders

Presenters

- **Ivan Eisler, PhD, FAED, Professor of Family Psychology and Family Therapy and Head of**



Section of Family Therapy at the Institute of Psychiatry, Kings College, London

Ivan Eisler is a Professor of Family Psychology and Family Therapy and Head of Section of Family Therapy at the Institute of Psychiatry, Kings College, London. He is also the joint head of the Child and Adolescent Eating Disorder Service at the Maudsley Hospital in London. He studied Philosophy and Psychology in Oxford before completing his training in Clinical Psychology in Prague in the Czech Republic in 1975. Since 1982, when he moved permanently to London, has been part of a clinical research team investigating psychotherapies for anorexia and bulimia nervosa and has published extensively on this subject. He has also contributed to research on treatments in depression, substance misuse, self-harm and chronic illness.

- **Annemarie van Elburg, PhD, MD, FAED, Professor of Clinical Psychopathology, Faculty of Social Sciences of the University of Utrecht**

Annemarie van Elburg MD PhD, holds a position as professor of Clinical Psychopathology, especially Eating Disorders at the Faculty of Social Sciences of the University of Utrecht. She is a child & adolescent psychiatrist and medical director of Rintveld, topclinical centre for Eating disorders at Altrecht Mental Health Institute where she runs the teaching and research program. She is also the representative of the Dutch Ass. For Eating disorders at the Dutch partnership of the Academy for Eating Disorders and serves on the Advisory Board of the Leontienhuis, a house run by the LeontienFoundation for sufferers and their carers. Memberships further include the Commissie Wetenschappelijke Activiteiten of the NVvP (Dutch Psychiatrists Organization), the Eating Disorder Research Society, the Academy of Eating Disorders and the VKJP (child and adolescent psychotherapists organization), specialist membership.

- **Mima Simic, MRCPsych, MD, MSc, Consultant Child and Adolescent Psychiatrist**

Dr Simic is joint head of the child and adolescent Eating Disorders Service at the Trust and a consultant psychiatrist with the Dialectical Behaviour Therapy Service.

She completed her doctor of medicine (MD) qualifications at the University of Belgrade in the former Yugoslavia, followed by specialised training in child and adolescent psychiatry.

Dr Simic moved to London in 1994 and retrained as a consultant psychiatrist at the Maudsley Hospital and St George's Hospital. She also completed her training in family therapy, group analysis and DBT.

Since 2001, Dr Simic has been a consultant child and adolescent psychiatrist for the child and adolescent Eating Disorders Service at SLAM, and a consultant for our service since 2009.

- **Rachel Bryant-Waugh, MSc, DPhil, FAED, Consultant Clinical Psychologist**

Dr Rachel Bryant-Waugh is a Consultant Clinical Psychologist. She has worked at Great Ormond Street Hospital for 20 years, 17 as a qualified psychologist, now as Joint Head of the Feeding and Eating Disorders Service and Lead Psychologist in the Department of Child and Adolescent Mental Health (DCAMH). Dr Bryant-Waugh is recipient of the British Psychological Society's May Davidson Award for her outstanding contribution to the field of childhood eating disorders.

- **Sloane Madden, PhD, MBBS, FAED, Co-director, The Eating Disorder Service of the Sydney**



Children's Hospital Network

Dr Madden is nationally and internationally recognised for his expertise in the treatment and management of eating disorders. He is co-director of The Eating Disorder Service of the Sydney Children's Hospital Network, the largest public eating disorder service in NSW and one of the two largest adolescent eating disorder services in Australia. Dr Madden's research has three major foci, early onset eating disorders, the treatment of anorexia nervosa and the neurobiology of eating disorders. Dr Madden was the lead investigator in an Australia wide study exploring the eating disorders in children under the age of 13 years and is a chief investigator and the clinical coordinator of a current, NHMRC funded, inpatient treatment trial of adolescent anorexia nervosa. Dr Madden is the chair of the neuroimaging special interest group in the Academy of Eating Disorders (AED).

- **Dasha Nicholls, MRCPsych, Lecturer, Institute of Child Health, University College London**

Dr Dasha Nicholls is an expert in feeding and eating disorders. She first started working at Great Ormond Street Hospital in 1995. She is Consultant Child and Adolescent Psychiatrist and Joint Head of the Feeding and Eating Disorders Service and Honorary Senior Lecturer at the Institute of Child Health, University College London. She is currently clinical lead for the Eating Disorders Team.

- **Leora Pinhas, MD, Psychiatry Director of the Eating Disorder Program at the Hospital for Sick Children**

Leora Pinhas, MD, FRCPC, PhD candidate, is the Psychiatry Director of the Eating Disorder Program at the Hospital for Sick Children and an assistant professor in the Department of Psychiatry at the University of Toronto. Her research interests include the diagnosis and treatment of eating disorders and obesity in children and adolescents. Leora is the founding member of the Eating Disorder Association of Canada, and she is currently working on her PhD in epidemiology.



Session: Becoming a Leader: What Does it Mean for Us and Our Field?

Code W1-10 :: Seminar Session :: 1.50 CE hours

2:15 pm – 3:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

As we move forward in our careers within the field of eating disorders, many of us will be asked, or will choose, to move into administrative and leadership positions. The choice provides us with dilemmas and opportunities at both the individual level and in the work we do in our field. In administrative positions, we may have less time to work as clinicians or researchers, after many years of gaining skills in these areas. We may have less time to devote to the field of eating disorders within our specific areas of expertise. On the other hand, these positions offer us opportunities to have an influence in a different manner as we determine agendas, create budgets, and work toward changes in our work environments. Recently, we (i.e., the workshop leaders) have taken on large administrative/leadership roles within our academic institutions and are dealing with new kinds of challenges. The focus of this workshop will be on sharing our experiences – the good, the hard, and the ugly! The format of the workshop will include 15-minute presentations by both of us about our own journeys and experiences, highlighting our trajectories and decision-making processes. This will be followed by an hour of interactive activities and discussion. We will teach leadership skills that participants can take with them to use as they transition over the course of their careers. Hands-on activities focusing on creating teams, understanding power and influence, and identifying strengths will provide a toolkit for participants that can be called upon as they move into leadership roles of any type (research, clinical, or administrative leadership). Small group work, brief assessments, and role play will be used to enhance active learning. We also will promote a discussion among others in the audience who have either moved into administrative or other leadership roles - or are thinking about doing so. Come ready to share!

Learning Objectives

- Describe factors to be considered in making the choice to transition to leadership positions.
- Learn tools to be better leaders, including, but not limited to, leading better teams, dealing with conflicts, and making decisions.
- Discover strategies for advancing the field of eating disorders from within leadership positions.

Presenters

- **Debra L. Franko, PhD, FAED, Professor in the Department of Counseling and Applied Educational Psychology at Northeastern University**

Dr. Franko is a professor in the Department of Counseling and Applied Educational Psychology at Northeastern University in Boston, MA. She is also the Associate Director at the Harris Center for Education and Advocacy in Eating Disorders at Massachusetts General Hospital. Dr. Franko's interests are in the general area of women's health, specifically in eating disorders. She is particularly interested in the prevention and treatment of eating disorders in diverse racial and ethnic groups. Dr. Franko's work in the prevention of eating disorders includes both theoretical



and practical approaches to prevention. Most recently she has developed innovative applications of multimedia technology to programs for college women and adolescents to improve nutrition and physical activity and reduce problems with body image. Her clinical interests in eating disorders span depression, suicide, and substance abuse, and she has particular expertise in issues related to pregnancy and eating disorders. Dr. Franko currently serves on the board of directors of the Academy for Eating Disorders and on the editorial boards of the International Journal of Eating Disorders and Body Image.

- **Dianne Neumark-Sztainer, PhD, Principal Investigator, Project EAT studies**

Dianne Neumark-Sztainer received her Ph.D. and M.P.H. degrees from the Hadassah School of Public Health at Hebrew University in Jerusalem. Her research interests focus on adolescent health, nutrition, and obesity, and eating disorder prevention. She has been the Principal Investigator for the Project EAT studies, which have greatly contributed to our knowledge base on eating and weight-related problems in young people. She has been involved with numerous intervention studies aimed at improving the weight-related health of youth. Teaching experience includes a course on community nutrition intervention in which students learn how to develop community-based interventions to improve the nutritional health of the public and a separate course on program evaluation. Dr. Neumark-Sztainer is interested in the intersection between the practice of yoga and eating and weight-related concerns and plans to teach a course on yoga and public health in the future.



Session: The primary prevention programs Healthy and Free and Zippy's friends: international collaboration and Czech Reform of Psychiatry

Code W1-11 :: Seminar Session :: 1.50 CE hours

2:15 pm – 3:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

The authors will present the modality of health promotion and primary prevention (universal, selective, indicated) in the Czech Republic and its development on the background of international European collaboration and Czech Reform of Psychiatry. The reform activities comprise prevention and de-stigmatization in eating disorders and other mental illness. Andreassen et al. demonstrated in 2007 that 71 % internet users of European Union (e.g. 44 % of total population) look for health information on the internet. In 2011-2014, we started with 7 EU countries an international prevention project ProYouth targeting adolescent population older than 15 years (coordinated by University in Heidelberg) based on results of 3 months programs Essprit a YoungEssprit (Moessner et al., 2008; Bauer et al., 2009, Lindenberg et al., 2011) with significant impact on decrease of onset of clinical cases (5, 9% vs. controls (10, 4%). During 2 years Czech program, we had 10 000 unique website visitors, 1300 screenings, 600 registrations and 243 active participants and 30 chat users. But similarly to other countries only 1% of all visitors left any content on website. And 18 % of visitors were already treated for eating disorders. Participants mostly valued the information, anonymous professional support but disliked the registration and monitoring. The ongoing internet program Healthy and Free reached already 7700 unique visitors in 18 months. And the health promotion program Zippy's friends targets coping strategies improvement in first grade students of 5-7 years in Czech schools. We demonstrate pre-post test results of the controlled randomized study of exposed students (N=466) and controls (N= 341) and discuss the prevention modalities and methods (age of target population, rate of primary prevention and health promotion, commercial influence on prevention) to be supported in the future.

Learning Objectives

- Increase familiarity with new technology programs and their impact on different age population.
- Contribute to better understanding of the complex interplay of the cultural and economic issues in culture bounded prevention
- Discuss directions to plan the methods of new interventions

Presenters

- **Hana Papezova, PhD, MD, Psychiatrist**

Psychiatrist and psychotherapist, head of the Specialized Unit for eating disorders at the Psychiatric Clinic of the 1st Medical Faculty and General Teaching Hospital in Prague. Long-term deals with eating disorders. 1993-1995 worked at the Nathan S. Kline Institute, NYU, US, where she focused on the study of violence in psychiatric patients. She founded the Section for eating disorders at JEP Czech Psychiatric Association and the Association for patients with eating



disorders, their relatives and friends. And clinical research focuses on the importance of the impact of trauma and stress on the onset and course of mental illness, she worked as a therapist in a long-term tolerance and Crisis Intervention Center.

- **Jana Gricova, MA, Psychologist**
- **Marketa Cermakova, MA, Psychologist, Centre for Social Services Prague**



Session: Optimizing the Dietitian's Role in Multidisciplinary Treatment

Code SP1-4 :: Seminar Session :: 1.50 CE hours

4:15 pm – 5:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

Four dietitians from diverse backgrounds and three continents will describe their roles and the challenges of serving on a multidisciplinary team in diverse settings: outpatient solo practice, outpatient center, residential, partial hospitalization, and acute inpatient. The panel will be moderated by a psychotherapist who will review the state of the evidence around the efficacy of multidisciplinary teams in the treatment of eating disorders. The moderator will also interact with the panel and the audience to clarify the often overlapping roles and responsibilities of dietitians and therapists on a treatment team and highlight shared goals.

Learning Objectives

- Identify four ways to improve their role on a multidisciplinary team.
- Differentiate the effects and challenges of diverse treatment settings on the role of a dietitian.
- Describe the evidence for efficacy of multidisciplinary team treatment.

Presenters

- **Douglas Bunnell, PhD, Clinician**

Doug Bunnell is an expert clinician and leader in the eating disorder field. He brings over three decades of experience and a wealth of knowledge to his role as Chief Clinical Officer. A graduate of Yale University, Doug did his doctoral training at Northwestern University. He is a former board chair of the National Eating Disorders Association, a fellow of the Academy for Eating Disorders, author and frequent presenter at national and international conferences. He is passionate about research and the latest advancements in the field, and equally committed to individualized client care. Doug's ability to put the latest scientific research into practice creates a successful program and a milieu that fosters trust and respect from both staff and clients alike.

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- **Julia Cassidy, MS, RD, Eating Disorders Specialist**

Julia is a certified eating disorder specialist that specializes in anorexia nervosa, bulimia nervosa, and binge-eating disorders. Through individual counseling she emphasizes science based nutrition research as guidance to promote health and awareness. As each care plan is personalized according to independent needs and goals of the individual. Julia feels obtaining a healthy relationship with food is the baseline to attaining one's needs in their road to recovery.

Julia feels most passionate about helping adolescents and adults recover from eating disorders by



teaching the non-diet approach to eating and health. Her other passion includes promoting lifestyle changes to facilitate disease prevention.

Julia joined the Center for Discovery team in 2003 as a diet technician at the Downey facility where she worked for 3 ½ years. She was promoted to the Dietitian's position at the Whittier facility in October of 2006. In Sept 2010, she started her current position as the Supervisor of Nutrition Services for CFD. She is also a certified personal trainer who develops individual workouts programs to meet the client's needs. "

- **Leah Graves, BSc, Senior Director of Nutrition Services for Veritas Collaborative**

Leah Graves is the Senior Director of Nutrition Services for Veritas Collaborative and has been treating patients with eating disorders for over 30 years. She is highly respected within the eating disorders field for her expertise in medical nutrition therapy, nutrition counseling, clinical supervision, and research. A founding member of the Academy for Eating Disorders, Graves has served on the Academy's Executive Committee, Board of Directors, and the Fellowship Selection Committee. She is credentialed as a Certified Eating Disorders Registered Dietitian by the International Association of Eating Disorders Professionals and has also been honored as a Fellow of the Academy for Eating Disorders. She has written several publications pertaining to nutrition and eating disorders and has been invited to present at the International Conference on Eating Disorders, International Association of Eating Disorders Professionals Symposium, and the Academy of Nutrition and Dietetics — in addition to numerous regional and local conferences. She has also been active with the National Eating Disorders Association as a member of the 2013 and 2014 Conference Planning Committees. Graves received her Bachelor of Science in Clinical Dietetics with highest distinction from the University of Oklahoma Health Sciences Center in 1985. Prior to joining Veritas, Leah was the Manager of Eating Disorders Nutrition Therapy for the Laureate Eating Disorders Program in Tulsa, Oklahoma.

- **Marcia Herrin, EdD, MPH, RD, FAED, Founder, Dartmouth College Eating Disorders Prevention, Education and Treatment Program**

Dr. Herrin is founder of the Dartmouth College Eating Disorders Prevention, Education and Treatment Program, one of the most respected programs of its kind in the nation. Currently, she runs a busy private practice specializing in children and adults with weight issues and eating disorders. Dr. Herrin received her master's of public health from the University of California at Berkeley, and her doctorate in nutrition education from Columbia University.

- **Shane Jeffrey, RD, Researcher**

Shane Jeffrey is an advanced dietitian at the Royal Brisbane Women's Hospital. Shane received his graduate diploma in Nutrition and Dietetics from QUT in 1993 and has been previously appointed the Senior Dietitian and Manager for the Bronte Foundation Eating Disorders Clinic.



Session: Prioritizing Suicidal Behaviors in the Treatment of Eating Disorders: Evidence-based Approaches for Assessing, Targeting and Consulting

Code SP1-1 :: Seminar Session :: 1.50 CE hours

4:15 pm – 5:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

Regardless of specific diagnosis, individuals with eating disorders have strikingly high rates of self-injurious behavior and suicidal ideation (SI). It is essential that clinicians working with eating disorders conduct regular and thorough assessments of suicidality and self-harm in their patients, and understand a variety of strategies for intervention with these problems. Dialectical Behavior Therapy (DBT) is a well-validated treatment that was developed specifically for patients with suicidality and self-harm, and it has also been adapted for use with eating disorder patients. Perhaps more than any other treatment for suicidality, DBT has thoroughly articulated a series of treatment strategies for interacting with suicidal patients in a way to minimize risk of immediate suicide, as well as risk of recurrence of suicidality in the future. Additionally, DBT describes how to prioritize the targeting of suicidal behaviors in a context of multiple, comorbid high-risk behaviors. This panel will outline evidence-based approaches to assessment and intervention with suicidality and self-harm, and discuss how to adapt and utilize these strategies with both acutely and chronically suicidal eating disorder patients. We will talk about how to prioritize targeting suicidality, self-harm, and high-risk eating disorder behaviors from a DBT approach. We will outline strategies from DBT for managing both self-harm and suicide risk, such as contingency management, diary card self-monitoring, telephone coaching, and behavioral chain analysis. The panel will also discuss the fears that providers feel when working with these high-risk patients, and self-care strategies for coping and avoiding burnout.

Learning Objectives

- Outline evidence-based approaches to assessment and intervention with eating disorder patients experiencing suicidal ideation and self-harm. Highlight DBT strategies to help shape and manage these behaviors.
- Identify similarities and differences between acutely and chronically suicidal eating disorder patients, while explaining treatment adaptations to fit patient need.
- Discuss fears that clinicians and mental health providers feel when working with high-risk patients and examine research related to those fears. DBT skills based self-care strategies for treatment providers to cope with and avoid burnout will also be considered.

Presenters

- **Anne Cusack, PsyD, Research Fellow, UCSD Eating Disorders Center for Treatment and Research**

Anne Cusack, Psy.D., is a postdoctoral fellow at the UCSD Eating Disorders Center for Treatment and Research and co-manages the adult treatment program. Cusack's research focus has been



on the development of novel treatments for eating disorders, including acceptance, mindfulness, emotion regulation, and self-injurious behaviors. Her clinical focus has been dialectical-behavior therapy for binge-eating disorder, as well as mood disorders, substance-use disorder, PTSD, and personality disorders. A graduate of the Chicago School of Professional Psychology, Cusack completed her predoctoral internship at Greystone Park Psychiatric Hospital, working with various psychiatric populations. She currently co-chairs the DBT special interest group for the Academy for Eating Disorders.

- **Lucene Wisniewski, PhD, FAED, Clinical Director, Cleveland Center for Eating Disorders**

Lucene Wisniewski, PhD, FAED is Chief Clinical Officer of The Emily Program and is an Adjunct Assistant Professor of Psychological Sciences at Case Western Reserve University. From 2006-2014, she served as Clinical Director and co-founder of the Cleveland Center for Eating Disorders, a comprehensive eating disorder treatment program. Her research and clinical interests include using empirically founded treatments to inform clinical programs. She provides workshops on the CBT and DBT treatment of eating disorders internationally and publishes in peer reviewed journals as well as invited book chapters. Dr. Wisniewski has been elected fellow and has served on the board of directors and as the co-chair of the Borderline Personality Disorder special interest group of the Academy for Eating Disorders (AED). In 2013 the AED awarded Dr. Wisniewski the Outstanding Clinician Award to acknowledge her contribution to the field of eating disorder treatment.

- **Leslie Anderson, PhD, Clinical Assistant Professor and Training Director at UCSD EDC**

Dr. Leslie Karwoski Anderson is a clinical assistant professor and training director at UCSD EDC. She got her Ph.D. in clinical psychology from the University of Kansas, and completed her clinical internship at Duke University Medical Center. Before coming to UCSD, she held a clinical faculty appointment at the University of Washington and was a staff psychologist at the DBT Center of Seattle. She runs DBT groups for both adolescents and adults with eating disorders, and sees patients in the program for family-based and individual treatment of anorexia, bulimia, binge eating disorder and EDNOS. Her research interests are in treatment development, evaluation, and outcomes, especially with regards to adaptations of DBT and FBT. She frequently gives talks and workshops on DBT, eating disorders, suicidality, and related topics in the community.

- **April Smith, PhD, Assistant Professor of Clinical Psychology at Miami University**

Dr. April Smith received her B.A. in Psychology and Plan II from the University of Texas at Austin in 2004. She then taught English in Japan for two years as part of the Japanese Exchange and Teaching Program. Dr. Smith received her Ph.D. from Florida State University's Clinical Psychology Program in 2012, and completed her clinical residency at the University of California, San Diego. Dr. Smith is currently an Assistant Professor of Clinical Psychology at Miami University and the director of the Research on Eating Disorders and Suicidality (REDS) Laboratory. April was named a 2016 Rising Star by the Association for Psychological Science. Additionally, in 2017 April received the Miami University Junior Faculty Scholar Award. More information about Dr. Smith can be found on the Miami University Department of Psychology website.

- **Loren Prado, MS, LPC, Director of Adult Intensive Outpatient Program, San Antonio**

Loren Prado, MS, LPC is the Director of Adult Intensive Outpatient Program and Family Centered



DBT Program at the Eating Recovery Center in San Antonio. Loren, received her MS in pastoral counseling from Loyola College in 2008 and has had extensive training in behavioral therapy relating to eating disorders.



Session: International Forum on Integrated Treatment for Traumatized Eating Disorder Patients with Substance Use Disorders: What We Know and What We Still Need to Figure Out

Code SP1-2 :: Seminar Session :: 1.50 CE hours

4:15 pm – 5:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

For the past decade, the mental health field has been moving toward integrated treatment for patients with comorbid and complex disorders. Research funding priorities, in the United States, have changed and are now primarily focused on defining mechanisms of complex behaviors, e.g., endophenotypes, and attempting to discover when, where and how to intervene. In 2010, the eating disorder/substance abuse special interest group was established at AED with the primary mission of exploring how the eating disorder community might better serve this comorbid population. In the past 15 years we have discovered a great deal about the lack of services available in either Substance Abuse or Eating Disorder facilities. And, to date, there are very few centers even attempting to develop fully integrated treatments in either field. This forum is designed to discuss what we have discovered about treating this complex subgroup of eating disorders, and exposing some of the significant barriers treatment providers and programs have encountered when attempting to provide integrated treatment. The remainder of the forum will be a round table discussion (think tank). The forum organizers will pose numerous questions to the audience and encourage discussion and debate about how to treat these patients. The long-range goal is to develop an international research consortium that will collaborate on finding evidence-based protocols for this comorbid population. We encourage treatment providers from around the world to help us move this project forward.

Learning Objectives

- Identify the barriers to providing fully integrated treatment for ED/SUD patients in both ED and SUD treatment programs
- Outline what we have discovered about the ED/SUD patient that impedes successful recovery from both disorders
- Create an international consortium to promote research on evidence-based interventions for this comorbid population

Presenters

- **Christina Tortolani, PhD, Staff Psychologist, Rhode Island Hospital**

Christina Tortolani, PhD, is a staff psychologist in the division of child and family psychiatry at Rhode Island Hospital. She earned her MA from Boston College and doctorate in counseling psychology from Northeastern University. She completed her internship in clinical psychology at Dartmouth Medical School and postdoctoral fellowship in traumatic stress at The Warren Alpert Medical School of Brown University in 2012. Tortolani's clinical and research interests include the treatment of eating disorders, body image and trauma. She contributes to the training of residents



and fellows in psychology and psychiatry. She is also an assistant professor in the department of counseling psychology, educational leadership and school psychology at Rhode Island College.

- **Amy Baker Dennis, PhD, Co-Owner of Dennis & Moye & Associates**

Dr. Amy Baker Dennis is co-owner of Dennis & Moye & Associates, maintains a general practice and specializes in the treatment of eating disorders, mood and anxiety disorders, women's issues and personality disorders. She has been in clinical practice for over 40 years. She is a psychodynamically trained clinical psychologist but is also a certified cognitive therapist. In most cases, she uses an integrative approach to treatment.

She also trains and supervises professionals in the treatment of eating disorders, personality disorders and Cognitive Behavioral Therapy. Dr. Dennis has served on the Boards of numerous national and international eating disorder organizations. She is a Founding Fellow of the Academy for Eating Disorders (FAED), a Founding Fellow and Diplomate of the Academy for Cognitive Therapy, a Founder of the National Eating Disorder Association (NEDA) and a Founding Member of the Eating Disorder Research Society. She currently serves on the Board of Directors for the National Eating Disorder Association, on the Scientific Advisory Board for the Eating Disorder Center of Denver (EDCD) and on the Scientific Advisory Board of the Global Foundation for Eating Disorders (GFED). She has received numerous awards for her accomplishments including ""Outstanding Achievement in the Field of Eating Disorders"" awarded by the Academy for Eating Disorders, and the ""Lifetime Achievement Award"" given by the National Eating Disorder Association."

- **Tamara Pryor, PhD, EDCare**

Dr. Pryor has more than 30 years of experience working in the field of eating disorders. Prior to joining EDCare she spent 16 years as an Associate Professor and Clinical Director of the Eating Disorders Program at the University of Kansas School of Medicine, four years as business manager and co-director of the Path Eating Disorders Clinic, and three years at Wichita Psychiatric Consultants as the director of Eating Disorder Services. Dr. Pryor has authored peer reviewed articles and book chapters regarding the eating disordered individual. She has presented research both nationally and internationally. Dr. Pryor is a member of the Eating Disorders Research Society, the Academy of Eating Disorders and the International Association of Eating Disorder Professionals. Dr. Pryor serves on the Board of the National Eating Disorders Association and is a Fellow of the Academy of Eating Disorders.

- **Timothy Brewerton, MD, FAED, Clinical Professor of Psychiatry and Behavioral Sciences at the Medical University of South Carolina (MUSC)**

Dr. Brewerton is currently Clinical Professor of Psychiatry and Behavioral Sciences at the Medical University of South Carolina (MUSC) and is in private practice in the Charleston, SC area. He retired as Professor (with tenure) of Psychiatry and Behavioral Sciences at MUSC in 2002 for medical reasons. He founded the MUSC Eating Disorders Program in 1987 and served as its Director 1987-2001. He also served as Medical Consultant at the National Crime Victims Research and Treatment Center 1996-2001. Dr. Brewerton is triple board certified in general psychiatry, child/adolescent psychiatry and forensic psychiatry. He is a Distinguished Fellow of the American Psychiatric Association (DFAPA) and also Founding Fellow of the Academy of Eating Disorders (FAED). He is a Past-President of the Eating Disorders Research Society and has served on the Board of Directors of the Academy of Eating Disorders and the American Psychiatric Association



Council on Children, Adolescents and Their Families.

- **Umberto Nizzoli, PhD, Clinical Psychologist**



Session: Show Me the (Grant) Money! Identifying and Applying for Funding as a Student and Early Career Researcher

Code SP1-3 :: Seminar Session :: 1.50 CE hours

4:15 pm – 5:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

Early career researchers are increasingly reliant on grant funding to develop and sustain their research careers. Grant funding is necessary to promote new knowledge on eating disorders, and importantly, provides integral training opportunities for new investigators. As the funding climate progressively becomes more competitive, mentorship in crafting and obtaining grants is valuable to young professionals. This workshop will create an interactive forum for discussing the process of applying for research grants as a new investigator (i.e., trainee or professional for whom research is a career objective). International panelists representing multiple early career stages—from graduate students to faculty—will discuss challenges and successes in applying for research grants from private foundations, professional organizations, and federal institutions in multiple countries. Panelists will share their successful experiences with several prestigious grant awards (e.g., U.S. National Institutes of Health R01 and K23, and NEDA Feeding Hope for Clinical Research Grant; Australian Rotary Health PhD funding) and discuss important lessons learned from proposals that were not ultimately funded. Panelists will offer unique perspectives on identifying appropriate funding sources; brainstorming research ideas and selecting a project; navigating the application process; tailoring an application to fit the funding opportunity; assembling a mentorship and/or research team; and processing and responding to reviewer feedback. Experiential exercises will mirror critical decision points during the application process, such as constructing effective project aims and significance statements (e.g., audience discussion of mock proposal), and responding to reviews (e.g., breakout group activity to generate responses to difficult grant reviews). By the end of the workshop, attendees will have enhanced skills and competencies necessary for navigating the grant application process.

Learning Objectives

- Become familiar with the variety of funding opportunities that are available to student and early career researchers across the globe.
- Learn how to identify fundable research topics and develop testable hypotheses that will effectively build a programmatic line of research.
- Understand how to craft components for a successful grant proposal, including resubmissions, that align with the funding source.

Presenters

- **Helen Murray, BA, Researcher**
- **Lisa Hail, MA, Researcher**
- **Adrienne Juarascio, PhD, Researcher**
- **Sian McLean, PhD, Psychologist**



Sian McLean, PhD received her PhD from La Trobe University in Psychology. Siân's research has led to publication of papers in international peer reviewed journals and chapters in edited books on body image and eating disorder treatments. Siân has also presented research papers and training workshops at national and international conferences. In addition to focusing on prevention of body dissatisfaction, Siân takes a keen interest in eating problems, such as severe dieting and overeating. She is an advocate of the "Health at every size" approach that promotes respect for and acceptance of one's body, and engagement in behaviours to enhance health and well-being, rather than weight control. Siân is committed to advancing good health, both psychological and physical, for people of all sizes.

- **Jennifer Thomas, PhD, FAED, Clinical Psychologist**

I am a clinical psychologist (Massachusetts license #9117) specializing in the treatment of eating disorders. I completed my undergraduate degree summa cum laude at Dartmouth College, my Ph.D. in clinical psychology at Yale University, my pre-doctoral clinical internship at McLean Hospital, and my post-doctoral research fellowship jointly at Massachusetts General Hospital and McLean Hospital's Klarman Eating Disorders Center.

In addition to my private psychotherapy practice, I am the Co-Director of the Eating Disorders Clinical and Research Program at Massachusetts General Hospital, where I evaluate and treat individuals of all ages with anorexia nervosa, bulimia nervosa, and other clinical eating disorders.

- **Linsey Utzinger, PsyD, Researcher**

- **Andrea B. Goldschmidt, PhD, Assistant Professor, Director of the Eating Disorders Program**

Andrea B. Goldschmidt, PhD is an assistant professor in the Department of Psychiatry and Behavioral Neuroscience at the University of Chicago, where she fulfills research, clinical, and teaching responsibilities. She received her PhD in clinical psychology from Washington University in 2010. Her research interests concern the etiology, psychosocial correlates, and treatment of pediatric binge eating and obesity.



Session: Neural Circuits and the Motivation to Eat

Code SP1-5 :: Seminar Session :: 1.50 CE hours

4:15 pm – 5:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

Common to all eating disorders are alterations in the motivation to eat. Here, we review evidence for distortions of the neural circuitry that underlies feeding behaviors. In eating disorders there are both bottom-up differences, related to the sensory experiences associated with consuming food, as well as top-down differences, related to the emotional and cognitive experiences of thinking about, selecting, and deciding on food. Further, the physiological consequence of starvation may impact this circuit. The relative role of bottom-up and top-down disruptions in perpetuating eating disorder behaviors may vary by diagnosis and individual patient. The efficacy of treatments to alter these processes may also vary. Here, we review these circuits and their disruptions in AN, BN, and BED, and provide evidence for neuroplasticity related to both bottom-up and top-down processes. Dr. Ehrlich will provide an overview of the neural circuits involved in feeding behaviors, and how these circuits may be altered by the effects of starvation and re-alimentation. Dr. Wierenga will review evidence for sensory disturbances related to taste and texture in eating disorders. Dr. Bohon will discuss how emotional processing impacts this circuit. Dr. Harrison will review social biases and the evidence for top-down controls during feeding behaviors. Dr. McAdams will moderate the discussion, and provide clinical cases reflective of differences in how this circuit may be disrupted.

Learning Objectives

- Recognize the neurocircuits that underlie eating behaviors.
- Identify differences in these circuits related to different eating disorder diagnoses including anorexia nervosa, bulimia nervosa, and binge-eating disorder.
- Develop an awareness of how physiology, sensation, emotion, and cognition can change brain function.

Presenters

- **Carrie McAdams, MD, PhD, Assistant Professor of Psychiatry at UT Southwestern Medical Center**

Dr. Carrie McAdams is an Assistant Professor of Psychiatry at UT Southwestern Medical Center. Dr. McAdams has been fascinated by the relationship between the mind and the brain for over 20 years. She received her BA, magna cum laude, with double majors in biochemistry and behavioral science from Rice University in 1992. She received an MD with honors and a PhD in neuroscience from Baylor College of Medicine. She completed a postdoctoral research fellowship in neurobiology at Harvard Medical School and has published extensively in the field of attention and visual neurophysiology. Dr. McAdams became interested in understanding the neuroscience of mental illness, and completed her residency in psychiatry at UT Southwestern. During her residency at UT Southwestern, Dr. McAdams received the Chairman's Research Award for her paper on neuroimaging of social identity in eating disorders.



- **Amy Harrison, DClinPsy, PhD, MPsych, Lecturer, Regent's University**

Dr Amy Harrison is a Lecturer in Psychology and teaches in the areas of psychopathology, developmental psychology and health psychology for Regent's University's Psychology Programme's BSc, MSc and for the Regent's American University London psychology modules. She is also a qualified Clinical Psychologist and works with young people with severe and enduring eating disorders and has expertise in cognitive behavioural therapy, family therapy, mindfulness and neuropsychological assessment. Dr Harrison has produced a number of clinical research articles focused on understanding social emotional and cognitive processes in people with eating disorders and has an interest in how positive psychology interventions might use useful for people with severe and enduring eating disorders. Dr Harrison has also trained in the delivery and assessment of Motivational Interviewing (MI) and has been involved in a large randomised controlled trial as a coder of therapy sessions for MI treatment integrity. She is currently working on a research project to better understand social skills in people with eating disorders.

- **Cara Bohon, PhD, Assistant Professor, Stanford University School of Medicine**

I am a clinical psychologist with interest in research and teaching in an academic setting. My clinical interests are primarily in treating eating and weight disorders, as well as related and complicating factors, such as mood regulation. I also focus on health behavior change, primarily related to healthy eating and exercise.

My research interests fit broadly in the area of risk and maintenance factors of eating disorders and obesity. I am interested in investigating how these disorders develop and are maintained in order to better develop prevention and treatment interventions. My work has involved the use of clinical self-report survey and interview measures, as well as functional magnetic resonance imaging (fMRI) and genotyping, to investigate these overarching questions.

My teaching interests include clinical psychology and psychopathology, research methods, intervention science, biopsychology, brain imaging, as well as special topic seminars and lectures in eating disorders and obesity.

- **Christina Wierenga, PhD, Clinical Neuropsychologist at the UCSD Eating Disorders Program**

Dr. Wierenga is an assistant professor and licensed clinical neuropsychologist at the UCSD Eating Disorders Program. She received her doctorate in clinical psychology with a specialization in neuropsychology, neurorehabilitation, and clinical neuroscience from the University of Florida and completed an NIH postdoctoral fellowship at UCSD in biological psychiatry and neuroscience. Dr. Wierenga's clinical practice has focused on children, adolescents, and adults with a wide range of psychological and neurological disorders. She sees patients in the eating disorders program for family based, individual, and group treatment of anorexia, bulimia, binge eating disorder and EDNOS. Her research focuses on treatment development and brain functioning in ill and recovered adolescents and adults with eating disorders. She uses innovative functional neuroimaging and neuropsychological methods to examine the neurobiology of eating disorders. Dr. Wierenga is also actively involved in training graduate students, interns and postdoctoral fellows.

- **Stefan Ehrlich, MD, Researcher, Department of Child and Adolescent Psychiatry.**



Stefan Ehrlich, MD is a professor and is the head of eating disorder research and treatment center at the Department of Child and Adolescent Psychiatry.



Session: Therapeutic Alliance Across Child/Adolescent Eating Disorder Treatments

Code SP1-6 :: Seminar Session :: 1.50 CE hours

4:15 pm – 5:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

Eating disorder treatment poses a challenge for therapeutic alliance. The symptoms are often ego-syntonic, and consequently, patients tend to present with some degree of ambivalence towards recovery. Alliance is further complicated in working with adolescents. Young patients are often brought to treatment against their preference, and, depending on the provider's orientation, adolescents may not agree with the goals or methods of therapy. The current evidence-base is fairly conclusive that working within the family system is an essential aspect of providing effective treatment for adolescent eating disorders. Therapeutic alliance, then, involves more than just the patient, which can lead to complicated balancing acts, in which the provider is charged with establishing alliance with both patient and parent without inadvertently colluding with the eating disorder. Evidence-based treatments such as Family Based Treatment (FBT), Dialectical Behavioral Therapy (DBT), or behavior therapy approach this balance differently, though all treatments recognize and attempt to leverage therapeutic alliance in order to affect change. The proposed panel will address the following questions: 1. What are the specific stances of leading evidence-based treatments (FBT, DBT and behavior therapy) on alliance with patients and parents? 2. Is therapeutic alliance with a young eating disorder patient possible? 3. Is alliance with the patient necessary in a family treatment? 4. How should a provider balance establishing alliance without inadvertently colluding with the eating disorder? The proposed panel will be comprised of 3 clinicians specializing in adolescent eating disorders. Dr. Renee Rienecke will speak about alliance in FBT approaches. Dr. Kelly Bhatnagar will speak about alliance in DBT and DBT/FBT combination treatments. Finally, Dr. Leslie Sim will discuss alliance in behavioral family-based approaches.

Learning Objectives

- Describe different strategies for establishing provider/patient alliance across child and adolescent treatment modalities.
- Apply methods of establishing provider/parent alliance across child and adolescent treatment modalities.
- Recognize the impact of both parent and patient alliance on treatment outcomes.

Presenters

- **Kelly Bhatnagar, PhD, Director of Clinical Services & Research at the Cleveland Center for Eating Disorders**

Dr. Bhatnagar is the Director of Clinical Services & Research at the Cleveland Center for Eating Disorders. Dr. Bhatnagar's training in empirically founded treatments for eating disorders has been extensive, including specialized training in Maudsley Family Based Treatment (FBT), Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT). Dr. Bhatnagar is actively involved in the Academy of Eating Disorders. Her clinical and research interests include examining



the marriage of FBT and DBT principals to treat complex, multidagnostic children and adolescents suffering from eating disorders. Dr. Bhatnagar has published in peer reviewed journals and invited book chapters, and has presented her work at multiple national and international conferences.

- **Jocelyn Lebow PhD, Clinical Psychologist**
- **Leslie Sims, PhD, Psychologist**
- **Mindy Solomon, PhD, Assistant Professor at the University of Colorado, Denver**

Mindy Solomon, Ph.D., is Assistant Professor at the University of Colorado, Denver. She is currently the Clinical Program Director for the Eating Disorders Program at Children's Hospital Colorado and has specialized in child/adolescent and family assessment and treatment since 2000. Mindy became a Member of the Board of Directors of the Institute for Study of Advanced Development in 2010, and has ongoing collaboration with the Gifted Development Center. Her article, "Are Individuals with Eating Disorders More Likely to be Gifted?" written for The GDC Newsletter in March, 2014, received a great deal of interest. She has experience and expertise in the areas of assessment of gifted abilities, gifted development, program development, multi-family group treatment, family-focused therapy for eating disorders, body image, motivation enhancement and cognitive-behavioral interventions. Research includes family correlates and outcomes in eating disorder treatment as well as novel treatments for adolescents with eating disorders.

- **Renee Rienecke, PhD, Associate Professor in the Departments of Pediatrics and Psychiatry at the Medical University of South Carolina**

Renee Rienecke, Ph.D., is an Associate Professor in the Departments of Pediatrics and Psychiatry at the Medical University of South Carolina, and Director of the MUSC Friedman Center for Eating Disorders. After earning her Bachelor's degree at the University of Michigan, Dr. Rienecke received her Ph.D. from Northwestern University and completed her clinical psychology internship and postdoctoral fellowship at the University of Chicago. She was part of the Eating Disorders Program at the University of Chicago for ten years before returning to the University of Michigan to build the U-M Comprehensive Eating Disorders Program. Her research interests include the role of expressed emotion in treatment outcome for adolescent anorexia nervosa and bulimia nervosa. She is the past recipient of an NIMH Diversity Supplement and the National Eating Disorder Association's Young Investigator Grant to fund her research on expressed emotion. Dr. Rienecke is a faculty member of the Training Institute for Child and Adolescent Eating Disorders and provides consultation to therapists interested in becoming certified to conduct family-based therapy (FBT) for adolescent eating disorders. She is the only FBT-certified psychologist in the state of South Carolina.

- **Roxanne Rockwell, PhD, Associate Director, Adolescent Eating Disorder Program**

Dr. Roxanne Rockwell is Associate Director of the UCSD Adolescent Eating Disorders Service. She has experience in the research, evaluation and treatment of eating disorders and pediatric obesity since 1999. She was one of the founding members of the UCSD Eating Disorders Program in 2005, and has been integrally involved in its development and expansion. Dr. Rockwell played a primary role in devising and building the innovative individual and multi-family Intensive Family Therapy (IFT) programs and the adolescent day treatment and intensive outpatient programs. As a certified Family Based (i.e., "Maudsley") Therapist, she served as the primary IFT program therapist for several years, and currently both conducts FBT with families and provides training



and supervision in this modality for staff in the adolescent eating disorders program. She began a Parent Advisory Committee (PAC) for the adolescent programs in 2012 and continues to develop this important service. Dr. Rockwell graduated from the California School of Professional Psychology at Alliant International University, and completed pre-doctoral internship at Rady Children's Outpatient Psychiatry which involved working with children and families dealing with various psychiatric illnesses. Her clinical and research work focuses primarily on eating disorders (anorexia nervosa, bulimia nervosa and binge eating disorder) and weight management issues.

- **Peter M. Doyle, PhD, Co-Director, Eating Disorders Center & Clinical Psychologist, DBT Center**

Dr. Doyle earned his bachelor's degree in psychology from the University of Illinois at Urbana-Champaign. He then moved to the West coast to work and study at the Center for Eating & Weight Disorders at San Diego State University, where he received his Master's degree in psychology with a specialization in eating disorders. Dr. Doyle returned to the Midwest and earned his Ph.D. in clinical psychology from the Northwestern University Feinberg School of Medicine. He completed his clinical psychology internship and postdoctoral fellowship at the internationally-renowned University of Chicago Eating & Weight Disorders Program, where he worked with adolescents and adults with eating disorders, as well as pre- and post-bariatric surgery patients.



Session: Using & Developing Technology to Improve the Treatment of Eating Disorders Worldwide

Code SP1-7 :: Seminar Session :: 1.50 CE hours

4:15 pm – 5:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

Recent advances in technology present us with the opportunity to improve treatment for people with eating disorders worldwide with the use of telemedicine and novel electronic-based treatments. Presenters on the Technology & Innovations SIG panel will discuss the ways in which they have developed or used technology to improve eating disorder treatment. Kerrigan & Deliberto will review influential research projects on telemedicine in the treatment of eating disorders and discuss its application through a new technological platform, NYP On Demand, currently in use at New York-Presbyterian Hospital. Henretty will then present on a technological tool, The Recovery Report Card, created by a residential treatment center to aid clinicians in the treatment of eating disorders. The Recovery Report Card is a convenient visual tool that can help clinicians with case conceptualization, targeting interventions, tracking progress in treatment, communicating with utilization reviewers, and involving family members. Henretty will guide audience members through using the The Recovery Report Card with clinical vignettes. Similarly, Wiberg & Ekstrom will discuss a smartphone application developed at the Stockholm Center for Eating Disorders that functions as a digital meal diary and behavior tracker. Wiberg & Ekstrom will also discuss the barriers encountered in the development of this application and how they were each overcome. Taken together, the panel presenters for the Technology & Innovations SIG will each discuss ways in which they have used technology to improve the treatment of eating disorders and encourage as well as advise others on how to do the same.

Learning Objectives

- Foster an understanding of how to integrate eating disorder technologies and innovations into one's practice in an effort to improve the standard of eating disorder treatment
- Reflect on ways to enhance current eating disorder treatments with the use of ancillary emerging technology (e.g. apps)
- Consider potential barriers to the development and use of technology in the treatment of eating disorders

Presenters

- **Sean Kerrigan, MD, Psychiatrist**
- **Jennifer Henretty, PhD, Clinical Psychologist, Center for Discovery**

Dr. Jen Henretty graduated summa cum laude with her BA from Ohio Wesleyan University before going on to earn her MS and PhD from the University of Memphis. While attending the University of Memphis, Dr. Henretty was awarded the prestigious S. Howard Bartley Scholar Award and the Society of Psychotherapy Research's Enrico E. Jones Memorial Award. Dr. Henretty has been in the therapeutic industry for 15 years, treating eating disorders in both adolescent and adult



populations and in all levels-of-care: inpatient, residential, partial hospitalization, intensive outpatient, and outpatient settings. She has authored multiple publications, in such journals as Psychotherapy Research, Clinical Psychology Review, and the Journal of Counseling Psychology, and has functioned as an eating disorder subject expert on the Answers 4 The Family radio show, on the Dr. Phil television show, and for the LA Times newspaper. Dr. Henretty is a Certified Eating Disorder Specialist (CEDS) and has spoken at local, national, and international conferences; serves as president of the Los Angeles Chapter of the International Association of Eating Disorder Professionals (iaedp); is a member of the Academy for Eating Disorders (AED); and has practiced as an eating disorder therapist, Program Director, and the Director of Outcomes & Research for Center for Discovery.

- **Tara Deliberto, PhD, Psychologist**

Dr. Deliberto is a licensed psychologist & fellow at Weill Cornell Medical College's eating disorder program. Prior to her position at Cornell, Dr. Deliberto trained at other highly regarded eating disorder programs including Mount Sinai's Eating & Weight Disorders Program and North Shore LIJ's Eating Disorders Treatment Center. She has presented her research internationally on eating disorders, self-injurious behavior, & suicide. Her work has been cited in over 450 scientific publications and also has been featured in the Harvard Gazette, Science Daily, & TIME. Notably, Dr. Deliberto is the creator of a cutting edge treatment for eating disorders, BITE - Behavioral Integrated Treatment & Evaluation. Dr. Deliberto also serves as co-chairperson of the Academy for Eating Disorder's Technology & Innovations special interest group and is a member of their award-winning Social Media Committee.

- **Anna-Charlotte Wiberg, BA, Student**

- **Kristofer Ekstrom, BA, Student**

- **William Hamilton, BA, Student**



Session: Transdisciplinary Research on Eating Disorder Etiology

Code SP1-8 :: Seminar Session :: 1.50 CE hours

4:15 pm – 5:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

Eating disorders (EDs) are multifactorial disorders, with biological, psychological, and social factors contributing to their onset and maintenance. The complexity of EDs underscores the need for transdisciplinary research in order to integrate and move beyond discipline-specific theoretical and methodological approaches to study their etiology. This panel discussion reviews empirical findings from genetic and epidemiologic studies of EDs as well as methodological considerations in conducting transdisciplinary research. Method: Four panelists will discuss research relevant to this topic area. (1) Within the unifying theme of understanding etiology in order to develop better interventions for EDs, Dr. Wade will present on diverse aspects of her research, from etiological models, including gene x environment interactions, interventions, and predicting outcomes of these interventions that can inform model development. (2) Dr. Mustelin will present on methods to combine twin data and epidemiologic data to investigate the etiology of eating disorders. (3) Dr. Yilmaz will discuss how epidemiological data could aid in following up on significant genomic findings in eating disorders and present examples from the Avon Longitudinal Study of Parents and Children. (4) Dr. Bulik's presentation will focus on methodological considerations and how to assemble a transdisciplinary team in genetic epidemiology research. Discussion: The etiological and translational implications of this research will be discussed.

Learning Objectives

- Identify methodological considerations in transdisciplinary research on eating disorders.
- Interpret genetic and environmental findings regarding the etiology of eating disorders.
- Demonstrate understanding of the advantages of conducting transdisciplinary research on eating disorders.

Presenters

- **Zeynep Yilmaz, PhD, Research Fellow with the UNC Center of Excellence for Eating Disorders**

Dr. Zeynep Yilmaz is a postdoctoral research fellow with the UNC Center of Excellence for Eating Disorders. She received her Ph.D. in Neurogenetics from the University of Toronto, where she also completed her B.Sc. (Honors) in Psychology. She is primarily interested in the genetics of anorexia nervosa and bulimia nervosa, with a focus on body weight regulation, cross-disorder analysis of clinical phenotypes linked to eating disorders, and whole-genome datasets.

Dr. Yilmaz is a trainee affiliate of the Academy for Eating Disorders, the International Society of Psychiatric Genetics, and the American Society of Human Genetics. Outside of work, she is an avid reader, dedicated food enthusiast, and supporter of classical and contemporary performing arts.



- **Alexis Duncan, PhD, Researcher**

Alexis Duncan's research focuses on risk mechanisms and psychiatric comorbidity of obesity, eating disorders and substance use disorders, particularly among women. Her additional research interests include nosology (the study of diagnostic criteria) of psychiatric disorders, the effects of child maltreatment, and differences in psychopathology by race, gender and sexual orientation.

As a psychiatric epidemiologist with training in behavior genetics, Duncan takes a transdisciplinary approach in her scholarship, recognizing that the traditional disciplinary boundaries often hinder achievement of a comprehensive understanding of disease etiology and, therefore, inhibit the development of effective treatments and interventions. She has collaborated with scientists from diverse disciplines to explore risk factors from human genetics and gut microbes to family and social environment, and often uses data from genetically informative, longitudinal study designs.

Duncan completed a three-year postdoctoral fellowship in psychiatric epidemiology and behavior genetics in the Department of Psychiatry at the Washington University School of Medicine."

- **Cynthia Bulik, PhD, FAED, Professor of Nutrition, Gillings School of Global Public Health**

Dr. Bulik holds the first endowed professorship in eating disorders in the United States and is also Director of Research at the UNC Center of Excellence for Eating Disorders. A clinical psychologist by training, Dr. Bulik has been conducting research and treating individuals with eating disorders since 1982. She developed outpatient, partial hospitalization, and inpatient services for eating disorders both in New Zealand and in the United States.

Dr. Bulik's research includes treatment, laboratory, animal, epidemiological, twin and molecular genetic studies of eating disorders and body weight regulation. More recently she has applied information technology to the treatment of eating disorders and obesity to broaden the public health reach of our interventions. She founded and led the 18-country Genetic Consortium for Anorexia Nervosa and is the lead Principal Investigator of the four nation Anorexia Nervosa Genetics Initiative (ANGI). She is the Director of the first NIMH-sponsored Post-Doctoral Training Program in Eating Disorders. She has had continuous federal, international, and foundation funding since 1985.

- **Tracey Wade, PhD, Professor**

Tracey Wade obtained her Bachelor of Science degree in Psychology from Adelaide University in 1985 and then progressed to postgraduate clinical training at the Australian National University, Canberra. After working in an eating disorder clinic at Cambridge University, UK, she returned to South Australia and completed a PhD exploring genetic and environmental risk factors for eating disorders using a twin population. Professor Wade is now Dean of the School of Psychology at Flinders University, Adelaide. As a clinician and researcher in eating disorders, Prof Wade brings extensive experience and understanding of anorexia nervosa to Professor Nicholas Martin's ANGI Australia team. She is recognised as an important contributor to international research on eating disorders, with more than 140 published papers addressing epidemiology, classification, aetiology, prevention and treatment. She has also recently co-authored a book on the treatment of perfectionism, a temperament of special relevance to the development and maintenance of anorexia nervosa.



- **Linda Mustelin, PhD, MD, Post Doctoral fellow at the Department of Psychiatry and Nutrition at the University of North Carolina, Chapel Hill**

Linda Mustelin, PhD, MD is a post doctoral fellow at the Department of Psychiatry and Nutrition at the University of North Carolina, Chapel Hill. Linda received her MD and PhD in medicine at the University of Helsinki, Finland in 2010 and 2013 respectively. Linda has over 7 years of clinical experience and has numerous publications regarding eating disorders and research.

- **Karen Mitchell, PhD, Assistant Professor of Psychiatry at Boston University School of Medicine**

Dr. Mitchell is an Assistant Professor of Psychiatry at Boston University School of Medicine. In addition, she has been a staff psychologist at the Women's Health Sciences Division of the National Center for PTSD at VA Boston Healthcare System since 2009. She completed her PhD in Counseling Psychology (sub-speciality in Quantitative Methodology) at Virginia Commonwealth University in 2009. While in graduate school, she completed a pre-doctoral fellowship on an NIMH T32 in Psychiatric and Statistical Genetics at the Virginia Institute for Psychiatric and Behavioral Genetics (Richmond, VA). Dr. Mitchell completed her pre-doctoral internship in Health Psychology at the Cleveland VA Department of Veterans Affairs Medical Center. Her research interests include eating disorders, obesity, behavior genetics, PTSD, and complementary and alternative medicine (particularly yoga). Methodologies used include twin modeling, network science, epigenetic mechanisms, hierarchical linear modeling, and structural equation modeling. She recently completed an NIMH K01 investigating gene-environment interplay in the comorbidity of PTSD and disordered eating. As a licensed clinical psychologist, Dr. Mitchell's clinical interests include eating disorders, PTSD, and health psychology, including obesity and metabolic disorders.



Session: Athletes with Disordered Eating and Exercise: Key Issues, Opportunities, and Challenges

Code SP1-9 :: Seminar Session :: 1.50 CE hours

4:15 pm – 5:45 pm Thursday, June 8th 2017
Prague Congress Center

Session Description

The overarching aim of this SIG panel is to provide participants with the chance to interact with experts in the areas of eating disorders, body image, and sport and to address aspects of diagnosis, treatment, and prevention of eating disorders and associated risk factors and syndromes (e.g., contextual body image, Relative Energy Deficiency in Sport (REDs), and risk assessment in the return to play decision) in athletes. This session will include a moderated panel designed facilitate dialogue on the challenges and opportunities in working with athletic populations, to provide lessons learned from those who have successfully partnered with athlete organizations, and to elucidate future directions needed in this field. To maximize the interactive nature of this panel, initial “jumping off” questions will be generated by the Sport and Exercise SIG co-chairs with input from SIG members via the AED online community; feedback will be gathered in the spring to maximize the up-to-date nature of the panel. In addition, ample time will be allocated during the panel for participants to ask questions and guide discussion. In summary, this panel will not include a series of talks followed by questions but will be an interactive discussion between the panelists, the online SIG community (via the initial questions) and audience participants. Format: Specific presentations will not be made. Rather, speakers will speak briefly about their area of expertise. This will be followed by discussion points facilitated by moderator and fielding of audience questions, group and audience discussion.

Learning Objectives

- Identify and define key issues in the diagnosis, treatment, and prevention of eating disorders and associated risk factors in athletes.
- Facilitate discussion to address important aspects included in treatment, education, and research with athletic populations.
- Evaluate challenges and opportunities in working with athlete populations and organizations, including strategies for maximizing opportunities and overcoming barriers in working with this population.

Presenters

- **Carolyn Becker, PhD, Clinical Psychologist**

Professor Carolyn Becker is a licensed clinical psychologist who specializes in the implementation of scientifically supported interventions in clinical and real world settings. Her primary areas of research include body image, eating disorders, and posttraumatic stress disorder. Dr. Becker teaches a range of courses related to clinical psychology and regularly involves Trinity psychology students as research collaborators. Over the past decade, 26 undergraduate research assistants have earned co-authorship on at least one publication. In 2012, Becker was awarded the Z.T. Scott Faculty Fellowship for excellence in teaching and advising. Dr. Becker has been conducting



research with female athletes since 2007, and her research on the prevention of eating disorders with female athletes has been funded by the National Institute of Mental Health. She is considered a leader in the implementation of peer-led prevention programs, and she and her undergraduate students pioneered a blended task-shifting/train-the-trainers approach to scaling the Body Project. This approach to delivery of the Body Project is now used by over 100 universities in North America, as well as numerous non-profit partner organizations around the globe. Dr. Becker is currently partnering with students and Dr. Keesha Middlemass (Department of Political Science) in a new line of research investigating psychopathology in individuals with food insecurity.

- **Jorunn Sundgot-Borgen, PhD, Professor**

"Jorunn Kaiander Sundgot-Borgen (born 18 March 1961) is a Norwegian professor of sports medicine.

She took the MSc degree at the Arizona State University in 1985, and the dr.scient. degree at the Norwegian School of Sport Sciences in 1993. She held a post-doctorate scholarship at Yale University from 1993 to 1997. She was a part-time consultant for Olympiatoppen, the Norwegian elite sports program, from 1995 to 2008.[1] She was an associate professor from 1997 to 2002, and is a professor since 2002, of sports medicine at the Norwegian School of Sport Sciences.[2][1] She is especially cited on her expertise in eating disorders.[3]"

- **Karin de Bruin, PhD, Psychologist**

AP (Karin), the Brown graduated in 1995 in clinical and health psychology at Utrecht University. From 1996 she has been dealing with the guidance of people with psychosocial issues in terms of (gay) sexuality, identity and relationships with research in the field of health care, welfare and sport. In 2000 she moved to sports psychology and in 2001 she obtained the doctoral notation sports psychology at the Free University in Amsterdam, followed by the European Masters Degree in Sport and Exercise Psychology. She holds the title PSYCHOLOGIST NIP, and registered sports psychologist researcher, lecturer and sports psychologist practice sports psychologist VSPN®. In 2010 she obtained her doctorate at the Free University (Faculty of Kinesiology) by eating problems in sport with its investigation ""Thin is going to win?""

- **Marianne Martinsen, PhD, Professor**

Marianne Martinsen is a former master student from the Norwegian School of Sport Sciences where she graduated in 2009 on the topic of eating disorders among young female and male from Elite Sport High Schools in Norway. Marianne finished her teaching training programs in 1999 with physical activities as one of her main subjects. During the last years, she has collected a lot of experiences as a teacher and as being involved in a project group for enhanced physical activity and nutrition guidelines in schools.

- **Tiffany Stewart, PhD, Director of the Behavior Technology Laboratory: Eating Disorders and Obesity, at Pennington Biomedical Research Center**

With the dawn of new e-health technologies and population health research models to reach populations who don't have access to or who are unable to participate in clinical programs and/or healthcare, Dr. Stewart has been a pioneer in the development and testing e-health technologies and community-based programs in order to disseminate prevention and treatment efforts to large



populations for eating disorders, obesity, and body image disturbance. Dr. Stewart is an Associate Professor, the Dudley & Beverly Coates Endowed Professor, and the Director of the Behavior Technology Laboratory: Eating Disorders and Obesity, at Pennington Biomedical Research Center, and serves as Founder and CSO of Body Evolution Technologies Inc., a VC-funded entrepreneurial venture dedicated to Translational Science: taking e-health assessment, prevention, and treatment technologies from bench to bedside. Dr. Stewart has spearheaded unique, large, multi-site prevention and treatment studies that have included the development and deployment of novel technologies for behavior change. Her current projects include a NIH funded R01 investigating the prevention of eating disorders in female collegiate athletes across four sites, called the Female Athlete Body Program (FAB), ongoing studies examining the efficacy and dissemination of a weight management technology program, called Army H.E.A.L.T.H. for U.S. Army Soldiers, Families, and Veterans, and ongoing technology development projects, including body image and eating disorder assessment applications and eating disorder and obesity intervention platforms and applications.

- **Lisa Smith Kilpela, PhD, Assistant Professor in the Department of Psychiatry at the University of Texas Health Science Center at San Antonio**

Dr. Lisa Smith Kilpela is an Assistant Professor in the Department of Psychiatry at the University of Texas Health Science Center at San Antonio. Dr. Smith Kilpela specializes in the treatment and prevention of eating disorders, and she also has extensive experience in the treatment of emotion dysregulation in adolescents and adults using Dialectical Behavior Therapy. She received her PhD in clinical psychology from Emory University and completed her clinical internship at Duke University Medical Center. She received her BA from Trinity University in 2004. While an undergraduate student at Trinity, she spent two years collaborating on the development of Reflections: Body Image Program, which is a sister program to the Body Project. As part of her work, she co-developed with Dr. Becker the peer-leader approach utilized in the Reflections program. Since graduating from Trinity, Dr. Smith Kilpela has continued collaborating with Dr. Becker, and she has co-authored numerous publications and conference presentations related to the Reflections program. She is a member of the Academy for Eating Disorders, the Society for a Science of Clinical Psychology, and the Association for Behavioral and Cognitive Therapies.



Session: Assessment of Avoidant/Restrictive Food Intake Disorder across the Lifespan: Join the PARDI!

Code W2-1 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Friday, June 9th 2017
Prague Congress Center

Session Description

Avoidant/restrictive food intake disorder (ARFID) was added to a combined DSM-5 Feeding and Eating Disorders chapter in 2013. Given the similarity between ARFID and other restrictive-type eating disorders, as well as the heterogeneity within the ARFID diagnosis (i.e., food avoidance due to sensory sensitivity, lack of interest in eating, and/or fear of aversive consequences), comprehensive multi-disciplinary assessment is critical to effective treatment planning. This workshop aims to: 1. Illustrate key diagnostic features of these common ARFID presentations and their variability across the age ranges (early and late childhood, adolescence and adulthood), 2. Highlight differential diagnoses, relevant psychiatric and medical comorbidities and potential diagnostic pitfalls, 3. Describe a new structured clinical assessment tool: The Pica, ARFID, and Rumination Disorder Interview (PARDI) recently developed by our team to assess ARFID. An international multi-site study evaluating the reliability and validity of the measure is currently underway. In this interactive workshop, we will use a range of methods and participatory activities: 30 minutes of the workshop will be didactic, with the remainder dedicated to participatory activities. Dr. Bryant-Waugh and Dr. Cooke will illustrate ARFID presentations, and explore heterogeneity within ARFID (15 min); delegates will be asked to work in pairs on clinical scenarios focusing on ARFID heterogeneity across ages (15 min). Dr. Micali and Dr. Eddy will describe differential diagnoses with other medical and psychiatric disorders (15 mins). Clinical vignettes will then be provided to the audience to allow an interactive discussion of each case and differential diagnoses in small groups (30 min). Dr. Thomas will introduce the rationale and structure of the PARDI and facilitate a group discussion about key diagnostic features identified by delegates (15 mins). The final 15 minutes will be reserved for audience questions and discussion.

Learning Objectives

- Describe the complexities of diagnosing ARFID across the lifespan, including differential diagnosis and diagnostic heterogeneity.
- Appreciate the importance of a multidisciplinary assessment to evaluate the three most common ARFID presentations, including food avoidance due to sensory sensitivity, lack of interest in eating, and fear of aversive consequences.
- Apply questions and concepts from the Pica, ARFID, and Rumination Disorder (PARDI) to facilitate evaluation of ARFID in real-world clinical practice.

Presenters

- **Jennifer Thomas, PhD, FAED, Clinical Psychologist**

I am a clinical psychologist (Massachusetts license #9117) specializing in the treatment of eating disorders. I completed my undergraduate degree summa cum laude at Dartmouth College, my Ph.D. in clinical psychology at Yale University, my pre-doctoral clinical internship at McLean



Hospital, and my post-doctoral research fellowship jointly at Massachusetts General Hospital and McLean Hospital's Klarman Eating Disorders Center.

In addition to my private psychotherapy practice, I am the Co-Director of the Eating Disorders Clinical and Research Program at Massachusetts General Hospital, where I evaluate and treat individuals of all ages with anorexia nervosa, bulimia nervosa, and other clinical eating disorders.

- **Nadia Micali, MD, PhD, MRCPsych, FAED, Associate Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai, New York**

Dr. Micali, MD, MRCPsych, PhD, FAED, is an Associate Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai, New York and Senior Lecturer and Honorary Child Psychiatrist at the Institute of Child health, UCL and Great Ormond Street Hospital. Dr. Micali obtained her PhD from the Institute of Psychiatry, King's College London and she is also a trained epidemiologist. Over the course of her career, Dr. Micali has written over 80- peer reviewed papers and has given over 50 lectures and presentations around the world. She had served as an elected executive member of several societies, including the Eating Disorders Faculty, the Child and Adolescent Psychiatry Surveillance System, and the Eating Disorders Research Society (of which she was 2015 President). Dr. Micali is also an active member and fellow of the Academy of Eating Disorders.

- **Rachel Bryant-Waugh, MSc, DPhil, FAED, Consultant Clinical Psychologist**

Dr Rachel Bryant-Waugh is a Consultant Clinical Psychologist. She has worked at Great Ormond Street Hospital for 20 years, 17 as a qualified psychologist, now as Joint Head of the Feeding and Eating Disorders Service and Lead Psychologist in the Department of Child and Adolescent Mental Health (DCAMH). Dr Bryant-Waugh is recipient of the British Psychological Society's May Davidson Award for her outstanding contribution to the field of childhood eating disorders.

- **Lucy Cooke, PhD, Psychologist**
- **Kamryn T Eddy, PhD, Assistant Psychologist, Massachusetts General Hospital**

Kamryn T Eddy, PhD is an assistant psychologist at the Massachusetts General Hospital as well as an assistant professor at Harvard Medical School. Kamryn received a PhD in Psychology in 2007 from Boston University and focuses on psychological implications of eating disorders.



Session: An Explanation and Exploration of the Academy for Eating Disorders' "Purple Book" - "Eating Disorders: A Guide to Medical Care."

Code W2-2 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Friday, June 9th 2017
Prague Congress Center

Session Description

Eating disorders (EDs) are serious mental illnesses with the potential for life-threatening medical and psychiatric morbidity and high rates of mortality. Yet EDs often go unidentified and untreated by the medical community. In 2007, members of the Academy for Eating Disorders (AED) identified this global deficit related to the understanding, diagnosis and treatment of EDs among the medical community and formed the Medical Care Standards Task Force (MCSTF). This multidisciplinary, international group of experts was charged with developing a method for delivering reliable and useful information to the medical community about ED diagnosis, detection and medical complications. The 1st Edition of the guidelines, "the Purple Book," was published in 2010 and quickly followed by an updated 2nd edition. Over the next few years thousands of these brochures have been distributed worldwide and translated into several different languages, providing an invaluable resource for medical providers and impacting the care of EDs globally. In 2014, the MCSTF became a permanent AED committee, renamed as the Medical Care Standards Committee (MCSC). The MCSC has since reviewed and updated evidence pertaining to the medical care of patients with EDs across the lifespan, creating a more comprehensive, evidence-based 3rd Edition of the guidelines, entitled "Eating Disorders: A Guide to Medical Care." This workshop, presented by members of the MCSC, will review the evidence behind the updated guidelines, and discuss creative means for global dissemination. Participants' questions, feedback and suggestions for future editions will be encouraged. Please come to this session prepared to engage in a lively discussion aimed at improving the care of patients with EDs throughout the world.

Learning Objectives

- Recognize the knowledge deficits prevalent in the community at large regarding the diagnosis, treatment and medical management of eating disorders.
- Understand the recommendations regarding medical care of patients with eating disorders as they are presented in the Academy for Eating Disorders' "Eating Disorders: A Guide to Medical Care."
- Identify appropriate targets for global distribution of these guidelines and describe the different ways this resource can be used.

Presenters

- **Beth Hartman McGilley, PhD, MA, FAED, Associate Professor, University of Kansas School of Medicine--Wichita**

Beth Hartman McGilley, Ph.D., FAED, CEDS, Associate Professor, University of Kansas School of Medicine--Wichita is a psychologist in private practice, specializing in the treatment of eating and



related disorders, body image, athletes, trauma, and grief. A Fellow of the Academy for Eating Disorders, and a Certified Eating Disorders Specialist, she has practiced for 30 years, writing, lecturing, supervising, directing an inpatient eating disorders program and providing individual, family and group therapy.

Dr. McGilley is co-editor of the 2010 book: *Treatment of Eating Disorders: Bridging the Research-Practice Gap* with Dr.'s Margo Maine and Doug Bunnell. She has published in academic journals and the popular media, as well as contributing chapters to several books. She is an editor for *Eating Disorders: The Journal of Treatment & Prevention*, and is working on her second book, a tribute to the patients she's served over the course of her career.

- **Debbie Katzman, MD, FAED, Professor of Paediatrics in the Division of Adolescent Medicine, Department of Paediatrics and the University of Toronto**

Dr. Debra Katzman is a Professor of Paediatrics in the Division of Adolescent Medicine, Department of Paediatrics and the University of Toronto. Dr. Katzman is also an Associate Scientist at the Research Institute at The Hospital for Sick Children. She holds academic cross appointments as an Associate Member in the Department of Human Development and Applied Psychology, Ontario Institute for Studies in Education at the University of Toronto and is a Member of the Institute of Medicine at the University of Toronto.

She received her medical degree from McMaster University, completed her paediatric internship and residency at the Children's Hospital of Pittsburgh, and was a Robert Wood Johnson Fellow at Stanford University. Dr. Katzman was on faculty at Stanford University prior to her appointment at the University of Toronto and The Hospital for Sick Children. Dr. Katzman is on the Board of Directors for the Society of Adolescent Medicine, serves as the Director of Publications for the Society of Adolescent Medicine. Dr. Katzman is a Fellow of the Society of Adolescent Medicine and a Fellow of the Academy for Eating Disorders. She is also a member of the Steering Committee for the Ontario Community Outreach Program. Dr. Katzman is a member of the Community Advisory Committee for Eating Disorders. She also services as Director, Patient-Based Research in Adolescent Medicine, Population Health Sciences, The Department of Paediatrics and The Research Institute.

- **Suzanne Dooley-Hash, MD, Medical Director, The Center for Eating Disorders**

Dr. Suzanne Dooley-Hash is an emergency medicine doctor in Ann Arbor, Michigan and is affiliated with multiple hospitals in the area, including St. Joseph Mercy Ann Arbor Hospital and University of Michigan Hospitals and Health Centers. She received her medical degree from Northwestern University Feinberg School of Medicine and has been in practice for 14 years.



Session: Shifting Treatment Landscapes: Difficult Dialogues between Academic & Residential Eating Disorder Treatment Providers

Code W2-3 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Friday, June 9th 2017
Prague Congress Center

Session Description

The landscape of eating disorder treatment has changed dramatically over the past 10 years in the United States. Free standing treatment centers providing one or more higher levels of care (inpatient, residential, PHP) have expanded rapidly. These programs have also consolidated and attracted significant external financial investment. In the face of this changing landscape, academic medical center programs have declined in size and scope and a number of prominent clinicians have left academia. Thus, the long-standing tension between academic and free-standing treatment centers in the US has intensified. In this workshop, Drs. Lampert, Zerwas, and Van Furth will debate the roles of academic and private treatment. They will also address whether the economics of the health care system drive clinical decision making in US and European models. Key issues will include: 1) Which patients? How do we decide who needs what care? 2) Cost and Coverage: How and why do families pay when insurance doesn't cover care? 4) Length of stay: avoiding a revolving door or profiting off of long stays? 5) Swag and trips: Do these affect clinical decision-making? 6) Family: Inclusion in treatment or respite? 7) Evidence: What works and what doesn't work and for whom? Tensions between varying models of treatment often go un-discussed or unacknowledged openly. However, much of our real-world clinical decision making is dedicated to the 40-60% of patients for whom first-line treatments are ineffective. Workshop participants (e.g. clinicians from academic, private practice, and residential treatment centers) will be encouraged to take sides in this debate and represent their opinion in group discussion. International participants will be encouraged to provide their perspective on the impact of their own health care system for treatment. In sum, we believe that all treatment providers share the same ultimate values and goals. We are passionate about helping our patients survive their eating disorders and experience a lasting and strong recovery. Through dialogue, we can find a path forward for the field.

Learning Objectives

- Describe the tensions between academic and residential treatment centers
- Compare and contrast the decisions that academic and residential providers make when selecting the goals for higher levels of care.
- Synthesize academic and residential clinicians' shared values and generate ideas for future collaboration across varying models of treatment.

Presenters

- **Stephanie Zerwas, PhD, Assistant Professor, UNC School of Medicine**

Dr. Zerwas's research has two broad aims. The first focuses on dysregulated eating in childhood, psychiatric genetics, longitudinal data analysis, and defining eating disorders prodrome--early signs and symptoms that emerge before the onset of eating disorders--that could assist in early screening and detection. She conducts research on the emergence of dysregulated eating in



childhood using the Norwegian Mother and Child Cohort (MoBa), the NICHD Study of Early Child Care and Youth Development datasets and plans on exploring the genetic risk factors for eating psychopathology across the lifespan. The second line of her research focuses on leveraging technology to improve eating disorders treatment. She coordinated "CBT4BN: Cognitive Behavioral Therapy for Bulimia Nervosa" which compared chat groups and face-to-face group therapy for bulimia nervosa and has worked extensively on an iPhone application to improve self-monitoring for patients with eating disorders. She is also active on Twitter and believes that social media use can assist eating disorders education, research, and advocacy.

- **Jillian Lampert, PhD, MPH, RD, FAED, Chief Strategy Officer, The Emily Program**

Jillian brings expansive experience to The Emily Program's clinical, research, education and program development areas. She also provides nutrition education and counseling. Jillian is on the board of the Academy for Eating Disorders, an international professional organization of clinicians and researchers, and co-chairs its Nutrition Special Interest Group. She has authored numerous book chapters and articles on nutritional treatment of eating disorders, body image, sports participation, and adolescent health. She completed her doctorate in nutrition and epidemiology, master's of public health and dietetic internship at the University of Minnesota and a master's in nutrition at the University of Vermont.

- **Eric Van Furth, PhD, Psychiatrist**

My involvement with the treatment and research of eating disorders started in 1984. Since 1992, following my PhD at the Dept. of Child and Adolescent Psychiatry at the Utrecht University Hospital, I have been employed at the Center for Eating Disorders Ursula in Leidschendam. Main tasks of the Center are regional and national specialized care, treatment innovation and scientific research. The Center has been recognized as TOPGGz (Center of Excellence). Over the years many new interventions have been developed and tested such as cognitive behavior therapy for patients with Binge Eating Disorder, Cognitive Remedial Therapy for eating disorders, e-mental health (Proud2Bme.nl and Featback.nl) and disease management for eating disorders. The main focus of our scientific research is unraveling the etiology of eating disorders via genetics and twin research and the scientific evaluation of treatment interventions.



Session: Adjuncts to FBT: DBT, ASD and Perfectionism

Code W2-4 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Friday, June 9th 2017
Prague Congress Center

Session Description

While Family Based Therapy (FBT) remains the first line treatment for of adolescent Anorexia Nervosa, research shows a significant minority of patients do not respond or experience only a partial remission by 12 month follow up. A new direction in treatment has been the development of therapy adjuncts that are hypothesised to increase treatment effectiveness while adhering to core FBT concepts. The exploration of what to include in these adjuncts and at what point to introduce them into treatment are in the early stages of clinical research. Three different adjuncts are currently being trialled in Australia which were developed in response to common clinical presentations and comorbidities. These include: · A 7 session DBT based family adjunct which utilises central concepts from DBT to address high levels of distress, avoidance of conflict or emotional expression and high risk behaviours like self-harm or suicide attempts · A 4 session Autism Spectrum Disorder (ASD) based adjunct that can be delivered in family sessions or as a parent group targeting communication, containment and refeeding practices sensitive to ASD · 9 CBT sessions targeting perfectionistic thinking aims to assist adolescents to adjust extremely high, unrelenting standards and be less critical around mistakes This workshop provides a brief overview of the mediators and moderators in FBT, highlighting the ways in which adjuncts have begun to be used to improve treatment efficacy. It is then divided up into 3 sections focusing on: DBT, ASD and Perfectionism. Each section will include a description of theoretical and practical suggestions around how and when each adjunct can be utilised. A case study, role play and video will allow participants to practice and integrate these ideas into their own clinical work, regardless of setting. Introduction: 10 minutes Small group discussion: when to use adjuncts: 10 minutes DBT adjunct overview: 10 minutes DBT adjunct related skill/case study: 10 minutes ASD adjunct overview: 10 minutes ASD adjunct: roleplay of discussing foundational parent skills and attachment needs in an ASD-sensitive way: 10 minutes Perfectionism adjunct overview: 10minutes Perfectionism adjunct related session video clip: 10 minutes Group questions and discussion: 10 minutes

Learning Objectives

- Determine what adjunct is required and when to best implement this for patients
- Outline the content of three adjuncts that have been trialled so far in Australia – DBT, ASD, and Perfectionism
- Assess how the core concepts of these adjuncts can be implemented in their clinical practice

Presenters

- **Annaleise Robertson, DCLinPsy, Psychologist**

Annaleise Robertson received her DCLinPsy from the University of Sydney in 2011. She has published numerous articles on eating disorders.

- **Kim Hurst, PhD, Psychologist**



Kim Hurst is a Senior Psychologist and a founding member of the Gold Coast Child & Youth Mental Health Service (CYMHS), Eating Disorder Program (EDP). She has been delivering Maudsley Family Based Treatment (FBT) for over five years and provides training, supervision and consultation to clinicians across Queensland. Kim has developed eating disorder clinical policies and guidelines and is focused on service improvement strategies to enhance treatment delivery. Kim is member of the Queensland State-wide Eating Disorders Advisory Group and coordinates a FBT clinical practice group in partnership with Mater, RCH. She has presented at several local, national and international eating disorder conferences and has published work on FBT for adolescent anorexia. Kim is currently undertaking a PhD at Griffith University examining augmented FBT, focusing on perfectionism.



Session: Exposure-based treatment for comorbid anxiety: Terrified patients and nervous clinicians

Code W2-5 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Friday, June 9th 2017
Prague Congress Center

Session Description

Eating disorders and anxiety-based disorders (including PTSD and OCD) commonly co-occur. Successful treatment of an eating disorder sometimes yields concurrent remission of comorbid anxiety, but not for all patients. In these cases, it is beneficial for eating disorder therapists to be well armed to treat anxiety directly. Although exposure therapy is widely recognized as one of the most effective strategies for reducing pathological anxiety, remarkably few clinicians utilize this technique. Exposure can be delivered in everyday practice; yet it often is delivered in ways that omit key elements, with a resulting loss of effectiveness. One reason commonly given for this omission is the clinician's fear of distressing the patient. This workshop will detail the rationale for using exposure for comorbid anxiety – how it works, and why it depends on both the patient and the therapist tolerating their own anxiety and overcoming their joint safety behaviours. Case examples will be used to illustrate how to introduce, deliver and build on exposure in real-life settings, so that we can treat comorbid anxiety with maximum effectiveness.

Learning Objectives

- Describe key steps in implementing exposure for comorbid anxiety
- Identify patients' safety behaviors
- Identify clinicians' safety behaviors and how they interact with those of patients

Presenters

- **Glenn Waller, DPhil, FAED, Professor, University of Sheffield**

Glenn Waller, DPhil, FAED is a Consultant Clinical Psychologist with Central and North West London NHS Foundation Trust. He is visiting Professor of Psychology at the Institute of Psychiatry, King's College London. He has published widely on the subject of the eating disorders, including over 200 peer-reviewed papers, and being lead author on a book on CBT for the eating disorders. He has presented clinician workshops at a range of national and international conferences

- **Carolyn Becker, PhD, Clinical Psychologist**

Professor Carolyn Becker is a licensed clinical psychologist who specializes in the implementation of scientifically supported interventions in clinical and real world settings. Her primary areas of research include body image, eating disorders, and posttraumatic stress disorder. Dr. Becker teaches a range of courses related to clinical psychology and regularly involves Trinity psychology students as research collaborators. Over the past decade, 26 undergraduate research assistants have earned co-authorship on at least one publication. In 2012, Becker was awarded the Z.T. Scott Faculty Fellowship for excellence in teaching and advising. Dr. Becker has been conducting research with female athletes since 2007, and her research on the prevention of eating disorders



with female athletes has been funded by the National Institute of Mental Health. She is considered a leader in the implementation of peer-led prevention programs, and she and her undergraduate students pioneered a blended task-shifting/train-the-trainers approach to scaling the Body Project. This approach to delivery of the Body Project is now used by over 100 universities in North America, as well as numerous non-profit partner organizations around the globe. Dr. Becker is currently partnering with students and Dr. Keesha Middlemass (Department of Political Science) in a new line of research investigating psychopathology in individuals with food insecurity.



Session: Cultural and National differences in presentation of Eating Disorders

Code W2-6 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Friday, June 9th 2017
Prague Congress Center

Session Description

Eating habits, the social value of food, and idealized body shape are contextualized and vary across cultures. While globalization has spread Western values regarding food and eating traditions across many societies, there are still important differences and conceptions of the social and cultural role of food. Additionally, the ideal body image is modulated by cultural influences. As a result, presentation of Eating Disorders can vary according to the social context. The objective of this workshop is to address the different influences on and presentations of eating disorders across cultural contexts. Speakers from different parts of the world will describe the situation in each country using the same questions as guidelines so the same aspects can be compared for each country. Then we will proceed to discuss the topic with the audience in order to establish similarities and differences of eating disorders in different countries.

Learning Objectives

- Define the different clinical aspects of Eating Disorders in each country and how these aspects are influenced by culture.
- Exchange information with the audience about the socio-cultural influences on eating disorders and how it may shape the presentation of Eating Disorders symptoms in each country
- Establish similarities and differences on the issues presented and assess whether there is a need to design treatment strategies adapted to each society

Presenters

- **Ashish Kumar, MD, Associate Professor of Pediatrics**

Dr. Kumar received his medical degree from L.T.M. Medical College, Mumbai, India, his PhD in anatomy and cell biology from the University of Iowa, pediatric residency training at the Mayo Clinic and fellowship in pediatric hematology / oncology / BMT at the University of Minnesota. He was appointed to the faculty of the University of Minnesota in the Department of Pediatrics where he was a member of the programs in pediatric leukemia and global pediatrics. He is currently an associate professor of pediatrics in the Division of Bone Marrow Transplantation and Immune Deficiency at Cincinnati Children's within the University of Cincinnati College of Medicine. Dr. Kumar's laboratory is engaged in researching the biology of infant leukemia. Discoveries made in his laboratory have significantly enhanced the current understanding of leukemia. Dr. Kumar is also active in education. He has delivered invited lectures and grand round presentations on various topics.

- **Sebastian Soneira, MD, Clinician**



Sebastian Soneira, MD received his medical degree from the University of El Salvador in 2000. Sebastien has received an AED clinician scholarship in 2008 and speaks world wide.



Session: Shifting away from DSM diagnostic labels and towards dimensional phenotypes: Will this make research more clinically useful or widen the research-practice gap? Let's talk about it.

Code W2-7 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Friday, June 9th 2017
Prague Congress Center

Session Description

New trends in research are moving away from the use of diagnostic classification systems and towards the study of brain systems and behavioral phenotypes. This change is being spearheaded by Research Domain Criteria (RDoC), an initiative promoted through the National Institute of Mental Health (NIMH) in the U.S. that prioritizes funding for research that characterizes psychiatric concerns dimensionally (through specific behaviors, rather than diagnoses) and across multiple domains. This initiative directs much of U.S. government funding resources to basic research and away from clinical treatment trials. Additionally, NIMH funding now requires that treatment trials show evidence of directly targeting biological mechanisms. Although RDoC is a U.S. initiative, this change parallels shifting research priorities and foci internationally, but the nature of the impact is debated. The shift could be a solution to concerns that the DSM-5 diagnostic system is limited in clinical utility with somewhat arbitrary diagnostic cutoffs and based solely on observable behaviors that can be multi-determined. The new focus also could encourage innovation and improve treatment individualization for people with eating disorders, and thus improve clinical outcomes. However, there are also concerns that this initiative could divert funds from important clinical research, especially for treatments not clearly linked to a biological mechanism. Eating disorders research is underfunded relative to other illnesses globally, so it is critical that the resources be allocated in the most effective ways. There is a concern that the growing focus on basic processes may be difficult to translate to clinical practice, thus widening the research-practice gap. In this workshop, we will review the RDoC framework, discuss the potential advantages and disadvantages of this approach, and brainstorm how to foster research-practice collaborations within this framework to maximize clinical usefulness. In an interview format, clinicians and researchers will discuss the potential benefits and challenges of RDoC and related trends for 30-40 minutes and then open up the conversation to workshop participants.

Learning Objectives

- Identify multiple dimensional phenotypes relevant to eating disorders treatment.
- Identify potential advantages and challenges of a dimensional-phenotype approach for research-practice collaborations.
- Develop strategies within the eating disorder community to foster research-practice collaborations in the RDoC framework (e.g., use practitioners' feedback to identify research targets based on clinical experience; translate technical research into clinically useful information).

Presenters

- **Janet Treasure, PhD, Psychiatrist**



Janet Treasure, OBE PhD FRCP FRCPsych, is a British psychiatrist, who specialises in research and treatment of eating disorders. She is currently the director of the Eating Disorder Unit and Professor of Psychiatry at the Institute of Psychiatry, King's College, London. In early 2013 she was awarded Officer of the Order of the British Empire (OBE) for Services to People with Eating Disorders.

- **Scott Moseman, MD, Medical Director and Attending Physician, Laureate Eating Disorders Adolescent Program**

Scott E. Moseman, M.D., CEDS, has worked with the Laureate Eating Disorders Program since completing his child psychiatry training in 2004, and he currently serves as medical director of the program. Dr. Moseman is a board certified child and adolescent psychiatrist who received his fellowship training at Western Psychiatric Institute and Clinic in Pittsburgh, Pennsylvania, where he served as chief fellow. He received his medical training from Texas A&M Health Science Center and completed his adult psychiatric training at the University of Arizona. Dr. Moseman has spoken throughout the country on topics related to child psychiatry and eating disorders. Currently, he is collaborating with Kyle Simmons, Ph.D., at the Laureate Institute for Brain Research to study neural circuits associated with eating disorders using the facility's state-of-the-art fMRI. Dr. Moseman is a strong advocate for families of eating disorders patients and serves on the board for the Oklahoma Eating Disorders Association. He also maintains an outpatient practice with specific areas of interest including eating, mood and anxiety disorders.

- **Ursula Bailer, PhD, MD, FAED, Assistant Clinical Professor and Psychiatrist**

Dr. Bailer joined the UC San Diego faculty as a visiting associate professor in 2009 and has been an assistant professor since 2011; she has also been an associate professor of psychiatry (tenured) at the Medical University of Vienna, Austria, since 2005 and has been the Director of the Outpatient Clinic for Eating Disorders and Eating Disorder Research Program at the Medical University of Vienna, Department of Psychiatry and Psychotherapy, Division of Biological Psychiatry since 2006. She received her M.D. from the University of Tuebingen, Germany and from the University of Vienna, Austria, and completed her psychiatry residency at the Medical University of Vienna, Austria. Dr. Bailer is board certified in psychiatry and psychotherapeutic medicine, with a specialization in CBT. In her clinical role in the Adult Treatment Program, Dr. Bailer performs psychiatric evaluations and medication management, and she brings in her extensive experience and expertise in diagnosis, treatment, and research of eating disorders and related disorders among adolescents and adults in various settings and levels of care.

Dr. Bailer's research activity involves the neurobiology of eating disorders using multi-modal imaging approaches, including positron emission tomography (PET) and functional magnetic resonance imaging (fMRI). She is the author on more than 60 scientific peer-reviewed publications and 10 books and book chapters. Other areas of activity include regular lectures and seminars on eating disorders as well as postgraduate training on eating disorders. She is the Vice-President of the Austrian Society on Eating Disorders (ASED), fellow of the Academy for Eating Disorders (AED), Co-Chair of the AED Partnership, Chapter and Affiliate Committee, member of the Eating Disorders Research Society (EDRS), and member of the American College of Neuropsychopharmacology (ACNP).

- **Theresa Fassihi, PhD, Clinician, Private Practice**



Upon graduation with my Ph.D., I worked in the UK for three years with the National Health Service with patients with eating disorders, forensic issues and community mental health. Upon returning to the U.S., I joined the Menninger Clinic as a staff psychologist and helped manage the Eating Disorder Program. After leaving Menninger, I collaborated with my partner Ovidio Bermudez to form Houston Eating Disorders Center. The intensive outpatient program was introduced in May 2010 and the partial hospitalization level of care became available in January, 2012. In June 2015, our program became part of Eating Recovery Center and is now Eating Recovery Center Houston. In September 2016, I stepped down from my position as Executive Director of ERC Houston to return to private practice. I specialize in working with eating disorders in mid-life and family based therapy for adolescents with eating disorders and their families.

Specialties: Eating Disorders, Dialectical Behavior Therapy, Body Image, Positive Psychology, Mentalizing Interventions, Family based therapy (Maudsley approach).



Session: The FREED (First Episode and Rapid Early Intervention for Eating Disorders) Project: A Novel Early Intervention Service for Young Adults

Code W2-8 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Friday, June 9th 2017
Prague Congress Center

Session Description

Eating disorders (ED) predominantly affect adolescents and young adults. Untreated symptoms have lasting effects on brain, body and behaviour. Evidence supports the need for effective intervention in early stage illness. However, individual and service-related barriers often prevent the early detection and treatment of ED. The aim of this workshop is to describe our experience setting up and running FREED (First Episode Rapid Early Intervention for ED), a novel service for young people (aged 18-25) with recent eating disorder onset (< 3 years), embedded in a specialist adult UK National Health Service ED service. We will first provide the rationale underpinning early intervention. Using group discussion and feedback, we will explore the challenges of early intervention in participants' practice / service. We will briefly describe our service model and the practicalities of setting up and running this service. We will discuss with participants how we seek to engage young people and their families in active recovery. This will include video footage and discussion of how we tailor treatment to early intervention patients, followed by small group reflection and discussion. We will also present data on the feasibility, acceptability and clinical outcomes of FREED and its impact on duration of untreated eating disorder (DUED) and on wait-times for assessment and treatment. We will include video feedback from patients and carers. Finally, there will be questions and discussion. Lesson plan outline: 1. Rationale for early intervention (15 mins) 2. Group discussion – what are the challenges of early intervention in your practice / service? (20 mins) 3. Brief description of the FREED service (10 mins) 4. Video footage and discussion of how we tailor treatment to patients, followed by small group reflection and discussion (40 mins) 5. Presentation of outcome data including qualitative data and video feedback from patients and carers (10 mins) 6. Questions & discussion (15 mins)

Learning Objectives

- Discuss the importance of early intervention in the ED
- Appraise the challenges of implementing early intervention in a clinical service
- Apply adapted techniques and information appropriate to the needs of this patient group.

Presenters

- **Ulrike Schmidt, MD, PhD, FAED, Professor, King's College London**

Ulrike Schmidt, MD PhD FRCPsych, is Professor of Eating Disorders and Head of the Section of Eating Disorders, King's College London, UK and a Consultant Psychiatrist in the South London and Maudsley NHS Foundation Trust. She was a member of the development group of the NICE Guidelines on Eating Disorders. Her research interests cover all aspects of eating disorders, but in particular the development of new treatments, including talking therapies, self-care treatments,



treatments using new technologies and a range of novel brain-directed treatments.

- **Victoria Mountford, DClinPsy, Principal Clinical Psychologist**

Dr Victoria Mountford is a principal clinical psychologist, responsible for patient care, research and teaching, supervision, management and service development across the Eating Disorders Service.

She is also an honorary research associate at the Institute of Psychiatry, King's College London.

Other roles

Dr Mountford is a member of the British Psychological Society; an accredited practitioner, supervisor and trainer with the British Association of Behavioural and Cognitive Psychotherapy (BABCP), and a member of the Academy for Eating Disorders.

She is the co-author of text on CBT for eating disorders and has worked on a number of grant-funded randomised controlled trials on the treatment of anorexia.

She was the co-author of a text on CBT for eating disorders and has worked on a number of grant-funded randomised controlled trials on the treatment of anorexia.

- **Amy Brown, DClinPsy, Psychologist**

Amy Brown received her degree in Clinical Psychology from King's College London and has published numerous articles on CBT and the Therapeutic Alliance for the treatment of Eating Disorders.

- **Jessica McClelland, PhD, Trainee Clinical Psychologist**

Dr Jessica McClelland received her PhD from Kings College London in 2014 specializing in Psychological Medicine. She is currently a Trainee Clinical Psychologist and is working for the South London and Maudsley NHS Foundation Trust. Dr McClelland has published over 10 articles relating to the FREED Project.

- **Katie Lang, PhD, Researcher**

I am currently post-doctoral researcher working in the Section of Eating Disorders. I have a strong research interest in the neuropsychology and neuroscience of eating disorder, such as Anorexia Nervosa. Before joining Dr Tchanturia's research team I worked as an Assistant Psychologist at the National and Specialist Obsessive Compulsive Disorder Clinic for Children and Young people, South London and Maudsley NHS Foundation Trust

- **Danielle Glennon, MBACP, MBPsS, RMN, MA, BSc Hons, Eating Disorder Specialist**

Over the years I have become a leading specialist in eating disorders, obsessive-compulsive disorders, anxiety, depression and interpersonal relationships in the NHS and private sector. I am a published expert, have appeared in the Guardian Newspaper and Radio 4 Woman's Hour, and lecture / teach internationally. I'm a Clinical Specialist Lead and Senior Psychotherapist / Supervisor at the world renowned South London & Maudsley NHS alongside internationally



acclaimed Professor Treasure, Professor Schmidt & Dr Kate Tchanturia.

I have many years experience as a psychotherapist/supervisor & nurse having completed a Masters (MA) in Counselling Psychology, Post Graduate Diploma Family Therapy, BSc Hons in Psychology & Diploma in Mental Health Nursing. In addition: completed supervision training at Institute of Psychiatry and Postgraduate certificate in Family Therapy. Full member (Reg) of British Association of Counsellors & Psychotherapists.



Session: Hashtag Diversity: Dialogue in the Eating Disorders Field Through Social Media Engagement

Code W2-9 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Friday, June 9th 2017
Prague Congress Center

Session Description

The diversity in the eating disorders field is crystallized in online fora. From blogs to Twitter, we can find innumerable examples of differences in perspective that infuse this dynamic field – a great benefit, but also a major challenge of the online eating disorder field. In this workshop, we address how social media can bridge major gaps between organizations, researchers, health practitioners, caregivers and people with lived experience of an eating disorder. We discuss and demonstrate practical strategies to enable effective and ethical engagement with blogging, social media, and other online forms of communication. Workshop participants, whether researchers, clinicians, or people with lived experience, will leave the workshop knowing how to understand and engage in lively discussions and debates happening online around the causes, correlates, and treatments for eating disorders. We will ask participants critical questions about how they have experienced social media (e.g., Facebook, Twitter, Instagram) and blogs and reflect on our own experiences. The presenters, each with high-level engagement in social media, will offer diverse perspectives to contribute to a thorough exploration of this topic. Each has used social media to advance their clinical, research, or advocacy pursuits. We begin the workshop by demonstrating the uses of social media and blogs, including as research tool, data gathering source, communication method, peer support platform, information provision mechanism, and research knowledge translation device. To promote discussion, we invite participants to engage with us in a dialogue about the potential barriers, drawbacks, and advantages to online engagement as bridging device. We conclude with interactive examples of techniques that allow respectful and effective sharing information dissemination, and audience engagement in online fora to encourage greater communication, transparency, and productive diversity in the eating disorder field.

Learning Objectives

- Identify strategies for respectful and productive online dialogue in the eating disorders field.
- Appraise methods of diffusing and resolving conflict that may arise through disagreements in online debates about eating disorders.
- Compare approaches to using social media and blogging to spread awareness about, and build engagement with, diverse stakeholders across the eating disorders continuum.

Presenters

- **June Alexander, Author, Speaker**

June Alexander is an author and speaker for eating disorders. June has personal experience with Anorexia and has written numerous publications on the subject. June has spoken in many international conferences and has been nominated to serve on the Academy of Eating Disorders Advisory Board.



- **Andrea LaMarre, MSc, PhD Candidate, Family Relations and Human Development**

I am a PhD candidate in the Department of Family Relations and Human Development at the University of Guelph. I have a particular interest in innovative, qualitative approaches to research, critical feminist approaches, and community-engaged research. In my Masters research I used a critical feminist and narrative lens to explore the stories of young women overcoming eating disorders. I take a collaborative approach in my work, recognizing various sources of "expertise" and working with research participants in the giving of voice and sharing of stories. Through my research I hope to expand upon the dominant discourses about what it means to have, and to overcome, an eating disorder, and how this may look different depending on one's social location. For my PhD, I hope to expand upon my Masters research by using digital storytelling with families and health care practitioners to engage with various and intersecting definitions of eating disorder recovery.

I have had the opportunity to work in a wide array of environments, ranging from government to retail, which has given me the chance to experience an eclectic range of topics and settings. My experience ranges from working with young adults with developmental disabilities to conducting literature reviews and writing reports for governmental and community organizations. I have found community-based research to be particularly engaging, as working with communities/community organizations helps the links between university and community to become more clear. I appreciate conducting research that has practical value in community settings.

- **Judy Krasna, Co-Chair, AED Patient-Carer Committee (PCC).**

Judy Krasna is the mother of four children, including a daughter with anorexia, and is a parent advocate and coach for parents of children with eating disorders. Judy has published numerous articles discussing her experiences as a mother with a child with eating disorders. Judy has recently been welcomed as one of the Co-chairs of the new AED Patient-Carer Committee (PCC).

- **Ashley Soloman, PsyD, Clinical Psychologist**

Dr. Ashley Solomon is a licensed clinical psychologist specializing in the treatment of eating disorders and co-occurring conditions. She has spent her career dedicated to helping patients and families navigate these difficult illnesses, as well as engaging in training, prevention, and advocacy efforts.

As part of the Eating Recovery Center family since 2010, she has extensive experience in the treatment of anorexia, bulimia, binge eating disorder, and compulsive over-exercise, as well as mood, substance, and other psychological concerns. She received her doctoral degree in clinical psychology from the Xavier University, and completed her pre-doctoral residency training at Friends Hospital, an inpatient psychiatric hospital in Philadelphia, PA. She completed a post-doctoral fellowship in eating disorders and weight management at Insight Behavioral Health Centers. Prior to opening the Eating Recovery Center of Ohio, Dr. Solomon served as the Director of Eating Disorder Services at Insight.



Session: Food Addiction: A controversial construct

Code W2-10 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Friday, June 9th 2017
Prague Congress Center

Session Description

The food addiction (FA) construct has become a topic of increasing interest in the scientific community within the last five years and has diagnostic, clinical and potential therapeutic implications. Although research has shown similar vulnerabilities between food intake and addictive behaviors, there are contradictory results in the literature and a lack of longitudinal data. In this workshop the state of the FA field will be discussed, including different clinical populations, from eating disorders (ED) and obesity to behavioral addictions, and the potential effect of FA in therapy response. The main aim of this workshop is to give also basic therapy guidelines for the assessment and treatment of such patients and video recorded cases will be presented. The issues considered include: a) state of the art of the FA construct and current controversies; b) patients characteristics in different clinical pictures (ED, obesity, behavioral addictions) and associated risk factors; c) evaluation procedures; d) interventions (specific vs. non-specific); (e) future research. Participants will be expected to relate what they have observed in their own clinical experience and to take an active role. The workshop should be of interest to all those involved in assessing and treating eating disorder and obese patients, such as psychologists and psychiatrists, therapists, dieticians and nurses. Bibliography and relevant handouts including case study will be given.

Learning Objectives

- Gain insight on the characteristics of the food addiction construct and studies that have been carried out on food addiction vulnerability factors.
- Distinguish the different screening tools available for food addiction screening and how to interpret their results
- Gauge the limitations and controversies surrounding this construct

Presenters

- **Ashley Gearhardt, PhD, Assistant Professor of Clinical Psychology at the University of Michigan**

Ashley Gearhardt, PhD, is an Assistant Professor of Clinical Psychology at the University of Michigan. While working on her doctorate in clinical psychology at Yale University, Dr. Gearhardt became interested in the possibility that certain foods may be capable of triggering an addictive process. To explore this further, she developed the Yale Food Addiction Scale (YFAS) to operationalize addictive eating behaviors, which has recently been linked with more frequent binge eating episodes in clinical populations and patterns of neural activation implicated in other addictive behaviors.

- **Fernando Fernandez-Aranda, PhD FAED, Professor of Psychology, University of Barcelona**

Fernando Fernandez-Aranda's research focuses on: eating disorders and risk factors (genetic,



biological and environmental factors); extreme weight conditions and neurocognitive functioning; therapy effectiveness and innovation; translational research in eating disorders and obesity and potential interactions between genetic-biological factors and psychological/psychopathological functioning; psychiatric comorbidity and phenotypical expression in eating disorders and obesity.

- **Susana Jiménez-Murcia, PhD, Associated Professor in Psychology, School of Medicine at the University of Barcelona**

Since 2006, she has been Associated Professor in Psychology, School of Medicine at the University of Barcelona. She published many articles on obsessive-compulsive disorders and behavioral addictions. She was invited at more than 100 lectures in International/National Conferences.



Session: Eating Disorders and Digital Technologies

Code W2-11 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Friday, June 9th 2017
Prague Congress Center

Session Description

Eating disorders present a substantial health problem in current society. Their development is affected by multiple individual and societal factors, including traditional and, now, also digital media. Digital technologies (especially the Internet and mobile phones) are embedded in the everyday lives of most people in Western countries: They shape not only the way we communicate, but also affect our norms, values, and behavior. Considering their potential to affect our lives, it is essential to understand their role in relation to eating disorders.

The workshop centers on the role of digital technologies in eating habits, with specific focus on the development, prevention, and treatment of eating disorders. The most recent data from ongoing research projects in the Czech Republic will be presented, including interviews with clients who suffer from eating disorders (N=30), interviews with professionals who treat eating disorders (N=30), and quantitative data depicting the behavior of the visitors of websites focused on dieting or exercising (N = 702).

First, an overview of the current research findings will be presented in two blocks. Next, in small groups, the participants will be given an opportunity to discuss their own experience with the interaction of eating disorders and digital technologies, be it from the perspective of a researcher or a treatment professional; mixed groups of practitioners and researchers will be encouraged. The goal of the discussion will be to help connect the research findings with the workshop participants' experience. Next, the insights exchanged in the small groups will be shared in a large group and discussed with the workshop organizers. This way, the research findings will be connected to the knowledge the workshop participants themselves carry. Also, the participants' insights will serve to enrich the presented findings, because they, at least partially, constitute one of the studied samples—professionals focusing on the treatment of eating disorders.

Learning Objectives

- Understand the current research findings on the interaction of digital technologies and eating disorders from both the perspective of people suffering from eating disorders and the perspective of professionals who treat eating disorders.
- Understand the eating behaviors of people who use digital technologies to access content related to dieting and exercising.
- Connect the acquired understanding of the current research findings on the of interaction of eating disorders and digital technologies with their professional and/or research practice.

Presenters

- **David Smahel, PhD, Professor at the Institute of Children, Youth and Family Research, Masaryk University, the Czech Republic**



David Smahel, Ph.D. is the Professor at the Institute of Children, Youth and Family Research, Masaryk University, the Czech Republic. He is member of Interdisciplinary Research Team on Internet and Society (IRTIS) which researches social-psychological implications of the internet and technology. Current research focuses on adolescents' and adults' internet use, the online risks of children and adolescents, the construction of online identities and virtual relationships, and online addictive behavior. He is editor of Cyberpsychology: Journal of Psychosocial Research on Cyberspace and has co-authored book Digital Youth: The Role of Media in Development (Springer, 2011). Smahel also published in several international journals such as Developmental Psychology, Cyberpsychology & Behavior, Zeitschrift fur Psychologie, European Journal of Developmental Psychology and others. He is also author of several book chapters, such as in Encyclopedia of Cyber Behavior, Encyclopedia of Adolescence, Internet Addiction: A Handbook and Guide to Evaluation and Treatment, Gesundheit und Neue Medien etc.

- **Michal Cevellcek, MA, Faculty of Social Studies at Masaryk University**

Michal Cevellcek, MA is a faculty member of the Department of Psychology - Faculty of Social Studies at Masaryk University. Michael is a specialist and also coordinates with the Institute for Research of Children, Youth and Family. In addition, Michael is a professor of a number of classes including Contemporary Psychotherapy, and Research Practice.

- **Martina Cernikova, MA, Researcher**

Martina Cernikova, MA, is a junior researcher at the Institute for Research on Children, Youth and Family at Masaryk University and a PhD candidate in Social Psychology. Her main interest is in qualitative data analyses. Her research topics are focused on the online risky behaviour of children and other problematic situations linked with the online world. She is also a trainee in systemic psychotherapy, training accredited by the Czech Ministry of Health.



Session: Paper Session: Neuroscience I

Code PPR3 :: Seminar Session :: 1.50 CE hours

2:00 pm – 3:30 pm Friday, June 9th 2017
Prague Congress Center

Session Description

Novel and Ultra-Rare Damaging Variants in Neuropeptide Signaling are Associated with Disordered Eating Behaviors

White Matter Alterations in Eating Disorders: Evidence from Voxel-Based Meta-Analysis and Systemic Review

Positron Emission Tomography correlates of outcome at 1 year follow up in Deep Brain Stimulation for Anorexia Nervosa

White Matter Connectivity Strength in Adolescents with Anorexia Nervosa Across Taste Reward Pathways and During Weight Recovery

Taste processing and associations with psychological symptoms in patients suffering from Anorexia Nervosa

Macronutrient Intake Associated with Weight Gain in Adolescent Girls with Anorexia Nervosa

Learning Objectives

- List genes associated with increased risk of restricted-eating.
- Describe the neuroimaging literature in the field of AN.
- Describe the nature of Deep Brain Stimulation in Anorexia Nervosa
- Compare the differences found in white matter connectivity between the adolescents with anorexia nervosa compared to healthy controls.
- Describe psychological aspects of AN.
- Characterize the type of nutrients commonly restricted by adolescent girls with anorexia nervosa.

Presenters

- **Michael Lutter, PhD, Medical Director, Eating Recovery Center of Dallas**
- **Manuela Barona, MSc, Researcher, Great Ormond Street Hospital, NHS**
- **D. Blake Woodside, MD, Professor, Department of Psychiatry, University of Toronto**
- **Nathalie Burkert, PhD, Research Assistant at the Institute of Social Medicine and Epidemiology at the Medical University of Graz, Austria.**
- **Traci Carson, MPH, Researcher, Harvard Adolescent Neuroendocrine Unit, Boston**



Session: Paper Session: Personality and Cognition

Code PPR5 :: Seminar Session :: 1.50 CE hours

2:00 pm – 3:30 pm Friday, June 9th 2017
Prague Congress Center

Session Description

Stability and change in personality following treatment

The Uncertainty Principle: A Review of Intolerance of Uncertainty in Eating Disorders

Exploring the clinical and neuropsychological profile of a non-clinical sample of ADHD comorbid with Eating Disorders.

Attentional Bias Modification Reduces Chocolate Consumption: The Role of Habitual Craving

Enduring Changes in Decision Making in Patients with Full Remission from Anorexia Nervosa

Differences in the ability to delay monetary gratification across the eating disorder spectrum

Learning Objectives

- Describe the five factor model of personality.
- Describe the construct of intolerance of uncertainty as it relates to psychiatric disorders
- Explore neuropsychological differences between individuals with ADHD comorbid with ED and ADHD only
- Articulate the discrepancy in the cognitive drivers of the consumption behaviour between individuals with high versus low levels of food craving
- Assess decision making capacity in anorexia nervosa patients before and following treatment.
- Recognise the potential contribution of reward-related impulsivity to eating disorder pathology

Presenters

- **Johanna Levallius, MSc, Clinical Psychologist**
- **Melanie Brown, PhD, Clinical Psychologist, Eating and Weight Disorders Program, Icahn School of Medicine at Mount Sinai**
- **Bruno Nazar, PhD, Psychiatrist, University of Rio De Janeiro - Institute of Psychiatry**
- **Eva Kemps, PhD, Associate Dean (Research), Flinders University**
- **Trevor Steward, MS, Researcher, Bellvitge Biomedical Research Institute (IDIBELL)**
- **Savani Bartholdy, PhD, Research Assistant at the Institute of Psychiatry, Psychology & Neuroscience**



Session: Paper Session: BED and Obesity

Code PPR6 :: Seminar Session :: 1.50 CE hours

2:00 pm – 3:30 pm Friday, June 9th 2017
Prague Congress Center

Session Description

Sweet Taste Preference in Binge-Eating Disorder: A Preliminary Investigation

Bariatric Patients, Weight Regain and Psychiatric comorbidities: Systematic Review

Comparative Effectiveness of Treatments for Binge-Eating Disorder: Systematic Review and Network Meta-Analysis

Binge Eating Disorder and Food Addiction: Effects on Weight Loss and Attrition during Behavioral Obesity Treatment

Validity of DSM-5 indicators of binge eating episodes in obese adults: An ecological momentary assessment study

Learning Objectives

- Compare biological responses to an oral glucose tolerance test and diabetes status in individuals with BED who are sweet likers versus non-sweet likers
- Review in the actual publication if in the group with Weight Regain has association with eating abnormal (binge eating, loss of control, picking and nibbling) and the concept of WR
- Discuss psychological comorbidity after bariatric surgery
- Summarize the available evidence for BED treatments.
- Compare and contrast binge eating disorder and food addiction.
- Assess whether DSM-5 indicators discriminate between binge eating and non-binge eating episodes reported by obese adults in the natural environment

Presenters

- **Maria Firmino Prado Mauro, DPsych, Psychiatrist**
- **Christine Peat MA, PhD, Clinical Assistant Professor, The Center of Excellence for Eating Disorders**

Dr. Peat is a Clinical Assistant Professor in the Center of Excellence for Eating Disorders. Her broader research interests center on the etiology and treatment of both eating and weight disorders; however, her primary interests are in binge eating disorders, overeating, and obesity. She is particularly interested in the intersection between obesity, bariatric surgery, and eating pathology and investigating the outcomes associated with success after bariatric surgery. Dr. Peat also evaluates the available treatment options for binge eating disorder and investigates medical morbidities associated with eating disorders.



- **Arianna Chao, PhD, RN, CRNP, Fellow, University of Pennsylvania School of Nursing**

Ariana M. Chao, Ph.D., RN, CRNP is a Ruth L. Kirschstein National Research Service Award postdoctoral fellow at the University of Pennsylvania School of Nursing (NINR/NIH T32NR007100) and Center for Weight and Eating Disorders at the University of Pennsylvania's Perelman School of Medicine. She earned her BSN and MSN as a Family Nurse Practitioner from Boston College and her PhD in nursing from Yale University. During her predoctoral training she was supported by an institutional predoctoral fellowship on self and family management (NINR/NIH T32NR008346) and an individual predoctoral fellowship (NINR/NIH F31NR014375) for her research on stress, binge eating, and metabolic abnormalities.

- **Andrea B. Goldschmidt, PhD, Assistant Professor, Director of the Eating Disorders Program**

Andrea B. Goldschmidt, PhD is an assistant professor in the Department of Psychiatry and Behavioral Neuroscience at the University of Chicago, where she fulfills research, clinical, and teaching responsibilities. She received her PhD in clinical psychology from Washington University in 2010. Her research interests concern the etiology, psychosocial correlates, and treatment of pediatric binge eating and obesity.



Session: Paper Session: Risk Factors

Code PPR7 :: Seminar Session :: 1.50 CE hours

2:00 pm – 3:30 pm Friday, June 9th 2017
Prague Congress Center

Session Description

Factors related to the eating disorders of male Japanese junior high school students: a longitudinal population study comparing 2010 and 2015

Developmental Premorbid BMI Trajectories of Adolescents with Eating Disorders in a Longitudinal Population Cohort

Attachment and Hypothalamus-Pituitary-Adrenal axis functioning in patients with Eating Disorders

Eating Rate is Increased Among Disinhibited Eaters Whose Attention is Directed Elsewhere

Model Behavior: How the Interpersonal (IPT) Model Predicts Disordered Eating in a College Longitudinal Study

Insecure attachment and early maladaptive schema in disordered eating: The mediating role of rejection sensitivity

Learning Objectives

- Assess factors related to the eating disorders of male Japanese junior high school students
- Review the importance of body mass index in eating disorder diagnosis and clinical course
- Evaluate the influence of attachment styles on the functioning of the endogenous stress response system in eating disorder patients
- Describe the relationship between attention allocation, disinhibition, and eating rate.
- Describe the interpersonal (IPT) model of binge eating.
- Assess for the first time the relationship between rejection sensitivity and early maladaptive schema in the context of disordered eating.

Presenters

- **Gen Komaki, MD, PhD, Director of the Department of Psychosomatic Research of the National Institute of Mental Health at the National Center of Neurology and Psychiatry in Tokyo, Japan**

Born and educated in Japan, he graduated from the Kagoshima University Faculty of Medicine in 1978. After receiving his Medical Doctor License, he treated hundreds of eating disorder patients as a clinician and therapist at the Department of Psychosomatic Medicine, Kyushu University Hospital. After receiving his PhD degree in 1989 and working as an Associate Professor, he became the Director of the Department of Psychosomatic Research of the National Institute of Mental Health at the National Center of Neurology and Psychiatry in Tokyo, Japan. His main



research has focused on genetic and epidemiological studies, such as "Investigation of the Susceptible Genes for Anorexia Nervosa," funded from the early 2000s to 2013 by a Grant-in-Aid for Scientific Research from the Ministry of Education, Culture, Sports, Science and Technology of Japan, and "Epidemiological Studies on Child and Adolescent Eating Disorders," funded in 2005 and from 2009 to 2011 by a Grant-in-Aid for Health Science. His genetic research contributed to a publication in 2014 that included Professor Bulik's genetic work, "A genome-wide association study of anorexia nervosa". His clinical research concepts have appeared in other studies on the outcome of the treatment of Japanese Anorexia Nervosa patients, and he translated into Japanese the "Handbook of Treatment for Eating Disorders" 2nd ed. by D.M. Garner and P.E. Garfinkel and the "Cognitive-Behavioral Treatment of Obesity" by C.G. Fairburn. He has been a Councilor and Director of the Board of the Japan Eating Disorder Society and is currently contributing to the development of eating disorder centers in Japan that will be partially supported by the Japanese Government.

- **Zeynep Yilmaz, PhD, Research Fellow with the UNC Center of Excellence for Eating Disorders**

Dr. Zeynep Yilmaz is a postdoctoral research fellow with the UNC Center of Excellence for Eating Disorders. She received her Ph.D. in Neurogenetics from the University of Toronto, where she also completed her B.Sc. (Honors) in Psychology. She is primarily interested in the genetics of anorexia nervosa and bulimia nervosa, with a focus on body weight regulation, cross-disorder analysis of clinical phenotypes linked to eating disorders, and whole-genome datasets.

Dr. Yilmaz is a trainee affiliate of the Academy for Eating Disorders, the International Society of Psychiatric Genetics, and the American Society of Human Genetics. Outside of work, she is an avid reader, dedicated food enthusiast, and supporter of classical and contemporary performing arts.

- **Alessio Monteleone, MD, Psychiatrist**
- **Kyle De Young, PhD, Assistant Professor, UND**

My primary research interests concern the course and outcome of eating disorders and obesity. I have taken a two-pronged approach to studying symptom change with one line of research on the function of disordered eating behaviors and exercise and another line of research clarifying the longitudinal form of these symptoms, in other words, how they change in frequency and how they cluster together over time. I have secondary interests in psychometrics and the application of latent variable modeling, especially in longitudinal research designs. Overall, my research aims to characterize the course of disordered eating behaviors while identifying dispositional and contextual predictors of symptom change.

- **Kerstin Blomquist, PhD, Assistant Professor, Clinical Psychology, Furman University**

Dr. Blomquist studied psychology and French at Wellesley College where she graduated summa cum laude and was inducted into Phi Beta Kappa and Sigma Xi Scientific Research Honors Society. She received her M.A. and Ph.D. in clinical psychology from Vanderbilt University where she was awarded a National Science Foundation (NSF) graduate research fellowship followed by funding as a predoctoral trainee on an National Institute of Mental Health (NIMH) Developmental Psychopathology Training Grant. For her dissertation, she examined the effect of romantic relationships on women's body dissatisfaction under the supervision of David Schlundt, Ph.D. and



was awarded an APA Dissertation Research Award.

- **Tara De Paoli, PhD, Researcher**



Session: Paper Session: Epidemiology

Code PPR9 :: Seminar Session :: 1.50 CE hours

2:00 pm – 3:30 pm Friday, June 9th 2017
Prague Congress Center

Session Description

Maternal Eating Disorders and Perinatal Outcomes: A Three-Generation Study in the Norwegian Mother and Child Cohort Study

A 30-Year Longitudinal Study of Body Weight, Dieting, and Disordered Eating Symptoms

Psychological distress and disturbed eating attitude among young adults in two Nigerian public colleges

Disordered eating pre- and postpartum: From epidemiological research to implementation of internet-based psycho-education

The Epidemiology of Eating Disorder Risk and DSM-5 Eating Disorders among Austrian Adolescents: Results from the Mental Health in Austrian Teenagers (MHAT) Study

Nationwide survey on patients with eating disorders in hospitals in Japan.

Learning Objectives

- Discuss the role of pregravid BMI and gestational weight gain as putative mediators
- Identify sex differences in the trajectory of body weight, weight perception, and dieting frequency over 30 years
- Describe the comorbidity of psychological distress with disordered eating behavior among the participants
- Describe the workings of an internet-based programme of psycho-education on disordered eating during and after pregnancy for relevant health care workers
- Identify relevant risk factors for eating disorders in adolescents
- Describe the demographic and clinical characteristics of patients with eating disorders in Japan

Presenters

- **Tiffany Brown, PhD, APA Psychology Intern**
- **Hunna Watson, PhD, Assistant Professor, Biostatistician, Department of Psychiatry and the Center of Excellence for Eating Disorders**

Dr. Hunna Watson is an Assistant Professor and Biostatistician in the Department of Psychiatry and the Center of Excellence for Eating Disorders. She also holds the positions of Adjunct Research Fellow at the University of Western Australia and Adjunct Lecturer at Curtin University. Her research focuses on various aspects of eating and related disorders and has included projects on diagnostic nosology, psychopharmacology, psychotherapeutic treatment, epidemiology, etiology, and comorbidity. Dr. Watson's research has been published in international peer-



reviewed journals including International Journal of Eating Disorders, Eating Behaviors, Comprehensive Psychiatry, Behaviour Research and Therapy, and Journal of Child Psychology and Psychiatry. She has co-authored several book chapters on eating and other psychological disorders, and presented her research at national and international conferences. She is on the editorial board of the International Journal of Eating Disorders and the Journal of Eating Disorders, is a steering committee member of the National Eating Disorders Collaboration, and is a member of the Academy of Eating Disorders.

- **Andrew Olagunju, PhD, MSc, Department of Psychiatry, College of Medicine, University of Lagos**
- **David Clinton, PhD, Research Director, Institute for Eating Disorders Norway**
- **Michael Zeiler, Research Assistant, Medical University of Vienna - Department of Child and Adolescent Psychiatry**
- **Tetsuya Ando, PhD, Founder, Fathering Japan**



Session: Paper Session: Prevention

Code PPR10 :: Seminar Session :: 1.50 CE hours

2:00 pm – 3:30 pm Friday, June 9th 2017
Prague Congress Center

Session Description

Advanced Data Integration for Epidemiologic Modeling to Evaluate Policy Approaches to Eating Disorder Prevention

A Preliminary Investigation of REbeL: A Dissonance-based Program to Promote Positive Body Image, Healthy Eating, and Empowerment in Teens

Acceptability of an online mindfulness intervention for reducing eating disorder risk factors: Results from a randomized controlled pilot study in young adult women

A systematic review of the existing models of disordered eating: Do they inform the development of effective interventions?

Efficacy of an Internet-Based Prevention Program in a Female Population With Subclinical Anorexia Nervosa

Learning Objectives

- Describe the value of comparative cost-effectiveness analyses for policymakers.
- Describe the nature of the REbeL eating disorder prevention program
- Assess the feasibility of an online mindfulness-based intervention for reducing eating disorder risk
- Identify models of disordered eating which have helped inform the development of effective interventions
- Describe targeted (indicated) prevention for women at risk for anorexia nervosa

Presenters

- **Laura Eickman, PsyD, Founder, REbeL**

Laura Eickman, PsyD is a licensed clinical psychologist. She focused on eating disorders throughout her education and training at the University of Nebraska and Baylor University, and has worked with adolescents and adults with eating and body image issues for 15 years. As a result of both her personal and professional experience in this field, Dr. Eickman is passionate about increasing prevention efforts and promoting awareness. She developed the REbeL Peer Education Program in 2008, founded the corresponding nonprofit, REbeL, Inc. (www.re-bel.org) in 2011, and was awarded the 2013 Rising Star of Philanthropy award from Nonprofit Connect for this work. She remains involved with REbeL, and also serves on the Board of Directors for the Body Balance Coalition. On most days, you can find her trying to keep up with her husband and three young boys; but in her “down time,” Laura loves to travel, craves a great burger, and is a college football



fanatic.

- **Michael Long, SD, Researcher**
- **Melissa Atkinson, PhD, Research Fellow, Centre for Appearance Research, University of the West of England, UK**

My research interests lie in the area of body image and eating disorder prevention. This including intervention development and evaluation, as well as determining best practice regarding maximising benefit and optimal dissemination. My PhD involved the comparison of a mindfulness-based versus cognitive dissonance-based psychological intervention for increasing body satisfaction and reducing the risk of disordered eating in both adolescent and young adult females. I am also a registered psychologist with a particular interest in the treatment of eating disorders.

- **Jamie Lee Pennesi, Research Fellow, Flinders University**
- **Kristian Hutter, Research Assistant, University of Dresden**



Session: Paper Session: Treatment of Eating Disorders (Adult) I

Code PPR1 :: Seminar Session :: 1.50 CE hours

2:00 pm – 3:30 pm Friday, June 9th 2017
Prague Congress Center

Session Description

Trajectory of weight change over the first 12 sessions of outpatient therapy for anorexia nervosa and relationship to outcome

Relapse rates and predictors of relapse at one year follow-up after outpatient psychological treatment for anorexia nervosa: Results from a randomized controlled trial

An Examination of the Interpersonal Model of Binge Eating over the Course of Treatment

Guided Self-Help For Binge Eating: A Randomized Controlled Trial Comparing Two Forms Of Support

Can weight regain account for improvements in core eating disorder psychopathology and comorbid psychopathology in anorexia nervosa? Association between BMI change and change in eating disorder specific and general psychopathology in the SWAN study.

The Eating Disorder Healthy Eating Guide – a comprehensive nutrition intervention tool for eating disorder clinicians to use with their patients.

Learning Objectives

- Describe the different trajectories of body mass index (BMI) change over early outpatient therapy for anorexia nervosa.
- State the relapse rates, at one year post-treatment, for adults who had participated in an Australian Randomised Controlled Trial comparing three psychological treatments for AN.
- Discuss the theoretical underpinnings of the interpersonal model of binge eating.
- Compare two forms of delivering guided self-help: e-mail and face-to-face
- Describe the relationship between weight regain and change in core eating disorder psychopathology in patients receiving treatment for anorexia nervosa.
- Identify how the Eating Disorder Healthy Eating Guide targets key nutritional concerns and messages when used with eating disorder patients.

Presenters

- **Tracey Wade, PhD, Professor**

Tracey Wade obtained her Bachelor of Science degree in Psychology from Adelaide University in 1985 and then progressed to postgraduate clinical training at the Australian National University, Canberra. After working in an eating disorder clinic at Cambridge University, UK, she returned to South Australia and completed a PhD exploring genetic and environmental risk factors for eating disorders using a twin population. Professor Wade is now Dean of the School of Psychology at



Flinders University, Adelaide. As a clinician and researcher in eating disorders, Prof Wade brings extensive experience and understanding of anorexia nervosa to Professor Nicholas Martin's ANGI Australia team. She is recognised as an important contributor to international research on eating disorders, with more than 140 published papers addressing epidemiology, classification, aetiology, prevention and treatment. She has also recently co-authored a book on the treatment of perfectionism, a temperament of special relevance to the development and maintenance of anorexia nervosa.

- **Anthea Fursland, PhD, MSc, FAED, Principal Clinical Psychologist of the Eating Disorders Programme at the Centre for Clinical Interventions (CCI)**

Dr Anthea Fursland is the Principal Clinical Psychologist of the Eating Disorders Programme at the Centre for Clinical Interventions (CCI), Perth. She has more than 30 years' experience in eating disorders, having worked in both the UK and the US. In the UK, Dr Fursland trained at St. George's Hospital, London before moving to Berkeley, California, where she obtained her Ph.D. As Chair of Best Practices in Eating Disorders at Kaiser Permanente, Dr Fursland co-ordinated eating disorder services throughout northern California. She therefore has extensive clinical and managerial experience in the development of eating disorder treatment programmes.

- **Anna Karam, MA, Researcher**

Anna Karam is a third year graduate student in the clinical psychology doctoral program at Washington University in St. Louis. She received her BA in psychology and women's and gender studies in 2013 from UNC-Chapel Hill. Her research interests include the prevention, etiology, and treatment of eating disorders and obesity. She is also interested in the dissemination and implementation of interventions and evidence-based treatments.

- **Paul Jenkins, DClinPsyc, Clinical Psychologist**

Paul Jenkins received his DClinPsy in 2009 from the University of Birmingham in 2009. Presently, Paul is a clinical psychologist at the Cotswold House for Eating Disorders Service, Oxford Health NHS Foundation Trust. Paul has published numerous articles on eating disorders.

- **Susan Byrne, DPhil, PhD, Associate Professor, University of Western Australia**

Susan Byrne, DPhil, PhD is an Associate Professor at the University of Western Australia, School of Psychology. She holds a PhD in clinical psychology and DPhil in clinical medicine. Susan has obtained many grants for her research into eating disorders.



Session: Paper Session: Child and Adolescence I

Code PPR2 :: Seminar Session :: 1.50 CE hours

2:00 pm – 3:30 pm Friday, June 9th 2017
Prague Congress Center

Session Description

Dynamic interplay among eating disorder symptoms in a transdiagnostic sample of treatment-seeking youth: Further evidence for the importance of shape- and weight-related concerns

“I put my trust in them.” How adolescents and their parents respond and change during Family Based Treatment - A grounded theory

The Impact of an Intensive FBT Intervention on Caregiver Variables in Medically Hospitalized Youth with Restrictive Eating Disorders

The relative importance of peer network and school environments for weight perception and dieting behaviors in youth

Do disordered eating behaviours in girls vary with different school characteristics? A UK cohort study

Leave Me Alone, Help Me Recover: Adolescent Impressions of Family Therapy

Learning Objectives

- Identify key elements that parents and adolescents describe as helping during FBT
- Describe how network analysis can be used to understand which symptoms contribute most strongly to psychopathological disorders
- Summarize 3- and 6-month weight outcomes in youth who received an intensive FBT intervention during a medical admission
- To understand how dieting behaviors cluster in peer networks and school environments
- Describe the role of school characteristics in body dissatisfaction
- Distinguish between initial adolescent impressions/acceptability and long-term opinions of family therapy.

Presenters

- **Andrew Wallis, MS, Non-Medical Head, Sydney Children’s Hospital Network**
- **Andrea B. Goldschmidt, PhD, Assistant Professor, Director of the Eating Disorders Program**

Andrea B. Goldschmidt, PhD is an assistant professor in the Department of Psychiatry and Behavioral Neuroscience at the University of Chicago, where she fulfills research, clinical, and teaching responsibilities. She received her PhD in clinical psychology from Washington University in 2010. Her research interests concern the etiology, psychosocial correlates, and treatment of pediatric binge eating and obesity.



- **Abigail Matthews, PhD, Clinical Psychologist**

My clinical responsibilities represent my area of expertise in clinical child psychology, with a specialization in pediatric eating disorders. Specifically, I provide evidence-based therapy for children, adolescents, and college-aged young adults with eating disorder diagnoses. Currently, I provide these specialty clinical services for inpatients and outpatients within the Eating Disorders Program, of which I am the associate director and play a fundamental role in program development. During my previous position at Children's Medical Center Dallas, I provided evidence-based clinical services to children and adolescents in the Eating Disorders Program and to youth hospitalized on the acute psychiatric unit.

- **Tracy Richmond, MD, Assistant in Medicine, Boston Children's Hospital**

As a researcher and clinician in the Division of Adolescent Medicine, I am committed to improving the health of adolescents and in particular to reducing racial/ethnic and socioeconomic disparities in adolescent health outcomes. I am particularly interested in understanding how environments, especially schools and neighborhoods, influence youth health beliefs, behaviors and outcomes and how schools and neighborhoods may operate in opposition or synergistically. As the clinical Director of the PREP program, an obesity intervention program in the Adolescent and Young Adult Medicine Clinic, I have become increasingly interested in the intersection of eating disorders and obesity as well as the impact of weight perception on health outcomes and behaviors.

- **Erin Parks, PhD, Director of Outreach & Admissions, UCSD Eating Disorders Center for Treatment & Research**

- **Helen Bould, MA, Researcher, University of Oxford**



Session: Paper Session: Body Image I

Code PPR4 :: Seminar Session :: 1.50 CE hours

2:00 pm – 3:30 pm Friday, June 9th 2017
Prague Congress Center

Session Description

The psychosocial and health correlates of drive for muscularity in young adult males

Evaluating brief mindfulness and cognitive dissonance intervention strategies for increasing resilience to the adverse effects of thin-ideal media exposure on body image and eating disorder risk factors

Acceptability and feasibility of a dissonance-based body image intervention for Girl Guides and Girl Scouts: Qualitative results from a dissemination and implementation study across nineteen countries.

Profiles of Muscularity Concerns and Muscularity-Oriented Behaviors Among French Young Women

Mediators of a Change in Bulimic & Muscle Dysmorphia Symptoms in The Body Project: More than Muscles

Challenging fat talk: An experimental investigation of reactions to body-disparaging conversations.

Learning Objectives

- Describe the psychosocial and health correlates (age, sexual orientation, weight status and education) of high drive for muscularity in adolescent and adult males.
- Assess the effectiveness of brief psychological interventions for increasing resilience to adverse effects of media exposure
- Evaluate the acceptability and feasibility of global body image and eating disorder prevention interventions.
- Identify profiles of muscularity concerns and related behaviors among French young women
- Identify mediators for intervention effects on muscle dysmorphia disorder symptoms
- Describe the nature of “fat talk” and its relevance for eating disorder prevention research.

Presenters

- **Trine Eik-Nes, MSc, Researcher**
- **Melissa Atkinson, PhD, Research Fellow, Centre for Appearance Research, University of the West of England, UK**

My research interests lie in the area of body image and eating disorder prevention. This including intervention development and evaluation, as well as determining best practice regarding maximising benefit and optimal dissemination. My PhD involved the comparison of a mindfulness-based versus cognitive dissonance-based psychological intervention for increasing body satisfaction and reducing the risk of disordered eating in both adolescent and young adult females.

I am also a registered psychologist with a particular interest in the treatment of eating disorders.



- **Nadia Craddock, MA, Research Associate, Centre for Appearance Research, UWE, Bristol**
- **Marilou Girard, MSc, Researcher**
- **Tiffany Brown, PhD, APA Psychology Intern**
- **Suman Ambwani, PhD, Associate Professor of Psychology, Dickinson College**

Suman Ambwani received her Ph.D. in Psychology (Clinical) from Texas A&M University and completed her clinical internship at the Medical University of South Carolina. Her scholarship has concentrated in the areas of eating disorders and weight management, personality and interpersonal functioning, and cross-cultural considerations in psychological assessment.

Her current research focuses on 1) the development and evaluation of guided self-help interventions for people with Anorexia Nervosa, and 2) understanding etiological and maintenance factors for eating-related psychopathology.



Session: Paper Session: Comorbidity and Risk Factors for ED

Code PPR8 :: Seminar Session :: 1.50 CE hours

2:00 pm – 3:30 pm Friday, June 9th 2017
Prague Congress Center

Session Description

Examining the relationships between compulsive exercise, quality of life and psychological distress in adults with anorexia nervosa.

The risk of Eating Disorders comorbid with ADHD: a systematic review and meta analysis

Compensatory Behaviors among a Racially Diverse Sample of Undergraduate Women

The Role of the 5-HTTLPR VNTR in Moderating Psychosocial Risks for Disordered Eating Pathology in Adolescence: Findings from the Australian Temperament Project (Est. 1983).

What does gender have to do with it? Associations between gender-linked personality traits and eating pathology

When grit goes bad: The interaction of autism symptoms and grittiness in the prediction of eating disorder symptoms

Learning Objectives

- Describe the recent literature exploring the relationship between eating disorder psychopathology and quality of life.
- Summarize the risk of diagnosing ADHD comorbid with ED in different clinical and community settings
- Establish prevalence rates of various compensatory behaviors among minority undergraduate women
- Describe psychosocial risk factors for disordered eating, as well as the impact of exposure severity
- Describe how gender-linked traits may be related to eating pathology.
- Identify how grit relates to autism spectrum symptoms

Presenters

- **Sarah Young, Student**
- **Bruno Nazar, PhD, Psychiatrist, University of Rio De Janeiro - Institute of Psychiatry**
- **Amanda Bruening, MA, Researcher**
- **Vanja Rozenblat, MPsych, Researcher**
- **Vivienne Hazzard, MPH, RD, Researcher**



- Elizabeth Velkoff, BA, Researcher



Session: Paper Session: Biology and Medical Complications

Code PPR11 :: Seminar Session :: 1.50 CE hours

2:00 pm – 3:30 pm Friday, June 9th 2017
Prague Congress Center

Session Description

A Longitudinal Investigation of the effect of Eating Disorder Diagnoses and Eating Disorder Behaviours on Bone Mineral Density in Adult Women

Genome-Wide Association Study Reveals First Locus for Anorexia Nervosa & Metabolic Correlations

Initial Medical Findings in 1,000 Consecutive Inpatient Eating Disordered Patients

Assessment of Sex Differences in Fracture Risk among Patients with Anorexia Nervosa: A Population-Based Cohort Study using The Health Improvement Network

Reduced Coronary Blood Flow in Adolescents with Anorexia Nervosa

A longitudinal, epigenomewide study of DNA methylation in women with Anorexia Nervosa: Results in actively ill, long-term recovered, and normal-eater control women.

Learning Objectives

- Investigate the role of Eating Disorder Behaviours, in addition to Eating Disorder diagnoses in predicting low Bone Mineral Density and Secondary Osteoporosis.
- Examine the genetic overlap between AN and other psychiatric, medical, and anthropometric phenotypes
- Discuss the commonly abnormal medical diagnostic tests seen in anorexia nervosa
- Recognize that anorexia nervosa is associated with increased fracture risk
- Describe cardiovascular complications of adolescents with anorexia nervosa
- Summarize core concepts involved in the application of epigenetic science to eating disorders.

Presenters

- **Lauren Robinson, Researcher**
- **Howard Steiger, PhD, FAED, Chief, Eating Disorders Program, Douglas Institute**

Howard Steiger is Director of the Eating Disorders Program (EDP) of the Douglas University Institute in Mental Health, Professor of Psychiatry at McGill University and Associate Member in Psychology at McGill. He is an active clinician, researcher, and teacher, and has published numerous clinical, scientific and theoretical articles and book chapters on the Eating Disorders (EDs). Steiger directs the only large-scale, specialized program for the treatment of adults suffering eating disorders in the Province of Quebec, a program offering a full range of Inpatient, Day Hospital/Day Program and Outpatient treatments. Through the research arm of the program, Steiger and his colleagues have recently been studying: a) Genetic and epigenetic processes



thought to influence ED development and the expression of associated traits and symptoms. b) Factors that predict response during and after specialized treatments. c) The utility of neuro-modulation techniques in eating-disorder treatment. Steiger is a recent Past President of the Eating Disorders Research Society (2007-2008) and past Board and Executive-Committee member of the Academy for Eating Disorders (AED: 2007-2009). He is currently Co-President of the Quebec Government's committee to develop a "Charter for Healthy and Diversified Body Images". He was recipient, in 2010, of the Academy for Eating Disorders' Leadership Award for Clinical, Educational or Administrative Service.

- **Cynthia Bulik, PhD, FAED, Professor of Nutrition, Gillings School of Global Public Health**

Dr. Bulik holds the first endowed professorship in eating disorders in the United States and is also Director of Research at the UNC Center of Excellence for Eating Disorders. A clinical psychologist by training, Dr. Bulik has been conducting research and treating individuals with eating disorders since 1982. She developed outpatient, partial hospitalization, and inpatient services for eating disorders both in New Zealand and in the United States.

Dr. Bulik's research includes treatment, laboratory, animal, epidemiological, twin and molecular genetic studies of eating disorders and body weight regulation. More recently she has applied information technology to the treatment of eating disorders and obesity to broaden the public health reach of our interventions. She founded and led the 18-country Genetic Consortium for Anorexia Nervosa and is the lead Principal Investigator of the four nation Anorexia Nervosa Genetics Initiative (ANGI). She is the Director of the first NIMH-sponsored Post-Doctoral Training Program in Eating Disorders. She has had continuous federal, international, and foundation funding since 1985.

- **Philip Mehler, MD, Medical Director of the ACUTE Center for Eating Disorders**

Dr. Mehler served as Medical Director of the ACUTE Center for Eating Disorders, and Medical Director of Denver Health and Hospital Authority. Dr. Mehler began his career at Denver Health nearly 30 years ago and was formerly its Chief of Internal Medicine. He is the Glassman Professor of Medicine at the University of Colorado School of Medicine, and has conducted research into the optimal treatment of the most severe cases of Anorexia Nervosa and Bulimia. Dr. Mehler has authored 400 publications, including 3 textbooks, *Medical Complications of Eating Disorders*, which published by the Johns Hopkins University Press and is now in its third edition. Dr. Mehler was the recipient of the Academy of Eating Disorders 2012 Outstanding Clinician Award, has been recognized among the "Best Doctors in America" for the past 20 years in a row, and was voted the "Top Internist in Denver" multiple times by 5280 magazine. Dr. Mehler is a member and fellow of the Eating Disorders Research Society and the Academy of Eating Disorders, as well as a member of the editorial board of the *International Journal of Eating Disorders*. He has lectured extensively on a national and international level as the leading medical expert on the topic of medical complications of eating disorders.

- **Nogah Kerem, MD, Medical Director, Adolescent Medicine Unit at Bnai Zion Medical Center**

- **Neville Golden, MD, FAED, Chief of Adolescent Medicine and the Marron and Mary Elizabeth Kendrick Professor in Pediatrics at Stanford**

Neville H. Golden MD is Chief of Adolescent Medicine and the Marron and Mary Elizabeth Kendrick Professor in Pediatrics at Stanford. He previously served as the Director of the Eating



Disorders Center, Division of Adolescent Medicine, Schneider Children's Hospital, Long Island Jewish Medical Center, New Hyde Park, NY. He has been working with adolescents with eating disorders for the past 30 years and has studied the medical complications of eating disorders in children and adolescents, focusing on the etiology and implications of amenorrhea in anorexia nervosa. He is one of the lead authors of the Society for Adolescent Health and Medicine's Position Paper on Eating Disorders in Adolescents, is a Fellow of the Academy for Eating Disorders and is a member of the American Academy of Pediatrics National Committee on Nutrition.



Session: Plenary III - Reframing Conflict as Collaboration: Bringing Together Food, Weight, and Eating Science

Code P03 :: Seminar Session :: 1.75 CE hours

4:00 pm – 5:45 pm Friday, June 9th 2017
Prague Congress Center

Session Description

Eating disorders and obesity share both clinical and conceptual overlap, and frequently are linked to the broader sociocultural discourse around weight and eating. Are our goals contradictory or are we really all trying to achieve the same outcomes, but just saying the same thing in different ways? What can we learn from other fields, and how can we best integrate our efforts? How does the “noise” around food, nutrition, appearance, fitness, and health created by for-profit industry create a confusing and harmful sociocultural context? This session aims to start a conversation that will contribute to reframing issues around risk factors, prevention, and treatment of eating and weight-related disorders. Specifically, this plenary will aim to discuss the overlap between obesity and eating disorders and how this comorbidity may be produced by the sociocultural context, and how this can inform our understanding and efforts to address weight-related disorders. In addition, the usefulness of food addiction models in conceptualizing the role of the food industry in the emergence of weight-related disorders will be considered and argued. Finally, these issues will be brought together in a discussion of how different aspects of the environment contribute to eating and weight-related concerns, and the role of the eating disorder field in helping to advance the conversation and develop successful collaborative solutions.

Learning Objectives

- Understand the role of the sociocultural context, including appearance stereotypes, in the comorbidity of eating disorders and obesity.
- Understand the food addition model and its potential implications for eating disorders.
- Critically analyze the empirical evidence in support of, or not, the food addition model.
- Understand the need for collaborative conversations with the aim of decreasing sociocultural pressures contributing to eating disorders and other comorbid disorders.

Presenters

- **Caroline Braet, PhD, Professor, Department of Developmental, Personality, and Social Psychology at Ghent University**

"Caroline Braet is a full professor in the Department of Developmental, Personality, and Social Psychology at Ghent University. She is teaching developmental and clinical aspects of childhood therapy and is researching programs for children. She also serves as the coordinator, supervisor, and a therapist at the Children's University Hospital at Ghent University where she provides childhood obesity consultation and at the Ghent University Child Mental Health Center.

She is also the coordinator at the Zeepreventorium in De Haan, a residential care institute for severe obese children. She has conducted a number of research investigations. Since 2000, she broadened her experience and scientific work together with her group to the field of childhood



depression and related psychopathology. She is author or co-author of over 100 ISI- publications. She was the promotor or co-promotor of 11 finished PhD-projects and currently is promotor of 5 PhD students in projects on childhood obesity, eating problems, role of family, and child psychopathology."

- **G. Terence Wilson, PhD, Professor of Psychology**

Terry Wilson received B.A. and B.A. Hons degrees from Witwatersrand University in Johannesburg, South Africa (1965, 1966), and his Ph.D. from the State University of New York at Stony Brook (1971). At Rutgers he is the Oscar K Buros Professor of Psychology and a member of the Graduate School of Applied and Professional Psychology. He was twice a Fellow at the Center for Advanced Study in the Behavioral Sciences at Stanford (1976-77 and 1990-91), and visiting professor at Stanford University in 1980. He has co-authored or co-edited a number of books, including Evaluation of behavior therapy: issues, evidence and research strategies (with Alan Kazdin, 1978) and Binge eating: Nature, assessment, and treatment (with Chris Fairburn, 1993), and has published numerous scientific articles. He was the Editor-in-Chief (2002-2015) of Behaviour Research and Therapy, the leading international journal on cognitive behavior therapy.

- **Ashley Gearhardt, PhD, Assistant Professor of Clinical Psychology at the University of Michigan**

Ashley Gearhardt, PhD, is an Assistant Professor of Clinical Psychology at the University of Michigan. While working on her doctorate in clinical psychology at Yale University, Dr. Gearhardt became interested in the possibility that certain foods may be capable of triggering an addictive process. To explore this further, she developed the Yale Food Addiction Scale (YFAS) to operationalize addictive eating behaviors, which has recently been linked with more frequent binge eating episodes in clinical populations and patterns of neural activation implicated in other addictive behaviors.

- **Kelly D. Brownell, Dean of the Sanford School of Public Policy at Duke University**

Kelly David Brownell (born October 31, 1951) is an American scientist, professor, and internationally renowned expert on obesity. Kelly Brownell is Dean of the Sanford School of Public Policy at Duke University, and is a professor of public policy. He also serves on the board of directors of the Duke Global Health Institute.[8] Before coming to Duke, Brownell was Director of the Rudd Center for Food Policy and Obesity at Yale, where he was also Professor of Psychology and Professor of Epidemiology and Public Health. His research deals primarily with obesity and the intersection of behavior, environment, and health with public policy. He was named in 2006 as one of "The World's 100 Most Influential People" by Time magazine.



Session: Plenary IV - Neuroimaging and Beyond: The Clinical Value of Eating Disorders Brain Research

Code P04 :: Seminar Session :: 1.75 CE hours

9:00 am – 10:45 am Saturday, June 10th 2017
Prague Congress Center

Session Description

Over the past decade, research on neuroimaging of eating disorder-related brain circuitry has been accruing. Volumetric evidence suggests increased volumes of the left medial orbitofrontal gyrus rectus and of the right insula in anorexia nervosa and bulimia nervosa, deemed important in the regulation of food intake and interoception. The white matter integrity of the fornix, a limbic pathway involved in the regulation of food intake and emotions was decreased. Functional brain imaging studies found reward pathways to be involved in the processing of food stimuli, including insula and striatum, which could contribute to over- and undereating in eating disorders. The main aim of this plenary will be to provide an overview of the clinical value of neuroimaging research on eating disorders. The contributions and limitations of neuroimaging techniques, such as functional magnetic resonance imaging (fMRI), positron emission tomography, and single photon emission computed tomography will be discussed. Non-invasive intervention strategies, including realtime fMRI or EEG neurofeedback, repetitive transcranial magnetic stimulation, and transcranial direct-current stimulation will be presented. Brain-directed psychological treatments such as cognitive remediation therapy will be highlighted. These approaches will be discussed against the background of recent evidence, while addressing practical questions. Their potential as therapeutic tools in brain-directed treatment of eating disorders will be discussed, focusing on applicability and ethics. These approaches will be discussed against the background of their meaning for clinical use.

Learning Objectives

- Understand the scope and clinical implications of neuroimaging research in the eating disorders.
- Understand food choice and habit formation in relation to brain research.
- Understand the scope, content, and effects of non-invasive brain-directed interventions and brain-oriented psychological treatments as well as their ethical implications.
- Understand necessary adaptations for translation of brain research into practice.

Presenters

- **Damiaan Denys, PhD, MD, Psychiatrist**
- **Hans-Christoph Friederich, MD, Psychotherapist**

Hans-Christoph Friederich, Professor, MD, is a licensed psychotherapist, head of the eating disorders research group and deputy head of the Department of General Internal Medicine and Psychosomatics at the University Hospital Heidelberg, Germany. His main research interests span neuroimaging, cognitive neuroscience, and emotion regulation in eating disorders as well as psychodynamic psychotherapy process research.

- **Joanna Steinglass, MD, Associate Professor of Clinical Psychiatry**



Dr. Joanna Steinglass is an Assistant Professor in Clinical Psychiatry in the Center for Eating Disorders at NYSPI/CUMC. Dr. Steinglass graduated from Amherst College, and received her M.D. from Harvard Medical School. She completed her psychiatry training at NYSPI/Columbia University, College of Physicians and Surgeons.

She completed a Research Fellowship in Eating Disorders under the mentorship of B. Timothy Walsh, M.D. and has continued as faculty in the Center for Eating Disorders since that time.

- **Ursula Bailer, PhD, MD, FAED, Assistant Clinical Professor and Psychiatrist**

Dr. Bailer joined the UC San Diego faculty as a visiting associate professor in 2009 and has been an assistant professor since 2011; she has also been an associate professor of psychiatry (tenured) at the Medical University of Vienna, Austria, since 2005 and has been the Director of the Outpatient Clinic for Eating Disorders and Eating Disorder Research Program at the Medical University of Vienna, Department of Psychiatry and Psychotherapy, Division of Biological Psychiatry since 2006. She received her M.D. from the University of Tuebingen, Germany and from the University of Vienna, Austria, and completed her psychiatry residency at the Medical University of Vienna, Austria. Dr. Bailer is board certified in psychiatry and psychotherapeutic medicine, with a specialization in CBT. In her clinical role in the Adult Treatment Program, Dr. Bailer performs psychiatric evaluations and medication management, and she brings in her extensive experience and expertise in diagnosis, treatment, and research of eating disorders and related disorders among adolescents and adults in various settings and levels of care.

Dr. Bailer's research activity involves the neurobiology of eating disorders using multi-modal imaging approaches, including positron emission tomography (PET) and functional magnetic resonance imaging (fMRI). She is the author on more than 60 scientific peer-reviewed publications and 10 books and book chapters. Other areas of activity include regular lectures and seminars on eating disorders as well as postgraduate training on eating disorders. She is the Vice-President of the Austrian Society on Eating Disorders (ASED), fellow of the Academy for Eating Disorders (AED), Co-Chair of the AED Partnership, Chapter and Affiliate Committee, member of the Eating Disorders Research Society (EDRS), and member of the American College of Neuropsychopharmacology (ACNP).



Session: Weight, Health, and the Growing Brain: Contemporary Considerations in Treatment Goal Weight Determination for Children and Adolescents with Restrictive Eating Disorders

Code W3-1 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

Treatment goal weights (TGWs) are generally agreed to be important milestones in the treatment and recovery of patients with restrictive eating disorders. However, how best to determine and label them, or even whether to use them at all, remain controversial. TGWs can vary widely for individuals and among treatment programs, and this 'apples and oranges' reality causes considerable confusion for patients, caregivers, providers, and researchers. Some providers feel reaching a TGW is critical, while others feel TGWs should not be discussed or emphasized in treatment. For post-menarchal females, maintaining optimal menstrual function without exogenous hormones is one consideration. However, many questions remain unanswered. In the context of pediatric growth and development, how do we know when a patient has reached their TGW? What role does the patient's historical growth curve play in calculating a TGW? How should TGWs be calculated if the patient is pre-pubertal? Male? On hormonal contraception? Stunted in linear height? Transgender? Historically overweight or low weight? Normal weight with significant eating disordered cognitions? This workshop will address these challenging clinical topics in determining pediatric TGWs. The workshop will be led by a team of clinicians and researchers (adolescent medicine, nutrition, behavioral health, and a parent advocate) who regularly care for children and adolescents with eating disorders. Discussion points include the necessity of incorporating expected pubertal growth and development, linear growth, historical growth curves, expressed cognitions, dietary habits and hormonal milestones into TGW calculations, how TGWs are 'moving targets' in pediatric patients, and how clinician and parent weight bias impact TGWs. The impact of malnutrition on the growing and developing brain will be discussed, as well as emerging findings that malnutrition may precede anorexia nervosa in certain patient subgroups. Finally, different models for presenting TGWs to patients and caregivers in different treatment paradigms will be discussed. Interactive discussion using case-based learning will engage participants and stimulate a lively dialogue. Participants will be encouraged to share interesting and challenging cases.

Learning Objectives

- Describe pubertal, growth, and cognitive considerations in setting a treatment goal weight (TGW), and explain the rationale for incorporating an individual patient's historical growth curve in TGW determination.
- Differentiate considerations in determining TGW in the context of unique and challenging clinical issues (young children, males, transgender youth, and youth who have grown at extremes of the growth curve prior to developing an eating disorder) in children and adolescents.
- Discuss a common language for presenting TGWs to patients and caregivers, and how weight bias might influence these conversations.

Presenters



- **Debbie Katzman, MD, FAED, Professor of Paediatrics in the Division of Adolescent Medicine, Department of Paediatrics and the University of Toronto**

Dr. Debra Katzman is a Professor of Paediatrics in the Division of Adolescent Medicine, Department of Paediatrics and the University of Toronto. Dr. Katzman is also an Associate Scientist at the Research Institute at The Hospital for Sick Children. She holds academic cross appointments as an Associate Member in the Department of Human Development and Applied Psychology, Ontario Institute for Studies in Education at the University of Toronto and is a Member of the Institute of Medicine at the University of Toronto.

She received her medical degree from McMaster University, completed her paediatric internship and residency at the Children's Hospital of Pittsburgh, and was a Robert Wood Johnson Fellow at Stanford University. Dr. Katzman was on faculty at Stanford University prior to her appointment at the University of Toronto and The Hospital for Sick Children. Dr. Katzman is on the Board of Directors for the Society of Adolescent Medicine, serves as the Director of Publications for the Society of Adolescent Medicine. Dr. Katzman is a Fellow of the Society of Adolescent Medicine and a Fellow of the Academy for Eating Disorders. She is also a member of the Steering Committee for the Ontario Community Outreach Program. Dr. Katzman is a member of the Community Advisory Committee for Eating Disorders. She also services as Director, Patient-Based Research in Adolescent Medicine, Population Health Sciences, The Department of Paediatrics and The Research Institute.

- **Daniel Le Grange, PhD, FAED, Professor, University of California San Francisco**

Daniel Le Grange, Ph.D., is Benioff UCSF Professor in Children's Health, and Eating Disorders Director, Department of Psychiatry, at the University of California, San Francisco. He also is Emeritus Professor of Psychiatry and Behavioral Neuroscience at The University of Chicago Medicine. He received his doctorate at the Institute of Psychiatry, University of London, and trained in family-based treatment (FBT) for adolescent anorexia nervosa (AN) at the Maudsley Hospital in London.

- **Lisa LaBorde , Outreach Director & Vice Chair of the Board, FEAST**

- **Andrea Garber, PhD, Assistant Professor of Pediatrics in the Division of Adolescent Medicine at the University of California, San Francisco (UCSF)**

Dr. Andrea Garber is an Assistant Professor of Pediatrics in the Division of Adolescent Medicine at the University of California, San Francisco (UCSF) and the School of Public Health at the University of California, Berkeley (UCB). She is a nutritionist, with a PhD in Human and Clinical Nutrition from the University of Wisconsin-Madison, and a Registered Dietitian (RD) from UCSF. She is the Chief Nutritionist for the UCSF Eating Disorders Program and Childhood Obesity ("WATCH") Program. Dr. Garber is a theme leader for nutrition in the School of Medicine curriculum at UCSF and she teaches two courses in the graduate Public Health Nutrition Program at UCB. Her research focuses on obesity and eating disorders. She is currently the Principal Investigator on a study of adolescents with anorexia nervosa and a study of California's menu labeling legislation in fast food restaurants. In the community, Dr. Garber has been a member of the San Francisco Board of Supervisors Childhood Obesity Task Force, co-Chair of the Mayor's Shape Up initiative, and an invited participant to Governor Schwarzenegger's Obesity Summit.



Session: Suicide in eating disorders: Who is at highest risk and how do we work more effectively with these clients?

Code W3-2 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

Suicide is a common cause of the elevated mortality in eating disorders (ED). Although this is an oft-cited statistic, many clinicians report not knowing which individuals are at highest risk for suicide or how to effectively manage these clients clinically. Thus, during the first part of this workshop (15 minutes), Dr. Crow will review the literature on mortality in EDs and prevalence of suicide attempts. Next, Drs. Pisetsky and Bodell will discuss recent research findings on who are at highest risk for suicide attempts, including specific ED symptom presentations, comorbid psychopathology, and personality traits, as well as psychological models of suicide risk and their application for treatment and prevention efforts (15 minutes). The second half of the workshop will focus on specific clinical skills for working with suicidal clients. Dr. Wisniewski will present a case and discuss the therapeutic techniques she uses working with these clients, drawing from dialectical-behavioral therapy. She will discuss managing both acute and long-term high risk for suicide. Workshop participants will be able to ask questions about this case as well as their own challenging clinical cases. There will be opportunities for workshop participants to engage in role plays with the presenters who will provide feedback (30 minutes). The workshop will end with a discussion facilitated by all of the presenters on clinicians' concerns about working with high risk clients and strategies to maintain self-care and professional and personal boundaries while engaging in challenging clinical work (30 minutes).

Learning Objectives

- Identify the prevalence and correlates of suicide attempts in individuals with eating disorders.
- More effectively work with clients both at acute and long-term risk of suicide.
- Use strategies to deal with the stress of working with high risk clients.

Presenters

- **Lucene Wisniewski, PhD, FAED, Clinical Director, Cleveland Center for Eating Disorders**

Lucene Wisniewski, PhD, FAED is Chief Clinical Officer of The Emily Program and is an Adjunct Assistant Professor of Psychological Sciences at Case Western Reserve University. From 2006-2014, she served as Clinical Director and co-founder of the Cleveland Center for Eating Disorders, a comprehensive eating disorder treatment program. Her research and clinical interests include using empirically founded treatments to inform clinical programs. She provides workshops on the CBT and DBT treatment of eating disorders internationally and publishes in peer reviewed journals as well as invited book chapters. Dr. Wisniewski has been elected fellow and has served on the board of directors and as the co-chair of the Borderline Personality Disorder special interest group of the Academy for Eating Disorders (AED). In 2013 the AED awarded Dr. Wisniewski the Outstanding Clinician Award to acknowledge her contribution to the field of eating disorder treatment.



- **Lindsay Bodell, PhD, Postdoctoral Associate, Department of Psychiatry, University of Pittsburgh Medical School Western Psychiatric Institute and Clinic**

Lindsay Bodell, PhD's primary research interests include the etiology and pathophysiology of eating disorders, and the link between eating disorders and suicidality. Her research has included the evaluation of neural correlates of decision-making deficits in patients with anorexia nervosa, and biological correlates of binge eating behaviors.

- **Emily Pisetsky, PhD, Researcher**

Dr. Pisetsky's research is broadly focused on eating disorders. More specifically, Dr. Pisetsky is interested in understanding factors associated with the increased risk of suicide in individuals with eating disorders, including substance use and deficits in interpersonal functioning and emotion regulation. Additionally, Dr. Pisetsky is interested in developing and refining treatments for eating disorders with the goal of developing more targeted interventions to prevent suicide.

- **Scott Crow, MD, Researcher, The Emily Program**

Scott oversees research that The Emily Program conducts in partnership with the University of Minnesota. He also provides psychiatric evaluations and medication management for a small caseload of individual clients. Scott earned his medical degree and completed his psychiatric residency at the University of Minnesota, where he is now a professor. Scott has been active in national and international eating disorders groups and is Past President of the Academy of Eating Disorders.



Session: The Body Project Collaborative: Building Global Partnerships for Eating Disorder Intervention Dissemination; How You Can Too!

Code W3-3 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

Dissemination of effective interventions to reduce body dissatisfaction and prevent some eating disorders (ED) is a critical public health priority. The Body Project is a dissonance-based intervention program in which young women critique the appearance-ideal. Over the past decade and a half, efficacy trials have shown that the Body Project produces greater reductions in ED risk factors (including body dissatisfaction) and symptoms relative to assessment-only control and several alternative interventions. It also has been shown to reduce the onset of some EDs. More recent research on the Body Project has focused on translation to real-world settings. These efforts have indicated very strong potential for program dissemination. In 2012, the Body Project Collaborative was formed with the intention of broadly disseminating the program around the world through unique partnerships. This workshop will begin with the presenters briefly reviewing the research supporting the efficacy and effectiveness of the Body Project and provide a succinct history of dissemination efforts prior to 2012. The core portion of the workshop will be the presenters discussing five global partnership case studies in the United States (two partnerships), Canada, Mexico, and the United Kingdom that have made scalable dissemination of the Body Project at minimal cost possible. Presenters will discuss challenges in developing global partnerships, suggest potential avenues for global partnerships in addressing body dissatisfaction as well as ED prevention and treatment dissemination; participants will be able to discuss strategies for building global partnerships with their own therapeutic/prevention/research dissemination. The presenters will guide participants through an interactive forum that will allow participants to develop a plan for beginning partnerships at the local, national, and international level for the smallest to the biggest research and practice initiatives.

Learning Objectives

- Understand how the Body Project Collaborative has developed global partnerships in multiple countries.
- Articulate the methods utilized to develop meaningful global partnerships to disseminate research, therapeutic, and prevention interventions.
- Emerge with a preliminary plan for developing partnerships to assist in dissemination of their own interventions.

Presenters

- **Alan Duffy, MS, Research Process Coordinator at Eating Recovery Center in Denver**

Alan Duffy is Research Process Coordinator at Eating Recovery Center in Denver, Colorado and a trained professional who specializes in the treatment and prevention of eating disorders. Alan received his MS in Exercise Science and Sport Psychology from Auburn University in Alabama



and completed his undergraduate work at the University of Sussex in Brighton, United Kingdom. Prior to his current post, Alan was a clinical Case Manager at Eating Recovery Center for three years. Previously, Alan served as a Health Educator at American University in Washington, DC. He has been collaborating with Dr. Becker and disseminating the Body Project and the former Reflections: Body Image Program since 2007. Alan has significant intervention and research experience with female athletes and served as the past Co-Chair of the Academy for Eating Disorders Sport & Exercise Special Interest Group. At American University Alan collaborated with Dr. Becker and Dr. Tiffany Stewart to receive funding for research with female athletes from the National Institute of Mental Health. Alan is currently a member of the Academy for Eating Disorders Special Interest Group Oversight Committee.

- **Carolyn Becker, PhD, Clinical Psychologist**

Professor Carolyn Becker is a licensed clinical psychologist who specializes in the implementation of scientifically supported interventions in clinical and real world settings. Her primary areas of research include body image, eating disorders, and posttraumatic stress disorder. Dr. Becker teaches a range of courses related to clinical psychology and regularly involves Trinity psychology students as research collaborators. Over the past decade, 26 undergraduate research assistants have earned co-authorship on at least one publication. In 2012, Becker was awarded the Z.T. Scott Faculty Fellowship for excellence in teaching and advising. Dr. Becker has been conducting research with female athletes since 2007, and her research on the prevention of eating disorders with female athletes has been funded by the National Institute of Mental Health. She is considered a leader in the implementation of peer-led prevention programs, and she and her undergraduate students pioneered a blended task-shifting/train-the-trainers approach to scaling the Body Project. This approach to delivery of the Body Project is now used by over 100 universities in North America, as well as numerous non-profit partner organizations around the globe. Dr. Becker is currently partnering with students and Dr. Keesha Middlemass (Department of Political Science) in a new line of research investigating psychopathology in individuals with food insecurity.

- **Marisol Perez, PhD, Associate Professor, Arizona State University**

Dr. Marisol Perez is an Associate Professor in the Department of Psychology at Arizona State University. Dr. Perez specializes in the prevention of eating disorders and childhood obesity, with a particular interest in ethnic minorities. She received her PhD in clinical psychology from Florida State University in 2004 and her BS from University of Miami. Dr. Perez began collaborating with Dr. Carolyn Becker in the Reflections: Body Image Program, a sister program to the Body Project, in 2006. She conducted a 4 year effectiveness trial using a train-the-trainer approach for the Reflections program. She is currently conducting a large scale dissemination and implementation, cluster randomized trial of the Body Project at Arizona State University. Dr. Perez is a bilingual, Spanish-speaking, trainer for the Body Project. She recently assisted in the dissemination of the Body Project in Mexico with Comenzar De Nuevo, under the leadership of Dr. Eva Trujillo and Marisa Fernandez de Garcia. Dr. Perez has co-authored over 50 publications and regularly presents her work at national conferences. She is a member of the Academy of Eating Disorders and the Eating Disorder Research Society.

- **Phillippa Diedrichs, PhD, Associate Professor in Appearance Research and Health Psychology at the Centre for Appearance Research**

Dr Phillippa Diedrichs is an Associate Professor in Appearance Research and Health Psychology



at the Centre for Appearance Research, University of the West of England (UK). She has a PhD in health psychology from the University of Queensland (Australia). Dr Diedrichs' research primarily focuses on exploring social and cultural influences on body image, and the development and evaluation of evidence-based body image and eating disorder prevention programs. Her research has garnered international media attention and awards, and has been published in esteemed, academic peer-reviewed journals. Dr Diedrichs co-chaired the Academy for Eating Disorders Body Image and Prevention Special Interest Group from 2010-2014, and she continues to be an active member of the Academy. Dr Diedrichs regularly consults with charities, businesses, policy makers, governments, and politicians in relation to evidence-based body image programming, body image advocacy and health promotion. She is an experienced Body Project trainer, having delivered training to universities and organisations across the UK and Europe. Dr Diedrichs has also undertaken randomised controlled trials to assess the effectiveness of versions of the Body Project in university, school and community settings with adolescents and adults. Dr Diedrichs frequently travels across the UK, Europe, USA, and Australia for research, consultancy and training events.



Session: Integrating Basic Behavioral, Psychological, and Neurobiological Research into the Study of Eating Disorders

Code W3-4 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

Translational research seeks to apply findings from basic behavioral, psychological, and neurobiological research to treat disease and improve well-being. This workshop focuses on integrating these areas of research and obtaining funding in the study of eating disorders (ED). The workshop will begin with a moderated group discussion (Heard) of how basic behavioral, psychological, and neurobiological research intersects with clinical intervention in the ED field (5 mins). After this initial discussion, panelists will present examples of how their own research fits within a translational model. One panelist (Lavender) will discuss the National Institute of Mental Health (NIMH) Research Domain Criteria (RDoC) initiative, which seeks to integrate basic dimensions of human functioning into the study of mental disorders, and describe ED research consistent with this framework (15 mins). Two panelists (Heard, Sala) will build on this discussion by presenting an integrated model of reward and affect regulation within anorexia nervosa (10 mins). Another panelist (Breithaupt) will discuss the application of neuroimaging research investigating reward processing to bulimia nervosa (10 mins). Participants will then have an opportunity to ask questions about presented research (10 mins) before breaking into groups to discuss methods of incorporating translational research in their own work (15 mins). The workshop will end with a moderated group discussion (Heard) on available funding opportunities to conduct translational research. Graduate students, postdoctoral fellows, and early-career investigators (Breithaupt, Sala, Becker, Lavender) who have received funding from the National Science Foundation and the NIMH will describe how funding agencies define “basic” research and distinguish it from clinical research (5 mins). Participants will have an opportunity to ask questions and receive advice from panelists on leveraging such grants to fund ED research (20 mins). Didactic: 40 mins Interactive: 50 mins

Learning Objectives

- Understand the role of translational research in the study of eating disorders
- Identify funding mechanisms that may be relevant for translational research in the study of eating disorders.
- Discover ways in which current research questions may be answered by using more basic behavioral, psychological, and neurobiological research.

Presenters

- **Amy Heard, PhD, Researcher**
- **Jason Lavender, PhD, Research Scientist at the Neuropsychiatric Research Institute**

Dr. Lavender is a Research Scientist at the Neuropsychiatric Research Institute. He completed his undergraduate education at Duke University, where he graduated with a B.S. in psychology in 2005. Following completion of his clinical internship at the University of Mississippi Medical Center,



he received his Ph.D. in clinical psychology from the University at Albany, State University of New York in 2011. He subsequently completed a T32 postdoctoral fellowship in eating disorders research at the Neuropsychiatric Research Institute from 2011-2014. His main research interests include the role of emotion dysregulation and Neurocognitive processes in eating disorders, dimensional approaches to studying psychopathology, and functional neuroimaging approaches to examining neurobiological functioning in eating disorders.

- **Kendra Davis Becker, PhD, Department of Psychiatry**

Dr. Becker is completing her postdoctoral fellowship in clinical psychology as a Clinical and Research Fellow at Mass General. She received her PhD from the University of Georgia and completed her predoctoral internship at Massachusetts General Hospital/Harvard Medical School. Dr. Becker has clinical expertise in dialectical behavioral therapy and cognitive behavioral therapy. Her primary research interests include investigating biological, hormonal and behavioral differences among individuals with low weight eating disorders.

- **Lauren Breithaupt, MA, PhD Student**

Lauren Breithaupt is a doctoral student in George Mason University's Clinical Psychology program, working with Dr. Sarah Fischer. Lauren received her Bachelor of Science in Psychology from Baker University in Baldwin City, KS and Master of Arts in Psychology from George Mason University. Lauren's research broadly focuses on understanding eating disorders from a neurobiological perspective and the effect of certain interventions, both treatment and prevention, on behavior and associated brain function in eating disorders. Current research projects aim to better understand the broad array of factors that create and maintain the biological and psychological setting that support eating disorder cognitions and behaviors. Her research is funded by the National Science Foundation, American Psychological Association, REbeL Peer Education and the Zeta Tau Alpha Foundation.

- **Margarita Sala, CPsychol, BSc, PhD Candidate**

Margarita Sala, CPsychol, BSc is a PhD candidate in clinical psychology at Southern Methodist University. Margarita received her BS from the University of North Carolina at Chapel Hill in business administration and psychology in 2011. Margarita has received multiple grants, honors and awards, including 3 peer reviewed publications.



Session: Integrating Research Evidence for a Novel Emotion Skills Training Intervention

Code W3-5 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

The aim of this workshop is to synthesis research and clinical practice on socioemotional functioning in eating disorders. The workshop will be split into four sections, two of which are more didactic and two more interactive in nature. In the first section, we will describe how experimental findings on emotion expressivity and research exploring co-occurring Autism Spectrum Disorder traits have complimented our understanding of socio-emotional functioning. Our systematic evaluation of the literature in eating disorders and related conditions clearly shows reduced expressivity of emotions through facial expression during the acute phase of illness and the presence of co-occurring autistic symptoms in a significant proportion of patients with eating disorders. The most important findings in the area will be presented to the attendees in this section (15 minutes). In the second section, attendees will gather together in small groups to discuss how emotional difficulties and the presence of co-occurring autistic symptoms can make treatment for eating disorders challenging (20 minutes). In the third part, we will share with the workshop attendees recent experimental work which we have conducted using facial expression experimental work and how we have translated this into the Cognitive Remediation and Emotion Skills Training (CREST) manualised treatment package (20 min). Finally, we will demonstrate some experiential exercises we have used in emotion skills training sessions with patients with eating disorders and novel possible extensions of CREST, focusing on difficulties with social interaction (20 min).

Learning Objectives

- Identify difficulties with socioemotional functioning which are commonly experienced by patients with eating disorders in intensive clinical care.
- Apply experimental methods to study expressivity in patient with eating disorders.
- Demonstrate how research findings can be translated into clinical practice through the use of experiential exercises.

Presenters

- **Kate Tchanturia, PhD, FAED, Reader in Psychology of Eating Disorders King's College**

Since 1998, my research and clinical work has been focused on Eating Disorders. My main areas of interest include; cognitive, emotional characteristics and the translation of evidence from scientific research to clinical practice. I am a member of a very strong research team and have many teaching responsibilities involving the training of PhD, doctoral clinical psychology and MSc students, who actively contribute to pilot and major projects that help us understand the complex nature of eating disorders.

I enjoy international and multidisciplinary work and I feel very honoured to have amazing collaborators both in the UK and abroad. My clinical responsibilities include leading the clinical



psychology team in South London and Maudsley (SLaM) NHS adult eating disorder service, supervising colleagues, training junior members of the multidisciplinary team, taking part in strategic planning of the service, auditing and developing new psychological interventions informed with research evidence and service user feedback.

- **Heather Westwood, MA, Therapist**

My interest in the field of Eating Disorders started whilst working towards a Post Graduate Diploma in Mental Health Studies at the University of Southampton, during which time I worked at an Outpatient Eating Disorder Service; facilitating group therapy and delivering CBT based guided self-help for patients with Bulimia Nervosa. I have worked in various research and clinical settings since, before eventually decided to pursue my interest in translational eating disorder research. Outside of my studies, I am a keen runner and have completed two marathons. I try to make the most of living in London, often visit the theatre and enjoy socialising with family and friends.

- **Marcela Marin Dapelo, PhD, Researcher**

I studied Psychology at the University of Valparaiso and completed a MSc in Clinical Psychology at University Adolfo Ibanez, both in my home country, Chile. Later, I worked as a research project clinician at the Centre for Overcoming Problem Eating of the Western Psychiatric Institute and Clinic, in Pittsburgh, Pennsylvania. I came to London to do a PhD in Kate's lab because I wanted to study emotion processing in people with Eating Disorders, and I hope my research will contribute to the development of future treatments. In my spare time, I enjoy watching movies, outdoor activities, and acting.



Session: Multidisciplinary Teaching Methods: Engaging the Next Generation

Code W3-6 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

Many clinicians reach the end of their training reporting that they do not feel equipped to treat patients with eating disorders. In addition to the obvious obstacle of lack of knowledge regarding eating disorders, bias and reluctance to delve into sensitive topics keep trainees from recognizing important signs and symptoms. The first step in gaining the confidence to treat eating disorders is becoming comfortable asking tough questions and doing so with compassion and without judgement. The teaching modalities presented in this workshop were developed to teach medical students during an inter-clerkship intensive week of studies on addiction, nutrition and behavior change; enhanced by strategies used to engage students in our undergraduate minor in child and adolescent mental health studies; and adapted to use with a broad base of learners, including psychology interns, post-doctoral fellows, child psychiatry fellows, general psychiatry residents, and social work students, as well as faculty who have not yet specialized in eating disorders. After a brief introduction (5 min), we will spend the remainder of the workshop demonstrating our interactive teaching methods incorporating viewpoints from our different disciplines of psychiatry, psychology and nutrition. This will include: • Live poll quiz (20 min) • Team -based learning using multidisciplinary format (25 min) • Live interview role play (25 min) • Panel discussion with Q & A including all presenters (15 min) Each section will include away-points to help participants to develop their own curricula. Emphasis will be placed on creating excitement for learning, understanding bias, eliciting sensitive information, avoiding judgment, and facilitating entry into effective treatments. Participants will receive practical teaching skills to engage groups of all types including undergraduate students, professional students and clinicians of all disciplines.

Learning Objectives

- Identify the weaknesses in standard, didactic learning.
- Integrate innovative, interactive teaching methods into previously developed curricula.
- Encourage trainees to challenge biases that act as barriers to accessing treatment .

Presenters

- **Bridget Murphy MS, RD, CDN, Nutritionist**
- **Kathryn Cheney, MD, Clinical Assistant Professor, The Child Study Center at NYU Langone Medical Center**

Dr. Kathryn Cheney is a psychiatrist in New York, New York and is affiliated with multiple hospitals in the area, including Bellevue Hospital Center and NYU Langone Medical Center. She received her medical degree from State University of New York Upstate Medical University and has been in practice for 6 years. She is one of 83 doctors at Bellevue Hospital Center and one of 129 at NYU Langone Medical Center who specialize in Psychiatry.



- **Melissa Nishawala, MD, NYU Child Study Center**

Dr. Melissa Nishawala is a psychiatrist in New York, New York. She received her medical degree from Northwestern University Feinberg School of Medicine and has been in practice for 22 years.

- **Michelle Miller, PsyD, Clinical Psychologist, Langone Medical Center**

Michelle Miller, PsyD is a clinical psychologist with concentrations in multicultural and community psychology. She provides evidenced-based treatments to children, teen, young adults, as well as their parents, presenting with a broad range of psychological difficulties. Michelle is currently working at the NYU Child Study Center.

- **Andrea Vazzana, PhD, Clinical Assistant Professor, NYU Child Study Center**

Andrea Vazzana, PhD is a clinical psychologist licensed by New York. She is currently the head psychologist for the Eating Disorder Program Development Team at the NYU Child Study Center. Andrea has over 15 years of teach experience and is a member of several prestigious national agencies.

- **Lisa Kotler, MD, Psychiatrist, NYU Langone Medical Center**

Dr. Lisa Kotler is a psychiatrist in Hackensack, New Jersey and is affiliated with NYU Langone Medical Center. She received her medical degree from Yale University School of Medicine and has been in practice for more than 20 years. She is one of 177 doctors at NYU Langone Medical Center who specialize in Psychiatry.



Session: Spotlight on the Needs of Children with Eating Disorders

Code W3-7 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

Although described in the literature since 1894, childhood (preadolescent) onset eating disorders (ED) were once considered a relatively rare phenomenon. A possible rise in incidence of childhood ED coincides temporally with a rise in obesity, and associated efforts to combat this. This workshop will: 1] review the epidemiology of childhood onset ED across countries, exploring evidence for temporal trends (10 mins) 2] present new data from a two site retrospective case notes study looking at triggers for onset of childhood ED (10 mins) 3] review diagnostic and assessment procedures in this age group (10 mins) and 4] discuss how developmental differences inform adaptations to early intervention and standard treatment and consider the role of community education/prevention based approaches (10 mins introduction, 50 mins interactive discussion using clinical case material).

Learning Objectives

- Calculate the likely incidence of childhood EDs in their context and recognize where further data are needed
- Develop an assessment protocol for younger patients
- Anticipate the treatment needs of this patient cohort within their own setting

Presenters

- **Nadia Micali, MD, PhD, MRCPsych, FAED, Associate Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai, New York**

Dr. Micali, MD, MRCPsych, PhD, FAED, is an Associate Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai, New York and Senior Lecturer and Honorary Child Psychiatrist at the Institute of Child Health, UCL and Great Ormond Street Hospital. Dr. Micali obtained her PhD from the Institute of Psychiatry, King's College London and she is also a trained epidemiologist. Over the course of her career, Dr. Micali has written over 80- peer reviewed papers and has given over 50 lectures and presentations around the world. She had served as an elected executive member of several societies, including the Eating Disorders Faculty, the Child and Adolescent Psychiatry Surveillance System, and the Eating Disorders Research Society (of which she was 2015 President). Dr. Micali is also an active member and fellow of the Academy of Eating Disorders.

- **Catherine Stewart, CPsychol, PhD, Senior Clinical Psychologist, National and Specialist CAMHS, Child and Adolescent Eating Disorder Service**

Catherine Stewart, CPsychol, PhD is a senior clinical psychologist at the National and Specialist CAMHS, Child and Adolescent Eating Disorder Service, South London and Maudsley NHS Foundation Trust. Catherine received her PhD in experimental psychology from the University of



Bristol in 2007 and has 15 publications relating to psychiatric conditions.

- **Cathaline Tangau, SMSc, Therapist**
- **Dasha Nicholls, MRCPsych, Lecturer, Institute of Child Health, University College London**

Dr Dasha Nicholls is an expert in feeding and eating disorders. She first started working at Great Ormond Street Hospital in 1995. She is Consultant Child and Adolescent Psychiatrist and Joint Head of the Feeding and Eating Disorders Service and Honorary Senior Lecturer at the Institute of Child Health, University College London. She is currently clinical lead for the Eating Disorders Team.



Session: Cue exposure therapy for binge eating-related disorders using virtual reality

Code W3-8 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

This workshop provides information on the use of a virtual reality-based intervention for cue-exposure therapy (CET) in patients with binge eating-related disorders (BERD) resistant to treatment. Cognitive-behavioral therapy (CBT) is usually recommended as the first-line treatment for both bulimia (BN) and binge eating disorder (BED) and there is a strong body of research supporting its efficacy. However, a large percentage of patients do not improve despite treatment. Consequently, several approaches have been proposed to improve standard interventions. CET is based on the classical conditioning model and aims to extinguish food craving and anxiety associated with binge behavior through breaking the bond between the conditioned stimuli (e.g., palatable food, emotional states) and the unconditioned stimulus (intake of binge food). Previous research shows that CET is effective in reducing food craving, anxiety and binge behavior. However, logistical difficulties and the time needed to apply CET have hindered its development and implementation. Virtual reality (VR) technology is a powerful resource for simulating real-life situations in which CET can be used while ensuring security, privacy, flexibility, ecological validity, and control of the situation. Given that, new VR-based software for CET has been developed for administration as a component of BERD treatment. This workshop is structured in three parts. First, the efficacy, applicability and rationale of CET are briefly summarized. Second, the VR-based intervention is presented. Information on its development and use will be provided and attendees will be able to test how it works. Third, an experiment with the use of VR-based CET in patients with BN and BED resistant to treatment will be presented. Data on the efficacy of the software will be provided and several clinical cases will be discussed.

Learning Objectives

- To review the rationale of cue-exposure therapy for binge eating-related disorders and to analyze available studies of its efficacy, applicability and current drawbacks.
- To use new software based on virtual reality technology for cue exposure therapy in binge eating-related disorders.
- To integrate virtual reality-based cue-exposure therapy in the treatment of binge eating-related disorders, to analyze the main advantages and disadvantages of the software, and to identify patients especially likely to benefit from its use.

Presenters

- **Marta Ferrer-Garcia, PhD, University of Barcelona - Department of Personality, Evaluation and Psychological Treatment**

Marta Ferrer-Garcia, PhD is currently in a PostDoc position with the University of Barcelona - Department of Personality, Evaluation and Psychological Treatment. She graduated from the University of Barcelona with a PhD in clinical psychology in 2010.



- **José Gutiérrez-Maldonado, PhD, University of Barcelona with Educational Technology, Personality Psychology and Health Psychology**

José Gutiérrez-Maldonado, PhD is currently working with the University of Barcelona with Educational Technology, Personality Psychology and Health Psychology. Jose's interests include virtual reality as it pertains to cue-exposure therapy for eating disorders.

- **Joana Pla-Sanjuanelo, Mpsych, Department of Personality, Evaluation and Psychological Treatment, University of Barcelona**

Joana Pla-Sanjuanelo received her Masters of Science in Psychology from the University of Barcelona and currently works for the University's Department of Personality, Evaluation and Psychological Treatment. Joana's research focuses on virtual reality applications for eating disorder patients.

- **Ferran Vilalta-Abella, Mpsych, Department of Personality, Evaluation and Psychological Treatment, University of Barcelona**

Ferran Vilalta-Abella received his Masters of Science in Psychology from the University of Barcelona and currently works for the University's Department of Personality, Evaluation and Psychological Treatment. Ferran's research focuses on virtual reality applications for eating disorder patients and Psychosomatic Medicine.

- **Giuseppe Riva, PhD, Professor of General Psychology and Communication Psychology at the Catholic University of Milan**

Giuseppe Riva, Ph.D., is Professor of General Psychology and Communication Psychology at the Catholic University of Milan, Italy and Head Researcher of the the Applied Technology for Neuro-Psychology Laboratory - ATN-P Lab., Istituto Auxologico Italiano, Verbania Italy. Riva pioneered much of the applications that enabled the diffusion of Virtual Reality and Internet in the field of health care integrating innovative research ranging from usability, ergonomics, and cognitive science, to mobile devices and simulation apparatus. He is currently the European Editor of the scientific journal of "CyberPsychology, Behavior & Social Networking" and President of the International Association of CyberPsychology, Training, and Rehabilitation.

- **Antonios Dakanalis, PhD, Research Fellow with the Department of Translational Medicine at the University of Milano-Bicocca**

Antonios Dakanalis is a Research Fellow with the Department of Translational Medicine at the University of Milano-Bicocca, MI, IT. Antonios is also an Assistant Professor at the University of Pavia and has published over 70 articles on various disorders including anxiety disorders, eating disorders and bi-polar disorders.



Session: Home Treatment in Greece: Working with Families and Patients with Severe AN according to the Interpersonal Component of Cognitive Interpersonal maintenance model

Code W3-9 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

Home treatment is emerging as an alternative treatment plan to hospital admission for adolescents and adults with acute or severe anorexia nervosa in Greece due to the lack of specialized inpatient and day care units. Moreover, the home treatment program includes intensive monitoring, supervision of meals at home, or additional individual/family support that usually lasts approximately 16 weeks. It is a family centered approach, which aims to address the patient's psychological and age- related needs in the home environment. Further, it is designed to empower and support family members, reduce the parental burden, and enable the family to live a normal life. Take into consideration that substantiated research indicates that familial factors can contribute to the maintenance of eating disorders; the family intervention of home treatment is based on the theory of the maintenance model for anorexia nervosa that is proposed by Schmidt and Treasure in 2006. Specifically, this model suggests that the caregivers' emotional reactions are characterized by high levels of anxiety and depression, psychological distress and dysfunctional responses to the illness in the form of Expressed Emotions or accommodation to symptoms, can act as maintaining factors of an eating disorder. Also, the model has been applied to the home treatment program for the last four years and its efficiency is currently under study.

Learning Objectives

- Describe the phases of home intervention, focusing on implementation of the interpersonal maintenance model for anorexia nervosa
- Increase their knowledge of the application of this model in the home environment by using role-playing based on scenarios and real case material
- Discuss the advantages and disadvantages of home treatment

Presenters

- **Maria Tsiaka, BA, Student**
- **Maria Tsiaka, BA, , Student**
- **Janet Treasure, PhD, Psychiatrist**

Janet Treasure, OBE PhD FRCP FRCPsych, is a British psychiatrist, who specialises in research and treatment of eating disorders. She is currently the director of the Eating Disorder Unit and Professor of Psychiatry at the Institute of Psychiatry, King's College, London. In early 2013 she was awarded Officer of the Order of the British Empire (OBE) for Services to People with Eating Disorders.



- **Constantinos Bletsos, BSc, MSc, Student**



Session: E-health for eating disorders: Featback as example

Code W3-10 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

E-health interventions decrease barriers to care, because they are widely available and more easily accessible than traditional face-to-face treatment. Internet-based interventions have the potential to provide promising ways to enhance health care. In the first part of the workshop we will critically review, and discuss with participants, the emerging evidence for e-mental health for eating disorders. We will provide an update on our published reviews on this topic (PMID 26946513 and PMID: 23674367). Next we will provide a comprehensive overview of the results of our randomized controlled trial of Featback, a psycho-education and automated self-monitoring system with added psychologist support. We will briefly present and integrate the effectiveness (PMID: 27317358), cost-effectiveness (PMID: 27441418), predictors and moderators (what works for whom), mediators (mechanisms of change) and the results of a content analysis of the support sessions. This '360-view' on Featback provides input for the discussion with participants about the clinical utility of anonymous e-health interventions and next steps in research and clinical practice. Finally, we will introduce the brief psychologist led online-interventions used in the support sessions of our RCT. In pairs of two, participants will practice briefly with this model.

Learning Objectives

- Appraise the state-of-the-art in the emerging field of e-health for eating disorders.
- Appreciate the scope (strengths, limitations) of e-health for eating disorders.
- Integrate the different perspectives of the results of an RCT on an anonymous e-health intervention.

Presenters

- **Alexandra Dingeman, PhD, Senior Researcher at the Center for Eating Disorders Ursula in the Netherlands**

Alexandra Dingemans, PhD is a senior researcher at the Center for Eating Disorders Ursula in the Netherlands. The focus of her research is on investigating the effectiveness of treatments for eating disorders. She conducted several randomized controlled trials (RCTs). Her publications include evaluations of the effectiveness of cognitive remediation therapy in eating disorders and cognitive behavioral therapy.

- **Eric Van Furth, PhD, Psychiatrist**

My involvement with the treatment and research of eating disorders started in 1984. Since 1992, following my PhD at the Dept. of Child and Adolescent Psychiatry at the Utrecht University Hospital, I have been employed at the Center for Eating Disorders Ursula in Leidschendam. Main tasks of the Center are regional and national specialized care, treatment innovation and scientific research. The Center has been recognized as TOPGGz (Center of Excellence). Over the years



many new interventions have been developed and tested such as cognitive behavior therapy for patients with Binge Eating Disorder, Cognitive Remedial Therapy for eating disorders, e-mental health (Proud2Bme.nl and Featback.nl) and disease management for eating disorders. The main focus of our scientific research is unraveling the etiology of eating disorders via genetics and twin research and the scientific evaluation of treatment interventions.

- **Jiska Aardoom, PhD, Researcher, University of Leiden**

Jiska Aardoom, PhD is a researcher for E-health and eating disorders for the University of Leiden in the Netherlands. Jiska's primary research focus is on E-mental health for eating disorders. Jiska also received a MSc in Research Psychology from the University of Amsterdam.



Session: Research-Practice Integration: How Do I Actually Integrate in a Real-World Setting?

Code W3-11 :: Seminar Session :: 1.50 CE hours

11:15 am – 12:45 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

The purpose of this workshop is to present a model for integrating research and practice in real-world clinical settings that is both practical and feasible. Additionally, strategies for researchers and clinicians to collaborate in obtaining clinically relevant data will be provided. While the scientist-practitioner model is highly valued in the field of psychology, it often feels unattainable to actually implement the model. Reasons such as a lack of funding, interest, or resources have been cited as barriers to true research-practice integration. However, even if clinicians are delivering evidence-based treatment (EBT), without program evaluation or research examining their treatment delivery, it can be difficult to discern how effective the EBT is in their specific practice. Evaluating outcomes is also vital when making adaptations to empirically supported models for more practical use in clinical settings. As clinical practice continues to be more linked to managed care and the larger healthcare system, program evaluation is increasingly mandated by stakeholders, accreditation agencies, and insurance companies. A step-by-step procedure describing how to integrate research and practice in clinical settings will be provided and examples from the presenters' own eating disorder research-practice integration team will be described. Additionally, major obstacles the team faced during development and implementation of research-practice procedures will be reviewed. This workshop aims for both primary clinicians and primary researchers to find concrete ways to more realistically integrate research and practice. • Overview and rationale of the importance of the integration of research and practice for eating disorders (20) • Group discussion on barriers to integration (15) • Description of processes one Midwestern outpatient eating disorder specialty clinic took to integrate research and practice; description of obstacles faced during this implementation and step-by-step suggestions (20) • Video clips from members of the research-practice integration team on what they feel they have gained from this approach (5) • Small group discussions to problem-solve perceived barriers (15) • Wrap up with audience members action plans/goals to move towards more fully integrating research and practice (15)

Learning Objectives

- Describe the process the research-practice integration team used to develop procedures in an outpatient clinic that integrate clinical work and research.
- Problem-solve barriers to developing or enhancing research-practice integrations in primary clinical and primary research settings.
- Develop concrete steps to reduce the research-practice gap at host institutes.

Presenters

- **Kelly Bhatnagar, PhD, Director of Clinical Services & Research at the Cleveland Center for Eating Disorders**

Dr. Bhatnagar is the Director of Clinical Services & Research at the Cleveland Center for Eating



Disorders. Dr. Bhatnagar's training in empirically founded treatments for eating disorders has been extensive, including specialized training in Maudsley Family Based Treatment (FBT), Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT). Dr. Bhatnagar is actively involved in the Academy of Eating Disorders. Her clinical and research interests include examining the marriage of FBT and DBT principles to treat complex, multidisagnostic children and adolescents suffering from eating disorders. Dr. Bhatnagar has published in peer reviewed journals and invited book chapters, and has presented her work at multiple national and international conferences.

- **Caitlin Martin-Wagar, MA, Researcher, The Emily Program**



Session: Paper Session: Neuroscience II

Code PPR14 :: Seminar Session :: 1.50 CE hours

2:45 pm – 4:15 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

Is Response in Inhibitory Control Circuitry Modulated by Eating in Women Remitted from Bulimia Nervosa?

Structural covariance networks in Anorexia Nervosa: a graph theoretical analysis

Medial prefrontal cortex engagement during self and other evaluations is related to body shape and anxiety in adolescent anorexia nervosa.

Neural Correlates of Explicit Regulation of Negative Emotions in Patients with Anorexia Nervosa

Threat detection and attentional bias to threat in women recovered from anorexia nervosa: Neural alterations in extrastriate and medial prefrontal cortices.

Lower levels of Glutamate in the Brains of those with Anorexia Nervosa: A Magnetic Resonance Spectroscopy Study at 7 Tesla

Learning Objectives

- Describe the role of attentional bias to threat in anorexia nervosa.
- Interpret cortical network organization in Anorexia Nervosa and distinguish three structural and morphological indices: cortical thickness, gyrification and fractal dimension.
- Describe how neural differences in self and other perception may contribute to body shape concerns in adolescents.
- Assess the role of limbic brain regions and regions of the cognitive control system during emotion regulation in patients with anorexia nervosa
- Describe how fasting and eating impact inhibitory control circuitry in women remitted from bulimia nervosa and controls.
- Appraise the value of using Magnetic Resonance Spectroscopy at 7 Tesla.

Presenters

- **Laura Berner, DPhil, Research Fellow, UCSD Eating Disorder Center**

Dr. Laura Berner joined the UCSD Eating Disorder Center as a postdoctoral research fellow after completing her clinical internship at the UCSD Eating Disorders Treatment Program and the San Diego VA Healthcare System. She earned her bachelor's degree from Princeton University and her Ph.D. in Clinical Psychology from Drexel University. She has extensive treatment experience working with adults and adolescents with eating disorders at all levels of care and has specialized training in Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), and



traditional Cognitive-behavioral Therapy (CBT) for mood and anxiety disorders, post-traumatic stress disorder, personality disorders, and chronic pain. Dr. Berner's research focuses on characterizing brain-based and other biological factors that contribute to eating disorders, and she has been awarded grants from the National Institute of Mental Health, the American Psychological Association, and the Academy for Eating Disorders. Her postdoctoral research with the UCSD team uses functional magnetic resonance imaging (fMRI) to examine the role of brain circuits that support various forms of self-regulatory control in bulimia nervosa. When not at work, she loves to sing and travel and enjoys hiking and camping closer to home.

- **Enrico Collantoni, MS, Researcher**
- **Carrie McAdams, MD, PhD, Assistant Professor of Psychiatry at UT Southwestern Medical Center**

Dr. Carrie McAdams is an Assistant Professor of Psychiatry at UT Southwestern Medical Center. Dr. McAdams has been fascinated by the relationship between the mind and the brain for over 20 years. She received her BA, magna cum laude, with double majors in biochemistry and behavioral science from Rice University in 1992. She received an MD with honors and a PhD in neuroscience from Baylor College of Medicine. She completed a postdoctoral research fellowship in neurobiology at Harvard Medical School and has published extensively in the field of attention and visual neurophysiology. Dr. McAdams became interested in understanding the neuroscience of mental illness, and completed her residency in psychiatry at UT Southwestern. During her residency at UT Southwestern, Dr. McAdams received the Chairman's Research Award for her paper on neuroimaging of social identity in eating disorders.

- **Stefan Ehrlich, MD, Researcher, Department of Child and Adolescent Psychiatry.**

Stefan Ehrlich, MD is a professor and is the head of eating disorder research and treatment center at the Department of Child and Adolescent Psychiatry.

- **Lasse Bang, MA, Researcher**
- **Alexandra Pike, MSc, Researcher, Oxford University**



Session: Paper Session: Gender, Ethnicity, Culture

Code PPR16 :: Seminar Session :: 1.50 CE hours

2:45 pm – 4:15 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

Eating Disorder Examination Questionnaire: Norms for Transgender Youth

Prospective Associations between Childhood Gender Conformity, Bullying Victimization, and Adolescent Disordered Eating Behaviors in a UK Cohort Study

Black Beauty: Exploring Body Ideals Among Black Women

Reducing the stigma of eating disorders: A meta-analysis and narrative synthesis.

Developmental Trajectories of Eating Disorder Symptoms in Black and White Girls

Community based nutrition education to reduce geophagic practices and improve nutrition in women of reproductive age in Nakuru Municipality, Kenya: A pilot study

Learning Objectives

- Describe eating disorder symptom presentations in transgender youth
- Assess how victimization experiences uniquely contribute to eating disorder risk above and beyond body dissatisfaction.
- Explore whether Black women endorse culturally specific ideals as well as the Western thin-ideal.
- Describe the nature of stigmatizing attitudes and beliefs held by the community about people with eating disorders
- Describe different developmental patterns of eating disorder symptoms
- Recognize geophagia as a common eating disorder in Africa.

Presenters

- **Claire Peterson, PhD, Assistant Professor in Behavioral Medicine and Clinical Psychology at Cincinnati Children's Hospital Medical Center**

Claire M. Peterson, PhD, is an assistant professor in Behavioral Medicine and Clinical Psychology at Cincinnati Children's Hospital Medical Center within the University of Cincinnati College of Medicine, Department of Pediatrics. She is currently a clinical psychologist within the multi-disciplinary eating disorders team. She specializes in the assessment and evidence-based treatment of eating disorders including family-based therapy (FBT) for anorexia nervosa. She is also trained in DBT and has recently piloted a DBT skills group. Her research interests include personality traits, self-harm, and eating disorders, the treatment of eating disorders within the context of chronic illness (e.g., type 1 diabetes), eating disorders within the transgender



population, and evaluating treatment interventions to improve outcomes in adolescents with eating disorders.

- **Jerel Calzo, PhD, Assistant Professor in Pediatrics at the Harvard Medical School**

Dr. Calzo is a developmental psychologist, an Assistant Professor in Pediatrics at the Harvard Medical School, and a Research Scientist in the Division of Adolescent and Young Adult Medicine at Boston Children's Hospital. He is currently the Co-Chair of the Males & Eating Disorders Special Interest Group of the Academy for Eating Disorders. Dr. Calzo's research focuses broadly on the development of gender and sexual orientation health disparities in adolescence and young adulthood. Dr. Calzo's work on body image and eating disorders, funded by the National Institute of Child Health and Human Development and the National Institute on Drug Abuse, focuses on body image and eating disorder risk in heterosexual and sexual minority (i.e., gay, bisexual, mostly heterosexual) males. His work breaks new ground by being among the first to trace the development of leanness and muscularity concerns, physical activity, and product use (e.g., creatine, steroids) in both heterosexual and sexual minority males across adolescence. Dr. Calzo's current work examines how stress and socialization processes in specific contexts (e.g., sports, engagement in sexual minority community contexts) contribute to sexual orientation disparities in eating disorder risk, and how such factors can be targeted in preventive interventions to promote health in all boys and men. Dr. Calzo also serves as a scientific consultant to the Massachusetts Commission on Lesbian, Gay, Bisexual, and Transgender Youth and is a faculty affiliate of the Women, Gender, and Health Interdisciplinary Concentration at Harvard School of Public Health. He received his PhD from the University of Michigan.

- **Alice S. Lowy, MA, Researcher**

Alice is a doctoral student in the Counseling Psychology program at Northeastern University. She received her B.A. in Psychology and Spanish Literature from Kenyon College (2008) and her M.A. in Psychology from Boston University (2014). Prior to graduate school, she worked as a clinician at the North American Family Institute (NAFI) Yes! Program. In this clinical setting, she provided group and individual counseling to court-mandated juvenile offenders and at-risk youth. Her experience with this population sparked further interest in examining treatment accessibility and outcome for ethnic minorities and youth from low-income families. At BU, she assisted in various projects regarding the stigma of eating disorders at the Center for Anxiety and Related Disorders (CARD). Prior to beginning her doctorate, she served as Program Administrator at Monte Nido & Affiliates, a residential and partial treatment program for eating disorders and exercise addiction. Her primary research interests are in prevention and treatment of eating disorders for underserved populations, with a focus on effective interventions for adolescents.

- **Joanna Doley, PhDc, Researcher**

- **Lindsay Bodell, PhD, Postdoctoral Associate, Department of Psychiatry, University of Pittsburgh Medical School Western Psychiatric Institute and Clinic**

Lindsay Bodell, PhD's primary research interests include the etiology and pathophysiology of eating disorders, and the link between eating disorders and suicidality. Her research has included the evaluation of neural correlates of decision-making deficits in patients with anorexia nervosa, and biological correlates of binge eating behaviors.

- **Sharon Iron-Segev, ScD, Clinician**



Dr. Sharon Iron-Segev obtained her Sc.D. from the Harvard School of Public Health, she is a certified clinical dietitian with vast experience in treating children, adolescents and young people suffering from obesity and eating disorders. She was the director and founder of ISIS - the Interdisciplinary Center for Weight Management, Nutrition and Wellness - a center for the treatment and prevention of obesity and eating disorders. Dr. Iron-Segev is a Teaching Fellow at the Institute of Biochemistry, Food Science and Nutrition, The Robert H. Smith Faculty of Agriculture, Food and Environment, The Hebrew University of Jerusalem teaching public health, nutrition epidemiology and topics in clinical nutrition. Dr. Iron-Segev boasts over 20 years of extensive professional experience as a clinical dietitian, of which she served for over a decade as the Head Dietician of the Lily Safra Children's Hospital at Sheba Medical Center, Tel Hashomer. She was one of the founders of Israel's first ward for the admittance and treatment of children and adolescents suffering from eating disorders and morbid obesity (Sheba Hospital, Tel Hashomer)



Session: Paper Session: Diagnosis, Classification and Measurement

Code PPR18 :: Seminar Session :: 1.50 CE hours

2:45 pm – 4:15 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

Eating, Food, and Substance versus Behavioral Addiction: Investigating the Validity of the Eating Addiction Questionnaire

Investigating the DSM-5 Severity Specifiers Based on Body Mass Index for Anorexia Nervosa

Are eating disorders and related symptoms risk factors for suicidal thoughts and behaviors? A meta-analysis

The Predictive Validity of Purging Disorder: A Comparison to Bulimia Nervosa at 10-Year Follow-Up

Primary Care Assessment and Triage of Adolescent Patients with Anorexia Nervosa

Getting shredded: Development and validation of a disordered eating measure for increasing muscle and leanness

Learning Objectives

- Compare and contrast eating addiction and food addiction
- Describe the new DSM-5 (APA, 2013) severity indicators for anorexia nervosa.
- Identify which eating disorder factors are longitudinally associated with risk for suicidal outcomes
- Identify the key diagnostic difference between Purging Disorder and Bulimia Nervosa.
- Describe the American Academy of Pediatrics guidelines for hospitalization for adolescents with AN.
- Differentiate disordered eating strategies that promote leanness or thinness from strategies that promote muscularity and bulking

Presenters

- **Kristin von Ranson, PhD, FAED, Associate Professor, Department of Psychology, University of Calgary**

Dr. Kristin Ranson is a member of the University of Calgary's Clinical Psychology graduate program and has a history of training successful students. Her research focuses on eating disorders, including diverse questions related to etiology, classification, assessment, and treatment of eating problems and obesity in community and clinical samples. She uses various methods to examine risk, resilience, and maintenance factors for eating disorders in pre-teens, adolescents, and adults and to better characterize the spectrum of eating disturbances. Some of her specific, recent interests include the conceptualization of eating disorders as forms of addictions, and how to bridge the gap between researchers' recommendations and practitioners' choice of



psychotherapies for eating disorders.

- **Oyvind Ro, PhD, MD, Researcher**

- **April Smith, PhD, Assistant Professor of Clinical Psychology at Miami University**

Dr. April Smith received her B.A. in Psychology and Plan II from the University of Texas at Austin in 2004. She then taught English in Japan for two years as part of the Japanese Exchange and Teaching Program. Dr. Smith received her Ph.D. from Florida State University's Clinical Psychology Program in 2012, and completed her clinical residency at the University of California, San Diego. Dr. Smith is currently an Assistant Professor of Clinical Psychology at Miami University and the director of the Research on Eating Disorders and Suicidality (REDS) Laboratory. April was named a 2016 Rising Star by the Association for Psychological Science. Additionally, in 2017 April received the Miami University Junior Faculty Scholar Award. More information about Dr. Smith can be found on the Miami University Department of Psychology website.

- **K. Jean Forney, MSc, Legacy Fellow at Florida State University**

Jean is a Legacy Fellow at Florida State University, working on her Ph.D. in Clinical Psychology under Dr. Pamela Keel. She is currently working on her dissertation project that was partially funded through experiment.com (see Long-Term Outcome of Purging Disorder).

Jean earned her Bachelor's Degree in Psychology summa cum laude at Miami University, in Oxford, Ohio, as a Harrison Scholar in 2011, and earned her Master's Degree at Florida State University in 2013. She recently received a Ruth L. Kirschstein National Research Service Award (NRSA) Individual Predoctoral Fellowship (F31) from the National Institute of Mental Health.

Jean has 12 peer review publications studying risk and maintenance factors for eating disorders, including one paper examining what the experience of feeling out of control while eating means for women with purging disorder.

Jean plans to continue her research studying the factors that maintain eating disorders, including hormonal factors, in hopes of informing more effective treatment development.

- **Kendra Homan, PhD, Clinical Psychologist**

Kendra J. Homan, Ph.D. is currently completing her two-year Medical Psychology Fellowship at the Mayo Clinic in Rochester, Minnesota in the specialty area of Clinical Child Psychology. She earned her doctorate degree in Combined Clinical/Counseling/School Psychology from Utah State University in 2015 and completed her internship at the University of North Carolina Charlotte Counseling Center. Clinically, the bulk of Dr. Homan's work has been with adolescents and young adults, with a specialization in child and adolescent eating disorders and adolescents with chronic pain and comorbid eating disorders. Dr. Homan's research agenda focuses on improved detection and prevention of adolescent eating disorders in primary care, group family-based treatment for adolescent anorexia nervosa, and the impact of disordered eating on outcome among adolescents with chronic pain attending a pain rehabilitation program. She has published 13 peer reviewed articles and has presented at numerous national and international meetings.

- **Marita Cooper, MS, Clinical Psychologist**



I am a Registered Psychologist and Clinical Psychology Registrar with a Masters of Clinical Psychology. I specialise in child and adolescent psychology and my postgraduate research explored the impact of self-esteem and gender roles on unhealthy body change behaviours. Although my current role predominantly involves working with individual clients, I am also experienced in facilitating group programs, conducting research as well as presenting training and parenting seminars. I am accredited in play-based cognitive behavioural techniques, treatment for obsessive-compulsive disorder as well as mindfulness-based approaches for adolescents and adults. Recently, I have co-authored two book chapters on the prevention and early intervention of social anxiety and promoting resilience in youth populations as well as completing studies on developing resilience in parents of anxious children.



Session: Paper Session: Treatment of Eating Disorders (Child and Adolescent)

Code PPR19 :: Seminar Session :: 1.50 CE hours

2:45 pm – 4:15 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

The Importance of Fathers in Family-Based Treatment for Adolescent Eating Disorders

How much is enough? Dose, phase completion, and outcome in Family Based treatment for Adolescent Anorexia Nervosa

Home-based interventions in acute restrictive eating disorders: a mixed methods study

Implementation and Efficacy of Multi-Family Therapy for Anorexia Nervosa at the Eating Disorder Service, The Children's Hospital, Westmead, Australia

Outcomes of Aggressive Oral Refeeding for Adolescents with Anorexia Nervosa

Cognitive Remediation Therapy for Children and Adolescents with Complex and Severe Eating Disorders: Outcomes from Individual and Group Formats

Learning Objectives

- Describe past research and theory on the involvement of fathers in family therapy for child and adolescent psychological disorders
- Describe current understandings of FBT treatment dose and phase completion
- Describe and contrast home-based treatment interventions for restrictive eating disorders in young adolescents.
- Describe the implementation of MFT as a novel enhancement of Maudsley Family Based Treatment (FBT) in a specialist eating disorders service in Australia
- Describe the clinical features of refeeding syndrome.
- Explore the possible role of cognitive remediation therapy as a treatment adjunct for children and adolescents with severe and complex eating disorders requiring inpatient admission.

Presenters

- **Elizabeth Hughes PhD, Research Fellow, Royal Children's Hospital**

Elizabeth Hughes PhD is a research fellow at the Royal Children's Hospital and University of Melbourne, Australia. She received her PhD in psychology from Monash University. She holds honorary research fellow positions with the Murdoch Children's Research Institute and the School of Psychological Sciences at Monash University. Dr. Hughes's research focuses on the treatment of eating disorders in adolescents, particularly family-based treatment for anorexia nervosa.



- **Andrew Wallis, MS, Non-Medical Head, Sydney Children's Hospital Network**
- **David Clinton, PhD, Research Director, Institute for Eating Disorders Norway**
- **Elaine Tay, PhD, Lecturer, Curtin University**
- **Elizabeth de Klerk, MD, Pediatric Residency, University of British Columbia**
- **Amy Harrison, DClinPsy, PhD, MPsych, Lecturer, Regent's University**

Dr Amy Harrison is a Lecturer in Psychology and teaches in the areas of psychopathology, developmental psychology and health psychology for Regent's University's Psychology Programme's BSc, MSc and for the Regent's American University London psychology modules. She is also a qualified Clinical Psychologist and works with young people with severe and enduring eating disorders and has expertise in cognitive behavioural therapy, family therapy, mindfulness and neuropsychological assessment. Dr Harrison has produced a number of clinical research articles focused on understanding social emotional and cognitive processes in people with eating disorders and has an interest in how positive psychology interventions might use useful for people with severe and enduring eating disorders. Dr Harrison has also trained in the delivery and assessment of Motivational Interviewing (MI) and has been involved in a large randomised controlled trial as a coder of therapy sessions for MI treatment integrity. She is currently working on a research project to better understand social skills in people with eating disorders.



Session: Paper Session: Emotions and Emotion Regulation

Code PPR20 :: Seminar Session :: 1.50 CE hours

2:45 pm – 4:15 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

Do People With Eating Disorders Have Difficulties Recognizing Emotions In Others?

Unique Associations of Affect and Maladaptive Perfectionism with Eating Disorder Symptoms in Women with Bulimia Nervosa

Deliberate Expression Of Emotions: A Study In Individuals With Anorexia Nervosa And Those Who Have Recovered

Alexithymia Predicts Greater Improvement in Emotion Regulation After Dialectical Behavior Therapy

Shame and Eating Behavior in Sample of Russian Women with Eating Disorders

Affective Instability in Bulimia Nervosa: Temporal Associations between Volatile Emotion and Dysregulated Eating Behavior

Learning Objectives

- Summarize difficulties in emotion processing that have been identified in the Eating Disorders literature
- Describe the utility of considering both intensity and variability of affect in eating disorders
- Describe the most relevant findings in the literature on emotion expressivity in people with Eating Disorders
- Describe the relationship between baseline alexithymia scores and difficulties with emotions regulation at intake and discharge.
- Describe some measurements used for qualitative research of shame in ED
- Discuss why affective instability may be relevant to the mechanisms underlying bulimia nervosa.

Presenters

- **Marcela Marin Dapelo, PhD, Researcher**

I studied Psychology at the University of Valparaíso and completed a MSc in Clinical Psychology at University Adolfo Ibáñez, both in my home country, Chile. Later, I worked as a research project clinician at the Centre for Overcoming Problem Eating of the Western Psychiatric Institute and Clinic, in Pittsburgh, Pennsylvania. I came to London to do a PhD in Kate's lab because I wanted to study emotion processing in people with Eating Disorders, and I hope my research will contribute to the development of future treatments. In my spare time, I enjoy watching movies, outdoor activities, and acting.



- **Jason Lavender, PhD, Research Scientist at the Neuropsychiatric Research Institute**

Dr. Lavender is a Research Scientist at the Neuropsychiatric Research Institute. He completed his undergraduate education at Duke University, where he graduated with a B.S. in psychology in 2005. Following completion of his clinical internship at the University of Mississippi Medical Center, he received his Ph.D. in clinical psychology from the University at Albany, State University of New York in 2011. He subsequently completed a T32 postdoctoral fellowship in eating disorders research at the Neuropsychiatric Research Institute from 2011-2014. His main research interests include the role of emotion dysregulation and Neurocognitive processes in eating disorders, dimensional approaches to studying psychopathology, and functional neuroimaging approaches to examining neurobiological functioning in eating disorders.

- **Tiffany Brown, PhD, APA Psychology Intern**

- **Laura Berner, DPhil, Research Fellow, UCSD Eating Disorder Center**

Dr. Laura Berner joined the UCSD Eating Disorder Center as a postdoctoral research fellow after completing her clinical internship at the UCSD Eating Disorders Treatment Program and the San Diego VA Healthcare System. She earned her bachelor's degree from Princeton University and her Ph.D. in Clinical Psychology from Drexel University. She has extensive treatment experience working with adults and adolescents with eating disorders at all levels of care and has specialized training in Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), and traditional Cognitive-behavioral Therapy (CBT) for mood and anxiety disorders, post-traumatic stress disorder, personality disorders, and chronic pain. Dr. Berner's research focuses on characterizing brain-based and other biological factors that contribute to eating disorders, and she has been awarded grants from the National Institute of Mental Health, the American Psychological Association, and the Academy for Eating Disorders. Her postdoctoral research with the UCSD team uses functional magnetic resonance imaging (fMRI) to examine the role of brain circuits that support various forms of self-regulatory control in bulimia nervosa. When not at work, she loves to sing and travel and enjoys hiking and camping closer to home.

- **Svetlana Llins-Bronnikova, PhD, Clinical Psychologist**



Session: Paper Session: Treatment of Eating Disorders (Adult) III

Code PPR22 :: Seminar Session :: 1.50 CE hours

2:45 pm – 4:15 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

Emotional expression predicts treatment outcome in focal psychodynamic and cognitive behavioural therapy for anorexia nervosa: Findings from the ANTOP study

Acceptance in eating disorder treatment at the higher levels of care: A naturalistic effectiveness study

Weight Change over the Course of Binge Eating Disorder Treatment: Relationship to Eating Behavior and Psychological Factors

Impact of Residential Treatment on Eating Disorder Symptoms

Evaluation of Hospitalisation for Anorexia Nervosa : the EVHAN study

Demystifying the refeeding process: Implementation of an aggressive weight restoration protocol

Learning Objectives

- Appraise the relevance of emotional processing in the treatment of AN.
- Evaluate the effectiveness of ACT-based treatment for eating disorders.
- Examine the relationship between change in binge eating and change in weight during BED treatment.
- Describe impact of residential treatment on cognitive and behavioral eating disorder symptoms
- Evaluate inpatient treatment in AN
- Identify patients meeting criteria for accelerated weight restoration and develop a refeeding and Nutrition Plan of Care, including calorie progressions and macronutrient ratios.

Presenters

- **Timo Brockmeyer, PhD, Researcher**
- **Keegan Walden, PhD, Director of Research and Evaluation at Insight Behavioral Centers**

Keegan is the Director of Research and Evaluation at Insight Behavioral Centers, a major provider of mental health services at the residential, partial hospitalization, and intensive outpatient levels of care. He studies treatment outcomes and predictors of positive change in therapy. Keegan was a member of the lab from 2010-2015. His research focused on the neurophysiology of reward-relevant emotions. He earned his PhD in Psychology from Northwestern.

- **Carly Pacanows, Researcher**
- **Malaika Lasfar, MD, Researcher**



- **Scott Crow, MD, Researcher, The Emily Program**

Scott oversees research that The Emily Program conducts in partnership with the University of Minnesota. He also provides psychiatric evaluations and medication management for a small caseload of individual clients. Scott earned his medical degree and completed his psychiatric residency at the University of Minnesota, where he is now a professor. Scott has been active in national and international eating disorders groups and is Past President of the Academy of Eating Disorders.

- **Heather Gallivan, MA, Clinical Psychologist**



Session: Treatment of Eating Disorders (Adult) II

Code PPR12 :: Seminar Session :: 1.50 CE hours

2:45 pm – 4:15 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

Predictors of outcome in an evidence-based intensive outpatient program for the treatment of eating disorders support rapid response and treatment duration

Clinical characteristics of Eating Disorders patients who do not respond to cognitive behavioral therapy: a six-year follow-up study.

Time to Eat! Less Regular Eating Patterns in Individuals who Binge and/or Purge

Assertive refeeding for medically compromised adult inpatients with anorexia nervosa: an observational study of outcomes

Assessing the effectiveness of attention training therapy in the treatment of binge eating within bulimia nervosa and binge eating disorder - a randomised controlled trial.

Therapist drift and clinicians experiences of working with people who have eating disorders.

Learning Objectives

- Describe predictors of outcome found in the current community-based transdiagnostic intensive outpatient program
- Identify factors associated with non response to treatment in eating disorders patients
- Demonstrate that individuals who engage in bingeing and/or purging have a less regular pattern of eating, compared to individuals who do not binge and/or purge.
- Identify that assertive refeeding is suitable for adults with an eating disorder
- Understand clinicians responses to working with people that have eating disorders and how these responses impact on clinical decision making.

Presenters

- **D. Catherine Walker, PhD, Researcher**
- **Giovanni Castellini, MD, PhD, Researcher**
- **Kathryn Coniglio, BA, Researcher**
- **Shane Jeffrey, RD, Researcher**

Shane Jeffrey is an advanced dietitian at the Royal Brisbane Women's Hospital. Shane received his graduate diploma in Nutrition and Dietetics from QUT in 1993 and has been previously appointed the Senior Dietitian and Manager for the Bronte Foundation Eating Disorders Clinic.



- **Sonja Skocic, PhD, MA, Researcher**



Session: Paper Session: Child and Adolescence II

Code PPR13 :: Seminar Session :: 1.50 CE hours

2:45 pm – 4:15 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

A pilot evaluation of Radically-Open Dialectical Behaviour Therapy for adolescents with Anorexia Nervosa

Compulsive Exercise in Adolescents with Eating Disorder: A Multi-site Longitudinal Study

Establishing goal weights for adolescent eating disorder patients: What is the state of the field?

Caregiver Coping and Appraisal of the Caregiving Experience Among Adolescent Eating Disorder Patients: A Comparative Study With Substance Use Disorder Patients and Healthy Adolescents.

A Comparative Study of ARFID and AN in Children Under the Age of 13 in a Tertiary Care Hospital Setting: Prevalence, Severity, Chronicity and Co-morbidities.

Program Evaluation of a Canadian Residential Treatment Model for Adolescents with Eating Disorders - Pilot data from the first 2 years of operation

Learning Objectives

- Discuss the development of RO-DBT for adolescents.
- Recognize the prevalence of excessive exercise (EE) in adolescents with eating disorder.
- Describe existing approaches to calculating goal weights in children/adolescents with eating disorders.
- Explain the differences between ED caregivers' coping strategies and those of other caregivers, as well as gender differences.
- Describe the prevalence and gender distribution in children under the age of 13 diagnosed with ARFID and AN in a tertiary care hospital Eating Disorders program
- Describe the patient population referred to a provincial residential treatment program.

Presenters

- **Mima Simic, MRCPsych, MD, MSc, Consultant Child and Adolescent Psychiatrist**

Dr Simic is joint head of the child and adolescent Eating Disorders Service at the Trust and a consultant psychiatrist with the Dialectical Behaviour Therapy Service.

She completed her doctor of medicine (MD) qualifications at the University of Belgrade in the former Yugoslavia, followed by specialised training in child and adolescent psychiatry.

Dr Simic moved to London in 1994 and retrained as a consultant psychiatrist at the Maudsley Hospital and St George's Hospital. She also completed her training in family therapy, group



analysis and DBT.

Since 2001, Dr Simic has been a consultant child and adolescent psychiatrist for the child and adolescent Eating Disorders Service at SLaM, and a consultant for our service since 2009.

- **Johanna Levallius, MSc, Clinical Psychologist**
- **Jocelyn Lebow PhD, Clinical Psychologist**
- **Melissa Parks, MS, Mental Health Therapist**
- **Melissa Lieberman, PhD, Clinical Psychologist**

Dr. Melissa Lieberman is a registered clinical psychologist working with children, adolescents and families in the Greater Toronto area. She has worked for over 15 years in both private practice and at the Hospital for Sick Children (HSC). She provides assessment, consultation and treatment for a wide range of psychological issues including; eating disorders, anxiety disorders, depression, divorce, loss, and other emotional difficulties which can limit quality of life during childhood and adolescence. Dr. Melissa Lieberman uses a variety of therapeutic techniques including Family-Based-Treatment for Eating Disorders (FBT), Cognitive-Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT) and Mindfulness Based Stress Reduction (MBSR).

- **Leora Pinhas, MD, Psychiatry Director of the Eating Disorder Program at the Hospital for Sick Children**

Leora Pinhas, MD, FRCPC, PhD candidate, is the Psychiatry Director of the Eating Disorder Program at the Hospital for Sick Children and an assistant professor in the Department of Psychiatry at the University of Toronto. Her research interests include the diagnosis and treatment of eating disorders and obesity in children and adolescents. Leora is the founding member of the Eating Disorder Association of Canada, and she is currently working on her PhD in epidemiology.



Session: Paper Session: Body Image II

Code PPR15 :: Seminar Session :: 1.50 CE hours

2:45 pm – 4:15 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

Body Dissatisfaction Predicts Engagement in Non-Compensatory Purging Among Eating Disorder Patients who have a Greater Tendency to be Intolerant of Negative Emotions

Disentangling Body Image: The Relative Clinical Significance of Weight/Shape Overvaluation, Dissatisfaction, and Preoccupation in Australian Girls and Boys

Weight and Shape Overvaluation as a Core Symptom in Eating Disorder Psychopathology: A Transdiagnostic and Disorder-Specific Network Analysis

Examination of the Mechanisms Accounting for the Protective Effect of Media Literacy on Body Dissatisfaction

When the Fit-Ideal Gets Scary: Body Image Ideals and Associated Eating and Body Dysmorphic Disorder Symptoms in Women in Weight Training

Effectiveness of a dissonance-based intervention for Girl Guides and Girl Scouts on body image and disordered eating: Results from a global pragmatic controlled trial

Learning Objectives

- Identify non-compensatory purging and describe its impact on comorbidity and treatment outcomes in those with eating disorders.
- Describe the relative variance in psychological distress explained by different body image constructs
- Explain the use of network analysis in eating disorders.
- Recognize that the mechanism underlying the protective effects of media literacy are not well understood.
- Examine the existence of different body image ideals in women in weight training
- Assess the effectiveness of a multi-session body image intervention delivered by community providers.

Presenters

- **Kendra Davis Becker, PhD, Department of Psychiatry**

Dr. Becker is completing her postdoctoral fellowship in clinical psychology as a Clinical and Research Fellow at Mass General. She received her PhD from the University of Georgia and completed her predoctoral internship at Massachusetts General Hospital/Harvard Medical School. Dr. Becker has clinical expertise in dialectical behavioral therapy and cognitive behavioral therapy.



Her primary research interests include investigating biological, hormonal and behavioral differences among individuals with low weight eating disorders.

- **Deborah Mitchison, PhD, MSc, Mpsych, Clinical Psychologist, Basten & Associates**

Deborah completed her PhD and Master of Clinical Psychology at the University of Western Sydney. Deborah's clinical specialisation has been in eating and anxiety disorders. Most recently she has been employed by University of Sydney to treat clients with anorexia nervosa as part of large international research trial of cognitive behavioural therapy. Other areas of practice have included specialised outpatient treatment of obsessive-compulsive and other anxiety disorders, inpatient treatment of acute mental health disorders, and the development a new day program for eating disorders. Deborah prefers a collaborative and active approach to therapy and draws primarily on cognitive behavioural and acceptance and commitment therapy models. Currently Deborah is also working as a postdoctoral research fellow at Macquarie University, where she enjoys conducting research and teaching psychology students. Location: Deborah sees clients at Westmead.

- **Russell DuBois, MSc, Researcher**

Russell DuBois is a PhD student in the Counseling Psychology program at Northeastern University. He received a B.A. in Psychology from the University of California, San Diego (2012) and an M.S. in Psychology from Palo Alto University (2014). He recently completed a clinical position at Family Support Services in Oakland, CA where he worked with children and adolescents with developmental disabilities in the foster care system. He also held a research position at the Palo Alto VA Healthcare system where he focused on barriers to treatment and gender issues among veterans who have experienced military sexual trauma. His current interests include body image and eating disorder research and he currently holds a graduate position at the Applied Psychology Program on Eating and Appearance Research lab at Northeastern University.

- **Rachel Rodgers, PhD, Researcher and Clinical Psychologist, Succeed**

Dr. Rachel Rodgers, Ph.D. is a researcher and clinical psychologist. She trained in the UK, France and Italy, and received her Ph.D. from the University Toulouse-le Mirail (France). She is currently a Visiting Assistant Professor at Northeastern University, Boston, where she completed her Fulbright Fellowship in 2010-2011.

Dr. Rodgers is the author of over 50 journal articles and book chapters in the areas of body image, eating disorders, obesity, and related conditions, as well as the upcoming co-chair of the International Academy for Eating Disorders Body Image and Prevention Special Interest Group.

- **Andrea Hartmann, PhD, Research Fellow in Psychology (Psychiatry) at the Massachusetts General Hospital/Harvard Medical School**

Andrea S. Hartmann, Ph.D., is a Research Fellow in Psychology (Psychiatry) at the Massachusetts General Hospital/Harvard Medical School. Dr. Hartmann received her Ph.D. in Psychology from Philipps University Marburg in Germany in 2011, and completed her clinical internship at the Inpatient Clinic of Psychotherapy and Psychosomatics (Dr. Ebel Fachklinik) in Grebenhain, Germany in 2010/2011.



- **Phillippa Diedrichs, PhD, Associate Professor in Appearance Research and Health Psychology at the Centre for Appearance Research**

Dr Phillippa Diedrichs is an Associate Professor in Appearance Research and Health Psychology at the Centre for Appearance Research, University of the West of England (UK). She has a PhD in health psychology from the University of Queensland (Australia). Dr Diedrichs' research primarily focuses on exploring social and cultural influences on body image, and the development and evaluation of evidence-based body image and eating disorder prevention programs. Her research has garnered international media attention and awards, and has been published in esteemed, academic peer-reviewed journals. Dr Diedrichs co-chaired the Academy for Eating Disorders Body Image and Prevention Special Interest Group from 2010-2014, and she continues to be an active member of the Academy. Dr Diedrichs regularly consults with charities, businesses, policy makers, governments, and politicians in relation to evidence-based body image programming, body image advocacy and health promotion. She is an experienced Body Project trainer, having delivered training to universities and organisations across the UK and Europe. Dr Diedrichs has also undertaken randomised controlled trials to assess the effectiveness of versions of the Body Project in university, school and community settings with adolescents and adults. Dr Diedrichs frequently travels across the UK, Europe, USA, and Australia for research, consultancy and training events.



Session: Paper Session: Innovative Uses of Technology

Code PPR17 :: Seminar Session :: 1.50 CE hours

2:45 pm – 4:15 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

Differences in Affective Trajectories in Ecological Momentary Assessment Studies of Binge Eating

Mealtime Eating Disorder Cognitions Predict Eating Disorder Behaviors: A Mobile Technology Based Ecological Momentary Assessment Study

Preliminary findings from a randomized-controlled trial of BodiMojo: a mobile App for positive body image

Risk for Eight Specific Eating Disorders, Obtained by a Virtual Assistant ("NUTMIN"), for the Support of Diagnosis Process of Eating Disorders: A Validation Study

Between- and within-subjects analysis of an individualized Internet-based program for prevention and early intervention: Associations between eating disorder symptoms and program utilization.

ProYouth OZ: An online peer-to-peer support prevention and early intervention program for young people at risk of eating disorders

Learning Objectives

- Describe the primary contradictions in the literature of affect and binge eating
- Discuss eating disorder cognitions that occur during meals and how they contribute to eating disorder behaviors.
- Evaluate the usefulness of BodiMojo, a mobile app for the promotion of positive body image.
- Identify artificial intelligence as a health tool for the detection of eating disorders.
- Develop awareness for eating disorder related risk factors.
- Recognize the role of technology in preventing eating disorders.

Presenters

- **Brittany Stevenson, MSc, Researcher**
- **Cheri Levinson PhD, Research Fellow, Washington University in St. Louis**

I am a post-doctoral research fellow at Washington University in St. Louis in the Department of Psychiatry. My current research focuses on (a) understanding the high levels of comorbidity between anxiety disorders and eating disorders and (b) applying empirically supported treatments for anxiety disorders to the eating disorders. I am supported by an Institutional Training Grant (T32) from the National Institute of Health.

- **Rachel Rodgers, PhD, Researcher and Clinical Psychologist, Succeed**



Dr. Rachel Rodgers, Ph.D. is a researcher and clinical psychologist. She trained in the UK, France and Italy, and received her Ph.D. from the University Toulouse-le Mirail (France). She is currently a Visiting Assistant Professor at Northeastern University, Boston, where she completed her Fulbright Fellowship in 2010-2011.

Dr. Rodgers is the author of over 50 journal articles and book chapters in the areas of body image, eating disorders, obesity, and related conditions, as well as the upcoming co-chair of the International Academy for Eating Disorders Body Image and Prevention Special Interest Group.

- **Ana Olivia Caballero Lambert, MSc, Researcher**
- **Sally Kindermann, DiplPsych, Research Fellow at Center for Psychotherapy Research at the University Hospital Heidelberg**
- **Kathina Ali, MSc, Researcher**

Kathina is a PhD research student working on a project with the Young and Well Collaborative Research Centre which aims to build and evaluate an online virtual clinic for improving the mental health of university students. Kathina is particularly interested in research in the area of eating disorders and body image and barriers towards seeking help. Her PhD research will investigate online peer-to-peer support for young people with eating, weight and shape concerns.

Kathina's supervisors include: Dr Lou Farrer and Professor Kathy Griffiths from the Centre for Mental Health Research, Australian National University; Dr Elizabeth Rieger from the Research School of Psychology, Australian National University; and Dr Stephanie Bauer from the Centre for Psychotherapy Research, University Hospital Heidelberg.



Session: Paper Session: Relapse Prevention and Recovery

Code PPR21 :: Seminar Session :: 1.50 CE hours

2:45 pm – 4:15 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

Insights in Recovery: Harnessing Narratives of Lived Experience to Engage Patients in Recovery. Common themes from four qualitative studies of the experience of recovery from eating disorders

Rate, timing and predictors of relapse in patients with anorexia nervosa following a relapse prevention program: a cohort study.

Definition of recovery from multiple perspectives: qualitative study of patients with eating disorders, their parents, and multi-disciplinary clinicians

Early Response in the Treatment of Eating Disorders: a systematic review and diagnostic test accuracy meta analysis

The “Face” and “Place” of Eating Disorder Recovery: A Critical Discourse Analysis of Eating Disorder Treatment Center Promotional Materials

Identifying Fundamental Criteria for Eating Disorder Recovery: A Systematic Review and Qualitative Meta-Analysis

Learning Objectives

- Identify some of the most common issues for patients during recovery and the relationship between these and treatment approaches
- Identify riskfactors and predictors of relapse and the period of the highest risk of relapse.
- Describe the definition of recovery as described by patients with eating disorders and their parents
- Delineate the concept of Early Response to treatment for each Eating Disorder
- Describe how eating disorder treatment centers help shape the discourse on eating disorder recovery
- Name the most important criteria for recovery according to recovered individuals

Presenters

- **Lesley Cook, MA, Director of Partners in Practice**

Lesley Cook is a Director of Partners in Practice, an Australian consulting service specialising in the design and development of innovative service models and systems for the non-government sector. Her work engages people with lived experience and professionals in co-design of evidence informed services and practices. Lesley has over 30 years experience managing and co-designing community based mental health programs, and child and family welfare programs. Areas of



expertise include service design and evaluation, qualitative research, knowledge synthesis, translation of research into practice, and consumer engagement. Her area of specialisation is the facilitation of collaboration and coproduction, engaging people with lived experience in research, service design and evaluation.

- **Tamara Berends, MS, Clinical Psychologist**
- **Tracy Richmond, MD, Assistant in Medicine, Boston Children's Hospital**

As a researcher and clinician in the Division of Adolescent Medicine, I am committed to improving the health of adolescents and in particular to reducing racial/ethnic and socioeconomic disparities in adolescent health outcomes. I am particularly interested in understanding how environments, especially schools and neighborhoods, influence youth health beliefs, behaviors and outcomes and how schools and neighborhoods may operate in opposition or synergistically. As the clinical Director of the PREP program, an obesity intervention program in the Adolescent and Young Adult Medicine Clinic, I have become increasingly interested in the intersection of eating disorders and obesity as well as the impact of weight perception on health outcomes and behaviors.

- **Bruno Nazar, PhD, Psychiatrist, University of Rio De Janeiro - Institute of Psychiatry**
- **Andrea LaMarre, MSc, PhD Candidate, Family Relations and Human Development**

I am a PhD candidate in the Department of Family Relations and Human Development at the University of Guelph. I have a particular interest in innovative, qualitative approaches to research, critical feminist approaches, and community-engaged research. In my Masters research I used a critical feminist and narrative lens to explore the stories of young women overcoming eating disorders. I take a collaborative approach in my work, recognizing various sources of "expertise" and working with research participants in the giving of voice and sharing of stories. Through my research I hope to expand upon the dominant discourses about what it means to have, and to overcome, an eating disorder, and how this may look different depending on one's social location. For my PhD, I hope to expand upon my Masters research by using digital storytelling with families and health care practitioners to engage with various and intersecting definitions of eating disorder recovery.

I have had the opportunity to work in a wide array of environments, ranging from government to retail, which has given me the chance to experience an eclectic range of topics and settings. My experience ranges from working with young adults with developmental disabilities to conducting literature reviews and writing reports for governmental and community organizations. I have found community-based research to be particularly engaging, as working with communities/community organizations helps the links between university and community to become more clear. I appreciate conducting research that has practical value in community settings.

- **Jan Alexander de Vos, MH, Researcher**



Session: Different Perspectives, Similar Goals: Integrating Research and Practice

Code RPGTT01 :: Seminar Session :: 1.50 CE hours

4:30 pm – 6:00 pm Saturday, June 10th 2017
Prague Congress Center

Session Description

As the final event of the International Conference on Eating Disorders, the Research-Practice Think Tank provides an opportunity for reflection and discussion of issues that are critical to conference attendees. This year's session will include 4 discussants (two patient/carer discussants, a full-time clinician, and a clinician-investigator). After the co-chairs define evidence-based practice, we will ask each panelist to speak for up to 8 minutes on their best and worst experiences related to evidence-based treatment or research-practice integration, as well as their view of the ICED's success at integrating research and practice, including where there might be room for improvement. Our aim will be for these informal comments to kick off discussion among Think Tank attendees, with the goal of having a highly interactive session. In addition to exchanging views during the session, conference attendees will have the opportunity to contribute research/practice-related discussion questions or comments in advance of the Think Tank session by using a unique hashtag (such as #ICEDThinkTank) on Twitter.

Learning Objectives

- Describe two reasons why research-practice integration is desirable for our field.
- Discuss two challenges related to research-practice integration in eating disorders.
- Critically appraise the degree to which the 2017 ICED program modeled research-practice integration.

Presenters

- **Jenni Schaefer, BS, Chair of the Ambassadors Council of the National Eating Disorders Association**

Chair of the Ambassadors Council of the National Eating Disorders Association, Jenni Schaefer is a bestselling author, accomplished singer/songwriter, and internationally known presenter. She has appeared on shows like Today and Dr. Oz, as well as in publications ranging from Cosmopolitan to The New York Times. Jenni's books include Goodbye Ed, Hello Me and her latest with Harvard Medical School, Almost Anorexic: Is My (or My Loved One's) Relationship with Food a Problem? Her first book, Life Without Ed, which launched her as a leading light in the recovery movement, has recently been released as a special tenth anniversary edition as well as audiobook.

- **Lisa LaBorde , Outreach Director & Vice Chair of the Board, FEAST**
- **Heather Thompson-Brenner, PhD, FAED, Associate Adjunct Professor in Clinical Psychology at Boston University**



I am a clinical psychologist with a private practice in Cambridge. I have training and experience in psychotherapy integration, particularly including cognitive behavioral and psychodynamic psychotherapy. In other words, I try to facilitate my patients' awareness and acceptance of emotional and personal experiences, while helping them overcome symptoms and attain their goals. I have specialized in treating eating disorders and anxiety disorders, but I am interested in the full range of problems that people experience in the course of their lives. I received my Ph.D. in Clinical Psychology from University of Michigan, with additional postdoctoral training and experience at Harvard University and the Center for Anxiety and Related Disorders at Boston University.

Currently an Associate Adjunct Professor in Clinical Psychology at Boston University, I was previously the Director of the Eating Disorders Program at the Center for Anxiety and Related Disorders for over ten years. My research has been supported by grant funding from the National Institute of Mental Health, including a Career Development Award, and from Boston University, Massachusetts General Hospital, and private sources. I currently work as a consultant to eating disorders treatment facilities, including the Renfrew Center. I have over forty articles in press or published, and a book in press with Guilford Press on the topic of evidence-based treatments for eating disorders.

- **Suzanne Dooley-Hash, MD, Medical Director, The Center for Eating Disorders**

Dr. Suzanne Dooley-Hash is an emergency medicine doctor in Ann Arbor, Michigan and is affiliated with multiple hospitals in the area, including St. Joseph Mercy Ann Arbor Hospital and University of Michigan Hospitals and Health Centers. She received her medical degree from Northwestern University Feinberg School of Medicine and has been in practice for 14 years.