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Welcome to my first Message from the President. If you missed ICED 2016 in San Francisco, Carolyn Becker's Presidential Welcome Address described the AED as a boat traveling in a straight line to collectively agreed upon goals. As we enter the 24th anniversary of the AED, I plan to make sure that the boat continues in the same direction and picks up speed.

Before talking about plans to sail smoothly and then win our race against the destructive force of eating disorders, I would like to start by thanking the many people who made the success of the San Francisco conference possible. Thinking back on my own very first ICED in 1996, which was held at the Grand Hyatt New York, I remember feeling so many different emotions.

On the one hand, I felt extremely uncomfortable as I did not know anybody and could not find anyone speaking Spanish. On the other hand, at the same time, I was amazed that I was surrounded by all of the "big name" researchers whose work I had started to read. I can still see Ruth Striegel Weissman, former President, speaking during the business meeting. To this day, I have no idea how many people attended this conference, but it felt enormous to me. Now, after many conferences, I am surprised how much we have grown. San Francisco was the second largest conference ever in AED history with 1240 attendees from 39 different countries.
This conference also made history in AED! It was the first conference simultaneously presented in both English and Spanish, not only at all our plenaries but many workshops as well. We also made history by having a complete plenary in Spanish and the largest number of Spanish-speaking attendees to date. This would not have been possible without our incredible 2016 ICED Co-Chairs Marisol Perez and Jenny Lundgren, who guided our Scientific Committee with such professionalism. So a huge thanks to them as well as the Scientific Committee, which was comprised of Kristin von Ranson, Phillipa Hay, Laurel Mayer, Ovidio Bermudez, Phillipa Diedrichs, Angela Celio Doyle, Therese Fassihi, Juanita Gempeler, Rachel Bachner-Melman, Mika Omori, and Chevese Turner; all of our committee members worked so hard, tirelessly, and with great passion.

I would also like to recognize Jenny Thomas, who served as board liaison for ICED. Thanks and congratulations as well to all of our presenters for sharing their scholarly work, which exceeded our highest expectations. Another great event that took place in San Francisco was the wonderful set of pre-conference sessions; big applause for its success goes to Sloane Madden and the Clinical Teaching Day Committee.

I would also like to thank DMG staff, our new Deputy Executive Director Dawn Gannon and our Executive Director Lisa Myers, for a great effort and support to achieving our conference goals and for setting up the best closing party ever done! Lastly, my biggest thanks to each and every one of you who attended the ICED, you made the difference in our conference. I hope you had a chance to meet so many of our great leaders, speakers, staff and that, no matter how big the conference was, we made you feel close and at home!

So, how am I going to continue sailing our boat straight, without incident, and speeding up to win the race?

First, I could not do it without the invaluable and generous work of all our volunteers, so a BIG THANK YOU to each of you who chair or participate in one of our many committees or task forces; without you the AED could not be where it is today—you demonstrate how the biggest asset of the AED is its community. Special thanks to our Board of Directors; this is an amazing group of volunteers that are so fun, passionate, and loyal to the AED. I love working with them.

Welcome to our new members, Jenny Lundgren, Guido Frank, Ursula Bailer, and Annemarie van Elburg. A very fond farewell to Glenn Waller, Kathy Pike, Sloane Madden, and Marian Tanofsky-Kraff, who end their respective terms as Past President, Director for Membership, Director for Research-Practice Integration, and Director for Standards of Excellence. Thank you for being such great colleagues and your remarkable contributions. I definitely look forward to continue working with the fabulous Carolyn Becker, who now moves to Past President, new President Elect Steffi Bauer, and our other dedicated board members Bryn Austin, Jenny Thomas, Kyle De Young, Donna Friedman, and Lauren Muhlheim. My deepest appreciation for your service.
Second, I feel very fortunate that several years ago the board decided that in order to fulfill our strategic objectives it was necessary to improve continuity of leadership between presidents. As such, I have spent the last year working closely with Carolyn Becker and Glenn Waller so that change in leadership does not slow down the pursuit of our goals. My job this year will be to speed up our boat. Toward this end, our strategic objectives for 2016 - 2017 are:

1. **Continue AED stability and growth:**

   - Make AED member's benefits available 365 days a year/24 hours a day. This means members will have not only the benefit of ICED, but access to continuing education through webinars, catalog of resources, press releases, as well as simplified access to the journal and the listserv for collaborating with colleagues and networking and much more.

   - With our current 1400+ members, we hope to not only increase our membership but to increase our presence in countries where the AED presence is still not very strong. We particularly want to target countries where eating disorder professionals lack a network of support. Primary target areas around the world include Eastern Europe, Latin America, Asia, and Africa.

   - The AED will continue to be financially stable while at the same time spending member dollars to provide member services.

   - The AED will continue to more fully integrate the knowledge and experience of the patient carers and patients in our community. We want to welcome their diversity and passion!

   - We will continue to strengthen the website as a tool for our members and continue to grow our social media presence.

2. **Continue our global growth:**

   - The AED will continue embracing colleagues from all over the world and develop strategies to include them in AED strategic planning. We are eager to learn from their experiences.

   - We will work towards ensuring that our next conference in Prague becomes the biggest and best non-North American ICED ever. We have begun active dialogue with partner organizations and members in countries throughout Eastern and Western Europe, and we are developing strategies to make this as reasonably affordable experience for members and friends from around the world as possible.
The AED has made great progress this last year in working to educate public policy makers in the United States; in the coming months we hope to be helpful to our friends around the world in supporting their public policies initiatives.

The AED has partnered in several historic initiatives like the "Nine Truths About Eating Disorders" and the "World Eating Disorders Action Day." We will continue supporting these landmark events and recruiting more members around the world to make them happen.

3. Medical Care Standards Guide

The third edition of the Medical Care Standards Guide will be available shortly and placed prominently on the website to make it easily accessible. We aim to translate it into as many languages as possible; we will need volunteers to help.

I am very thankful with all the support I have already received. I am so excited about the future of the AED, but the future depends on your support and engagement. I envision AED as the foundation of the united diverse community of all eating disorders organizations around the world, and I want you to be part of it. As long as you get involved, we will continue being successful building our Global Community.

Mensaje del Presidente

Bienvenidos a mi primer "Mensaje del Presidente". Para quienes no pudieron estar en la Conferencia Internacional de TCA 2016 en San Francisco, Carolyn Becker en su Discurso Presidencial de Bienvenida describió a la AED como un barco navegando en línea recta hacia los objetivos que nos hemos planteado. A medida que avanzamos hacia el 24º aniversario de la AED, planeo asegurarme que el barco continúe en la misma dirección y además agarre velocidad.

Antes de hablar de los planes para navegar sin problemas y luego ganar la carrera contra la fuerza destructiva de los trastornos de la conducta alimentaria, me gustaría empezar por agradecer a la gran cantidad de gente que hizo posible que la conferencia de San Francisco fuera un éxito. Recordando mi primer conferencia internacional de TCA en la AED en 1996, que fue en el Hotel Grand Hyatt New York, recuerdo haber tenido muchas emociones encontradas.

Eva Trujillo
Por un lado, me sentía extremadamente incómoda ya que no conocía a nadie y no podía encontrar a nadie que hablara Español. Por otro lado, al mismo tiempo, estaba emocionada por estar rodeada de los "famosos" investigadores cuyo trabajo había empezado a leer. Todavía recuerdo claramente a Ruth Striegel Weissman, en ese entonces Presidente de la AED, hablando durante la asamblea. Hasta el día de hoy, no tengo idea de cuánta gente había en esa conferencia, pero a mí se me hizo enorme. Ahora, después de tantas conferencias, estoy sorprendida de cuánto hemos crecido. En San Francisco fue la segunda conferencia más grande que ha habido en la historia de la AED con 1240 asistentes de 39 países diferentes.

¡En esta conferencia se hizo historia en la AED! Fue la primera conferencia que se ha presentado simultáneamente en Español y en Inglés, no solamente todas las plenarias sino también muchos talleres. También hicimos historia porque por primera vez una plenaria fue completamente en Español y tuvimos el mayor número de asistentes de habla hispana en toda la historia de la AED. Esto no hubiera sido posible sin nuestras increíbles co-Directorías de la Conferencia MariSol Pérez y Jenny Lundgren, que guiaron en una forma sumamente profesional a nuestro Comité Científico. Así que un enorme agradecimiento a ellas y a nuestro Comité Científico formado por Kristin von Ranson, Philippa Hay, Laurel Mayer, Ovidio Bermudez, Philippa Diedrichs, Angela Celio Doyle, Therese Fassihi, Juanita Gempeler, Rachel Bachner-Melman, Mika Omori y Chevese Turner; todos los miembros de este comité trabajaron muy duro, incansablemente y con gran pasión.

También quisiera expresar mi reconocimiento a Jenny Thomas, que fue el enlace del Consejo de Directores con la conferencia. Por otro lado, muchas gracias y felicitaciones a nuestros ponentes por compartir su trabajo académico, que superó en gran medida nuestras expectativas. Otro gran evento que se llevó a cabo en San Francisco fue el excelente grupo de sesiones pre-conferencia; un gran aplauso por su éxito para Sloane Madden y el Comité de Enseñanza Clínica. También me gustaría agradecer al personal de DMG, nuestra nueva Directora Ejecutiva Adjunta Dawn Gannon y nuestra Directora Ejecutiva Lisa Myers, por su gran esfuerzo y apoyo para que alcanzáramos los objetivos de esta conferencia y por armar ¡la mejor fiesta de clausura que hemos tenido!. Finalmente, mi mayor agradecimiento a todos y cada uno de ustedes que asistieron a la Conferencia Internacional de TCA de la AED, ustedes hicieron la diferencia en nuestra conferencia. Espero que hayan tenido la oportunidad de conocer a muchos de nuestros grandes líderes, ponentes, personal; y no importa qué tan grande haya sido esta conferencia, que ustedes se hayan sentido ¡bienvenidos y como en casa!.

Así que ¿cómo voy a asegurarme que nuestro barco continúe navegando en línea recta, sin incidentes y a gran velocidad para ganar la carrera?

Primero, no podría lograr esto sin el invaluable y generoso trabajo de todos nuestros voluntarios, así que MUCHAS GRACIAS a cada uno de ustedes que dirigen o participan en uno de nuestros muchos comités o grupos de trabajo; sin ustedes, la AED no podría estar donde está y con eso ustedes demuestran cómo el mayor activo de la AED es su comunidad. Un agradecimiento muy especial a nuestro Consejo de Directores; este un
maravilloso grupo de voluntarios que son divertidos, apasionados y leales a la AED. Me encanta trabajar con ellos.

Bienvenidos nuestros nuevos Consejeros Jenny Lundgren, Guido Frank, Ursula Bailer y Annemarie van Elburg. Una despedida muy cariñosa para Glenn Waller, Kathy Pike, Sloane Madden y Marian Tanofsky-Kraff, que concluyen sus respectivos términos como Ex Presidente, Director de Membresías, Director de Integración Investigación-Práctica y Director de Estándares para la Excelencia. Gracias por ser tan buenos colegas y por sus admirables contribuciones. Y definitivamente deseo continuar trabajando con la maravillosa Carolyn Becker que ahora pasa a ser Ex Presidenta, la nueva Presidenta Electa Steffi Bauer, y nuestros otros queridos Consejeros Bryn Austin, Jenny Thomas, Kyle De Young, Donna Friedman y Lauren Muhlheim. Mi más profundo agradecimiento a todos por su servicio.

En segundo lugar, me siento sumamente afortunada que hace algunos años el Consejo de Directores decidió que para poder cumplir con nuestros objetivos estratégicos, era necesario que se implementara una continuidad al liderazgo entre los presidentes. Por lo mismo, el último año he estado trabajando muy de cerca con Carolyn Becker y Glenn Waller para que el cambio de liderazgo no enlentezca nuestro logro de objetivos. Mi trabajo este año será acelerar nuestro barco. Para lograr esto, nuestros objetivos estratégicos para el 2016-2017 son:

1. **Continuar la estabilidad y crecimiento de la AED:**

   - Haremos los servicios para los miembros de la AED disponibles los 365 días al año/24 horas al día. Esto significa que nuestros miembros no solamente tendrán el beneficio de la Conferencia Internacional, sino también acceso a educación continua a través de seminarios en línea, catálogo de recursos, comunicados de prensa, así como un acceso simplificado a la revista IJED y a la lista de correos para colaborar con colegas y crear redes de trabajo y mucho más.

   - Con nuestros más de 1400 miembros, esperamos no solamente incrementar nuestra membresía sino incrementar nuestra presencia en aquellos países donde la AED todavía no está tan presente. Particularmente queremos llegar a los países donde los profesionales en trastornos de la conducta alimentaria carecen de una adecuada red de apoyo. Las áreas en las que primero nos enfocaremos alrededor del mundo son Europa del Este, Latino América, Asia y África.

   - La AED continuará siendo económicamente estable mientras que al mismo tiempo gastaremos el dinero de nuestros miembros para dar servicios a nuestros miembros.

   - La AED continuará integrando plenamente a nuestra comunidad el conocimiento y experiencia de los pacientes y cuidadores de pacientes. ¡Queremos darle la bienvenida a su pasión y diversidad!.
• Continuaremos fortaleciendo nuestra página de internet como una herramienta para nuestros miembros, y creceremos aún más nuestra presencia en redes sociales.

2. Continuaremos nuestro crecimiento global:

• La AED continuará recibiendo y apoyando colegas alrededor del mundo y desarrollando estrategias para incluirlos en la planeación estratégica de la AED. Estamos deseosos de aprender de sus experiencias.

• Trabajamos para asegurarnos que la próxima conferencia en Praga se convierta en la mayor y mejor conferencia que ha habido afuera de Norteamérica. Ya hemos comenzado a platicar con nuestras organizaciones asociadas y miembros de países en Europa Oriental y Occidental y estamos desarrollando estrategias para hacer esta experiencia para nuestros miembros y amigos tan asequible como sea posible.

• Este año, la AED ha hecho grandes progresos trabajando en educar a los responsables de las políticas públicas en Estados Unidos; en los próximos meses esperamos ser útiles a nuestros amigos alrededor del mundo en apoyarlos con sus iniciativas de políticas públicas.

• La AED se ha asociado en varias iniciativas históricas como "Nueve Realidades Acerca de los Trastornos de la Conducta Alimentaria" y el "Día Mundial de Acción por los Trastornos de la Conducta Alimentaria". Continuaremos apoyando este tipo de eventos emblemáticos y reclutando más miembros alrededor del mundo para lograr que estos eventos ocurran.

3. Guía Normativa de Cuidados Médicos

La tercera edición de la Guía Normativa de Cuidados Médicos estará disponible muy pronto y estará principalmente en internet para hacerla fácilmente accesible. Pretendemos traducirla al mayor número de idiomas posibles; necesitaremos muchos voluntarios para lograr esto.

Les agradezco mucho a todos el apoyo que hasta ahora he recibido. Estoy muy emocionada por el futuro de la AED, pero el futuro depende de que siga tu apoyo y compromiso. Yo visiono la AED como la asociación base que una la gran diversidad de organizaciones en trastornos de la conducta alimentaria alrededor del mundo y quiero que tú seas parte de esto. En la medida que te involucres, podremos seguir teniendo éxito en la construcción de nuestra gran Comunidad Global.
Message from the Editor

Welcome to your post-conference issue of the AED Forum! I hope everyone has settled back into day-to-day life after returning from San Francisco. If you were not able to make it to this year's ICED, this issue of the Forum includes updates from several of the AED's committees.

You may also have noticed something a little bit different in this issue of the Forum compared with our past issues. In line with what you may have observed at ICED, our current President, Eva Trujillo, has provided her President's Column in both English and Spanish. We hope our Spanish-speaking members welcome this new addition.

As always, I would like to thank all of the individuals who submitted articles for this issue of the Forum. I encourage interested readers to submit articles, letters, and announcements for the next issue of the Forum. Please submit your contributions and suggestions to jessica_baker@med.unc.edu. The deadline for submissions to the next issue of the Forum is September 1, 2016.

Greetings from The Executive Director

I had the opportunity to travel to Prague this month to begin finalizing plans for the upcoming 2017 ICED. Despite a lifetime of heavy travel around the globe, this trip to Prague was a first for me. I couldn't wait to tell you about it, and want to be sure you start planning early.

The theme of the 2017 ICED is Diverse Perspectives, Shared Goals. It echoes for me so eloquently the Opening Presidential Address in San Francisco last month by our remarkable immediate Past President Carolyn Becker. The AED is a community that values and embraces open debate and civil disagreement—we don't all agree on everything, but it is from the diversity of our experience and thinking that we each grow in understanding and build our strength in addressing eating disorders.

Prague is a vivid study in contrasting ideas—from the ultra-modern and chic shops, theatre, and hotels, to the ancient and still awe-inspiring art and architecture that is everywhere. It is a city that cherishes higher education and at the same time relishes street performance and spontaneous expression.
As I wandered through the cobblestone streets seeking to develop an understanding of the spatial relationships between where ICED will be housed and what visitors should try to take in during their stay in this remarkable city, two questions kept rolling around in my thoughts:

- What is known and what is thought about mental disease in general and eating disorders in particular in this part of the world? I have read that in the Soviet culture, political dissidents were routinely branded as "mentally ill" and were involuntarily "incarcerated" in mental hospitals. How would this affect public perceptions about seeking treatment for an eating disorder? How would it have affected the physicians, psychiatrists, and other public health professionals working in the Czech Republic?

- Research has been done to study the role of trauma in eating psychopathology, with mixed findings-some important articles on this have appeared in past issues of the *International Journal of Eating Disorders*. To the extent that there is a relationship, in what ways might the traumas that have played out in the Czech Republic in modern memory impacted the mental health in the area?

As Carolyn pointed out to me, there is no part of the world that hasn't been challenged by trauma and political influences. But the Czech Republic and Eastern Europe in general have weathered some powerful events that make for a fascinating backdrop to consider mental health. CIEE, a leading non-profit, non-governmental international exchange and accredited educational organization, based out of Tulane University ran a program on psychology this year in Prague. The curriculum was intriguing:

- **Psychology in a Central European Context**- an effort to understand the psychology of dissent and opposition towards totalitarian forces within society and individuals.

- **Psychoanalysis and Art** - the psychodynamics of the creative process, psychoanalytic aesthetics and criticism of art, literature and film, and the therapeutic aspect of art including the contemporary clinical practice of art therapy with special reference to the Czech scene and topics such as Czech Surrealism, fairy tales, Kafka, and Svankmajer.

- **Psychology of Transition and Transformation** - what happens when you suddenly find yourself in the society of unknown rules and when most of your previous knowledge is useless? What are the psychological pre-conditions but also consequences of the political changes of the nineties and how can we account for them in psychological terms-social psychology, socialization in the totalitarian regime, the demands political changes towards democracy put on individuals in Czech society and whether we can find traces of these unique experiences in the current society.

- **Psychoanalysis and Society** - the relation between psyche and society through an analysis of crucial contemporary and historical issues in Central and Eastern Europe, with a focus on the Czech Republic-how mind and society co-evolve.
I'm guessing that Prague, as a destination for the ICED, will prove to be one of the most memorable in terms of challenging our thinking and stimulating our senses. Thanks to the generous support and engagement of our pre-eminent member in Prague, Dr. Hana Papezova, I expect that we will have a unique opportunity to explore a dimension of the field that most of us have not yet had.

While the ICED is a destination in itself that will be packed with educational and scientific stimulation, and the opportunity to network with leading peers from around the world, ICED 2017 in Prague will also offer some rather unique cultural opportunities. We hope you will build a day or two on to the conference itself for your visit. The ICED hotel rates at the lovely Corinthian Hotel, headquarters hotel, are available to you three days before and three days after the conference - so for a total of 10 days.

A very comfortable 2-3 minute walk across a gently winding walkway from the Corinthian will put you on the terrace surrounding the convention center where the official programs and proceedings and exhibits will take place. If you choose to go down a few steps from the hotel, rather than up the walkway, you will be standing in a metro station, from which in two stops you can emerge in the old-town section of Prague, and see the ancient animated clock tower, and watch on the hour as cocks crow, a little skeleton rings a haunting bell, and the apostles pop in and out of little windows to greet you. Walk to the Charles Bridge spanning the river, and soak in the kaleidoscope of shops, restaurants, jugglers, street performers, and little museums providing a glimpse at everything from works by the great artists like Alphons Mucha, whom some say is the father of Art Nouveau, to the Museum of Communism or musical instruments. Window shop in a panoply of crystal or marionette or gingerbread cookie shops, or have a local brew at a sidewalk café.

You can visit and catch a performance at the Prague Film and TV School of the Academy of Fine Arts, launched in 1946, with alumni like Václav Havel and Milan Kundera. You can visit the 13th century Convent of St. Agnes, or see the Cathedral of St. Vitus; Visit the Royal Palace originally built in the ninth century. Visit the iconic John Lennon graffiti wall that changes daily with new layers of protest and greeting.

ICED itself promises to be a conference worth traveling to wherever it's held, but next year in Prague there are so many additional reasons to come! If you are from the US or Canada, you will be surprised at the affordability of the airfare and the currently favorable exchange rate. Much more information will be coming out about the conference itself over the next few weeks and months, but I encourage you to start planning now! Come to Prague, June 8-10, 2017.
Advocacy and Communications Committee

Emily Pisetsky

The Advocacy and Communications Committee (ACC) of the AED is pleased to inform the membership of our activities over the past few months.

The ACC wants to thank everyone who participated in the first World Eating Disorders Action Day, which took place on June 2nd 2016! We want to particularly thank our ACC Co-Chair Kristine Vazzano, who served on the Steering Committee, for her leadership and organization, along with Lauren Muhlheim, Director of Outreach, who headed the consecutive Tweet Chats and brought about the Nine Truths PSA featuring the cast of To the Bone. This inaugural World Eating Disorders Action Day was focused on both advancing the understanding of eating disorders as treatable, genetically-linked illnesses that affect a large cross-section of the world's population and raising awareness amongst policy makers to allocate resources and establish coherent national systems. The day offered new connections and global partnerships.

The ACC would also like to welcome our newest members to the committee: Jocelyn Lebow, Mayo Clinic; Lazaro Zayas, Massachusetts General Hospital; Cheri Levinson, Washington University in St. Louis School of Medicine; and Jennifer Rollin, Psychotherapist and Blogger. We look forward to their involvement in the ACC and an exciting year ahead!

The ACC provides regular Forum updates concerning initiatives related to public awareness and advocacy. For more information, feel free to email Kristine Vazzano (kvazzano@mindfullness.com) or Alli Spotts-De Lazzer (alli@therapyhelps.us), ACC Co-Chairs.
The MRRC would like to highlight the 5th annual mentorship program that took place at the 2016 ICED. This year, the program hosted over 200 mentors and mentees from several disciplines and many countries. Participation increased significantly compared to last year’s event! If you participated, be on the lookout for a survey soliciting feedback so that we can improve upon this event for next year’s conference.

The MRRC also sponsors the EAT (Expanding AED Today) Initiative, which is a program to incentivize member referrals to the Academy for Eating Disorders. Current members who referred three or more individuals were eligible to win a free Clinical Teaching Day Registration for the 2017 ICED. Members who referred two individuals were eligible to receive a discounted registration fee ($250) for the 2017 ICED. Members who referred one individual were eligible to receive a book. Angela Celio Doyle, Ulrike Schmidt, Francesca Brambilla, and Ursula Bailer were announced as winners at the conference. Congratulations! Please keep this program in mind as you make referrals for membership to the Academy throughout the year. Our next drawing will be near September 2016.

Finally, the MRRC continues to work on initiatives to improve and increase member benefits. Specifically, we are hoping to provide promotional materials with the eating disorder diagnostic criteria translated into several languages. We are also considering ways to improve the membership process by offering the option to pay in quarterly installments and/or offering an auto-renewal option. A survey will be sent out to solicit feedback about these options.
Meet Linsey Utzinger - I am currently a T32 postdoctoral fellow on the Midwest Regional Training Grant in Eating Disorder Research at the Neuropsychiatric Research Institute in Fargo, ND.

What is your discipline/major/area of focus? Most of my clinical training has been with youth with eating disorders and their families, while my research spans across all ages and focuses broadly on the development and maintenance of eating disorder psychopathology. I am also interested in treatment research.

Why are you interested in eating disorders? While much of my interest in eating disorders stems directly from exposure to patients in both clinical and clinical research settings, I think the fact that eating can become so disrupted and maladaptive is what makes eating disorders so fascinating.

What's one thing most people don't know about you? I have old lady hobbies! I like to knit and sew and I'm currently learning how to build furniture and refurbish antiques.

Why did you join the AED? It's such a great way to stay connected with friends and colleagues in the field, as well as to meet and develop new relationships with others. It's also one of the best platforms for staying current on advances in our field.

How do you/would you like to contribute to AED's Vision & Mission now or in the future? I think it's important for trainees at all stages to contribute to AED's Vision/Mission and there are a number of easy ways to do so. I regularly attend ICED, submit abstracts, and present my work. I am also a member of various SIGs and co-chair the New Investigators SIG.
Sebastian Soneira

For the second consecutive year, the Partner, Chapter, and Affiliate Committee (PCAC) organized its workshop in the frame of the ICED 2016. The topic addressed this year was the Cultural Differences that Influence Care: the PCAC’s View on Compulsory Treatment. Speakers from different countries across the world such as Holland, Austria, Argentina, Switzerland, Israel, Japan, Italy, Sweden, Czech Republic, Canada, and Australia addressed the legal background of compulsory eating disorders treatment in their country.

After that, a very interesting debate with the audience started, which exposed the universal similarities and differences of the controversial concept of the mandatory treatment of severe eating disorders.

The large number of contributors allowed for a very interesting exchange of ideas that symbolizes this workshop and generates an invaluable learning opportunity. The success and growth of the PCAC workshop was possible thanks to the hard work and commitment of its members and especially the diligent and outstanding role of its co-chairs, Ursula Bailer and Annemarie van Elburg.

Co-chairs, Van Elburg and Bailer, have transitioned to the AED Board and the Committee's co-chair duties have been passed on to Sebastian Soneira from Argentina and Ashish Kumar from the UK.

Judy Krasna and Leah Dean

We had a great time at the ICED 2016 conference! Throughout the conference, we networked with other committee chairs to discuss areas of overlap between our committees and to brainstorm on how we can work together on joint initiatives that reflect our common interests. We feel that it's beneficial for clinicians and researchers to integrate the patient/caregiver perspective into their work and we are looking forward to collaborating with several AED committees during this coming year.
For us, one of the highlights of the ICED was our "Meet the Experts" table on the topic of Integrating Patient and Caregiver Expertise in Research. Through a survey that we put together a few months before the ICED, we gained insight from the patient, caregiver, clinician, and research communities on what they consider to be the top unanswered questions or "uncertainties" in the eating disorder field today. Our ultimate goal is to bring patients, caregivers, and clinicians together to jointly identify priorities for research. Our "Meet the Experts" was the beginning of what will be an ongoing process toward uniting professional and non-professional stakeholders in the eating disorders field for the purpose of directing research toward improving treatment.

If we missed meeting with you and you would like to collaborate with the Patient/Carer Committee on a project, please let us know at jkrasna@gmail.com. We'd love to work with you!

Social Media Committee

Andrea Lamarre

Social media provides a way to connect with others beyond our organization in order to share the AED's collective passion and expertise. Collaborating with others is essential to spreading evidence and promoting awareness and understanding. Particularly when seeking to make change on a policy level, we need to gather resources and energy in order to advocate. The Social Media Committee has successfully collaborated with other AED committees, working collectively to achieve impact. We use our Twitter and Facebook channels in particular to promote the activities of groups within and beyond the AED.

On a policy level, we have supported and shared the work of the Eating Disorders Coalition, a group lobbying for recognition of eating disorders as a public health priority in the US. In the fall, Tweeters Stateside and in Canada attended and supported the Mothers and Others Against Eating Disorders marches, supporting those unable to physically attend marches and lobbies. We have also been actively promoting World Eating Disorders Action Day (#WeDoAct), a program dedicated to raise awareness about eating disorders. Our collaboration with the Patient Carer Committee has led to tweetchats, such as: 10 Things Patients and Caregivers Want You to Know About Treatment & Recovery. We created and shared a hashtag for the Think Tank at ICED 2016 (#ICEDthinktank) run by the Research-Practice Integration SIG. What has become clear from these collaborations is that we make more change by working in collectivity and solidarity; we welcome new connections as we seek to spread awareness!
Special Interest Groups Committee

*Alan Duffy*

Special Interest Groups (SIGs) committee had a very vibrant ICED in San Francisco this year, where all 29 SIGs hosted annual meetings and a record 12 SIG sponsored panels took place that were very well attended.

The Neuropsychology SIG sponsored presentations on attributional biases by Carrie McAdams and cognitive flexibility by Unna Danner. The SIG's focus for this year is improving collaboration. The SIG wants to help both researchers and clinicians that are seeking specific types of measures, those that have measures but not enough time for analysis, and those that may be interested in participating in mega analyses. All interested in examining cognitive, emotional, neural, and behavioral aspects of eating disorders are encouraged to join the Neuropsychology SIG.

A workgroup within the Professionals and Recovery SIG has been working for over a year on the development of a holistically derived and empirically supported consensus definition of recovery. To this end, the SIG has created a questionnaire addressing physical, psychological, emotional, social, and spiritual aspects of recovery, as well as questions regarding whether recovery is viewed as an enduring process or if being “fully recovered” is achievable. The questionnaire is both quantitative and qualitative in design. The SIG will be distributing this questionnaire to an internationally representative group of relevant stakeholders-researchers, clinicians, clients, and family members. A version of the questionnaire is currently being assessed in the Netherlands. The next task of the work group is to begin dissemination and collection of data from the other identified communities. Stay tuned for a request to the AED membership to participate in this important research endeavor!
Book Review Corner

Peter M. Doyle, AED Book Reviewer


Clare Dunkle is a storyteller. She lives her life observing the people and places she comes into contact with, gleaning from them small bits and ideas she can then use to anchor and guide the stories she tells. Stories of fantasy worlds, magic, and mystery, written mostly for young adult audiences, fill the pages of her books. However, no story spun out of her imagination could compare to the real life events she describes in *Hope and Other Luxuries: A Mother's Life with a Daughter's Anorexia*. Published in tandem with a book co-authored by her daughter, Elena, telling Elena's story of her own eating disorder, *Hope and Other Luxuries* tells the tale from mother Clare's perspective. In so doing, the book allows readers to journey along with her in the ups and downs, the confusion and clarity of trying to care for her daughter as anorexia nervosa becomes a presence, and then a focus, of their family life. With humor, insight, and vulnerability, we are invited to share Clare's inner world as she struggles to manage her own life in the context of parenting a daughter with anorexia nervosa.

*A Quiet Beginning*

The story begins with a young child, radiant and positive, who is blessed with a wonderful imagination of her own. Elena is the second of two daughters and both girls approach life with excitement and enthusiasm. When their father takes a new job and the family moves to Germany, the girls show resilience and determination in creating a whole new life for themselves while they learn a new language and culture. Together they leave for boarding school and soon problems begin to emerge. Older sister, Valarie, begins self-harming and overdoses on prescription drugs. In the chaos and turmoil as the family works to better understand the nature of Valarie's struggles and find effective treatment, Elena quietly begins to lose weight. It is with shock and disbelief that Clare first hears the news that Elena is being diagnosed with anorexia nervosa. And so it is greatly relieving when a second opinion yields a contradictory viewpoint and tells her that "your daughter is completely normal" and the eating disorder diagnosis has been overstated. From this uncertain and somewhat optimistic beginning, the long tale begins to unfold.

*The Ax Falls*

We follow Clare's journey as she learns more about what has happened and is happening to Elena. We are there when Clare is welcomed into treatment and there when she is pushed away and blamed for her daughter's illness. We feel Clare's anger and frustration as she tries to navigate the mental health system and the insurance company's policies and procedures. She shares with us her self-criticisms and feelings of failure as a parent of two girls with mental health issues. We learn along with Clare as she becomes more painfully aware of the details of
the trauma, the deception, and the profound fear that mark the recent history of Elena's life. As readers, we hope along with Clare when small signs of progress emerge, only to be crestfallen with her when it is clear that her daughter's self-starvation continues. As she writes again and again, "It's when you let down your guard that the ax falls."

Weeks become months and months become years, as Elena has one unsuccessful bout of treatment after the next. There is a long line of providers, treatment in many different settings across two continents, and countless medication trials. None provide the cure Clare hopes she can find. And all of it happens in the context of a real life, one that does not stop presenting other challenges. From moves to and from different countries, to her older daughter's pregnancy, to her own career struggles as Clare works to meet the deadlines of her publisher, we are witness to the way anorexia nervosa colors and shades the life of the entire family. There are no "characters" in this story, only real, wonderfully multidimensional, perfectly flawed people. And it is this fearless truth in telling the story of their moments of weakness as well as their moments of triumph that draws readers in and creates a deeply poignant memoir.

Hope and Understanding
Perhaps what is most remarkable about the book is the way Dunkle is able to weave a tale that is both universal and uniquely her own. Her self-reflection and honesty create in the reader a sense that she knows of our uncertainties, that she has lived in our hopes to find simple answers to complex questions. Whether we have had to apply these feelings to an eating disorder in our child or not, we feel connected to the emotions and aspirations of which she writes. It is a book that is both heartbreaking and inspirational, that can speak to you regardless of how you come to the story. And yes, it is a story full of hope.

Binge Eating Disorder Association (BEDA) Update

Lauren Cozzi

BEDA is part of a coalition of more than 40 organizations that worked to protect against the recent proposed regulations by the U.S. Equal Employment Opportunity Commission (EEOC) that substantially weaken ADA and GINA protections for invasions of medical privacy and employment discrimination. Despite this work, the regulations were released without regard for the potential for harm likely to occur in employer ‘Wellness’ programs. Read the BEDA position here.

Weight Stigma Awareness Week 2016: Weight stigma is a significant environmental factor contributing to and maintaining eating disorders. BEDA is proud of its work to elevate the conversation, encourage research, and increase awareness around the harms of weight stigma for the fifth consecutive year.

This year's campaign takes place on September 26-30 and will focus on how weight stigma
harms children and to identify your own biases around body weight and size. To learn more and participate, visit www.bedaonline.com and follow #WeightStigma2016 on social media.

**7th Annual Conference:** BEDA will hold its 2016 conference at the Park 55 Hotel in San Francisco on October 27-29. This year's focus will highlight the need for research and access-to-care for those in marginalized communities who are struggling with BED and other higher weight eating disorders. Topics will also include BED genetics, working with higher weight individuals whose goal in treatment is weight loss, how to work as an embodied practitioner, and much more. To review the agenda and register visit us [here](#).

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**Upcoming Conferences, Meetings, and Seminars**

ANZAED's (The Australian and New Zealand Academy of Eating Disorders) Annual Conference  
August 26-27, 2016  
Christchurch, New Zealand

The **Australian and New Zealand Academy of Eating Disorders Annual Conference** is being held in August 2016 in Christchurch, New Zealand. Christchurch was rated by Lonely Planet as one of its top 10 cities to visit in 2013. Christchurch is also the gateway to the South Island, making it very easy to access the spectacular scenery made famous by The Lord of the Rings. Christchurch is a 45-minute flight away from Queenstown—the adventure capital of New Zealand. Take a few days post conference to ski, hike, and drink wine around the remarkable South Island. For more information about the conference and its excellent scientific programme please visit [http://conference.2016.anzaed.org.au/](http://conference.2016.anzaed.org.au/)

The **26th Annual Renfrew Center Foundation Conference**  
November 11-13, 2016  
Philadelphia, PA

**Feminist Relational Perspectives and Beyond: Eating Disorders Across the Lifespan and In Diverse Populations.**

Keynote Speakers:  
Anne-Marie Slaughter, DPhil, JD  
Diana Fosha, PhD
Gayle E. Brooks, PhD & Rachel Levine, MD
Rachel Simmons, A.B.

Conference 2016 will examine developmental stages and transitions, race and ethnic diversity, and gender and sexual identity issues. The Program will explore the influence of maladaptive attachment, the impact of trauma and the marginalization of self—all of which may keep clients stuck and unable to identify or access potential pathways towards healing and recovery. We will further consider, through a feminist relational lens, the way in which intersecting forms of oppression may affect the development and treatment of eating disorders.

For more information visit www.renfrewconference.com or contact Debbie Lucker at 1-877-367-3383 or dlucker@renfrewcenter.com

The Training Institute for Child and Adolescent Eating Disorders
September 16-17, 2016
Charleston, SC

Clinicians are invited to join this 2-day workshop to discuss the application of Family Based Treatment of adolescents with anorexia nervosa. Lecture and role plays will be used in this interactive course. The registration fee is $600/$400 (trainee/student fee).

Day 1: 8:00am-4:30pm; Day 2: 8:30am-1:00pm
Medical University of South Carolina

Facilitator: Renee D. Rienecke, PhD

Please contact Kristen Anderson, LCSW at train2treat4ed@gmail.com with any questions or for more information. View additional details here.

ANAD's (National Association of Anorexia Nervosa and Associated Disorders) Annual Wellness Conference
September 9, 2016
Chicago, IL

Network and learn from the top minds in the eating disorders community at ANAD's annual Wellness, Not Weight Conference. Don't miss your chance to hear keynote speaker Michelle May and participate in her mindful eating exercise! The conference will also feature a plenary by Chase Bannister, MDiv, MSW, LCSW, CEDS and Jillian Lampert, PhD, MPH, RD, LD, FAED, and three workshop sessions. CEUs are available for LCSW, LCPC, LMFT and PhD. Registration forms are available online. Scholarships are available for students.

View full details here.
The BEDA 2016 theme, *Many Paths, One Journey*, will focus on community and engaging all members of society who are affected by binge eating disorder (BED). This includes overcoming the incorrect perception that BED only affects white women, a misrepresentation that has created marginalized groups.

Registration information can be found [here](#).

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Advanced Practices and Innovative Tools: Using Big Data to Improve Outcomes for Patients, Families and Providers. Across two days in Denver, Colorado, the 8th Annual Eating Recovery Center Foundation Conference will explore practical applications of Big Data to advance prevention, detection, treatment and patient outcomes for eating and related disorders. Esteemed experts and emerging thought leaders in behavioral healthcare, as well as pioneers of Big Data-informed treatment, will discuss ideas worth spreading and future directions in eating disorder treatment across several formats, including general sessions, panel sessions and small-group breakout sessions.

[View more information here](#).