I hope you all had a wonderful summer/winter and had time to catch up with family and friends. In my first column I talked about speeding up our boat for 2016-2017. Well, things around here have been very busy and so much has been accomplished thanks to the amazing volunteer efforts of our AED members who have achieved
an incredible amount of work in the past four months. So first and most importantly, my sincere appreciation goes to all of you!

The AED also joined several other eating disorder (ED) organizations in opposition to the Aspire Assist, a mechanical device approved by the FDA, intended to simulate purging and marketed as a tool to treat obesity. We also did a press release that resulted in media coverage in a number of important media outlets, including both a video and a print feature article published by the Reuters News Service. With the hard work of our Executive Director, Lisa Myers, the AED along with other ED national and international organizations, cosigned a letter to the FDA expressing our concerns about the device as experts in the field of eating disorders and our call to revoke its approval. As a result, the FDA agreed to meet with the AED and representatives of these organizations in the next months. We will keep you posted on our negotiations.

Many other press releases have been done. One for the World Eating Disorders Action Day that I will detail below, another to JCPenney Corporation to thank them for their marketing campaign "Here I Am," that addresses several important issues facing individuals with ED including but not exclusively: what it means to be overweight and challenging stereotypes and liking yourself. It publicly challenges messages of weight stigma and supports the AED’s position that people can be healthy at any size. We also sent a letter of appreciation for the ad to their Chief Executive Officer. Finally, our last press release for these months was done about the Mental Health Crisis Act Passage, a bill that will strengthen and clarify the current mental health parity law as it relates to eating disorders.

Speaking about the World Eating Disorders Action Day, the AED joined more than 200 nonprofit organizations around the world to lead a movement, mainly thru social media, to declare June 2nd as World Eating Disorders Action Day. It was a great success and we had participation in media and social media from more than a thousand activists from over 40 countries. Thanks to the outstanding work of Lauren Muhlheim, our Director for Outreach, a powerful video featuring Keanu Reeves and the cast of his latest movie was released bringing attention to the Nine Truths. AED issued a press release about this, and it generated the highest International readership of all the press releases issued this year - getting read by reporters in 8026 English-language news outlets, and 2,940 Spanish-language news outlets. Hooray for this great initiative and the leaders that made it happen!

We also continue our regular business, and the Board of Directors and the DMG staff (our headquarters team) have been working tirelessly on several issues such as developing a board training and orientation manual, review of online community and our website, advocacy activities, and policies and procedures review so we can make sure the AED is adhering to best practices. Further, we promoted Lisa Myers to 90% time as our Executive Director. This arrangement allows Lisa to devote herself almost exclusively to AED. The Board also created an extensive list of new initiatives for Lisa to expand and implement within her greater involvement with our organization.

Finally, please make sure to put ICED 2017 on your calendars, June 8-10 in Prague! The call for submissions for our annual conference has been sent out and our deadline for abstract submission is September 23rd. Our Annual Meeting Director Jenny Thomas, along with the wonderful co-chairs for this conference, Unna Danner and Jennifer Wildes, have been doing phenomenal and detailed work with the Scientific Committee to prepare an outstanding program for the next ICED. They started a Czech-AED collaboration, with the help of Hana Papazova, to reach our colleagues close to Prague. We will open registration for ICED on September 8th, 2016 and the Board of Directors approved a great opportunity for our members, the new Ambassador Program! Ambassadors earn a complimentary registration for themselves once five of their colleagues sign up and identify them as the member who encouraged them to sign up! Tell your friends and colleagues! I have no doubt that this will
be a wonderful event, and I look forward to seeing us come together to break attendance records in a beautiful city in Europe!

I appreciate very much your time devoted to the AED and I remind you that as long as you get involved, we will continue being successful in building our Global Community. It takes a village....

Mensaje del Presidente

Eva Trujillo

Espero que hayan tenido un maravilloso verano/invierno y que hayan tenido tiempo para convivir con la familia y amigos. En mi primera columna hablé acerca de acelerar nuestro barco para el 2016-2017. Bueno, las cosas alrededor han estado sumamente ocupadas y hemos tenido muchos logros gracias al esfuerzo de los maravillosos voluntarios miembros de la AED que han hecho una increíble cantidad de trabajo en los pasados cuatro meses. Así que primero y lo más importante, mi más sincero agradecimiento a cada uno de ustedes!

Desde la última vez que nos reunimos en la Conferencia Internacional de Trastornos de la Conducta Alimentaria (ICED) en San Francisco, hemos sido anfitriones de tres seminarios en línea, el primero con Camilla Lindvall Dahlgren, con el tema "Cognitive Remediation Therapy" y el segundo con Stephen Touyz, con el tema "Severe and Enduring AN". Ambos tuvieron una gran asistencia y fueron eventos muy exitosos. ¡Muchas gracias a nuestro enlace con el Consejo de Directores, Ursula Bailer, por su intenso trabajo en lograr que esto sucediera! También, espero que hayan estado en nuestro más reciente seminario en Septiembre 12, con la profesora Tracey Wade, con el tema "Genetics and Eating Disorders". Tenemos programados muchos más seminarios en línea para los próximos meses - incluyendo algunos en otros idiomas en el futuro cercano.

La AED también se ha unido a otras organizaciones en TCA (Trastornos de la Conducta Alimentaria) para oponerse al Aspire Assist, un dispositivo mecánico aprobado por la FDA, que intenta simular una purgación y publicitado como una herramienta para el manejo de obesidad. Hicimos también un comunicado de prensa que tuvo una gran cobertura por un número importante de medios de comunicación, incluyendo videos y un artículo impreso publicado en Reuters News Service. Con el duro trabajo de nuestro Director Ejecutivo, Lisa Myers, la AED junto con otras asociaciones nacionales e internacionales en TCA, firmó una carta como expertos en el área de los TCA, dirigida a la FDA y expresando nuestras preocupaciones acerca de este dispositivo y solicitando que su aprobación sea revocada. Como resultado, la FDA ha aceptado reunirse con nosotros y con representantes de estas otras organizaciones en los próximos meses. Los mantendremos informados de nuestras negociaciones.

Muchos otros comunicados de prensa se han hecho. Uno sobre el Día Mundial de Acción por los TCA, que comentaré más abajo, otro para la compañía JC Penney, para agradecerles por su campaña publicitaria "Here I Am", que habla acerca de importantes situaciones que enfrentan los individuos con TCA, incluyendo y no exclusivamente: lo que significa ser obeso y retando los estereotipos y queriéndote a tí mismo. Públicamente reta los mensajes de estigma hacia el peso y apoya la posición de la AED de que la gente puede ser saludable en cualquier talla. Además, enviamos una carta a su Director Ejecutivo dándole las gracias por su anuncio. Finalmente, nuestro último comunicado de prensa en estos meses fue escrito acerca de la Ley de Salud Mental en Crisis, una legislación que fortalecerá y clarificará la
Hablando del Día Mundial de Acción por los TCA, la AED se unió a más de 200 organizaciones sin fines de lucro de alrededor del mundo, para dirigir un movimiento, principalmente a través de las redes sociales, y declarar el 2 de Junio como el Día Mundial de Acción por los TCA. Fue un evento muy exitoso y tuvimos la participación en los medios de comunicación y en redes sociales de más de mil activistas de más de 40 países. Gracias al trabajo incansable de Lauren Muhlheim, nuestro Director de Divulgación, quien logró que se hiciera en un video estelarizado por Keanu Reeves y el elenco de su última película donde se dio especial atención a las Nueve Realidades. La AED hizo un comunicado de prensa acerca de este video y generó la más alta cobertura internacional de todos los comunicados de prensa que hemos hecho este año - siendo leído por reporteros en 8026 servicios de noticias en Inglés y 2940 servicios de noticias en Español. ¡Enhorabuena por esta gran iniciativa y por los líderes que hicieron que esto sucediera!

También hemos continuado nuestro trabajo diario, y el Consejo de Directores en conjunto con nuestro personal de DMG (nuestro equipo de oficina central) han estado trabajando incansablemente en diversos aspectos como el desarrollo de un manual de orientación y entrenamiento para consejeros, revisión de nuestra comunidad en línea, lista de correos y página de internet, actividades de promoción y activismo, y revisión de políticas y procedimientos para asegurarnos que la AED continúa trabajando bajo las mejores prácticas. Además, promovimos a Lisa Myers como Director Ejecutivo de tiempo completo (al 90%). Este arreglo le permitirá a Lisa dedicarse casi exclusivamente a la AED. El Consejo de Directores hizo una extensa lista de nuevas iniciativas para que Lisa las cumpla e implemente en este tiempo de mayor involucramiento con nuestra organización.

Finalmente, les pido por favor que marquen sus calendarios con el ICED 2017, ¡Será en Junio 8-10, 2017 en Praga! La convocatoria para envío de trabajos para nuestra conferencia anual ya se ha publicado y el límite para enviar trabajos de investigación es el 23 de Septiembre de 2016. Nuestro Director para Conferencias Anuales, Jenny Thomas, así como las increíbles co-directoras de esta conferencia, Unna Danner y Jennifer Wildes, han estado haciendo un trabajo excepcional y detallado junto con el Comité Científico para preparar un programa fuera de serie para el próximo ICED. Además, iniciaron una colaboración con la asociación Checoslovaca-AED, con la ayuda de Hana Papezova, para llegar a todos nuestros colegas cercanos a Praga.

Las inscripciones serán abiertas el 8 de Septiembre de 2016 y el Consejo de Directores ha aprobado una gran oportunidad para nuestros miembros: ¡El nuevo Programa Embajador! Los Embajadores podrán ganar una inscripción gratis al congreso para ellos mismos una vez que cinco personas se inscriban e identifiquen a esa misma persona como quien los animó a inscribirse. ¡Dígale a sus amigos y colegas! No tengo dudas que este será un maravilloso evento y espero que juntos rompamos el récord de asistencia en esta bella ciudad Europea.

Les agradezco mucho el tiempo que le dedican a la AED y les recuerdo que en la medida que se involucren, seguiremos siendo exitosos en construir nuestra Comunidad Global. Se necesita toda una comunidad....
information from AED committees, members, and partner organizations. Your President, Eva Trujillo, continues to discuss her vision and goals for the AED. The Medical Care Standards Committee provided an update on the latest edition of the Purple Brochure. Additional highlights of this issue include a member spotlight of AED member Annemarie Van Elburg; a review of the book *Handbook of Assessment and Treatment of Eating Disorders*, written by AED Forum Book Reviewer, Sherrie Delinsky.

As always, I would like to thank all of the individuals who submitted articles for this issue of the *Forum*. I encourage interested readers to submit articles, letters, and announcements for the next issue of the *Forum*. Please submit your contributions and suggestions to jessica_baker@med.unc.edu. The deadline for submissions to the next issue of the *Forum* is January 15, 2017.

Greetings from The Executive Director

The days are flying by. Apple Founder Steve Jobs said "My favorite things in life don’t cost any money. It’s really clear that the most precious resource we all have is time."

Everyone involved with the Academy is terribly busy—so much important work to do, so many details to tend. Sometimes I fear that I get so busy "weeding the garden" that I don’t take time to plant and nurture the really productive seedlings.

AED was formed around the vision of building "Global access to knowledge, research, and best treatment practice for eating disorders." And so much has been achieved in our short 23 year history.

AED was founded by the visionary Dr. Craig Johnson, who saw the need for an organization of eating disorders professionals that embodied excellence in education, treatment, and research that could advocate for patients with eating disorders, provide professional training and development and, in general, represent the field of eating disorders.

Dr. B. Timothy Walsh, one of the AED Founding members, said "the single biggest accomplishment of AED over the years has been bringing together leading researchers and outstanding clinicians to think about how to better understand how to treat individuals with eating disorders."

Another founder, Dr. Patricia Santucci, used these words: "Multidisciplinary, international, research oriented...ownership of eating disorders...a resource we could go to for best practices."

Time is short, and it’s a big world, but the importance of focusing on our core purpose and values remains as important today as it was in 1993.

Parsing out the vision, you have the words:

- **Global**—In spirit we embrace the idea of truly uniting and serving professionals around the world, but when the rubber hits the road it’s difficult. We heard recently from an inspiring Doctor in Bhopal, India. She wrote "I would like to draw your attention towards the
extremity of unawareness of eating disorders and related mental illness problems in India. India with a huge population has got many unnoticed and undiagnosed patients of the above specified problems.” We are communicating better and better around the world every year, with now 31 Chapters, Partners, & Affiliates. But there are parts of the world that we are barely touching—and parts we don’t touch at all. In the spirit of calling ourselves global, we need to find a way to share and learn from areas where our presence is thin.

- **Knowledge**—Xunzi, a third century BC Chinese Scholar, is reputed to have said “In order to properly understand the big picture, everyone should fear becoming mentally clouded and obsessed with one small section of truth.” One thing that makes AED wonderful is the interdisciplinary interchange and exchange of insight and science. An association can’t be all things to all people, but I hope we always remain open to all with a passion for teaching and learning.

- **Best Treatment Practice**—Capturing and codifying what works and in which situations it works and developing benchmarks to guide the way in practice is a critical part of what the AED does. It’s useful to remember that "best" practices can and should evolve to become better as improvements are discovered. I’m excited about our now almost-monthly webinars; our powerful *International Journal of Eating Disorders*; the now frequent tweet chats; and the on-line communities where members are sharing experience and challenges—and of course our flagship International Conference. Let’s keep building our collective knowledge and packaging it so it can be shared.

Time is scarce, but the work you are doing together is so wonderfully important—and there’s so much more to do! Start thinking about how YOU will make a contribution to your AED colleagues in the year ahead.

**AED Committee Updates**

**Electronic Media Committee (EMC)**

*Suzanne Dooley-Hash*

First, the EMC would like to welcome our newest member, Jocelyn Lebow. Great to have you on board, Jocelyn!

Next, we’d like to highlight a few recent changes to the AED website. The AED website is our main platform for communication with the world at large and the EMC and AED staff are always working to improve its overall function, appearance, and convenience. For instance, in order to highlight integration of research and practice and to make the work of the Research-Practice Committee easier to locate on the website, the former "Research" tab on the main page has been changed to "Research-Practice." Information on research and scholarship opportunities, publications, and the work of the Research-Practice Committee can be found under this tab. Upcoming changes to the "Get Involved" and "Advocacy & Publications" tabs intended to improve accessibility and visibility of advocacy news are also in the works.

We also continue to improve the function of the AED Community. The Community is our main forum for discussions amongst AED members. There have definitely been some interesting discussions happening on the main discussion page recently! A video tutorial will be available soon to assist members in taking advantage of the Community’s resources. The "Referral Network" on the Community is also a great resource for anyone looking for a professional. The search function for this network is currently under construction and should be up and running again soon. Please check the website in the coming months for changes as we continue to strive to
The Medical Care Standards Committee (MCSC) has some exciting news to share with you. As you may have seen already, the 3rd edition of the AED Medical Care Guidelines, or "the purple brochure" is now available on the AED website. This document is a completely updated version of the 2nd edition of the guidelines and is now named "Eating Disorders; A Guide to Medical Care, 3rd Edition." Building on the work of the former Medical Care Standards Task Force, this brochure was developed by our multidisciplinary group of eating disorder (ED) experts (the MCSC) utilizing the most up-to-date evidence available. Past editions of this brochure have proven to be a valuable resource for professionals as well as patients and family members by promoting recognition of EDs, appropriate medical management of individuals with known or suspected EDs, and prevention of medical morbidity and mortality related to these serious illnesses.

Currently, a pdf version of "Eating Disorders; A Guide to Medical Care, 3rd Edition" can be found on the AED Home page under the "Publications" tab. Printed versions are forthcoming. We are hoping for even broader dissemination of this important document than past versions to further the AED’s efforts to improve medical care for people with EDs across the globe. An Italian translation of the brochure has been completed and will be available soon. A Dutch translation is also in process and we plan to develop translations for as many languages as possible. Please take a look at the new brochure. We trust it will continue to be a valuable resource for everyone.

The MRRC has been actively growing the AED membership and is pleased to announce our current membership numbers: 1,610 total members, including 60 new members and 107 renewed members since ICED! The committee's goal for 2016 was to become a truly global organization by increasing international representation; we are well on our way to fulfilling this goal with 11 new international members since May 1st from Denmark, Australia, Romania, Chile, Brazil, Portugal, Israel, Japan, Estonia, Netherlands, and the United Arab Emirates. We will continue to work on this goal during the remainder of 2016.

The MRRC is working on initiatives to improve and increase member benefits. We want your feedback!

We are sending a survey to all former members asking about reasons for not renewing their AED membership so that we can generate solutions to identified problems and improve our organization. We are also considering ways to improve the membership dues process and to alleviate the financial barriers to membership by offering the option to pay in quarterly installments and/or offering an auto-renewal option and will also be soliciting feedback about these options. Additionally, all 360 non-members who attended ICED 2016 were emailed with a promotional membership rate if they join by October 2016.

Finally, the MRRC will continue to recruit new members at upcoming conferences on eating disorder related topics. At least one committee member will be attending the NEDA
Meet Annemarie Van Elburg-

**Tell us about yourself:** My name is Annemarie van Elburg and I am a current AED Board Member, serving as Director of Membership. I live in the center of the Netherlands, where I am the Clinical Director at Rintveld, one of the two nationwide eating disorder centers, and the Chair of Clinical Psychopathology at the University of Utrecht, Faculty of Social Sciences.

**What is your discipline/major/area of focus?** I am a child and adolescent psychiatrist and a researcher, especially into translational neuroscience of eating disorders.

**Why are you interested in eating disorders?** That happened by chance! Formerly, I was head of the outpatient department of the University Medical Center, Department of Child and Adolescent Psychiatry, of Utrecht, where we, amongst other clinics, ran a specialty outpatient clinic for youngsters with an eating disorder. While I was on maternity leave, an incident happened: one of the youngsters made a scene in the central hall of the university hospital. On returning, I was called by the Head of my department and told to pay more attention to this clinic. I did and discovered that I found this clinic mighty interesting and still do! The complicated interaction in anorexia nervosa between body and mind still puzzles me after all these years!

**What's one thing most people don't know about you?** I love to sail on the Mediterranean!

**Why did you join the AED?** Because I had joined my national eating disorder society and became a board member and discovered so many similarities between the two! I would like to see an AED that is truly a worldwide society!

**How do you/would you like to contribute to AED's Vision Mission now or in the future?** By broadening the scope of the AED to embrace national eating disorder societies, and listen to their ideas and problems, and reporting them back to the AED and hopefully finding a way to enhance memberships to AED!
For those who are unfamiliar with our mission, the objective of the PCC is to foster the integration of the lived experience, insight, wisdom, knowledge, and perspective of patients and carers into AED programs and services. This integration contributes toward the highest quality eating disorders research, treatment, education, and prevention, which aligns with the mission of the AED.

If you are a person who has recovered from an eating disorder, or the parent/caregiver of someone with an eating disorder, who is able to attend monthly telecons, serve a three-year term, and generally contribute toward our committee, please consider joining us.

The PCC is an active body with high energy, lots of soul, and a full agenda. We are motivated, dedicated, and friendly. We appreciate and value member participation. We would love more representation from marginalized communities as well as some more global diversity, and we welcome professionals and non-professionals alike.

If you would like to join our committee, please send a CV along with a short letter of introduction which describes your interest in serving on this committee and any specific areas of expertise that you feel make you well suited to furthering the goals of the PCC to me at jkrasna@gmail.com.

We are currently working on some workshop proposals for ICED 2017, we can’t wait to see everyone in Prague!

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Research-Practice Committee

Terry Fassihi and Kristin von Ranson

Each year our committee hosts the Research-Practice Think Tank at the conclusion of the International Conference on Eating Disorders. Our aim is to provide an opportunity to conference attendees to reflect and discuss issues related to research-practice integration. This year’s session began with two seasoned scientist-practitioners, Tracey Wade and Stephen Wonderlich, sharing their thoughts about research-practice integration. Their observations kicked off discussion among Think Tank attendees about challenges and opportunities related to integrating research and practice. Comments were diverse and lively, and highlighted diverse viewpoints and perspectives. We appreciate the enthusiasm attendees showed in waiting out our initial technical difficulties, and in participating in the Think Tank! Please share your thoughts about the Think Tank with us: kvonrans@ucalgary.ca.

This year, we also organized an interactive workshop that highlighted the ways in which researchers and practitioners can develop mutually rewarding partnerships. Anthea Fursland, psychologist and director of the Centre for Clinical Interventions (CCI), an outpatient eating disorders program, and Susan Byrne, Associate Professor at University of Western Australia and senior research psychologist at CCI, first described their 10-year collaboration that has produced more than 40 research papers. In developing their research, Drs. Fursland and Byrne forged a strong friendship that contributed to the success of their work. They described what they learned from each other and how they overcame challenges. In the second half of the workshop, participants broke into groups to discuss efforts they were making to develop research projects in a clinical setting. Presenters interacted with participants to offer individualized guidance. It was great to see how many clinicians and researchers are collaborating. If anything, we could have used more time for discussion. If you participated, please share your thoughts with us: terryfassihi@earthlink.net.
Using social media to better understand, prevent, and treat eating disorders.

With the rampant and exponential growth of social media use, social networking sites (such as Twitter, Facebook and Instagram) have become an integral part of the communication landscape¹ and connecting with others on a global basis has never been easier. For the AED, social media sites not only facilitate the dissemination of knowledge, and research findings, but are also powerful mechanisms used to raise awareness and promote accurate evidenced-based information about eating disorders to patients, carers, and the public. A great example is how we used social media to share the Nine Truths About Eating Disorders, the resource aimed to debunk common myths and misconceptions about eating disorders that can help reduce stigma, improve public understanding, and demand more research to improve treatment (and access to care) worldwide. AED’s social media also enabled and continuously enables us to share the Purple Brochure which promotes early recognition and effective treatment associated with eating disorders.

Furthermore, AED’s social networks are important sources of public information, and as such, they can be used to help treatment providers and researchers identify prevailing (media) topics, risk factors, issues, and attitudes about eating disorders and treatment. This information can then be used to better understand the underlying factors associated with eating disorders, and help clinicians better understand how to interact and treat their patients because you meet patients where they are-online. As such-as a research organization-the AED should continue to leverage the opportunity to use social media as a way to advance research and improve treatment outcomes.


Book Review Corner

Sherrie Delinsky, AED Book Reviewer


Have you fully incorporated DSM-5 for feeding and eating disorders into your clinical or research practice? Are you stumped by certain diagnostic dilemmas? If you want to better understand the changes to the conceptualization of, and the diagnostic criteria for these disorders—or if you need a refresher-check out the Handbook of Assessment and Treatment of Eating Disorders (Walsh, Attia, Glasofer, & Sysko, 2016). This highly accessible guide, written by the experts on DSM, is an essential and complete resource for anyone working in the field.

The design of the Handbook engages the reader with ease. Each chapter synthesizes the latest research in a very clinician-friendly, accessible format, including end of
chapter summaries of "key clinical points." Peppered throughout are concise and compelling research findings that are clinically useful—but that you might have missed in your journal reading. For example, did you know there is evidence that individuals with anorexia nervosa (AN) tend to overestimate their energy intake by approximately 20%? That the age of onset for both AN and bulimia nervosa (BN) has been decreasing? Or that stigma and weight discrimination are associated with significant negative health consequences, including potential weight gain?

The Handbook is also "video illustrated," which means the volume is accompanied by an online video library (accessed through the publishers' website) that highlights the methods of patient assessment discussed in the text. For example, a physician demonstrates an interview with a patient in a primary care setting, and a psychiatrist interviews an overweight patient to determine her eating and associated psychological symptoms. Also demonstrated are interviews with men and how to navigate differences and similarities of male and female patients, as well as how to approach assessment of individuals from different cultures. The videos are a nice learning tool for a trainee or any reader to observe specific assessment/intervention strategies, especially in how to obtain clinical information using a non-judgmental stance and how to engage patients in the assessment/treatment process.

The majority of the volume focuses on assessment, with the section on treatment being slimmer (no pun intended). The opening chapter describes the evolution of DSM-5 eating and feeding disorders, including the rationale for making diagnoses, and the advantages and disadvantages of the DSM approach. Specific modifications from previous criteria are reviewed, and advice is given about how to apply the new criteria in practice. Special attention is paid to the most significant changes, namely the official recognition of binge eating disorder (BED) and the formulation of avoidant/restrictive food intake disorder (ARFID).

After this overview, the first of three major parts in the Handbook provides guidance for clinicians who are evaluating individuals with symptoms suggesting a possible eating disorder, as well as special populations (adults, children, individuals with overweight/obesity, those considering bariatric surgery, and men and boys). There is also a description of how culture impacts the presentation and assessment of eating disorders. Any clinician who has assessed individuals with suspected or confirmed eating disorders knows this can be tricky business, and will appreciate the thoughtful discussion and pragmatic advice in each chapter.

The second major part, "Assessment Tools," includes a critical review of original assessment methods and the recent development of new instruments, including self-report measures, measures for use with children and adolescents, and measures that can be used on handheld devices such as smart-phones. One of the most exciting chapters describes a new, freely available, semi-structured interview to rigorously and quickly determine whether current DSM-5 criteria for an eating disorder are met in adult populations. This electronic assessment, the Eating Disorder Assessment for DSM-5 (EDA-5), can be viewed while reading the chapter about its development and psychometrics; the chapter also serves as a step-by-step guide for clinicians who wish to use the measure as part of routine practice. In addition to being amenable to multi-disciplinary providers, the EDA-5 requires minimal training, uses automated skip rules to mirror DSM-5’s "trumping" rules, and is quick to administer (approximately 5-30 minutes).

The third major part of the Volume, "Treatment" provides an overview of information about treatment for restrictive disorders such as AN and ARFID, treatment for binge eating including BED and BN, and treatment for rarer disorders such as pica and rumination.

Overall, the Handbook will facilitate your transition to DSM-5, provide insight into your assessment dilemmas, and be a valuable resource on your bookshelf for years to come.
The Binge Eating Disorder Association is gearing up for the **seventh annual conference: BEDA 2016: Many Paths, One Journey, October 27-29 in San Francisco, California.** Treatment providers, nutrition and dietetics professionals, experts, researchers, educators, patients, caregivers, social workers, and activists are invited to attend.

BEDA 2016 will focus on community and engaging all members of society affected by binge eating disorder. Keynotes, general sessions, and workshops will provide tools and resources for support, knowledge, and skill building.

Attendees should register before the October 7 deadline to secure the regular rate. Sponsors and exhibitors have until September 27 to secure the exhibitor regular rate. Following both deadlines, BEDA 2016 registration prices will increase.

**Weight Stigma Awareness Week 2016: Teaching Kids the Truth** is coming up **September 26-30.** Join the conversation using **#WSAW2016.** Learn more [here](#).

The **BEDA Hive membership community** is abuzz with BED activity-event calendars, event description pages, BEDA Voice newsletter, BEDA Provider Director, and more! It's a great way to connect with other Hive members. Descriptions of the types of membership are on the [Hive membership information page](#), including: Individual Membership-$50, Professional Membership-$125, Student Membership-$20, Organization Membership-$1,500, Small Business Membership-$1,000, and 30 Day Trial-Free.

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**F.E.A.S.T. (Families Empowered and Supporting Treatment of Eating Disorders)**

Leah Dean

F.E.A.S.T. had a great turnout at our ICED 2016 exhibit booth. Four F.E.A.S.T. Board Members travelled to San Francisco from Australia, New Zealand, Canada, and the United States to attend. We enjoyed being able to chat with eating disorder professionals and other parent advocates about our services; and, we distributed approximately 800 copies of our Family Guide Booklet titles. All four booklets are available to read, download as PDFs, or order in hard copy format from F.E.A.S.T’s [website](#).

In addition, F.E.A.S.T. Task Force Leaders Belinda Caldwell (F.E.A.S.T. Australia Task Force) and Daryl Madill (F.E.A.S.T. Pacific Northwest Task Force), each partnered with eating disorder professionals in their regions to develop and present workshops designed to include the point of view of experienced family caregivers. Both of these F.E.A.S.T. volunteers now mentor other families through the ups and downs of eating disorder treatment-Daryl as a Forum Moderator and support group leader; and, Belinda, as a Carer Consultant and Project Manager for the Victorian Centre of Excellence in Eating Disorders (CEED) in Melbourne, Australia.

If you are not familiar with F.E.A.S.T.’s mission and services, you can find out more about our organization by reading the [August featured article](#) at the Gurze-Salucore Eating Disorder Resource Catalog website. Written by Executive Director, Leah Dean, the article presents a brief history of the organization.
F.E.A.S.T. Executive Director, Leah Dean, also co-chairs the AED Patient-Carer Committee and has plans to attend the 2016 US NIMH Alliance for Research Progress meeting in Washington DC. F.E.A.S.T. looks forward to continued collaboration with the AED on a variety of initiatives of interest to patients, caregivers, clinicians, and researchers alike.

F.E.A.S.T. has served over 6,000 registered family members through our 'Around the Dinner Table' online support forum; and continues to operate as a volunteer-run 501(c) 3 non-profit funded through individual donations. To learn more about us, please visit the F.E.A.S.T. website.

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National Eating Disorders Association (NEDA) Update

Caitlin Hamilton

**NEDA Partners with Crisis Text Line to Provide 24/7 Support**

In addition to calling the National Eating Disorders Helpline (800.931.2237) and live chatting with volunteers online, users can now text with a trained volunteer 24/7 if they are in crisis. NEDA worked in partnership with Crisis Text Line to develop the comprehensive training materials that enable volunteers to assist those seeking help.

The ability to access immediate support through a familiar format that is especially appealing to youth may prevent self-harm and save lives. For live crisis support, users can text ‘NEDA’ to 741741.

**National Eating Disorders Awareness Week (#NEDAAwareness)**

We have a lot to look forward in 2017, especially National Eating Disorders Awareness Week (#NEDAAwareness), which will take place February 26-March 4. We use this week to improve public understanding of the causes, consequences, and treatments for eating disorders. The campaign will again focus on screenings and the importance of early intervention. By increasing awareness and access to resources, we can encourage early detection and intervention, which can improve the likelihood of full recovery for millions.

**NEDA Walks - Coming to a City Near You!**

2017 will also be filled with dozens of NEDA Walks. We have walks in major cities from coast to coast and many others in between. We hope to see you at one of our 2017 NEDA Walks! Phoenix, AZ- March | Los Angeles, CA- April | Washington, DC- April | Philadelphia, PA- May.

For a full list of walks in your area visit nedawalk.org/.

**Upcoming Conferences, Meetings, and Seminars**

**October**

Eating Recovery Center- Learning from the Leaders: Current Issues and Innovative Interventions in Eating Disorder Treatment

October 13th, 2016

Washington D.C.

This educational event offers providers an invaluable opportunity to learn from and connect with the leaders that develop standards of excellence. Learn, connect, and network with colleagues including physicians, therapists, dietitians, social workers, and nurses while earning 7-8 CE/CME credits.
Register now for the BEDA 2016 Annual Conference! View the agenda, register, become a sponsor, save exhibit space, book your hotel. For more information please visit http://members.bedaonline.com

On behalf of the Eating Disorders Research Society (EDRS), we cordially invite you to attend EDRS 2016, the XXIInd Annual Meeting of the Eating Disorders Research Society. Please join your ED colleagues New York, New York from October 27-29, 2016. Find additional information here.

November

Eating Recovery Center- Learning from the Leaders: Current Issues and Innovative Interventions in Eating Disorder Treatment
November 3rd, 2016
Boston, MA

This educational event offers providers an invaluable opportunity to learn from and connect with the leaders that develop standards of excellence. Learn, connect, and network with colleagues including physicians, therapists, dietitians, social workers, and nurses while earning 7-8 CE/CME credits. Register early; space is limited.

Xii Congreso Hispano Latino Americano De Trastornos De La Conducta Alimentaria
November 9 - November 11
Edificio Histórico de la Universidad de Barcelona
Barcelona, Spain

Organized by Institut de Trastorns Alimentaris and AED Hispanic Latino American (HLA) Chapter The XII Hispano Latino American Congress on Eating Disorders gives us the opportunity to strengthen alliances and knowledge of the members and prospective members of the AED that brings together the Spanish and Portuguese speaking areas of the world, from both sides of the Atlantic, ensuring future collaborative networks in the understanding of plurality and transculturation of the people suffering from eating disorders and their families.

One of the main goals for this conference is to close the gap between researchers and clinicians from the HLA community, and serve as a precedent for future synergies and partnerships to improve and unify our work. Contact: Cecilia Martínez info_congreso@itacat.com

The 26th Annual Renfrew Center Foundation Conference for Professionals
November 11-13, 2016
Philadelphia, PA
Philadelphia Airport Marriott
18 CEs/CMEs OFFERED

Feminist Relational Perspectives and Beyond: Eating Disorders Across the Lifespan and In Diverse Populations.
Keynote Speakers:
Anne-Marie Slaughter, DPhil, JD
Diana Fosha, PhD
Gayle E. Brooks, PhD & Rachel Levine, MD
Rachel Simmons, A.B

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

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

AED Webinar
November 11th, 2016

"Uniting Couples in the treatment of Anorexia Nervosa" (UCAN): You Can UCAN!

Speaker: Cynthia M. Bulik, Ph.D., FAED Distinguished Professor of Eating Disorders Register here

March 2017

We are really excited to announce that the 2017 Australia and New Zealand Academy for Eating Disorders (ANZAED) Autumn Workshop Series is being held in gorgeous Noosa, Sunshine Coast, Queensland Friday 24th and Saturday 25th March. Noosa has world famous beaches, tranquil natural beauty, and fantastic shopping and dining options on Hastings Street.

The program is shaping up to be very exciting with a selection of full and half day workshops suitable for introductory and intermediate/advanced levels catering for child and adolescent and adult eating disorder treatment and management.

Highlights include:

- Inpatient eating disorder management
- Adolescent focused therapy
- CBT- E Master Class
- Prevention school-based workshop
- FBT augmentations
- Dietitian focused workshop

There will also be an opportunity for networking on Friday evening at the venue location, Peppers Resort Noosa Beach.

The full program will be available soon here.
May 2017

6th Biannual Body Image & Self-Esteem Conference
May 11 - May 12 2017

National Eating Disorder Information Center
Click here to access the online proposal submission form (http://nedic.ca/conference-2017-call-workshops). Submission deadline date is September 7, 2016. Find additional information here.

June 2017

International Conference on Eating Disorders (ICED) 2017
June 8 - June 10
Prague Congress Center, Prague, Czech Republic

Don’t miss this amazing opportunity to meet colleagues and gain insight on emerging science in the eating disorder field, all the while basking in the whimsical grandeur of one of the oldest cities in the world. Visit www.aedweb.org for additional information.

August 2017

Annual Eating Recovery Foundation Conference
August 4 - August 5
Denver, CO

Across two days in Denver, Colorado, the 9th Annual Eating Recovery Foundation Conference will explore practical applications in prevention, detection, treatment, and patient outcomes for eating and related disorders. Esteemed experts and emerging thought leaders in behavioral healthcare will discuss ideas worth spreading and future directions in eating disorder treatment across several formats, including general sessions, panel sessions, and small-group breakout sessions.

Academy for Eating Disorders
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