Message From the President

Anne E. Becker

In Good Company

AED presidents come and go. By convention, and with no exception this year, the transit time through the post is a remarkably fleeting 12 months.

One year, just a narrow sliver of time in the AED’s nearly two decades of history, seems nowhere near enough time for a distinctive platform or signature initiative. Fortunately, however, this rotating model for leadership serves the AED so well because we are a member-centric—and not a leader-centric—organization. In fact, this is not just part of the AED’s tradition, it is the very bedrock of our success. And however pleasing it is to reaffirm this in print, it should not detract from the substantial contributions made by AED past presidents. Far from it. The AED has had extraordinary leadership for its nearly two decades, with a roster of past presidents looking like a who’s who list of leading researchers and clinicians in our field. These are distinguished colleagues, luminaries in the field, and all of them held in the highest esteem. This is both a lineage and a kinship I share in with tremendous pride and I am grateful to serve in this capacity. To be AED president is a great privilege, if only a brief one.

To be candid here, I am equally delighted to observe that what has become a venerable legacy endures especially because it is continually reinvigorated by the energy and innovation of our member-volunteers, whether new or old to the AED. The president, after all, can do nothing more important than to be a careful steward of our programs, wealth of talent, and promise. The vision comes in abundance from all corners of the membership and I have come to appreciate that the president—as chief steward—does her best to clear the way for the excellent ideas coming down the pike.

Presently, we are not at the end, but rather at the beginning of this annual cycle when it is customary to take stock, offer congratulations, and express appreciation. I would like to think that this is a good time also to think optimistically—and aspirationally—about the year ahead.

Homage and Kudos to ICED
Team 2011

Among the AED’s powerful platforms to promote vision, exchange, and commitment necessary to propel this field forward, the annual International Conference on Eating Disorders (ICED) is our flagship event. By any standard, the 2011 ICED hit all the high notes we have come to enjoy, value and, indeed, expect of our annual conference, from the keynote address, “The Diagnosis of Eating Disorders: The Good, the Bad, and DSM-V,” delivered by Tim Walsh in his inimitable style, to the breadth and intellectual traction of the four plenary panels, a stunning array of workshops, SIG discussion panels and other special presentations, encompassing, in aggregate, vast territories of the most salient and promising clinical, research, and advocacy questions that animate our best work.

On behalf of the AED membership and all conference attendees, I want to thank Conference Co-Chairs Drew Anderson and Jacqui Carter; Director of Annual Meetings Anna Keski-Rahkonen; and the exceptional 2011 Scientific Program Committee for their leadership in planning and inspired execution of this stellar meeting. Special thanks too, to each of the presenters—keynote, plenary, workshop, clinical teaching day, paper, poster, SIG, Global Think Tank V and other sessions—for their contributions to this remarkable conference. It needs mention that we set an AED record for abstract submissions, yielding an impressive collection of workshops, posters and paper presentations. Attendance, too, was strong: nearly 800 conference attendees arrived in Miami to participate in and create collegial exchange that we look forward to, and count on, which is intrinsic to this annual event. Congratulations all, and thanks to the hundreds of you who contributed to this historic 2011 ICED.

Paudits are warranted for another notable achievement this year. You have heard by now that the AED launched its “Go Green” initiative at the 2011 conference. We did this, in part, by paring down the paper “stuff” as much as possible and by giving you links to the abstracts in advance of the conference. Of course, we were not just saving trees, but saving money too. We thank Rebecca (Becca) Ringham for spearheading this initiative. And now it is up to all of us to steer it to even greater success. As we embrace a more electronic and potentially more interactive style of scientific exchange, we hope you found it useful to have these materials in advance of the meeting, whether to search for presenters, studies or key words to plan your itinerary, or to be in contact with your colleagues about their work and your common interests. You should know that the board considered and quickly dismissed a concern raised that non-registrants would be able to access and circulate the abstracts under this initiative. It did not take long to conclude that visitors to our website were not just welcome, but encouraged, to view and circulate the abstracts whether or not they registered for the conference. Yes, we want as many attendees as possible, but we are even more keen to see the scientific work circulated. What could be a better distribution strategy than by having scientific findings go viral?

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Congratulations and Bravo

Every year the AED Awards Committee—this year chaired by AED Past President Susan Paxton—is vested with the responsibility of considering who among our remarkable colleagues has achieved special distinction. This is a daunting task, because so many of you have achieved so much, and likewise contributed so substantively to growing this field.

This year, the AED had the privilege of recognizing the outstanding leadership and contributions to the eating disorders field, and I would like to call out the recipients’ names again here in this column to congratulate them: Bryan Lask for the AED Lifetime Achievement Award; Judy Bancker for the AED Leadership Award for Clinical Administrative or Educational Service; Cindy Bulik for the AED Meehan-Hartley Award for Public Service and Advocacy; Hans Hoek for the AED Leadership Award for Research; Diane Mckiley for the AED Outstanding Clinician Award; Joe Ingram of Wiley-Blackwell Publishing for the AED Distinguished Service Award; and Beth Klarman of The Klarman Family Foundation, for the AED Public Service Award. You should know that they all received standing ovations for their achievements.

The AED also presented a special award to Donna and Randy Friedman in recognition of their outstanding generosity, service and leadership on behalf of the AED. Please read more about their extraordinary contributions below.

Congratulations to each of them for their well-deserved recognition and, on behalf of the AED membership, I thank them for their contributions and for honoring the AED with their presence at our meeting and accepting their respective awards.

Another highlight of the AED annual cycle is our opportunity to recognize excellence, leadership, and major contributions to the field by inducting new members of the AED’s Class of 2011. Congratulations to each of the recipients of the four AED student/early career investigator travel fellowships, 10 NIMH student/early career investigator fellowships, four AED clinician scholarships, two AED student research grants, the AED T.J. Buntain Fund for Eating Disorders research grant and 2010 best paper award. Our perennial scholars, two AED student research grants, career investigator fellowships, four AED clinician recipients of the four AED student/early career investigator fellowships, three AED Early Career Investigator fellowships, and the four AED Student/Early Career Investigator fellowships... these programs.

We are grateful for both their service and for their unwavering dedication to our partnership. The AED board is led by AED Executive Director Debbie Trueblood, and also includes the impressive crew: Administrative Director Jacky Schweinzer, Communications Director Jill Hronek, and Support Manager Shalini D’Souza, as well as Buffy Finn, Ryan Norton, Jeff Keller, Kismet Saglam, Andrew Massengill and Jacob Livsey. For those of you who have not met, or not realized you have already met by phone or by email, these are the Sherwood staff who expertly organize and guide our efforts. With their seamless support for all things logistical (and more), we can do the work that matters most to us.

Gratitude

The AED owes its successes in building both community and platforms to legions of volunteers who, together, comprise an indefatigable work force of two dozen active committees and five task forces. With this being said, it can only feel wholly inadequate to single out just a few members for special thanks here. While I beg your indulgence for just a few words of special mention below, I would like to reserve the marquee for heartfelt thanks to each of you—all of you—who have served and continued to volunteer your time and expertise to implement our mission and grow our community.

I have come to understand that the AED board works well because it is an ensemble of members as diverse as they are wise. Both Susan Paxton and Becca Ringham completed their run of board service in April. Like their counterparts who will continue with the board over the next year or years, they were energetic, inspiring, visionary and thoughtful and seemed, well, irreplaceable. We will miss them on our calls and are grateful for their continuing service to the AED in their other roles.

Debbie Katzman, although thankfully not yet exiting her stint on the AED board, has just concluded her year as AED president. Debbie has brought her wisdom, tireless energy and vision to this organization as a volunteer in many capacities, among them in serving as treasurer, president-elect and then president. Indeed, Debbie’s commitment and terrific ideas are evident in so many of the achievements of this organization that it is a safe bet that Debbie is behind the scenes of much of what we have achieved together in the AED community over the past several years. I know I speak for my colleagues on the board of directors and across the AED when I express my profound admiration for and gratitude to Debbie Katzman for her year of leadership as AED president in 2010-2011.

We also have the great benefit of a strong partnership with Sherwood. I will dwell here on the bureaucratic ductwork of the AED, but it merits more than mention. Some measure of the Sherwood team’s skill and success is that while being intrinsic to the day-to-day operations that propel the AED annual cycle, their work stays largely behind the scenes. That being said, you should know that their rock solid work safeguards the enduring high quality of our platforms and programs. We are grateful for both their service and for their unwavering dedication to our partnership. The AED Sherwood team is led by AED Executive Director Debbie Trueblood, and also includes the impressive crew: Administrative Director Jackie Cox, Conference Director Jacky Schweinzer, Communications Director Jill Hronek, and Support Manager Shalini D’Souza, as well as Buffy Finn, Ryan Norton, Jeff Keller, Kismet Saglam, Andrew Massengill and Jacob Livsey. For those of you who have not met, or not realized you have already met by phone or by email, these are the Sherwood staff who expertly organize and guide our efforts. With their seamless support for all things logistical (and more), we can do the work that matters most to us.

Incoming

There is a happy segue from the news of so many departures. Newly arrived to the board are Guido Frank and Marian Tanofsky-Kraff. Guido will oversee all things electronic and Marian all things in print. As those of you have served on the board of directors already know, it is not a trivial amount of time that is volunteered, but we know that they will find their work rewarding (as we all do) and that the board is an uncommonly fun group to work with. We welcome both Debbie Franko to her new role on the board as AED secretary and Dasha Nicholls as the new AED president-elect.
I think it is fair to say that AED members are by habit, both leaders and team players, rendering committee work in the AED a collegial experience. If you have not yet had the opportunity to join in—and even if you have—please consider it in the upcoming year. You may have noticed a change in our process of calling for AED committee participation this year. In an effort to give you an opportunity to consider where and how you most want to join in committee work, we have consolidated our request for volunteers. This year, please look for this call around December. A hearty welcome to the incoming committee members and new co-chairs: We are glad to see you, look forward to working with you, and especially welcome new members as you venture into committee work.

And here’s another noteworthy sequel: Glenn Waller and Becky Becker are leading the formidable 2012 Scientific Program Committee to plan our next conference in Austin, Texas, USA. Any one who knows Glenn’s and Becky’s work will share my certainty that the 2012 ICED will be a tour de force.

Abiding Generosity

AED members are colossally generous, not just with time, but in their giving, too. So many of you responded to the call for donations to the Annual Scholarship Campaign and we are grateful for your support! This year, with the ongoing wise counsel of the AED Advisory Board, the hard work of the Development Committee, co-chaired by Donna Friedman and Melissa Santos, and with Scholarship Campaign Honorary Chair Michael Devlin’s invaluable leadership, we amped up our efforts to raise money to support the AED Scholarship Program. Here was the rationale for augmenting our usual annual campaign. Over the past years, we have issued our call for Scholarship applications with largely aspirational—but not actual—financial resources in hand. We determined that it would be optimal to create a nest egg roughly equivalent to one year of scholarship funding to enable us to announce the number of scholarships available to award each year with the call for applications. I am delighted to report that we have succeeded in our goal!

Aphoristically, one good turn leads to another, and we were the beneficiaries of an astonishing virtuous cycle this year. First, we had an unprecedented gift from Aimee Liu, AED Advisory Board member and author extraordinaire, who offered to donate proceeds from her fabulous new book, Restoring Our Bodies, Reclaiming Our Lives, to the AED. This, in turn, opened an opportunity to mobilize and thank friends and donors to the AED through a fundraising event. Donna Friedman, new to the AED Advisory Board and working with a planning committee and through the Development Committee, organized an absolutely lovely evening in Miami that featured readings from Aimee’s book and a musical performance. The event was an artistic success and a windfall for the AED, too.

As plans for this event materialized, Donna and Randy Friedman surprised and delighted us with an incredible and generous commitment to underwrite the expenses for the event. Their generosity will enable us to direct 100 percent of the proceeds into the AED Scholarship Fund. Over 100 of us gathered to hear readings from Aimee’s powerful new book and together we raised over $200,000 (still counting). Our profound gratitude goes to Aimee Liu, Donna and Randy Friedman and to all of you for supporting the event and the Scholarship Campaign. We want to especially thank those people who were generous in donating at the “support” levels for this event. If you somehow missed this lovely event, it is not too late to send a contribution to the AED Scholarship Campaign through the AED website. Your participation matters and your solidarity does, too. Further, if you would like to see photos from this event as volunteers read from the book, please visit our Facebook page. We thank those volunteers for making this event so special for us.

An AED Foundation: Who, What, Where, When?

This planning phase jumpstarted a much-needed conversation about what the role of fundraising should be—and can be—in the AED. We know there is much more we could do as an organization with even a modest amount of funding, but do we have the business model for finding these resources? Are we committed to sustaining and expanding our Scholarship Program, but our ambitions go beyond it, too. In fact, the wish list to date is already lengthy if non-exhaustive. Among priorities are supporting clinical teaching days in underserved communities, distributing the Medical Care Task Force’s outstanding new guide for primary care clinicians, developing a platform for web-based distance learning to improve access to training, sustaining and expanding the research training day, naming a keynote ICED lecture and supporting pilot, orphan and junior investigator research projects. We are also aware that to a degree, we hold our collective ambitions in check—recognizing the present economic constraints of this organization.

These needs alone seem a compelling reason to explore other models of fundraising and to consider a more diverse method of funding sources for the AED. One of these models, the idea of an AED Foundation, has particular appeal and we are grateful to Donna Friedman for leading this landmark, exploratory effort with such conviction and verve. We cannot say this often enough, so please let me say it again. We are grateful to you, Donna, for your sustained generosity as a champion of the AED. Special thanks, too, go to Greg Schultz, vice president of Sherwood, a longtime friend and advisor to the AED, who has offered his pro bono consultation for the launch of such an entity. We are deeply grateful for all of this and cautiously optimistic that it will meet with great success. And here is an open invitation to our membership: We welcome your thoughts, ideas and comments on this venture. We will keep you closely updated through the Forum, too. And if you are reading this and have a penchant for resource development or know others who do, by all means let us hear from you about that.

Vista 2012

I am already thinking ahead to what 2012 will look like for the AED. This I know: We will host a great conference in Austin; we will be announcing the name of the next IJED editor selected, who will sustain and build upon the journal’s high scientific standards set by its present and unparalleled Editor-in-Chief Michael Strobe; and we may be celebrating the launch of an AED Foundation. I am also mindful of new frontiers, be they geographic or intellectual, that are perhaps not yet in view. As we recap our many successes this year—an exceptional conference with record-setting participation, a banner year for fundraising—I ask you, the membership, what are the next big ideas? What more can we do? What should we do? What opportunities are there to leverage our abundance of expertise for greater benefit to our members and the AED mission?

Present Company

The AED has both an infrastructure and a treasury of assets that herald our great promise this year. To name just a few, these include the steady hand of Sherwood steering us through our annual cycle, a distinguished roster of past leaders and present advisors, a premier journal and a flagship annual conference and clinical teaching day.

Our greatest strength, however, lies in the ambitions and energies of our volunteers and in our attendant sense of collective mission and community. What are suitable metrics of engagement for the AED? I have mentioned a few of these already: If it is attendance at our annual conference, we are strong at nearly 900 this year. If it is the number of abstracts submitted to the ICED, we have set a record at 467 this past year. If it is size and growth of the AED, we are now climbing past 1,400, we understand, toward a new record for our membership. If it is national diversity, we are just plain remarkable, hailing from 49 countries and six continents. We are also privileged to count now eight sister organizations and chapters, extraordinary partnerships that extend our global reach. If reckoned by the work we do, we are off the charts with the above-mentioned two dozen active committees and five task forces. If by the number of volunteer person-hours, I cannot even imagine the number, I only know that it is Herculean what we as volunteers take on, generous what you give in time and show-stopping what you have accomplished. This is our present legacy, forged over the past 18 years with your expertise for greater benefit to our members and the AED community. What are suitable metrics of engagement for the AED? I have mentioned a few of these already: If it is attendance at our annual conference, we are strong at nearly 900 this year. If it is the number of abstracts submitted to the ICED, we have set a record at 467 this past year. If it is size and growth of the AED, we are now climbing past 1,400, we understand, toward a new record for our membership. If it is national diversity, we are just plain remarkable, hailing from 49 countries and six continents. We are also privileged to count now eight sister organizations and chapters, extraordinary partnerships that extend our global reach. If reckoned by the work we do, we are off the charts with the above-mentioned two dozen active committees and five task forces. If by the number of volunteer person-hours, I cannot even imagine the number, I only know that it is Herculean what we as volunteers take on, generous what you give in time and show-stopping what you have accomplished. This is our present legacy, forged over the past 18 years with your ideas, energy and perseverance that we will build upon in the upcoming year.

AED presidents may be short-term stewards, but not so AED members. It is your vision, your enduring generosity with your time and your expertise that has sustained the AED and it is your vision that will continue to keep us both on task and forward looking. Plainly said, our membership is also our leadership. And to close: Applauding here everything you have built, everything you will accomplish in 2011, 2012 and then beyond and looking forward to the good company that we find ourselves flourishing among.
Welcome to this AED Forum edition packed with features, news, highlights and photographs from the recent ICED held in May 2011 in Miami, Florida, USA. There also are many exciting updates from the hard-working committees that comprise the AED, our sister organizations, and fellow eating disorder advocacy groups. There are many thoughtful and thought-provoking articles from our organization’s members. Thanks very much to Annie Cox, Judy Banker, Suzanne Dooley-Hash, Debbie Franko and Hannah Jackson for contributing photographs from ICED and to all the individuals who devoted their time and energy to write articles for this issue of the Forum. I am also grateful to Jeff Keller and the staff at the AED central office whose hard work resulted in a Forum final product!

A very special thanks to my predecessor as AED Forum Editor Jen Wildes and former Print Media Committee Chair Debbie Franko, for their instrumental support and guidance in preparing to take over the Forum reins! Jen, on behalf of the whole Forum readership, thank you for the tremendous work you’ve done during your tenure as Forum Editor. You have big shoes to fill!

Please contact me at shomakel@mail.nih.gov if you have feedback or comments about this issue or suggestions for improving the Forum. Your input is welcome. The deadline for submissions for the upcoming issue of the Forum is September 1, 2011. Please mark your calendars. I would be delighted to receive your articles, letters, announcements and other contributions.

Message from the Editor

Lauren Shomaker

Greetings from the Executive Director

Debbie Trueblood

Greetings to all of you. It was such a pleasure to see so many of you at the ICED in Miami in May. The conference was a success. We were glad to see 787 attendees from around the world coming together at the conference. We’re carefully reviewing the survey results to find out how we can make improvements for next year. Here are a few positive responses from attendee evaluations:

—“Networking with people who I consider to be my personal research heroes!”
—“Networking and learning from professionals in such diverse areas. In my opinion, the AED conference sets a stellar example for translational research in all fields. The book launch/fundraiser was also an extremely moving event.”
—“I just thought the plenaries were all great, and this one really seemed to be organized very well with a good mix of research and clinical.”
—“The vast opportunities to network during breaks and social events. There was also lots of diversity in presentation topics and many to choose from – mostly it was hard to choose which ones to attend.”

Thank you so much to the 2011 Program Committee for all their hard work, especially Co-Chairs Jacqueline Carter and Drew Anderson and Portfolio Director for the Annual Meeting Anna Keski-Rahkonen for all their leadership and commitment. If you missed this event, or were with us but missed a session or two and would like to purchase the audio recording of these sessions, go to www.intelliquestmedia.com/store/ and type AED into the search function.

Also at the conference this year, we transitioned our leadership and welcomed new President Anne Becker. Congratulations to Anne and congratulations to outgoing President Debbie Katzman on her successful term as our leader.

At this year’s ICED, we were so pleased to sponsor a fundraising event supporting the AED Scholarship Fund through Aimee Liu’s book launch. Aimee has so graciously offered all proceeds from the book to the scholarship fund. If you would like to purchase her book and support the scholarship campaign, please go to www.shambhala.com and search for Restoring our Bodies, Reclaiming our Lives. The fundraising event was successful, and we’ve raised about $20,000 for the scholarship fund through supporters, ticket sales, raffle tickets and T-shirt sales. Also, we are so grateful to Donna and Randy Friedman who were so generous in pledging to underwrite all the expenses for the event. We also would like to thank the Advisory Board, Development Committee and the AED board of directors for their leadership in making this event a success. Additionally, performers who read from Aimee’s book made the event so memorable and touching. Thank you, finally, to all the donors who contributed to this fundraising event.

Now, we must say goodbye to the 2011 ICED and start getting ready for next year. The 2012 ICED will be May 3-5, 2012, in Austin, Texas, USA. We are looking forward to it and we hope that you are, too. Austin is known as the “Live Musical Capital of the World” due to the many musicians and live music venues in the city. Locals have their own motto, “Keep Austin Weird,” and pride themselves on their campaign to preserve small local businesses. If you are looking for more information about the vibrant setting of Austin, please go to www.austintexas.org and join us in May at the 2012 ICED. Registration will be opening this Fall.

The AED is also currently engaged in a membership campaign. We currently have 1,450 members, and our goal is to reach 1,486 this year, which would break our record high. You can help us grow the AED and reach our goal by recruiting a friend or colleague. More information on joining the AED is on our website at www.aedweb.org. Finally, if you would like to see more photos from the AED conference, join us on Facebook. The AED already has 969 friends on Facebook and we’re always growing.

Thanks so much for all your dedication to the AED and for your service in the field of eating disorder treatment, research, education, and prevention. If you have suggestions about what else we could do to serve you better, please let me know. My email address is: dtrueblood@aedweb.org.

Updates from the AED Board

Print Media Portfolio

Marian Tanofsky-Kraff, Director

The Print Media Portfolio has recently undergone a number of transitions. Debbie Franko, who oversaw the Portfolio with grace, tact and poise, has moved upward and onward to serve as secretary for the AED board. We will miss her, but we are thrilled that she will be staying on the board in her new capacity. In other changes, Kelly Klump has completed her tenure as the Journal Advisory Committee member of the Print Media Portfolio. We will miss her patience and humor, but we are very happy to have Howard Steiger joining the Portfolio in Kelly’s place. Jen Wildes, who recently completed her position as Forum Editor, will be missed for her meticulous eye to detail. However, we are excited to have Lauren Shomaker heading up the Forum in her place. As I have taken over as Director of the Portfolio, I have stepped down as Position Paper co-chair, and I am very happy to have Kim Brownley taking over in my place. Jen Wildes, who recently completed her position as Forum Editor, will be missed for her meticulous eye to detail. However, we are excited to have Lauren Shomaker heading up the Forum in her place. As I have taken over as Director of the Portfolio, I have stepped down as Position Paper co-chair, and I am very happy to have Kim Brownley taking over in my place and joining Anja Hilbert as a co-chair. Stay tuned—we are sure to have more Print Media news in upcoming Forum editions.

From left, AED student members Sierra Carter, Hannah Jackson and Kelci Flowers at 2011 ICED
The Membership Recruitment and Retention Committee (MRRC) has been doing an extraordinary job. In the last membership report, the membership increased by 14 percent over the past year. During ICED 2011 in Miami, one of our co-chairs, Dana Rofey—after an excellent and fruitful term—left her place to Robyn Mellenbeck, who will continue her hard work with our other wonderful co-chair, Jenny Lundgren. In sunny Miami, we had a delicious and very well attended New Member Breakfast, where networking and friendship were the main topics. Welcome to all our newest AED members!

The SCAC is led by our wonderful co-chairs, Dana Rofey—and Affiliate Committee (SCAC) in order to reflect a new category of Affiliate Organizations (AO) approved to enter the scope of our committee. An AO is an organization of professionals anywhere in the world whose major raison d’être is not the research, education, treatment or prevention of eating disorders per se, but whose objectives nevertheless include some or all of these. AOs must not fit the definition of a Sister Organization or a Chapter. Examples of AOs may include organizations of single disciplines with a special interest in eating disorders or organizations dedicated to specific populations that include a high proportion of individuals with eating disorders.

The SCAC is led by our wonderful co-chairs, Rachel Bachner-Melman and Phillipa Hay, who have been incredibly busy and working very hard. Since our last Forum update, SCAC has continued to expand AED’s global collaboration to include now eight sisterhood organizations and one chapter. We welcome our newest members, the Chilean Society for the Study of Eating Disorders (SETA) and the German Society for Eating Disorders (DGESS). The committee is working on the translation of AED position papers to different languages such as Spanish, French, Hebrew, German, Portuguese and Italian. Finally, during ICED in Miami, our co-chairs hosted a successful meeting for sister organizations and chapter members with the presence of our board of directors.

The Sisterhood and Chapter Committee has just changed its name to the Sisterhood, Chapter and Affiliate Committee (SCAC) in order to reflect a new category of Affiliate Organizations (AO) approved to enter the scope of our committee. An AO is an organization of professionals anywhere in the world whose major raison d’être is not the research, education, treatment or prevention of eating disorders per se, but whose objectives nevertheless include some or all of these. AOs must not fit the definition of a Sister Organization or a Chapter. Examples of AOs may include organizations of single disciplines with a special interest in eating disorders or organizations dedicated to specific populations that include a high proportion of individuals with eating disorders.

2011 AED Award Recipients

We congratulate the following recipients of the 2011 AED awards, fellowships and scholarships:

AED Lifetime Achievement Award
Bryan Lask, MD, FAED

AED Leadership Award for Clinical, Administrative or Educational Service
Judy Banker, MA, LLP, FAED

AED Meehan-Hartley Award for Public Service and Advocacy
Cindy Bulik, PhD, FAED

AED Leadership Award for Research
Hans Hoek, MD, PhD, FAED

AED Outstanding Clinician Award
Diane Mickley, MD, FAED

Distinguished Service
Joe Ingram, John Wiley & Sons, Inc., Wiley-Blackwell Publishing

Public Service
Beth Klarman, The Klarman Family Foundation

Fellows Class of 2011
Kelly Allison, PhD
Rita DeBate, PhD, MPH, CHES
Anthea Fursland, PhD
Josie Geller, PhD, Psych
Suzanne Mazzeo, PhD
Phil Mehler, MD
Janice Russell, MD
Ted Weitzen, MD

AED Clinician Scholarships
Karín de Bruijn, PhD
Andrea Lawson, MSW
Vicky Perez, MD
Colie Taico, MSW, LCSW

Annual Early Career Investigator Award for Best Paper Published in 2011
Jessica H. Baker, PhD, “Eating Disorder Symptomatology and Substance Use Disorders: Prevalence and Shared Risk in a Population Based Twin Sample”

AED/NIMH Student/Early Career Investigator Fellowships

NIMH
Lindsay Bodeell, BA
Nichole Kelly, MS
Jason Levender, MA
Rachel Miller, MA
Natasha Schwey, BA
April Smith, MS
Kendrin Sonneville, ScD
Maria-Chris Stewart, PhD
Jessica Suissman, MA
Anna Vannucci, BA

2011 AED Award Recipients

The Legacy of the AED/NIMH Travel Fellowship

While our efforts as students, trainees, and junior faculty are unrelenting, we realize developmental achievements in fits and starts. If not determination alone, what then is responsible for our spurs of intellectual growth, our leaps in scientific skill? In a word, opportunity.

Since 2002, the Student/Early Career Investigator Travel Fellowship Program has provided both the opportunity and resources to those inspired to mature as researchers in the eating disorders field. Sponsored by the National Institute of Mental Health (NIMH) and the National Institute of Child Health and Development, the Travel Fellowship funded ambitious student and early career investigators’ travel to the AED’s ICED as well as the meeting’s Research Training Day and Travel Fellowship oral paper session.

The Travel Fellowship was the brainchild of Ruth Striegel-Moore who, with Cindy Bulik, cultivated the program from its inception by renewing the award with the NIMH, expanding the Research Training Day, and recruiting a who’s who of eating disorder experts to be mentors for a day. The Research Training Day began as a half-day training and evolved into a full-day program encouraging promising individuals to undertake research careers and facilitating their development along this path. At this year’s ICED in Miami, topics spanned grant-writing and review, manuscript preparation and the peer-review process, and a guest speaker from outside the field provoked discussions about translational research.

The Travel Fellowship program has been supported from an NIMH award since 2002, supporting 102 fellows. These funds have been supplemented by the AED and the Australian and New Zealand AED Scholarship funds, themselves supported by the gala in Boston in 2002, Aimee Liu’s book fundraiser in Miami, and the generous donations of many AED members, providing support for an additional 38 fellows, yielding 140 total fellows.

A glance at the list of awardees is a humbling experience. Among these former students and early career investigators are many former and current AED board members, even more committee members, and accomplished scientists who have amassed scores of peer-reviewed journal articles and garnered thousands in grant-funding. Perhaps most importantly, they are budding mentors for the next generation of scholars in our field who have already begun to pay forward what the Travel Fellowship provided them.

Unfortunately, NIMH support for the Travel Fellowship program will not be renewed next year. The NIMH has discontinued funding for all conference training grants, eliminating (at least for now) the possibility of submitting a renewal application. In a fitting tribute to the numer-
The AED Student Research Grant Awardees

Kelly L. Klump, AED Scientific Committee Co-Chair

The AED Scientific Committee is pleased to announce the 2011 AED Student Research Grant Awardees:

Krista Brown, Department of Psychology, the University of Hawaii at Manoa: “Beliefs and Attitudes about Disordered Eating and the Prevention of Related Problems in High School Females: Perspectives of Parents and Staff in a Private Boarding School Setting”

Adrienne Juarascio, Department of Psychology, Drexel University: “Acceptance and Commitment Therapy (ACT) as a Novel Treatment for Eating Disorders: An Initial Test of Efficacy and Mediation”

Krista and Adrienne will each receive $1,000 to cover research expenses for these projects. Congratulations to Krista and Adrienne!

As always, the 2011 applications were of very high quality, with innovative ideas and study designs. We look forward to receiving the 2012 applications, and all AED student members are encouraged to apply! Application materials will be posted on the AED website by August 2011.

Many thanks to the following members of the AED Scientific Committee for all of their hard work in reviewing the AED Student Research Grants: Angela Favaro, Mary Gee, Phillipa Hay, Hans Hoek, Debra Katzman, Anna Keski-Rahkonen, Dianne Neumark-Sztainer, James Mitchell, Marion Olmsted, and Howard Steiger.

TJ’s Fund for Eating Disorders Research: 2011 Grant Competition

The AED was honored to be able to administer the 2011 grant from TJ’s Fund for Eating Disorders Research. The article below, written jointly by TJ’s parents and Kelly Klump, AED Scientific Committee Co-Chair, describes the history of TJ’s Fund and the results of this year’s grant competition.

Honing Our Son

Susan Barry and Thomas Warschefsky, TJ’s parents

No one could believe it when our son passed away. TJ could do ANYTHING. All he had to do was put his mind to it, and he had always been able to accomplish whatever his goal was. He had always been a popular kid with so many friends, played every sport, worked hard and saved his earnings and challenged himself with the toughest classes and excelled in them. He walked the talk with his Christianity, not allowing himself to drink or even swear. He was kind and sensitive and probably the most motivated and driven kid you’d ever meet.

His Dad thought when TJ decided he would eat, he would eat, and everything would be fine. His Mom thought if she could just say the exact right words to him, it would snap him back to wanting to gain weight. If anybody could fix this, it would be TJ. He was the only student at his university to get into dental school. We all thought, “NOW he will feel good about himself.” He put such high standards of perfection on himself, but even that was not enough.

TJ passed away at age 22 doing sit-ups in his apartment, across the street from Marquette Dental School in Milwaukee, Wisconsin, USA, on Valentine’s night of 2007. He weighed 78 pounds. His last email to his Mom said, “I need you here to help me, Mom. Why can’t anybody fix this? You are my only Valentine.”

TJ’s Dad started “TJ’s Fund for Eating Disorder Research” for people to donate to at his funeral. TJ’s mother was given $1,000 from his Marquette dental student friends from a fundraiser they held for TJ’s Fund. They wanted her to start an annual 5K4TJ run/walk. The first one in June 2009 raised $12,600! The third annual 5K4TJ was held on June 4 in Okemos, Michigan, USA. TJ’s Fund was also the beneficiary of a charity golf outing held in Williamston, Michigan, USA. Together, many generous memorials and donations made this initial grant possible.

It is our hope that these initial contributions will be the beginning of extensive and productive research. Our wish is that no other family will have to endure the experience of battling this disease and the profound despair of losing a child in this way.

2011 Grant Competition

Kelly L. Klump, AED Scientific Committee Co-Chair

As a result of the generosity of friends and family, TJ’s Fund was able to award one $10,000 research grant in 2011. The competition requested applications focused on biological treatments of eating disorders or biological mechanisms underlying the development and/or maintenance of the disorders. Importantly, all submissions explicitly addressed how the proposed research will ultimately contribute to improved treatments for the disorders.

Six applicants from around the globe submitted applications. Research proposals were reviewed by the AED Scientific Committee and were uniformly of high quality. The applications represented the state-of-the-science in biological treatments and risk factors for eating disorders.

After a careful review of the applications, the 2011 TJ’s Fund for Eating Disorders Research Grant was awarded to Eunice Chen, PhD, for the following project:

“The Neural Effects of Emotion Regulation Strategies in Anorexia Nervosa—A Pilot”

Eunice Chen, PhD, University of Chicago

Anorexia nervosa (AN) is a disorder with the highest psychiatric mortality rate yet is a disorder where there is no efficacious adult treatment. Repetitive and obsessive weight and shape concerns are the poorly understood cardinal symptoms of AN and other eating disorders. Examining the neurobiology of extreme weight and shape concerns is vital in order to develop more efficacious treatments. This proposal aims to compare a novel emotion regulation strategy, mindfulness, to other emotion regulation strategies (cognitive reappraisal/structuring and distraction) to reduce distress to a negative body image challenge in individuals with AN. In this pilot study, women with AN will undergo a negative body image challenge and then engage in four emotion regulation strategies: (1) mindfulness, (2) cognitive...
Aimée Liu Book Launch Benefit

Book Launch Benefit Raises AED Scholarship Funds

Judith Banker and the AED Book Launch/ Fundraiser Planning Committee

A dramatic reading of letters from the new AED benefit book, *Restoring Our Bodies, Reclaiming Our Lives*, was the highlight of the scholarship fundraiser held on Friday, April 29, at the 2011 ICED in Miami, Florida, USA. [Editor’s note: For a review of this book, visit the Book Review Corner in this issue of the Forum.] Readers Rebecca Parekh, Tamara Noyes, Mae Lynn Reyes, Mark Warren, Donna Friedman, Brenda Oelbaum, Angela Schaffner and Jenni Schaefer brought to life the stories of recovery included in the book, which was edited by Aimée Liu. Masterfully emceed by AED Past Presidents Cindy Bulik and Steve Wonderlich and narrated by Aimée Liu, the program culminated in Jenni Schaefer and Tamara Noyes’ touching performance of Jenni’s original song, “It’s OK to Be Happy.”

The evening also included wine and hors d’oeuvres, a raffle of an original art piece by feminist activist artist Brenda Oelbaum, and sales of specially designed event T-shirts and door prizes donated by Gurze Books and artists Judith Shaw and Sandra Streeter. Ticket sales for the event along with T-shirt and raffle ticket sales raised over $20,000 to fund the AED’s Clinical and Research Scholarship and Grant Program.

The AED extends its heartfelt appreciation to author Aimée Liu for generously donating the royalties from the future sales of *Restoring Our Bodies, Reclaiming Our Lives* to the AED’s scholarship program and for her tireless efforts in writing and planning the program for the event. The AED also thanks Gurze Books, Mack and Joe Pazdan, and our generous sponsors: Eric F. van Furth, Pamela Keel, Ruth Striegel-Moore, Judith Banker and the Center for Eating Disorders & The Bodywise Program (Ann Arbor, Michigan), Debra Franko, Julie Holland, and Diane Mickley.

In particular the AED extends its gratitude to Donna and Randy Friedman for underwriting the event to ensure that 100 percent of the proceeds go to support AED scholarships and grants.

Book Launch for Aimée Liu’s New Book is a Huge Success!

*Melissa Santos and Donna Friedman, Development Committee Co-Chairs*

A huge “Thank You!” to the over 100 individuals who supported the launch of Aimée Liu’s new book, *Restoring Our Bodies, Reclaiming Our Lives: Guidance and Reflections on Recovery from Eating Disorders*. In an amazing tribute to the possibilities of recovery, attendees were treated to readings from Aimée’s book, music by Jenni Schaefer, a raffle and much more!

Due to the generous pledge of Donna and Randy Friedman, 100 percent of the proceeds from the ticket sales will go directly to the AED’s Research and Clinical Scholarship Program Fund. This fund provides support for professionals in the eating disorders field to attend the annual international convention. In addition to the Friedman family, thanks for such a wonderful event goes to Aimée Liu, co-emcees Cynthia Bulik and Stephen Wonderlich, Judith Banker, Debra Katzman, Sherwood staff, the AED Advisory Board and the AED Development Committee. Finally, thank you to the contributors to the book who shared their personal stories of recovery and for those who read portions of the book at the event.

Stay tuned as you will hear more from Donna about future fundraising efforts for the AED. If you are interested in learning more or becoming involved, contact Donna at dmfriedman4@gmail.com. You haven’t seen anything yet!
Welcome Back from Bright and Sunny Miami, Florida!

The Membership Retention/Recruitment Committee (MRRC) has LOTS of exciting news to share including highlights from the ICED New Member Breakfast, results from the Expanding AED Today (EAT) Initiative, a passing of the torch within MRRC leadership, and a staggering statistic on AED membership gains.

Highlights from the ICED New Member Breakfast

Every year, the AED holds a New Member Breakfast at ICED. This event is designed to welcome new members to the AED and further integrate them into our international family of passionate investigators, clinicians, educators, and advocates. Despite taking place bright and early on a Friday morning, we are happy to report that more than 100 valued members participated in the breakfast at ICED 2011. New members were observed intimately conversing with AED leaders, board members, and committee and SIG chairs. The benefits of AED membership were discussed, and several attendees questioned MRRC members about how to get actively involved in the Academy. We want to thank new members for adding energy and enthusiasm to our Academy and AED leaders for their dedication and continued efforts at facilitating the expansion and growth of the AED and eating disorder field.

A Passing of the Torch within MRRC Leadership

The MRRC is sad to see Dana Rofey off as she completes her tenure as MRRC co-chair. While we are losing a valued member whose strong leadership skills facilitated efficiency and productivity within the MRRC, we are confident that the co-chair torch has been passed to a similarly effective and vivacious leader, Robyn Mehlenceck. Welcome, Robyn!

A Staggering Statistic on AED Membership Gains

The MMRC is thrilled to announce that AED membership has increased by 14 percent in just the last year! Thanks to those who have made efforts at recruiting members and spreading the word about the benefits of AED membership (for more information, go to: www.aedweb.org/join_aed.html). The AED board has a goal of recruiting 150 more new members by the end of the year. Please help AED reach this goal by referring new members and welcoming them to this supportive and thriving organization.

Drum Roll, Please… EAT Initiative Results

The MRRC introduced this year’s EAT Initiative raffle winners at the 2011 ICED in Miami. Please join us in congratulating this year’s EAT initiative winners:

Abby Sarrett-Cooper referred Susan Simon-Flescher and won free registration to the 2012 ICED in Austin, TX, USA

James Harris referred Lauren Ross and won a free DVD of the 2011 ICED

Terry Fassih referred Brandi Powell and won a Gürze Gift Certificate

The EAT Initiative stands for Expand AED Today. To participate, simply recommend a friend, colleague, student, or relative to join AED and have him/her mention your name when joining. For every new member referred, your name will be entered into a raffle that takes place at the upcoming annual ICED and you will be eligible to win a prize such as free registration to next year’s ICED.

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The EAT Initiative initiative was held on Saturday, April 30, 2011 at the ICED in Miami. The Think Tank brings AED members together to address how to enhance eating disorder treatment, prevention and research by promoting research-practice integration. All conference attendees were invited to participate in this popular annual interactive think tank. In Miami, about 55 delegates attended, despite it being at the end of an intensive three days of high-quality conference presentations.

Chaired by Research-Practice Committee co-chairs, Judith Banker and Dasha Nicholls, the session featured invited members of the Research-Practice Committee, Anne Becker (AED president, Harvard Medical School) and Howard Steiger (Douglas Institute, McGill University), as well as invited guest, Michael Strober (UCLA, Editor-in-Chief of the International Journal of Eating Disorders). Members of the Research-Practice Committee, including Drew Anderson, Anne Becker, Debbie Katzman, Isabel Krug, Susan Paxton, and Dana Satir, were on hand to facilitate small group discussions.

Judith Banker began by giving an overview of the Research-Practice Committee’s efforts to address obstacles to Research-Practice integration since its inception in 2006. Then, she introduced the schematic Research-Practice Cycle (see Figure on page 9), which guides a research-practice philosophy that links ‘bench to bedside and back again.’ This model for research-practice integration can be implemented in a variety of settings, as was illustrated by three presentations from guest speakers. Small group discussion then focused on two questions:

1. Does this virtuous cycle model have the potential to promote research-practice integration in your professional activities or work setting (clinic, organization, laboratory, classroom)? Describe steps to promote implementation or obstacles to implementation.
2. How could the model be changed or adapted to enhance effective implementation?

A lively discussion ensued! Many groups cited problems with outdated technology and the challenges of professional isolation, particularly as private practitioners. The general feeling was that the cycle was easier to implement in academic settings, but creative ways of engaging practitioners in the implementation stage and getting used to the language of research were discussed too. Ideas ranged from the practical (e.g., the need to design a tool that captures more of the day-to-day of clinical sessions) to

The AED Global Research-Practice Think Tank V, “Adventures in Knowledge Transfer,” was held on Saturday, April 30, 2011 at the ICED in Miami. The Think Tank brings AED members together to address how to enhance eating disorder treatment, prevention and research by promoting research-practice integration. All conference attendees were invited to participate in this popular annual interactive think tank. In Miami, about 55 delegates attended, despite it being at the end of an intensive three days of high-quality conference presentations.

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Patient-Carer Task Force Update

Laura Collins, Executive Director, F.E.A.S.T.

Six of the members of the AED Patient-Carer Task Force (PCTF) held a telecom meeting on April 12, 2011, to discuss the AED board of directors’ request for suggestions on how the patient-carer community within the membership can work together in furthering the mission of the AED. The Task Force, in a lively session, made the following recommendations:

1. **Patient and Carer Board Representation.** The PCTF recommends that board positions include representation from the patient-carer community. Further, the PCTF notes that although there is some overlap in the interests and abilities of patients and carers, there is also a distinct and complementary difference between these groups. Therefore, the PCTF recommends that both of these stakeholder groups have board representation.

2. **Transition from Task Force to Advisory Council.** The PCTF recommends renaming the Patient-Carer Task Force as the AED Patient Carer Advisory Council. The group feels it is important that its members have a venue for support and discussion within the AED, especially because they represent a minority group within the AED membership. This title also might create a more durable entity within the AED structure.

3. **Track Stakeholder Status.** The PCTF recommends adding a census function in tracking information about AED members in regard to their interest in patient-carer issues, such as advocacy, education, fundraising, personal recovery, and others. It seems clear that many professional members of the AED also have personal or family perspectives. It would benefit the AED to be aware of member interest in these areas.

4. **Re-activate Partnership with James Lind Alliance.** Under Eric van Furth’s presidency, the AED joined the James Lind Alliance (JLA; www.lindalliance.org). This statement of purpose was taken from their website: The JLA facilitates Priority Setting Partnerships. These bring patients, carers and clinicians together to identify and prioritize for research the treatment uncertainties which they agree are the most important. The PCTF recommends that this partnership be re-activated by the AED to reinforce efforts to integrate the patient-carer perspective.

Activity on the AED Listserv

The Activity on the AED Listserv column is a regular feature provided by the Electronic Media Portfolio Committee (Chair: Guido Frank, Guido.Frank@ucdenver.edu) to highlight recent activity on the AED listserv.

Coinciding with the ICED meeting in Miami, we implemented a few changes with respect to the AED listserv. We distributed and posted on the AED website an updated listserv policy. This policy conveys the purpose of the listserv and outlines rules meant to support effective and constructive information sharing, discussion and conversation. We also instituted an additional listserv, the “in-depth discussion listserv,” which is meant to supplement the existing listserv by creating a forum for lengthy and detailed discussion. I just realized that I used the word “meant” a few times above, and I think that deserves some additional explanation. In response to the new listserv, the concern was raised that this might quell discussion or lead to a split in our organization. That is by no means the intention, and we don’t expect this to happen. Rather, we wanted to create a listserv where (hopefully) most or all members will sign up and use it for in-depth discussion. Our intention was not to suggest signing up for one or the other listserv, but rather for both listservs. We hoped that this would help to focus the different needs of the membership. Please note that the “in-depth discussion” listserv is an opt-in listserv, meaning that individuals have to register for it on the AED website. This is in contrast to the AED “regular listserv,” for which each member is signed up automatically.

There were, as always, in my opinion, various interesting topics on the listserv in recent months. One issue centered on what to do psychotherapeutically with a person who no longer qualifies for a full syndrome anorexia nervosa diagnosis. Among the responses, personal growth and building a well-rounded personality were emphasized. Another very important topic was raised on how to smoothly collaborate in a multidisciplinary team. Eating disorders, maybe more so than most other psychiatric disorders, require a treatment team that involves medical personnel, psychologists, psychiatrists, nutritionists, and many others. Each professional group has a very important role in the care of a patient with an eating disorder and the critical moment of change may come from different providers at different points in time for different patients. The discussion around this issue, in my opinion, highlighted the diversity of the people we work with and, likewise, of the field of eating disorder professionals. Clearly, there is a need for more discussion and effective ways to gather well-functioning treatment teams.

Lastly, we are working on a brief survey regarding the listserv and AED website. Please open and respond to the survey when it comes your way. We will make sure it is brief and can be completed in a few minutes.
SIG News

Bariatric Surgery SIG

Melissa Santos, Carol Signore, and Andrea Vazzana, Co-Chairs

The Bariatric Surgery SIG held a panel discussion and business meeting at this year’s ICED 2011 convention. Our panel discussion included Drs. James Mitchell, Marcelo Papelbaum and Andrea Vazzana. It was well attended and well received. Later in the day, we held our SIG business meeting, which generated many great suggestions for how our SIG can be productive in the upcoming year. Thanks to all for attending!

Potential projects for the year are listed below. Please consider contributing to any and all projects. New suggestions are also welcome.

1. Information Sharing. We are currently in the process of finding a secure place on the Internet to be able to share documents, assessments, and other tools we use in our clinical practices. We will provide an update on the bariatric surgery listserv once developed.

2. Pamphlet Development. We are looking for individuals interested in serving on a workgroup to develop brochures regarding bariatric surgery. These would be targeted toward professionals (e.g., primary care physicians and psychiatrists) without an extensive background in bariatric surgery but who nonetheless might encounter this population in their clinical offices.

3. Best Practices. We are looking for individuals interested in serving on an international consensus panel to recommend best practices in bariatric surgery psychological evaluations.

If you are interested in assisting with any of the above or have additional projects for SIG consideration, please contact us at msantos@cccckids.org, carolasig@gmail.com or Andrea.Vazzana@nyumc.org.

In addition, don’t forget to sign up through AED for a bariatric surgery listserv to stay informed on our bariatric surgery psychological evaluations.

Join a SIG!

AED members are welcome to join any number of the Special Interest Groups (SIGs) the Academy has to offer. Our SIGs provide unique settings that foster professional networking, education, and collaboration with colleagues from around the globe in areas of mutual interest. The AED SIGs are growing and developing rapidly. Now is the time to become part of this vital and enriching professional opportunity within the AED. For a current listing of AED SIGs and further membership information, go to www.aedweb.org.

Update from the Sisterhood, Chapter, and Affiliate Committee

Rachel Bachner-Melman and Phillipa Hay, Co-Chairs

The AED now has eight sister organizations and one chapter. We would like to increase our membership outside of North America even further. To learn more, we are asking sister organization and chapter members to provide us with relevant information. In the near future, we will be sending all members of an AED sister organization or chapter a short survey about reasons for joining, or for not joining, the AED. Thanks in advance for responding! For more information about our sister organizations and chapter, please visit: www.aedweb.org/Sister_Organizations/2102.htm

The following updates are provided by our sister organizations and chapter:

Mexican Association of ED Professionals (AMTA)

AMTA (www.itztacala.unam.mx/amta/) is preparing to start a long-distance training program for Latin American colleagues and clinical teams, in association the Hispano-Latino-American (HLA) Chapter, the Ministry of Health in Mexico, and other organizations. (Editor’s Note: For more information, see the HLA Chapter Update in this issue of the Forum.)

AMTA hosts the online Mexican Journal of Eating Disorders (MJED). This journal is published twice a year (June and December) by the Facultad de Estudios Superiores Iztacala of the Universidad Nacional Autónoma de México, in collaboration with the Asociación Mexicana de Trastornos Alimentarios. MJED publishes original research articles, reviews, and clinical cases. Articles of basic and applied research, experimental studies, and exceptional theoretical pieces in a range of disciplines (for example, psychology, psychiatry, medicine, biology, nutrition, and so forth) related to eating disorders are accepted. MJED is a bilingual journal, publishing abstracts and papers in Spanish or English. We await your articles! For more information, please contact jmmd@servidor.unam.mx.

Australian and New Zealand Academy for Eating Disorders (ANZAED)

ANZAED (www.anzaed.org.au) is moving toward our major annual conference in picturesque Coogee Beach, Sydney, Australia, on August 25-27, 2011. This year’s ANZAED conference theme is taken from the well-known quote by the Roman poet Juvenal: “A healthy body in a healthy mind.” Keynote speakers will address the role of the brain in anorexia nervosa and the role of exercise in eating disorder maintenance and recovery. Pre-conference and conference program workshops will cover acceptance and commitment therapy, the Loughborough eating disorders activity therapy, re-feeding, mindfulness, clinical research and prevention. There will be round table group discussions and a post-poster cocktail party with many opportunities for less formal collegial discussion and networking. In addition to the usual range of oral and poster presentations, there will be an international session introducing the Sisterhood, Chapter, and Affiliate Committee of the AED, a special session for young investigators, and “very brief” poster presentations (“in 3 minutes, why you should read this poster”).
Chilean Society for the Study of Eating Disorders (SETA)

SETA (www.setachile.cl), founded in March 2007, was created to unite professionals working in the eating disorders field, facilitate knowledge exchange, develop prevention programs, and contribute to the professional growth of its members. SETA also aims to support research in the eating disorders field and to disseminate local and international information, with the ultimate goal of contributing to community well-being. SETA intends to collaborate as a national and international benchmark professional association in eating disorders treatment and research.

To attain these objectives, SETA periodically organizes scientific meetings, encourages the publication of members’ research projects, supports members interested in developing specific areas of study, strives to improve teaching in the field at all levels, and develops formal relationships with other scientific or professional societies. Finally, SETA supports governmental initiatives and provides scientific advice when required.

SETA is a young interdisciplinary society whose members include representatives from most eating disorder institutions in Chile, and SETA has launched a campaign to recruit new members. The current board of directors includes President María Patricia Cordelia, Secretary Consuelo San Martín, Treasurer Psych. Camila Del Solar, and Directors Carolina López, Patricia González, and Andrea Román.

Dutch Academy for Eating Disorders (NAE)

NAE was very pleased when one of its founding members, Hans Wijbrand Hoek, received the 2011 AED Leadership Award for Research at this year’s ICED in Miami. Another highlight was a sponsor contract between the NAE foundation and former world and Olympic cycle racing champion, Leontien van Moorsel, who wrote an impressive book about her own fight with anorexia nervosa in the 1990s. After recovering from her eating disorder, she has decided to offer personal and financial help to those struggling for health.

Eating Disorders Association of Canada–Association des Troubles Alimentaire du Canada (EDAC–ATAC)

EDAC-ATAC is a Canadian organization of professionals in the field of eating disorders and related areas. The third Biennial EDAC-ATAC National Conference will be held in Halifax, Nova Scotia, in October 2011. For those wishing to visit early or to extend their stay after the conference, a trip around Cape Breton to visit to the Annapolis Valley, or an exploration of the coastline and many beaches of the Nova Scotian South Shore will be sure to delight. For more information about EDAC-ATAC, please visit our website: edac-atac.ca

German Society for Eating Disorders (DGESS)

Founded in 2006, the DGESS is a non-profit institution that aims to foster prevention, treatment, and research for eating disorders. The DGESS endeavors to advance research, training and education of professionals, advise and counsel public institutions providing eating disorders treatment, support self-help organizations in the field of eating disorders and organize conferences on eating disorders. The DGESS’s current president is Martina de Zwaan, vice president is Stephan Herpertz, and treasurer and AED correspondent is Manfred Fichter.

The DGESS hosts a conference every other year. The last conference was in February 2010 in Aachen, Germany. Cindy Bulik and Jim Mitchell were among the invited speakers, and the first “Hilde-Bruch-Award” (EUR 5,000), offered to a young scientist for outstanding research on eating disorders, was awarded to H. C. Friederich of the University of Heidelberg. The next DGESS conference will take place February 24-25, 2012 in Hannover, Germany. For more details about the DGESS conference and the Hilde-Bruch-Award, visit our website www.dgess.de.

Israel Association for Eating Disorders (IAED)

IAED, in collaboration with Hadassah Hospital, held a one-day conference on obesity on March 28. A conference on eating disorders at the Knesset (Israeli parliament) is currently being planned for November 2011. We hope to use this valuable opportunity to bring the needs of people with eating disorders and the importance of professional research, treatment and prevention efforts to the attention of those who determine social and health legislation and policy.

IAED has played an active role in the introduction of a pioneering draft of Israeli law recently passed in the first stage of legislation in the Knesset. The new law states that a) underweight models may not appear in advertisements, b) underweight models may not be employed by modeling agencies, and c) photographs that have been edited digitally (for example, with Photoshop software) must include a written statement to this effect. In order to enforce these prohibitions, models will be required by law to pass a medical examination. Those with a body mass index (BMI; kg/m²) of less than 18.5 will not be eligible to appear in advertisements or to be employed by modeling agencies. It is hoped that this law will help to curb deleterious media exposure to an unrealistic ideal of female beauty.

An international conference just outside of Jerusalem is planned for January 2013. Please consider making plans to join us and visit the Holy Land!

Transdisciplinary Obesity Society (STO) of Argentina

STO (www.drcormillot.com/sto/) was created in Argentina with the purpose of improving quality of life for people with obesity and eating disorders. In association with ISALUD University of Buenos Aires, the leading Argentinean university in nutrition and related professions, STO is working to create the first Masters Degree course program in obesity and eating disorders. The course will begin in the second semester of 2011, and registration will be open to health professionals such as physicians, psychologists, nutritionists, and exercise professionals.

Hispano-Latino-American (HLA) Chapter

At the 2011 ICED in Miami, the HLA Chapter sponsored a workshop attended by over 30 Latinos. We also held our annual meeting during the ICED proceedings. Ovidio Bermudez finished his term as HLA Chapter chair, and Eva Trujillo has taken over as chair for the term 2011-2013. Under Eva Trujillo, the current HLA leadership team includes Ovidio Bermudez, Armando Barriguate and our two newest partners, Guillermirina Ruiz-tein (chair-elect) and Estela Estefan.

This first half of 2011 has been very active for the HLA Chapter. The Chapter’s quarterly newsletter in Spanish has just been sent out. Also, a teaching day on eating disorders was held during the Spanish Conference of Psychiatry on April 12, 2011, in San José, Costa Rica, organized by Yasmín Jaramillo, Rebeca Hernández, Marianela Alvarado, and an enthusiastic group of other professionals.

We now are preparing for the VII HLA Congress on Eating Disorders to be held in Pucon, Chile, on November 9-12, 2011 under the leadership of Daniela Gomez and Rosa Behar. With the presence of well-known international and national speakers, we feel sure this congress will be a success! For more information, please visit www.sonesyn.cl.

In the coming weeks, a professional training program for Latin American colleagues and clinical teams will be launched by AED’s HLA Chapter, the AMTA, and other organizations, in collaboration with the Mexican Ministry of Health. This long-distance learning education program is called “ED University Diplomas” 2nd generation. It will be taught in Spanish by renowned professors in Latin America, and it involves 160 hours of course work. For more information, please email: adrianavp@yahoo.com.
Worldwide Charter Task Force Update

Kristine Vazzano, Co-Chair

The Worldwide Charter for Action on Eating Disorders outlines the rights of people with eating disorders and carers. The Charter came about through a collaborative global initiative to change the way eating disorders are treated and how those with eating disorders are supported. AED’s Worldwide Charter Task Force is currently addressing ways to expand on the Charter’s utility while preserving its strong foundation and international relevance. In an effort to develop ongoing goals, the Task Force has been reviewing the formation and initial principles of the Charter. The Charter was founded upon the idea that despite differences in healthcare and culture, patients’ and their families’ experiences with an eating disorder share strong commonalities. The Charter highlights the basic needs and principles of those suffering from an eating disorder across the globe, and it delineates such rights as specialized care, informed treatment, and collaborative treatment among the patient, family members, and the treatment team.

To identify potential future directions and uses for the Charter, the Task Force gathered preliminary feedback from AED members on how they use the Charter, as well as the Worldwide Charter Questionnaire—a survey measure that assesses the quality of the treatment experiences of patients and carers. Here are a number of ways the Charter is being used, and can be used, in clinical, research and advocacy settings:

1. Clinicians often provide copies of the Charter for patients and families in their waiting rooms and as a part of initial paperwork. For some, discussing the document and treatment rights is a part of the intake process. Additionally, some providers display a large copy of the Charter in their waiting room to make the guidelines visible to all.
2. Clinicians are using the Worldwide Charter Questionnaire as a tool to evaluate their treatment programs. They have found that gathering feedback from patients and their families using this tool provides credible data and visible feedback, while also allowing patients and their families to collaboratively evaluate and improve treatment programming.
3. On an outpatient basis, clinicians have found that administering the Worldwide Charter Questionnaire to patients and families allows providers to personally evaluate whether they are upholding the guidelines of the Charter in every day practice.

4. The Worldwide Charter Questionnaire is being used by eating disorder advocacy groups to identify gaps in treatment and healthcare coverage. The identified areas of need for patients and families are important targets for research and treatment development.
5. The Worldwide Charter for Action on Eating Disorders has been included in numerous legislative activities including activities sponsored by the National Eating Disorder Association’s (NEDAs) Solutions through Advocacy and Reform (STAR) program. The Charter can be used to advocate for increased research funding, prevention efforts, and access to care. The Charter was developed to be used widely and can be modified to include your organization’s logo or identity, along with the AED logo, for advocacy and educational purposes. An example of this can be viewed on NEDA’s website: www.nationaleatingdisorders.org/programs-events/star-program.php. To learn more about the Charter and the Worldwide Charter Questionnaire, visit: www.aedweb.org/source/Charter/.

Book Review Corner

Jennifer J. Thomas

Restoring our Bodies, Reclaiming our Lives: Guidance and Reflection on Recovery from Eating Disorders

By Aimee Liu, with an introduction by AED Past President Judith Banker (Trumpeter, 2011, 240 pages)

In her third book on the topic of eating disorders (EDs), Aimee Liu, author of America’s first anorexia memoir (Solitaire, 1979), defines and illustrates the multi-stage process of ED recovery. Similar to her 2007 book (Gaining: The Truth about Life after Eating Disorders), Restoring our Bodies, Reclaiming our Lives comprises Liu’s personal experience with anorexia nervosa, in-depth interviews with hundreds of individuals at various stages of ED recovery and commentary from the professional ranks of the AED membership. Liu’s newest book—arguably, her best work—undertakes a powerful message of hope and resilience. According to Liu, for the vast majority of individuals who struggle with an ED, full recovery is within reach.

Restoring our Bodies, Reclaiming our Lives is divided into six sections that depict what Liu propostes to be the typical chronology of healing: (1) Turning points; (2) Setting the stage for recovery; (3) Treatment; (4) Restoration; (5) Discovery; and (6) Wise minds. This longitudinal perspective makes a valuable contribution to care and curing, as Liu details what defines ED recovery. As highlighted in the thoughtful introduction by AED Past President Judith Banker, the book uniquely focuses on the recovery process. This separates it from other ED memoirs that typically devote more attention to acute-phase ED and then fast-forward to end-state recovery. In Restoring our Bodies, Reclaiming our Lives, many individuals who contribute “Setting the Stage for Recovery” stories also contribute “Restoration” stories later in the book, thereby strengthening the thread of hope.

Another strong feature of the book is its message that recovery is a highly individualized process and there is no “right” or “perfect” way to achieve it. The letters and commentary throughout underscore the content of this powerful message by dispelling the myth that only young upper-class women experience (and therefore recover from) EDs. Liu features letters from a highly diverse pool of individuals with all forms of ED (including not just anorexia nervosa and bulimia nervosa, but several forms of ED Not Otherwise Specified), representing all ages, both sexes, and diverse racial/ethnic groups. She takes care to include the unique perspective of overweight, healthy weight, and underweight narrators and to explore the reluctance of and barriers for some subgroups (e.g., men, African-American women) to seek treatment. Perhaps most notably, Liu contrasts the uniformity of ED symptoms in early-stage recovery with the rich diversity and freedom that later-stage recovery affords by featuring letters from recovered individuals who went on to become improvisational humorists, feminist activists, clothing designers, and even ED therapists.

Also impressive are the contributions from AED members and experts. The moving personal narratives in Restoring our Bodies, Reclaiming our Lives are interspersed with psycho-educational materials on the medical consequences of EDs and brief descriptions of empirically-supported treatments (e.g., family-based therapy, cognitive-behavioral therapy, fluoxetine) and novel interventions (e.g., Uniting Couples in the Treatment of Anorexia Nervosa). Experts also discuss specific clinical tools such as pro-and-con letters, journaling, intuitive eating, and mindfulness. Importantly, the “Treatment” section includes narratives from individuals who have participated in and benefited from many of these therapies, thereby including side-by-side comparisons of patient and therapist perspectives. Liu’s care not to endorse any specific treatment modality is consistent with her argument that there is no “right” way to recover.

Restoring our Bodies, Reclaiming our Lives differs from Liu’s last book, Gaining, in two important ways. First, Restoring our Bodies, Reclaiming our Lives avoids any graphic description of weight, calories, or symptom use, perhaps making it more suitable for reading for patients in the pre-contemplative or contemplative stages of change. Second, in Gaining, Liu introduces the potentially pessimistic concept of the ED “half-life,” in which individuals enter a weight-restored and symptom-free stage, but are still stuck in a pattern of self-denial and self-esteem in other domains of their lives. In contrast, Restoring our Bodies, Reclaiming our Lives optimistically explores how individuals have transcended this ED half-life by pursuing their true passions.

The book closes with an invigorating description of ED recovery statistics: 75 percent of individuals will be free from an ED within 10 years of onset and, of those, 70 percent will not relapse. The powerful message that individuals with an ED can be fully “recovered” rather than just “in recovery” is a hopeful one not only for ED patients, but also for the family members and clinicians who support them.
Report from the National Eating Disorders Association

Lynn Grefe, NEDA President and CEO

NEDA’s 2011 conference, “Reaching for the Stars: Advancing the Prevention and Treatment of Eating Disorders,” will be held October 13-15, 2011, at the Renaissance Hollywood Hotel & Spa in Los Angeles, California, USA. The NEDA conference is a place where we invite people affected by eating disorders, their families, and professionals to share, learn and belong. To help us make that a reality this year in Los Angeles, we are delighted to be featuring some “stars” from the AED, namely the current AED president and two former presidents.

Current AED President Anne Becker will be presenting a general session entitled, “Is ‘Secondhand’ Media Exposure a Risk Factor for Eating Disorders? A Cautionary Tale from Fiji.” Judith Banker will be presenting with Amanda Weishuhn and Kristine Vazzano a presentation titled, “The Recovery Roadmap: Combining Research, Practice and Patient Perspectives to Unlock the Mystery of Recovery from Eating Disorders.” Also, Eric van Furth will be presenting a special workshop entitled, “Expanding Our Reach: Building e-Communities and Providing e-Mental Health Tools for Adolescents with an Eating Disorder in the Community.” NEDA is especially excited to have Eric van Furth join us from the Netherlands for this conference, as he created the innovative “Proud2Bme” website for tweens and teens. He now has licensed NEDA to bring this website to the USA. It will be launched at NEDA’s first Teen Summit, “Making Real the New Ideal: Body Image, Self Esteem and Media,” to be held in conjunction with the NEDA conference in Los Angeles.

Please view the full Schedule-at-a-Glance on our website (www.MyNEDA.org). There will be many events. Please visit www.MyNEDA.org for more information.

To register and for more information, please visit www.MyNEDA.org. Select Annual NEDA Conference under Programs & Events.

Miss America Speaks at ANAD Vigil

Miss America 2011, Teresa Scanlan, joined hundreds to light a candle on May 16, 2011, at the 8th Annual ANAD Candlelight Vigil. Miss Scanlan’s platform is “Eating Disorders: A Generation At Risk.” When her friend developed an eating disorder at age 13, Miss Scanlan was quick to learn more about the disorder. “I visited ANAD’s website,” she told the crowd, and she did research to learn about the signs, symptoms, and possible consequences of eating disorder behaviors. She encouraged her friend to seek help, which fortunately she did. Miss Scanlan’s goal is to empower others to help those in need of recovery. She hopes to use her platform this year to spread vital knowledge that could potentially save lives.

The ANAD Candlelight Vigil, covered on television by ABC’s “20/20,” shined light on the darkness in which eating disorders are often hidden. For some, it was a somber time of remembrance. One father spoke of his daughter’s struggle with an eating disorder, to which she ultimately succumbed. He told those struggling in the crowd to “put your heart and soul into [recovery].” He encouraged families to love and support those struggling even when they aren’t yet ready to recover. It was also a time to celebrate those in recovery. One speaker told her story of battling anorexia nervosa for over 20 years, but finally recovering after much support from her family and therapists.

On behalf of ANAD, Miss Scanlan also visited Kennedy Junior High School in Lisle, Illinois, USA. She spoke to students about being unique and accepting themselves and others. As one in a family of seven, she joked that being different wasn’t a choice, you had to stand out to be noticed. The key to being yourself, she said, was finding your passion in life.

“Never limit yourself, let go of fear, dive into life head first,” she told students. Educating others on eating disorders and their potential to be deadly is something she considers a lifetime calling for her.

Update from the National Association of Anorexia Nervosa and Associated Disorders, USA

David Warren

ANAD Celebrates 35 Years

This year ANAD is celebrating 35 years of helping those affected by eating disorders! We are proud to have seen so many people recover from eating disorders, and we look forward to helping many more. Please visit www.anad.org for upcoming summer events.

ANAD Conference a Success!

The 2011 ANAD Conference was a great success! ANAD Board President Patricia Santucci opened the conference, followed by our keynote speaker, Dianne Neumark-Sztainer. Many of the breakout sessions were standing room only, and we were pleased to have so many families, educators, and eating disorder clinicians turn out! We want to thank all of our presenters who addressed a wide range of important topics from how to build a healthy support group to understanding mental health issues in public schools. A special thank you to our co-sponsors, Linden Oaks at Edward and Rogers Memorial Hospital, for their generous support. We are proud to have hosted “Wellness, Not Weight,” and we look forward to seeing everyone next year.
The EDC held another very successful National Lob- by Day on April 12, 2011. Over 100 citizen advocates from across the USA gathered in Washington, D.C., to advocate for the Federal Response to Eating Disorders (FREED) Act. Passing the FREED Act will result in increased dollars for research, advances in education and prevention programs and greatly improved access to care. During EDC National Lobby Day representatives from 24 states visited 75 Congressional offices. The FREED Act was recently reintroduced in the United States Senate and House of Representatives, and we accomplished our lobby day goals of re-signing many of our co-sponsors from the last Congress and bringing on several new spon- sors. Nobody should doubt that individual voices make a difference. As a direct result of Lobby Day, we had eight new Representatives and three new Senators co-sign the FREED Act!

The event was inspirational to both new and sea- soned citizen lobbyists. EDC President and AED member Lisa Lilenfeld had this to say about her ex- perience: “I have worked hard as a researcher throughout my career, and I’d like to think I have made some useful contributions to the field, but what I would consider to be my most meaningful publication definitely pales in comparison to the importance of what we all did, and the potential impact we had for so many people, at EDC National Lobby Day.”

In February, the EDC launched a campaign to bring attention to the fact that some health insurance com- panies in the USA are refusing to pay for residential treatment for individuals with eating disorders. This practice violates the intentions of the Paul Wellstone and Pete Domenici Mental Health Parity and Addic- tion Equity Act, passed in October 2008. According to some insurance companies’ interpretation of the law, since there is rarely any residential benefit under the medical/surgical portion of insurance plans, they state there is no need to provide residential coverage for mental illness. The EDC is extremely concerned with this trend, and we are working with our mem- bers, families, specialized attorneys, and experts in the field to restore health insurance benefits for specialized eating disorder residential treatment ser- vices. We are asking people in our member organiza- tions to help by talking with colleagues and clients and asking them to send their stories to the EDC at EDCHoldInsuranceAccountable@yahoo.com. We are compiling the data we have received and are using it to influence agencies of jurisdiction and other political decision makers. We have heard from many people already, but we need to hear from hundreds more.

Your voice is important! With budget cuts across the USA and potential elimination of programs and ser- vices designed to help people with mental illness, we must present a united voice to save programs, services and most importantly, lives. If you are ready to influence Congress and use your voice to help millions of people who suffer from eating disorders, please visit the EDC website (www.eatingdisorder- coalition.org), our blog (eatingdisorderscoalition. blogsport, and Facebook page for regular updates and information about federal eating disorder leg- islation, events and activities. And, please consider joining the EDC at our next National Lobby Day in Washington, D.C., on October 4, 2011.

Update from Beat, UK

Susan Ringwood, Chief Executive

Beat is honoured to be part of the “Campaign for Body Confidence” led by the UK’s Minister for Equalities, Lynne Featherstone. We participate in a steering and advisory group along with repre- sentatives from organisations that include the Girls Guides and the YMCA, and with activists such as Susie Orbach and the MumsNet group. The cam- paign has a wide reach across health, education and young people’s agendas. It seeks to influence adver- tisers and the fashion industry as well as educators. The campaign took a big step forward recently with the formation of an “All Party Parliamentary Group on Body Image.” These groups, called APPGs, have a formal status within the UK’s government system. They bring together people from across the party di- visions to debate, challenge and bring about changes on issues that cross parliamentary “benches” (as the different parties are known at Westminster). An APPG has to include a representative number of members from different parties. It must be led by “back benchers” who are members of Parlia- ment who do not hold senior or ministerial office. This means there is the independence and ability to act across the “floor” (the debating chamber of the House of Commons). APPGs can hold Parliamentary Enquiries, call for evidence and publish recommendations for legislation. They can raise debates, ask parliamentary questions of Minis- ters (including the Prime Minister), and can be repre- sented on Select Committees, where much of the real work of Government is conducted.

The APPG on Body Image is a real breakthrough, a door opening at the heart of Government. It is in its early days, and the energy of the launch with its speeches and champagne sipped in Westminster’s hallowed halls needs to be maintained. We know that body image is but one aspect of an eating dis- order, but we take every opportunity there is to beat eating disorders, and this APPG could just well be part of that.

To join the Body Confidence campaign, contact info@bodyconfidencecampaign.co.uk.

Announcements

Susan Albers, PsyD, is pleased to announce the release of her new book, But I Deserve This Chocolate! This new book teaches individuals who struggle with binge eating and chronic dieting to use mindfulness to eat well and to take care of them- selves (New Harbinger, 2011).

National Association for Males with Eating Disor- ders, Inc. (N.A.M.E.D.) is a non-profit organization, dedicated to offering support to males with eating disorders and their families, increasing public aware- ness and acting as a resource. Services include a toll-free helpline for treatment referrals, treatment provider directory, online support groups, a student outreach program, and a speakers’ bureau. For more information, visit www.NAMEDinc.org, call 1-877- 780-0080 or contact Christopher Clark, Founder and Executive Director at Chris@NAMEDinc.org.

Conferences, Upcoming Meet- ings and Seminars

21st Annual Renfrew Center Foundation Conference, “Feminist Relational Perspectives and Beyond: The Next Generation”

Online registration is now available for the 21st Annual Renfrew Center Foundation Conference, “Feminist Relational Perspectives and Beyond: The Next Generation.” This is a three-day conference for behavioral health professionals, physicians, nurses and dietitians (offering 17.5 Continuing Education Units). The event will take place at the Philadelphia Airport Marriott, Philadelphia, Pennsylvania, USA, November 11-13, 2011.

The accomplishments of the last several decades have established a strong foundation for new and significant contributions to the field of eating disor- ders. This year’s conference is dedicated to the next generation of clinicians and researchers, advances in prevention and treatment and to a more in-depth ex- ploration of theory and data. Topics include: Interper- sonal Neurobiology and Feminist Relational Theory; Using Eating Disorder Research to Motivate Clients; Internal Family Systems; Ethical Issues; Family Based Treatment-Maudsley Method; Yoga and Med- itation; Mindfulness; Merging Technology and Psychotherapy; Transgenerational Eating Disorders; and more. Keynote presentations include: “The Mindful and Relational Brain: The Next Integration,” by Dan- iel Siegel, Amy Banks, and Beth McGilley; “From Princesses to Pop-Tarts: What the New Culture of Girlhood Means for Girls and the Grown-Ups Who Care About Them,” by Peggy Orenstein, author of Cinderella Ate My Daughter; and “Mindfulness and Psychotherapy,” by Ronald D. Siegel. For more infor- mation visit www.renfrew.org or contact Debbie Lucker at 1-877-307-3383 or ducker@renfrew.org.

Also be sure to check out more upcoming events mentioned throughout the newsletter, such as in the Update from the Sisterhood, Chapter and Affiliate Committee!
Save the Date

The International Conference on Eating Disorders

ICED 2012

May 3–5, 2012
May 2, 2012: Clinical Teaching Day
Hilton Austin, Austin, Texas, USA

AED 2012

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