Message From the President

Debra K. Katzman

I am delighted and honored to assume the presidency of the AED. Serving as president, even for this very short period of time, has given me a newfound appreciation for the numerous activities going on in the AED, and the incredibly talented and dedicated volunteers who make these activities happen.

As I reflect on the direction of our organization for the upcoming year, I turn to our mission to keep us on track and help us remember what’s really important. The key focus will be our commitment to “leadership in eating disorders research, education, treatment, and prevention,” while we take advantage of opportunities that promote our continued growth and productivity.

The AED has what it takes — we have an extremely dedicated and hardworking group of volunteers that carry our work forward; we provide a unique forum for bringing together clinicians and researchers from a variety of disciplines and geographic locations allowing for a rich exchange of information; we provide numerous venues for the dissemination of up-to-date research findings and the promotion of new ideas vital to our field; and, we continue to advocate on public health issues that impact policy and clinical care for those affected by eating disorders.

I am fortunate to work with an outstanding Executive Committee and board of directors. It is a privilege to welcome Susan Paxton to her new role as past president, Anne Becker to her new role as president-elect, and Pamela Keel to her new role as treasurer. Dasha Nichols continues to do an exceptional job in her role as secretary. I also am delighted to introduce and welcome our new board members Eva Trujillo (Membership) and Anna Keski-Rahkonen (Annual Meeting). Further, let me acknowledge our current board members who continue to do an outstanding job leading their respective portfolios — Steffi Bauer (Public Education & Advocacy), Debbie Franko (Print Media), Rebecca Ringham (Electronic Media) and Glen Waller (Professional Development).

Our gratitude and appreciation go out to Diann Ackard (Membership) and Judith Banker (immediate past president), who have recently left their posts on the board and Executive Committee. Thanks to Diann’s leadership, creativity and hard work, our membership continues to grow and is stronger than ever. I’d like to extend a very special “thank you” to Judith Banker for her longstanding leadership and dedication to the AED. Judy has committed more than seven years of service as a board member. Judy also has served on a number of committees over the past years, and continues her work at AED through her leadership and participation in the Research-Practice Committee (co-chair), Patient-Carer Task Force (co-chair) and IJED Editor-in-Chief Search Committee. Many thanks to Diann and Judy for their outstanding contributions.

In addition, I feel very fortunate to work with a great team at AED headquarters, including Debbie Trueblood, executive director, Annie Cox, administrative director, Robin Lewis, administrator for member services and Buffy Finn, administrator for annual meeting.

What an incredible six weeks it has been for me in my new post. There are so many exciting things happening at the AED:

Annual Program

Our 2010 ICED co-chairs, Anna Keski-Rahkonen and T.J. Raney, and their Scientific Program Committee held an extraordinary conference, “Moving Forward Through Transdisciplinary Solutions.” From the excellent keynote address by Professor Kelly Vitousek to the outstanding plenaries, workshops, SIGs and research presentations, many new ideas were presented that will further our understanding of eating disorders. Salzburg was a wonderful venue for our conference. I was particularly impressed with the tremendous representation from around the world, both in participants and in presenters. The Salzburg meeting was a wonderful demonstration of AED as a truly global organization.

The 2011 Program Committee is well on its way to planning a fantastic conference in Miami. Mark your calendars now for the 2011 ICED – April 28-30, 2011 in Miami, Florida.

Development and Advisory Board

The AED continues our commitment to fundraising. The Development Committee and members of the Advisory Board are planning an exciting fundraiser at the 2011 ICED in Miami where we will officially launch Aimee Liu’s new book, “Restoring Our Bodies, Reclaiming Our Lives.” This book is an anthology of letters about recovery. The proceeds from the book will be donated to the AED. Our deepest gratitude to Aimee Liu for her ongoing commitment to the AED. We will keep you posted on the details of what promises to be a wonderful fundraiser and celebration of Aimee’s book.
In addition, our Scholarship Campaign is gearing up, and we encourage members to help support this important initiative. Thanks to the generous donations of our members, we were able to support our scholarships and research grants in 2010.

Membership

The Salzburg meeting also hosted the first meeting of members of AED Sister and Chapter Organizations. Most recently, the AED welcomed the Deutsche Gesellschaft für Esssstörungen (German Society for Eating Disorders). The AED Sister Organizations continue to grow.

Electronic Media

Rebecca Ringham and the Electronic Media Committee, with the help of our headquarters team, have done a great job of revamping our Web site. It has a clean layout with the ability to provide original content and timely information in a user-friendly way. Rebecca and members of her committee recently have completed “content management training” in order to facilitate updating our Web site in a timely fashion.

Public Education and Advocacy

In January 2010, the Advocacy Committee, under the leadership of co-chairs Terri Fassihi and Kitty Westin, together with Board Director Steffi Bauer, worked closely with several organizations including the Binge Eating Disorder Association (BEDA), the Eating Disorder Coalition (EDC), the International Association of Eating Disorder Professionals (IAEDP), and the National Eating Disorders Association (NEDA), to write a letter to First Lady Michelle Obama to provide input on her “Let’s Move” initiative against childhood obesity. The letter provided the First Lady with information about how various strategies in the global “war against obesity” have had unintentional negative consequences. The letter also outlined that “weight alone does not provide the full picture regarding health status; consideration of lifestyle, activity patterns, and physical and mental health measures are extremely important,” and that we need to “focus more on health and lifestyle for all populations rather than on weight.”

On July 13, 2010, the First Lady held a live video chat and warned of some of the serious consequences associated with focusing too heavily on weight loss. “The flip side to obesity can be eating disorders, and we certainly don’t want to enforce the reverse trend,” she said. “The campaign ‘Let’s Move’ is not about how our kids look. It’s really about how our kids feel and our health.” She advised parents not to talk specifically about weight loss, but rather to make their focus “an overall health picture.”

I believe that our collaborative had an impact on strengthening the First Lady’s mission to support and improve child health. A special thanks to Susan Paxton, Steffi Bauer, Terry Fasshi and the collaborating organizations for coming together around this important issue.

Print Media

As noted in previous issues of the Forum (December 2009 and May 2010), the AED has formed a search committee to initiate a process with Wiley to identify the next editor-in-chief for the International Journal of Eating Disorders (IJED), the first peer-reviewed, international journal within our field. A formal advertisement for the position can be found in this issue of the Forum. Further, an advertisement will be posted in IJED and on the AED Web site. The new editor-in-chief will officially assume responsibility for the Journal in January 2013.

AED is “Going Green”

The AED is making every effort to move toward “Going Green.” This, of course, will require us to do things differently. As a first measure, the board of directors is currently exploring a variety of ways that we can become more environmentally friendly and ecologically responsible. The 2011 ICED will take place at the Intercontinental Miami Hotel, which has instituted water conservation and energy efficiency efforts. More long-term initiatives will include exploring ways in which we can move towards a paper-free program book. We welcome your thoughts on other ways that the AED can “Go Green.”

So, as you can see, we have had a very busy six weeks. The AED is working hard, moving forward, and accomplishing great thing. I look forward to the upcoming year and welcome your involvement. If you have ideas, suggestions or feedback, please feel free to e-mail me, debra.katzman@sickkids.ca.

Message from the Editor

Jennifer E. Wildes

Welcome to this special “conference edition” of the AED Forum. This issue features news, highlights, and photographs from the 2010 ICED Salzburg. Special thanks to AED members, June Alexander, Judith Banker and Ruth Striegel-Moore, for contributing photographs of the meeting. The Forum also is grateful to the individuals who wrote articles for this issue. There are many exciting updates from the committees and special interest groups that comprise our organization, as well as several thought-provoking pieces. As always, I welcome your feedback. Please feel free to contact me at wildesje@upmc.edu if you have comments about the issue, or suggestions for improving the Forum. Finally, it is my pleasure to announce that the board has appointed a new Forum editor, Lauren Shomaker. Lauren will shadow me for the next several months before taking over as editor in June 2011. Please join me in welcoming Lauren to her new position. Also, please keep an eye on the listserv for a call for applications from individuals interested in becoming the next Forum book reviewer.

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Lauren Shomaker
Special Section: Highlights from the 2010 International Conference on Eating Disorders

This section of the Forum is devoted to news and highlights from the 2010 International Conference on Eating Disorders (ICED), which took place June 10–12 (Clinical Teaching Day: June 9) in Salzburg, Austria.

(left) Presidential Address by Susan Paxton (right) Opening reception and poster session

(left) Keynote Address by Kelly Vitousek (right) Conference Co-chairs, T.J. Raney and Anna Keski-Rahkonen

(left) From left: AED headquarters team Robin Lewis, Jacky Schweinzger, Shalini D’Souza, Annie Cox and Debbie Trueblood. (right) Conference-goers relax at the annual Saturday evening closing dinner and dance party

(left) AED Past President, Judith Banker, introduces award recipients (middle) Members of the AED Board and AED Sister Organization Program gather to discuss new directions (right) Winners of the 2010 Patient-Carer Scholarships, Carrie Arnold (L) and June Alexander, with their books which were on sale at the conference bookstore
2010 AED Award Recipients

The Forum congratulates the following recipients of the 2010 AED awards, fellowships and scholarships. The 2010 and 2009 award recipients were recognized at the 2010 ICED Salzburg. For a listing of the 2009 award recipients, please see the May 2009 and September 2009 issues of the Forum at: http://www.aedweb.org/source/newsletter/

AED Lifetime Achievement Award
Bob Palmer, FRCPsych, FAED

AED Leadership Award for Clinical, Administrative or Educational Service
Howard Steiger, PhD, FAED

AED Meehan-Hartley Award for Public Service and Advocacy
Mary Tantillo, PhD, FAED

AED Leadership Award for Research
Dianne Neumark-Sztainer, PhD, MPH, RD, FAED

Fellows Class of 2010
Bryn Austin, ScD
Anna Bardone-Cone, PhD
Jillian Croll, PhD, RD
Christopher Fairburn, MD
Joann Hendelman, PhD, RN, BSN
John Hubert Lacey, MD
Sloane Madden, MD, FRANZCP
Dasha Nicholls, MBBS, MD
Tomas Silber, MD, MASS

2010 Student/Early Career Investigator Fellowships: AED, NIMH and ANZAED

AED
Krista Brown, BA
Stefan Ehrlich, MD
Patricia Groleau, BA
Abbie Pringle, MSc

NIMH
Peter Doyle, PhD
Cameran Elliott, BA
Kamisha Escoto, PhD
Ellen Fitzsimmons, PhD
Teresa Granillo, MSW
Elizabeth Hoffman, BA
Andrea Kass, BA
Lisa Ranzenhofer, MA
Lauren Richards, MA
D. Catherine Walker, MA

ANZAED
Laura Hart, BS, BSc

2010 AED Clinician Scholarships
Cheryl Aubie, PhD
Maria Tatiana Estefan, MD
Oltea-Daniela Joga, PhD
Kortney Parman, BS

2010 AED Patient-Carer Scholarships
June Alexander
Carrie Arnold, MA, MPH

Annual Early Career Investigator Award for Best Paper Published in 2009
Jocelyn Dellava, PhD, “Energy metabolism and body composition in long-term recovery from anorexia nervosa”

2010 Research Grants
Kelsie Teresa Forbush, MA
Katie Bannon Taylor, MA

2010 AED TJ’s Fund for Eating Disorders Research Grant
Tracey Wade, PhD, FAED

Teaching Day News:
Report from the Media Training Workshop

Advocacy and Communications Committee

What would you do if you were asked to be the eating disorder expert on a television talk show, and the host asked you to provide one free treatment session to an individual suffering from an eating disorder? How would you prepare for an interview with a newspaper reporter to discuss your latest research study? How can you get your point across to the media in the most clear and accurate way?

As eating disorder treatment providers and researchers, these are just some of the questions with which we grapple when we are asked to share our expertise with the media. Given the rapid growth of various media outlets, such as the Internet, the requests we receive are becoming more frequent and the issues surrounding these media interactions are becoming more complex.

To address the need for sound media training, the Advocacy and Communications Committee (ACC) hosted a Media Training Workshop at the 2010 ICED Salzburg. The workshop, led by ACC co-chairs Kitty Westin, MA, and Terry Fassihi, PhD, focused on how to participate effectively in an interview with a journalist in order to disseminate accurate and clear information. Participants learned how to prepare for an interview, and participated in several skill-building, role-play exercises. Given the myriad of ethical issues that can arise as a part of media interactions, the workshop also covered potential ethical issues involved in print and broadcast interviews.

Participants in the Media Training Workshop felt that their experiences were extremely valuable. Dr. Timothy D. Brewerton, MD, DFAPA, FAED, said, “There is a science to everything, including how to give a good interview, and these principles were spelled out in an excellent didactic. Overall, it was an excellent workshop.” Laura Collins, executive director of F.E.A.S.T., felt that “Westin and Fassihi offered excellent advice and practical tips for defining and staying on key messages, staying positive and real, avoiding jargon, giving a balance of emotion and information, and controlling the interview.” More information about participants’ experiences can be found on Laura Collins’ blog (http://www.laurassoapbox.net/). Given that a major goal of the AED is to disseminate sound scientific information regarding eating disorders to the media, we hope to continue offering the Media Training Workshop in future years.

AED/NIMH Training Committee and INTACT Network Join Forces to Offer Three-Day Workshop for New Investigators

The AED/NIMH Early Career Investigator Fellowship Committee, headed by Cindy Bulik, PhD, FAED and Ruth Striegel-Moore, PhD, FAED, joined forces with the INTACT (i.e., Individually Tailored Stepped Care for Women with Eating Disorders) research training network, coordinated by Hans Kordy, PhD, and Steffi Bauer, PhD, and funded by the European Commission, to offer a three-day workshop to new investigators in the eating disorders field prior to the ICED 2010 Salzburg (workshop dates: June 7-9, 2010). Training focused primarily on building skills in grant- and paper-writing through lectures by experts in the field, as well as hands-on practice sessions. Attendees also had the opportunity to meet with experts for career counseling. Workshop faculty included Drs. Bu-
lik and Striegel-Moore, as well as Ross Crosby, PhD, FAED, Paulo Machado, PhD, FAED, Anne Becker, MD, PhD, FAED, and Roger Adan, PhD. Steffi Bauer, PhD, one of the workshop directors, commented, “We all felt that it was a wonderful opportunity to bring together so many young researchers from all over the world” (45 trainees in total). Please see “2010 AED Award Recipients” for the names of the AED, NIMH, and ANZAED fellowship recipients who attended the training. INTACT fellows included: Daniel Fassnacht, Araceli Nunez, Ana Rita Vaz, Eva Concejiao, Linda Szabo, Ines Ramos, Maria Wolke, Marek Brandys, Unna Danner, Fikret Özer, Marisol Sanchez, Sara Fernandez, Markus Moessner, Christelle Crepin, Isabelle Carrard, Maxime Rouillard, Svetlana Zuchova, Annette Mehl, Elisabeth Kohls, Hayriye Guelec, Cátia Sofia Botelho da Silva, Frederique van den Eynde, Sietske Held, Lot Sternheim, Benjamin Zimmer, and Eneda Pjetri.

The Forum thanks Steffi Bauer for her assistance in preparing this article.

Salzburg ICED Global Think Tank IV Tackles Definition of “Evidence”

Judith Banker and Dasha Nicholls, Research-Practice Committee Co-Chairs

The AED’s Global Think Tank IV, “Integrating Research and Practice: What Qualifies as Evidence?” held at the 2010 ICED, generated a number of ideas for ways in which the AED can strengthen research and practice integration within our organization and the eating disorder field. Sponsored by the Research-Practice Committee (RPC) and chaired by Howard Steiger and Judith Banker, the session featured invited guest discussants Michael Strober, editor-in-chief of the International Journal of Eating Disorders (IJED), and Joseph Ingram, vice president and executive publisher, Life Sciences Journals Program, Wiley-Blackwell. Members of the Research-Practice Committee – Drew Anderson, Anne Becker, Angela Favaro, Debbie Katzman, Isabel Krug, Michael Levine, Dasha Nicholls, Bob Palmer (former RPC member), Susan Paxton, and Dana Satir – were on hand to facilitate small group discussion.

The focus of the 2010 Think Tank was on the implications of the first principle of the AED Action Plan for Research-Practice Integration, “Research-practice integration will require fundamental attitudinal, relational and systemic changes.” The topics for discussion were drawn from the following recommendations for how the AED might foster these changes:

- Value and encourage integration of research and practice including respectful dialogue between researchers and practitioners.
- Recognize that both research and clinical observation, judgment and experience contribute to the knowledge base in our field.
- Encourage an expanded understanding of “research evidence” that includes multiple types of evidence (e.g., efficacy, effectiveness, epidemiological, treatment utilization, etc.) drawn from a range of potential sources (e.g., laboratory and clinical settings, assessments, etc.), and support the position that evidence-based practice is not confined to randomized controlled trials alone, but rather multiple research designs.
- Promote an understanding and appreciation for the value of research findings to the quality of clinical practice, and the value of clinical observation and experience to the quality of research.

To view the full text of the Action Plan go to www.aedweb.org.

Think Tank attendees were challenged to address the following questions via small group guided discussion:

- Do you agree with the Action Plan recommendation to expand the definition of “evidence”? Why or why not?
- If you agree, what is one step we can take to promote the adoption of this expanded definition throughout our field?
- If you do not agree, what is one way we might address the gap between clinicians and researchers in regard to their differing views about what qualifies as evidence?

continued
Conclusions

There was unanimous support arising from the small group discussions for an expanded definition of evidence that includes clinical observation as well as other potential sources and multiple research designs. In terms of next steps, there was general agreement that criteria need to be developed for the translation of clinical observation and experience so that they can effectively inform research design. There also was consensus that guidelines need to be developed so that research can be translated to effectively inform clinical practice. It was concluded that subsequent Think Tank sessions should be devoted to continued discussion of research-practice issues.

The RPC currently is reviewing the results of Global Think Tank IV to prioritize its actions for the next year. A summary of the results will be posted on the Research-Practice listerv in early September. If you have questions or comments about the AED’s Research-Practice Initiative and/or would like to join the listerv, please contact Judith Banker (banker@umich.edu) and Dasha Nicholls (d.nicholls@ich.ucl.ac.uk).

AED Membership News and Benefits: Expand AED Today (EAT) Initiative and Membership Raffle Winners

Welcome back from beautiful Austria. We hope that you enjoyed the ICED and had a chance to meet a few of our committee members at the membership table. This year, there were many prospective AED members in attendance, and we had the opportunity to introduce several attendees to the benefits of AED membership.

All AED members are invited to submit nominations for the leadership positions listed and described below. The AED is particularly interested in nominees who represent the global, multidisciplinary profile of the organization and who have the skills and dedication needed to assist with realizing AED’s strategic plan. We specifically welcome nominations of members who have served on AED committees and/or task forces.

There are six positions open, with terms beginning in 2011:

Executive Committee

(1 position available)

President-Elect (2011-2012)

The President-Elect will function as a back-up to the President and become familiar with the various activities of the Academy in preparation for the presidency the following year. The President-Elect serves as the liaison to the Advisory Board, is a member of the Development Committee, and helps ensure the fiscal viability of the organization by supporting and participating in organization fundraising and events. When the President-Elect becomes President, he/she becomes the chief elected officer of the Academy. The President serves as chair of the board, Executive Committee, annual business meeting, and other meetings of the Academy and fulfills such other duties as necessary and as prescribed by the Policies and Procedures of the Academy.

Board Members-at-Large

(3 positions available)

Director for Annual Meetings

(2011-2014)

The Director for Annual Meetings actively participates on Conference Planning Committees and assists with selection and implementation of the scientific program.

Director for Electronic Media (2011-2014)

The Director for Electronic Media serves as the board liaison to AED’s electronic media activities and works with other board members and chairs of the committees to insure the quality and content of our web-based activities. Electronic media currently include the AED Web site, listservs, and IJED continuing education.

Director for Membership (2011-2014)

The Director for Membership serves as the board liaison to AED’s membership activities, including the Membership, Special Interest Group Oversight, and Fellowship Committees. The Membership Director also serves as the board liaison to the AED Sister Organizations, helping with organizational structure and spearheading new collaborative initiatives. Finally, the Membership Director works with other board members to ensure the fiscal viability of the organization by supporting and participating in organization fundraising and events.

In addition to welcoming new and prospective members to AED, the MRRC selected the winners of the EAT initiative and membership raffle. The EAT Initiative stands for Expand AED Today. To participate, recommend a friend, colleague or student to join the AED, or have a new member mention your name when joining. Each time you refer a new member, your name is entered into a raffle at the upcoming annual ICED. Please join us in congratulating this year’s EAT Initiative raffle winner, Albert Hergenroeder, who referred Wanda Hilliard. Dr. Hergenroeder will receive a free registration to the 2011 ICED in Miami.

Three additional AED members were selected in the annual membership drawing: Oltea Daniella Joja won the grand prize of a free registration for the 2011 ICED in Miami; Hillary Billings won a $100 Wise Press Gift Certificate; and Rachel Bachner-Melman won a free conference DVD from Inteliquest.

Talk to your colleagues about the benefits of membership in AED. It is with pride that our organization has the benefit of world class researchers, educators, and treatment providers who collaborate on the mission of helping those who suffer from eating disorders.
Nominations Committee
(2 positions available)

The Nominations Committee consists of six at-large members (who cannot serve concurrently as officers or board members) elected by the membership to a single term of three years. The Immediate Past-President chairs the Nominating Committee. The composition of the Nominating Committee is multidisciplinary and global; members are ineligible for elected office.

Nominations are due by October 1, 2010. No nominations will be accepted after that date.

To Submit a Nomination (Word or PDF):

All nominations must include:
Your name:
Your contact details:
Name of nominee:
Position for which you are nominating him/her:
I have contacted the nominee: yes/no
He/she is willing to be nominated: yes/no
Qualities or skill set that makes her/him an excellent nominee:

Where possible, please provide answers to the following questions about the nominee:

Years of Membership in AED:
Committee/Council Membership (names/years):
Committee/Council Leadership (names/years):
ICED Program Committee Membership?
ICED Program Committee Co-Chair?
Prior Board Positions within AED (Applicable for executive nominations):
Other significant contributions to the AED?
Prior Leadership or Board Positions in other organizations?

Please submit your nominations to:
E-mail: nominations@aedweb.org
Academy for Eating Disorders
Attn: Nominating Committee
111 Deer Lake Road, Suite 100
Deerfield, IL 60015, USA

Thank you and please feel free to contact members of the nominating committee with any questions or comments:

Susan Paxton, PhD, FAED, Chair
(Immediate Past President; 2010-2011)
susan.paxton@latrobe.edu.au

Scott Crow, MD, FAED
(2008-2011) crowx002@umn.edu

Lisa Lilenfeld, PhD, FAED
(2008-2011) lilenfeld@argosy.edu

Howard Steiger, PhD, FAED
(2009-2012) howard.steiger@douglas.mcgill.ca

Eric van Furth, PhD, FAED
(2009-2012) e.vanfurth@rivierduinen.nl

Kelly Klump, PhD, FAED
(2010-2013) klump@msu.edu

Paulo Machado, PhD, FAED
(2010-2013) pmachado@psi.uminho.pt

Patient-Carer Task Force Column

Introduction

Judith Banker, Mary Tantillo and Ulrike Schmidt, Co-chairs

We are pleased to announce that this column marks the revival of the AED’s regular Patient-Carer Task Force (PCTF) Update and Member Spotlight contribution to the Forum. Members of the PCTF and our extended patient-carer community have played an integral role in key AED activities and services since the AED forged this critical collaboration in 2005. The perspectives of the global patient-carer community, people who have lived the experience of having an eating disorder or who have loved and cared for someone who had an eating disorder, help to ensure the relevance and effectiveness of our treatment, research, education and prevention efforts. The PCTF Forum contributions will update readers on the activities of the task force and about issues that can inform eating disorders research and practice.

This installment of the PCTF column reminds us of the harsh realities of the illnesses we are committed to understanding, treating, and preventing. Joan Riederer — AED member, mother, and fierce advocate for her daughter, Erin — has been a dedicated contributor from our extended patient-carer community. On Thursday, June 10, 2010, Erin, whom Joan, her family, and others had so valiantly fought to save, lost her life to an eating disorder.

We invited Joan to write an article about lessons she and her family can share with us that may help to prevent the senseless loss of another life. We offer our deepest condolences to Joan and the Riederer family and extend our profound gratitude to Joan for accepting our invitation to write this special column so soon after her tragic loss.

The Riederer family has created the Erin Riederer Foundation to promote eating disorders awareness, treatment and research. Donations may be sent to:

Joan, Bill and Justin Riederer
1090 Grandview Dr.
Elm Grove, WI 53122
USA
Riederer_foundation@bscglobal.net

Invited Column:
Communication Can Save Lives

Joan Riederer

In 2007, I was invited to be one of the first parents to speak to the AED membership, during the ICED conference in Baltimore. On that day I implored the field to “address the death rate for eating disorders.” I’m sorry to say that my dear daughter, Erin, became part of that statistic on June 10, 2010.

Erin knew many of you through her 17 years of treatment for anorexia nervosa. Many of you know me from my role as her caregiver and years of activism. I want to speak, while my daughter is fresh in everyone’s mind, of what can be learned from her tragic and preventable death.

Lack of communication is what led to my daughter’s death. Not a lack of research data, insurance coverage, caring treatment providers, or caring and engaged family — she had these things. Systemic, legal and ideological barriers to communication are the common threads that kept our daughter unwell and in the end failed her. These are things we can address, if we have the will.

• Information sharing: Our family faced a sharp learning curve at all points (regarding insurance, medical issues and legal options) that had been faced by those before us and will be faced again by others. This information must be collected and openly shared by the entire treatment team. Regular review of patients by their treatment team, whether inpatient or outpatient, needs to occur.

• Medical: Our family saw some of the best medical eating disorder professionals available, and quickly recognized those that were not. We knew as well as any family that the difference mattered. Medical professionals need to identify and disseminate common standards of practice procedures and establish Universal Standard of Care Practice Guidelines.

• History: Our daughter’s written files travelled from her tragic and preventable death.

Our family faced a sharp learning curve at all points (regarding insurance, medical issues and legal options) that had been faced by those before us and will be faced again by others. This information must be collected and openly shared by the entire treatment team. Regular review of patients by their treatment team, whether inpatient or outpatient, needs to occur. This information must be collected and openly shared by the entire treatment team. Regular review of patients by their treatment team, whether inpatient or outpatient, needs to occur. This information must be collected and openly shared by the entire treatment team. Regular review of patients by their treatment team, whether inpatient or outpatient, needs to occur.

Joan Riederer (R) with her daughter, Erin
Research-Practice Committee Column: Models of Research-Practice Integration

The Models for Research-Practice Integration column is a regular feature presented by the AED Research-Practice Committee to promote innovation, collaboration and discussion between researchers and practitioners in our field.

Doing research in clinical practice: Some thoughts and a call to action

Drew A. Anderson

As a member of the Research-Practice Task Force, I have an interest in helping researchers and clinicians work together. Since I identify myself primarily as a researcher, I consider it one of my roles to help clinicians conduct research and test their clinical ideas in a structured manner. Recently, I was invited to give a talk at the annual Sports, Cardiovascular, and Wellness Nutrition (SCAN) conference, a dietetic practice group of the American Dietetic Association. Its members are mostly dietitians in clinical practice without clinical psychology training, and many clinicians already are engaging in activities that would allow them to do valid clinical research.

Many clinicians have erroneous perceptions about conducting research; for example, that all research is complex or difficult, or that it takes a great deal of time. These perceptions are not true — one can do valid research with simple research designs and minimal, if any, statistics, and many clinicians already are engaging in activities that would allow them to do valid clinical research.

Also, the evidence that generally is convincing to clinicians — clinical experience — usually is not very convincing to researchers. Conversely, the results of large-scale randomized controlled trials (RCTs) often feel artificial or otherwise irrelevant to many clinicians. Systematic case studies are a strategy that both clinicians and researchers can embrace, however (see Kazdin, 1981 for a detailed discussion of case studies). Case studies are attractive to clinicians because that is what clinical practice is — lots of single cases — and, although the term “case study” can refer to a wide variety of activities, one can collect data on a single case in such a way that it provides evidence that is convincing to researchers. These studies in turn can generate more interest and may lead to larger studies and further advances in practice. Advances in psychology, for instance, frequently have been driven from the bottom up (i.e., from clinical practice to large research trials) rather than from the top down (i.e., from large research trials to clinical practice).

My take-home message for clinicians and call to action is this: it takes an incredible amount of information to change clinical practice. You can be part of that change, and it’s easier than you imagine. Frankly, your expertise is going to waste if you cannot effectively share it with others; although you will be helping the individuals you are treating, the larger profession will be missing out on your insights. Please consider intensive case studies as a way to help all of us, researchers and clinicians alike, improve our treatments and reduce the suffering of those struggling with eating disorders.

Author’s note: I am happy to discuss the finer points of data collection and case study design with interested individuals. Feel free to contact me at drewa@albany.edu

References


Development Committee News

Thank you to Kathleen (Kathy) Pike, PhD, Honorary Chair of the 2010 Scholarship and Research Grants Campaign

The Development Committee asks that you please join us in expressing our thanks to Kathy Pike for serving as the honorary chair for the 2010 Scholarship Campaign. Kathy’s commitment to ensuring that future leaders in research, prevention, and treatment of eating disorders have the chance to be a part of the annual conference helped to make this year’s campaign a great success. As the honorary chair, Kathy provided excellent leadership throughout the campaign, and her call for every AED member to join her in supporting the campaign effort was inspiring. We were privileged to have had the opportunity to work with Kathy this year, and we thank her for her exceptional leadership and service to the committee.

Please Join Us in Welcoming Michael (Mike) Devlin, MD, Honorary Chair of the Scholarship and Research Grants Campaign for 2010-2012

We are thrilled to announce that Mike Devlin will serve as the Honorary Chair of the Scholar-
ship and Research Grants Campaign for the next two years. Mike already has contributed to the Campaign, serving as a member of the Development Committee since its inception. Mike is a board-certified psychiatrist and professor of psychiatry at Columbia University. His past leadership within the AED is extensive. He is a past president and an AED fellow. Currently, Mike serves as a member of the Medical Care Task Force, which recently produced a document on the early recognition and medical care of eating disorders. He also helped to establish the AED’s “Eating Disorder Review” and serves on the editorial board of *JED*. Beyond his leadership in the AED, Mike is involved in other organizations focused on the prevention and treatment of eating disorders, and he co-authored the American Psychiatric Association’s “Treatment Guidelines for Eating Disorders.”

Mike’s leadership within the AED and in the general field of eating disorders, along with the recognition he has received as an educator, are confirmation of his commitment to the advancement of clinicians and researchers who will become future leaders in our field. We are extremely honored to work with Mike, and we are excited to have him serve as the honorary chair. Please join the Development Committee in welcoming Mike as the new honorary chair for the Scholarship and Research Grants Campaign.

**Save the Date: Aimee Liu Fundraiser at the 2011 ICED Miami**

The Development Committee is pleased to announce a special fundraising event planned for Friday, April 29, 2011 at the ICED Miami. Attendees will be among the first to access Aimee Liu’s new book, “Restoring our Bodies, Reclaiming our Lives.” This compilation of letters originally addressed to Aimee Liu, author of “Gaining: Our Stories, Our Lives.” This month’s column was written by Kyle De Young.

The AED’s listserv continues to be a valuable resource for members seeking treatment referrals, information about treatment centers, and eating disorder resources such as books and presentation materials. The majority of posts over the past few months have requested treatment referral information, but a number of vigorous debates and discussions have informed the clinical and research communities.

Several discussions focused on the potential role that the AED and other eating disorder organizations can play in influencing televised portrayals of eating disorders, recommendations for treating patients who are friends, and examining eating disorders from an addictions perspective. Several members provided links to relevant research articles and summarized current research findings to inform the community.

Other posts focused on a pragmatic request for inpatient treatment facilities that would honor a conservatorship for involuntary hospitalization of an underweight adult patient. This led to a lively discussion of the ethical and legal problems inherent in treating individuals who may not wish to be treated. The listserv community, spanning from Australia to the United States, was eager to chime in with the nuanced methods of admitting individuals against their will when medical necessity dictates. This discussion highlighted many difficulties that continue to threaten the successful treatment of individuals with severe eating disorders around the world.

Another recent discussion revisited a popular topic: the link between obesity and health risks. Evidence supporting and questioning the causal link between overweight and negative health outcomes was shared, and both clinicians and researchers contributed to the dialogue. Posts clarified distinctions between activity level and fitness to help distill and aggregate research findings. Requests for advice regarding a patient with anorexia nervosa who developed gallstones and a patient who began purging after lap-band surgery were met with a number of replies describing similar cases and links to research articles on these topics.

A separate set of postings concerned the impact of low body weight on cognitive and emotional capacity, leading to a spirited debate about the implications of this relationship for treatment planning, theory, and etiology. This discussion, which touched on the primacy of biology versus behavior and the importance of the therapeutic alliance (among other issues), aimed to establish a common understanding of eating disorders. Ultimately, the postings underscored many aspects of eating disorders that continue to challenge clinicians and researchers alike.

Thank you for your continued support and contributions to the Academy’s listserv.

**Special Interest Group News**

**Bariatric Surgery SIG**

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

The Bariatric Surgery SIG looks forward to an exciting year. Although we were not able to hold a SIG meeting in Salzburg as originally planned, we definitely will have a meeting at the 2011 ICED Miami, and we look forward to seeing many of you there. We have 90 members strong and hope to continue growing. Specifically, we hope to boost activity on the listserv, initiate a balloting procedure for future chair elections and increase our SIG’s submissions for panel presentations at the ICED. We would love to hear from any members who have ideas for program proposals or meeting topics. There has been interest recently in updating our members on adolescents and surgery; sleeve gastrectomy (i.e., what is it? who is it for? and, is follow up different?); and seniors and surgery (who is too old?). Please let us know if you are doing any work in these areas or can contribute to a discussion of these topics or other areas of interest in your practice.

Finally, the Bariatric Surgery SIG is pleased to announce that the *European Eating Disorders Review* recently published an article titled, Bariatric Surgery: A primer for eating disorder professionals.
New Investigator SIG

Marcy Gluck, Jennifer Boisvert, and Andrea Kass, Co-Chairs

Next month, the New Investigator SIG will unveil our new programming initiative for the 2010-2011 year, “Something to Chew On: A Monthly Online Discussion Group for AED New Investigators.” This program will engage members each month in thought-provoking discussions about career- and training-oriented topics via our SIG listserv. Undergraduates, graduate students, postdocs, clinicians, and professors—we encourage and welcome new members; join our SIG and connect with others on our listserv. Current members, look out for an e-mail soon. If you have questions about the listserv or the New Investigator SIG, please e-mail Co-Chair Marci Gluck at gmarci@niddk.nih.gov.

Trauma and Eating Disorders SIG

Timothy Brewerton and Jeffrey Mar, Co-Chairs

The annual meeting of the Trauma and Eating Disorders SIG was held on Thursday, June 10, during the 2010 ICED Salzburg. Many of the participants had attended a SIG-sponsored workshop earlier that day presented by Drs. Timothy Brewerton and Diann Ackard titled, “Where Trauma and Eating Disorders Intersect: How Research and Clinical Practice Inform Strategies to Treat Sequelae Arising from Physical, Sexual and Emotional Violence among Adults and Youth.” Questions and a discussion of topics from the workshop were addressed.

In addition, Diann Ackard announced that she was stepping down as co-chair of the Trauma and Eating Disorders SIG. An election was held to select a new co-chair, and SIG members voted unanimously for Jeffrey Mar. It also was agreed that Tim Brewerton would continue as SIG co-chair. Finally, the Trauma and Eating Disorders SIG and the Psychodynamic SIG co-sponsored a SIG Discussion Panel on Friday, June 11, titled, “When There’s Significant Pain and No Gain: Treating the Resistant and Refractory Patient with Comorbid Trauma and Eating Disorder.” The panel was moderated by Judith Banker and Diann Ackard. Speakers included Diann Ackard, Rachel Bachner, Laura Weisberg and Timothy Brewerton.

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 http://aedweb.org/memberships/sigs.cfm.

Update from the Sisterhood and Chapters Committee

Rachel Bachner-Melman (Chair) and Phillipa Hay (Co-Chair)

The AED Sisterhood and Chapters Committee has had an exciting year of growth. There now are seven sister organization and one chapter, presented below. The goals of the Sisterhood Committee are to establish collaborations between groups worldwide with common goals of collegiality, networking and mentoring for professionals, and advocacy for improved care, services and eating disorder research.

AMTA: Mexican Association of Eating Disorder Professionals

AMTA is a nonprofit association formed by a group of Mexican professionals of different disciplines to serve their country by encouraging the research, study, clinical practice and awareness of eating disorders. AMTA will hold its annual board of directors meeting in México City on September 1, during the “2010 ED and Obesity Congress,” hosted by the Ministry of Health in Mexico and co-sponsored by the AMTA; the HLA Chapter of the AED, and other organizations. AMTA has a Web site (http://www.itzacala.unam.mx/amta/) and hosts the Mexican Journal of Eating Disorders (MJED) online.

The Australian and New Zealand Academy for Eating Disorders (ANZAED) was founded in 2002 under the leadership of the late Professor Peter Beumont. The current president is Mr. Chris Thornton. ANZAED’s goals are to: provide opportunities for members’ collegial interaction and sharing of knowledge and resources; work for improved services and care; further research and understanding in the area of eating disorders; and work in partnership with similar bodies internationally, notably our sister organization, the AED. Our membership is diverse and includes dietitians, nurses, social workers, pediatricians, general practitioners, psychologists, psychiatrists, counselors, a writer, and other allied health professionals.

ANZAED holds an annual scientific and educational conference and sponsors several other symposia and workshops for clinicians each year. This year, the 8th Annual Conference was held from August 26 - 28 in Auckland, NZ with addresses from Dr. Kate Tchanturia and Professor Peter Joyce. ANZAED also has strong links with the AED, and co-sponsors a travel fellowship for an ANZAED student member to attend the annual AED scientific meeting. Please visit our Web site: www.anzaed.org.au.

German Society for Eating Disorders

(Deutsche Gesellschaft für Essstörungen [DGESS])

The DGESS, founded in 2006, is a non-profit institution that aims to foster the prevention, treatment and research of eating disorders. The DGESS endeavors to advance research, training and education of professionals; advice and counsel public institutions providing eating disorders treatment; support self-help organizations in the field of eating disorders; and organize conferences. The president is Manfred M. Fichter, and the vice president is Martina de Zwaan. The DGESS Web site is www.dgess.de.

The second DGESS conference was held in Aachen in February 2010. Cindy Bulik and Jim Mitchell were among the invited speakers, and the first “Hilde Bruch Award” of 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 is planned for the spring of 2012 in Erlangen/Nürnberg.

Dutch Academy for Eating Disorders

(Nederlandse Academie Voor Eetstoornissen [NAE])

The Dutch Academy for Eating Disorders is an association of professionals committed to improving eating disorder prevention, treatment, education and research in the Netherlands. Founded in 2005, the Academy has 150 individual members (psychologists, psychiatrists, nurses, dieticians, psychologists, doctors of internal medicine, psychomotor and creative therapists) and 13 institutional members. The patient association, SABN (Stichting Anorexia en Bulimia Nervosa), is a special member and meets with the board twice a year.

The NAE organizes a national congress on eating disorders once every two years and a scientific meeting for its members in the other years. It has an active Web site (www.naevib.nl) with a discussion forum for members. The board meets every six weeks; its members are Annemarie van Elburg, MD, PhD (president), Marja Nieuwhoef, MSc (registration), Joann Hinrichs (treasurer), Anton van Amerongen (Web site), Marga Oudendijk (office) and Chaim Huysen, MD (secretary).
Eating Disorders Association of Canada/Association des Troubles Alimentaire du Canada (EDAC/ATAC)

Established in 2006, the Eating Disorders Association of Canada (EDAC) is a non-profit organization of over 100 professionals from various disciplines whose goal is to promote the treatment, research, and prevention of eating disorders in Israel. The IAED was established in 2002 as a result of the steady increase in the incidence of eating disorders in Israel and the subsequent establishment of new treatment facilities. The IAED board consists of ten members from the fields of medicine, psychology, social work, nursing, occupational therapy, art therapy, and nutrition.

Over the last six years, the IAED has organized two study workshops, four national eating disorder conferences and one international conference. These meetings, each with over 400 attendees, have facilitated collaboration between researchers and clinicians within Israel and internationally. The IAED also sponsors one-year training programs on eating disorder treatment in various locations across Israel.

After many years of dedicated and productive service, Professors Yael Lazer and Daniel Stein have stepped down as president and vice president, respectively. The new IAED president is Dr. Itzik Vorgaft, and the vice president is Dr. Silvana Fennig. A morning of lectures followed by the annual STO and academic activities to promote healthy lifestyle habits and to increase awareness about obesity.

This year’s academic activities include a two-day Obesity and Eating Disorders Conference at which many national experts will present on a wide spectrum of relevant topics. The STO is also collaborating with the ISALUD University of Buenos Aires in Argentina’s first online Masters Course on obesity. This course will provide state-of-the-art academic information to professionals throughout Argentina who work in the fields of health and obesity. For more information about STO, please contact Dr. Sebastian Soneira, a member of both the board of directors of STO and the Sisterhood and Chapter Committee of the AED (sebastiansoneira@gmail.com).

The Hispano Latino American Chapter (HLA Chapter)

The HLA Chapter is a multidisciplinary group that brings together Spanish- and Portuguese-speaking professionals who work to advance education, awareness, research, and collaboration in the field of eating disorders. In addition to preparing for the 7th Hispano Latino American Congress on Eating Disorders in Chile in fall 2011, we are working on the following “action plans”: 1) a list-serv to keep in touch with HLA members and to share experiences and points of interest (Info: eva.trujillo@comenzardenuevo.net); 2) advice for national strategies to treat eating disorders in Latin-America (Info: abarriague@salud.gob.mx); 3) Annual Congress, “ED and Obesity:” August 29 - September 1, 2010 in Mexico City (Info: jennifer.raleph@gmail.com); 4) professional training for Latin-American colleagues and clinical teams—“ED University Diploma” distance learning education in Spanish, 160 hrs (Info: adrianavp@yahoo.com); 5) development of professional organizations in Latin-America (Info: olalizet Gonzalez@yahoo.es); and, 6) scientific and clinical publications (Info: jmmd@servidor.unam.mx).

News from the Eating Disorders Coalition for Research, Policy & Action (EDC), USA

The longtime sponsor of the FREED Act (Federal Response to Eliminate Eating Disorders Act), Rep. Patrick Kennedy (D-RI), is retiring this year. But, fortunately for our field, Rep. Tammy Baldwin (D-WI) has agreed to sponsor FREED going forward. That’s just one indication of the continuing, if sometimes less visible, labors underway at the EDC.

This past April was a high point when, during our Capitol Hill Lobby Day, Sen. Tom Harkin (D-IA) and Sen. Amy Klobuchar (D-MN) announced their introduction of FREED in the US Senate. FREED would expand federal research, improve tracking and recording of the number of people in the U.S. with eating disorders, provide training for a wide array of health professionals and educators to better identify and screen for eating disorders, create a new patient advocacy program to help patients get proper care, and authorize grants for eating disorder prevention programs. It builds on the mental health parity and health care reform bills to improve access to treatment, particularly for teens covered by Medicaid.

Since April, we’ve successfully lobbied additional Members of Congress to support our bill. We currently have 43 cosponsors of FREED in the House and six in the Senate. EDC’s Policy Director, Dr. Jeanine Cogan, and Policy Assistant Kathleen MacDonald, continue working closely with EDC volunteers and the bill’s sponsors to garner even more support.

EDC also is part of a collaborative effort with AED, BEDA, FEAST, IAEDP, and NEDA to influence First Lady Michelle Obama’s childhood obesity initiative. EDC launched a letter writing campaign asking advocates to send Mrs. Obama a letter, and the response was tremendous. We also persuaded 34 Members of Congress to co-sign a letter from Rep. Alcee Hastings (D-FL) to Mrs. Obama, urging her to expand her message to address eating disorders. These efforts are bearing fruit, with the First Lady beginning to publicly acknowledge the dangers of promoting disordered eating in the fight to reduce obesity.

This is just the latest evidence of how effective citizen lobbying can be. If you ever have wondered whether you can influence public policy, please join the EDC at our next Capitol Hill Advocacy Training/Lobby Day on September 29-30, 2010 in Washington, DC. We’ll show you how to make a difference while experiencing the power and connection of the national community of eating disorders activists.

Join other passionate citizen lobbyists to pass the first comprehensive eating disorder legislation in U.S. history. This is your opportunity to use your voice, impact millions of people, and save untold lives. Be part of this groundbreaking legislative work by signing up for Lobby Day today at www.eatingdisorderscoalition.org. See you in DC.
Beat Travels to Rome

Together with Beat Young Ambassadors Rachel Cowie and Hannah Abdullah, Chief Executive Susan Ringwood was invited by the Italian Government to contribute to the first European Conference on Young People’s Health and Wellbeing held in Rome, June 16-18. Rachel, Hannah, and Susan joined delegates from 28 countries in three days of presentations and workshops on the topics of eating disorders, sexual health, and healthy lifestyles. Simultaneous translation helped everyone participate in the sessions, but also made it a demanding experience — we had to concentrate hard with so much to take in.

Some of the views presented by invited speakers differed markedly from those we expect to hear from authoritative people in the U.K. There were many speakers who blamed parents and described patients as "manipulative liars."

The Young Ambassadors were very impressive, speaking confidently to the whole conference and taking part in workshops, too. Susan presented Beat’s “BodyTalk” self-esteem education program, which was well received. We also made excellent contacts with youth organizations from across Europe, all of whom want to work with us again. Young Ambassador Rachel said, “Being chosen to be one of the Ambassadors to represent Beat in Italy was amazing. I was so happy to be picked and given this incredible opportunity. On the second day, we listened to Italian ministers giving speeches on health, and they all said how important it was to listen to young people.”

Ambassador Hannah added, “I feel so lucky and privileged to have had the opportunity to attend this conference. Attended by Italian Government ministers, members of the European Parliament, leading experts from across the world and over 200 young people passionate about change, the conference was an amazing experience. It was an opportunity to come together to work towards a positive future. The conference gave me the chance to learn about services in other countries, and to speak on behalf of Beat about the work we do here. Challenging and inspirational, I feel the conference was just the start of many more great things to come.”

Book Review Corner

Angela Cello Doyle

“The Dialectical Behavior Therapy Skills Workbook for Bulimia: Using DBT to Break the Cycle and Regain Control of Your Life”

Ellen Astrachan-Fletcher, PhD and Michael Maslar, PsyD (New Harbinger Publications, 2009, 192 pages)

Dialectical behavior therapy (DBT) is widely recognized as an effective treatment for borderline personality disorder and recurrent suicidality. There also is growing evidence for the utility of DBT in the treatment of eating disorders. In their self-help workbook, The Dialectical Behavior Therapy Skills Workbook for Bulimia: Using DBT to Break the Cycle and Regain Control of Your Life, Drs. Ellen Astrachan-Fletcher and Michael Maslar artfully describe methods by which DBT skills can be applied to bulimia nervosa. This workbook may be used by individuals with eating disorders or by therapists as an aid in therapy sessions.

As an introduction to the workbook, Chapters 1 and 2 help the reader to understand “What is Bulimia?” and “What is Dialectical Behavior Therapy?”. Chapter 3, “Following Your Purpose,” introduces motivational concepts, such as Prochaska and DiClemente’s stages of change; Morita therapy, which is influenced by Zen Buddhist beliefs; and Naikan, an Eastern philosophy that proposes a structured method of self-reflection. The reader is guided through behavioral analysis in Chapter 4, “Understanding Your Patterns.” This is a foundational chapter; later chapters are based on how well the reader can understand the links between prompting events, binge eating and purging, and short- and long-term consequences.

Three cornerstones of DBT are presented in Chapters 5-7: mindfulness, emotion regulation, and distress tolerance. Chapter 5 introduces “Mindfulness Skills” including mindful breathing; observing, labeling and engaging in experiences; focusing in a “one-pointed” manner; the use of equanimity in acceptance; acting effectively; awareness of states of mind; and the use of “wise mind.” Chapter 6, “Emotion Regulation: Learning to Coexist with Your Emotions,” helps the reader to understand the purpose of emotions — including negative, painful emotions — and provides skills to regulate intense emotions. Chapter 7, “Learning to Tolerate Feelings of Distress Without Making Your Life Worse,” outlines distress tolerance skills, including distraction, self-soothing, finding another purpose in the moment, and radical acceptance.

Chapter 8 presents “Interpersonal Skills,” which the authors describe as helping to “repair, maintain, and improve your relationships…help you solve problems before they get big…and…help you end relationships that are painful and cannot be improved” (p. 138). The strategies presented aim to assist the reader in achieving a balance among her/his needs, wants, and obligations and others’ expectations.

The final three chapters aim to help the reader integrate the many skills and strategies introduced in earlier portions of the workbook and plan for the future. Chapter 9, “Weaving Solutions,” reminds the reader of the behavioral analysis generated in Chapter 4 and provides a nice review of how skills presented in the other chapters might be best applied to eating disorder symptoms. Chapter 10, “Maintaining Healthy Eating and Coping with Relapse,” provides a firm yet gentle voice, urging the reader to willingly avoid lapses and recommit to recovery. The final chapter, “Bringing it All Together,” succinctly sums up the many strategies presented and asks the reader to establish a regular practice of these skills.

Many of the concepts and skills taught in this workbook are quite sophisticated. As such, the most appropriate audience for this workbook would be adult clients who are psychologically-minded. Alternatively, a clinician might find the chapters to be an excellent resource for reinforcing DBT work that is done within a therapy session. There are client stories and quotes throughout the workbook, which I found to be particularly compelling as compared to workbooks and texts that use bland, stereotypical stories.

In sum, this workbook is useful far beyond self-help for individuals with bulimia nervosa. “The Dialectical Behavior Therapy Skills Workbook for Bulimia” is an educational guide for therapists who would like to learn more about the ways in which DBT skills might practically be applied to bulimia nervosa treatment.
The Academy for Eating Disorders (AED) is seeking candidates for the position of editor-in-chief for the International Journal of Eating Disorders (IJED). IJED is the premier peer-reviewed scientific journal on eating disorders, published by Wiley-Blackwell, Inc., and has an international circulation. The journal receives 400 new manuscripts per year, of which approximately 25 percent are accepted for publication.

The editor-in-chief position requires a substantial time commitment. Administrative responsibilities include receiving all manuscripts, overseeing assignment for review and editorial decisions, monitoring recommendations from associate editors regarding disposition of manuscripts, and transmitting accepted manuscripts to the publisher. All manuscripts and reviews are handled electronically. The editor-in-chief is expected to liaise with the board of directors of the AED and to chair a meeting of the editorial board at the International Conference on Eating Disorders. The term for the new editor will begin January 1, 2013. Prior to that, the editor-elect would begin receiving submissions midway through the final year of the outgoing editor (2012), and the two would work together for a flexible period of time to ensure a smooth transition.

Selection criteria for editor-in-chief include the following:

- AED Membership
  - Demonstrated expertise in eating disorders with substantial clinical and research experience and expertise in scientific methodology as reflected by successful funding, administration of peer-reviewed grant projects, and authorship on numerous peer-reviewed publications
  - A strong commitment to ensure that IJED continues to serve the AED membership by publishing high-quality research with clear clinical implications
  - Extensive experience with peer review of scientific manuscripts as demonstrated by service as the editor or associate editor of a scientific journal, or by membership on editorial boards of multiple scientific journals
  - Excellent written communication skills in the English language
  - Strong organizational and managerial skills
  - Ability to develop strong working and collegial relationships with the associate editors
  - A commitment to maintain the high scientific and ethical standards of IJED
  - The ability to demonstrate the capacity to make a substantial time commitment

Candidates should submit an application letter, a copy of their Curriculum Vitae, and a list of three referees. The application letter should include a detailed statement of interest in the position and the applicant’s vision for the IJED as editor. A thorough description of qualifications that address the selection criteria is also needed. Nominations of qualified candidates are also welcome and should include a description of the candidate’s qualifications and their C.V.

The Search Committee will review applications and contact referees as needed to gather additional information. Interviews with candidates will be arranged as appropriate.

All materials should be sent to:
Susan J. Paxton, PhD
Past President, AED
Chair, IJED Editor Search Committee
Susan.Paxton@latrobe.edu.au

Volunteer Opportunities

AED’s Membership Recruitment and Retention Committee (MRRC) is seeking volunteers to join our active committee. We invite applicants who represent all aspects of AED’s membership, live across the globe, and come from various professions. We hold monthly teleconference calls and work throughout the year on various recruitment- and retention-related tasks, mainly via e-mail. The time commitment ranges from 5-10 hours per month, on average. The suggested duration of tenure on the committee is three years. Creativity and a willingness to become involved are critical qualities sought in a new MRRC member. To apply, please submit your vita or resume and a letter explaining your interest to Jennifer Lundgren (lundgrenj@umkc.edu) and Dana Rofey (rofeyd@upmc.edu). Applications will be reviewed on a rolling basis. For more information, please contact the co-chairs, Jennifer Lundgren, PhD (lundgrenj@umkc.edu) and Dana Rofey, PhD (rofeyd@upmc.edu).

Eating Disorders Advocacy Knows No National Boundaries. People around the world are raising awareness about eating disorders in all kinds of ways. The Advocacy and Communications Committee would like to collect information on these international efforts so we can create a database of who’s doing what and where. If you’re part of an advocacy effort anywhere in the world, please tell us about it. By sharing our good ideas we can help one another advance the causes of greater awareness and better treatment for eating disorders. Please send news about your advocacy efforts to: Harriet Brown, AED Advocacy and Communications Committee, hnbrown@syr.edu. Thanks.

AED Seeks Volunteers for New Social Media Committee. The AED seeks enthusiastic, committed members to join the new social media committee. This committee will be responsible for developing content and strategies for AED’s social media platforms, including Facebook, Twitter and LinkedIn. Volunteers should be Web-savvy and have significant familiarity with social networking specifically with the three platforms listed above. The committee’s responsibilities will include: developing AED’s long- and short-term strategy for social media; writing content for Facebook, Twitter and LinkedIn; and leveraging AED’s social media platforms to benefit the Academy and its members. If you are interested in becoming a member of the committee, please contact Steffi Bauer, Ph.D.: stefanie.bauer@med.uni-heidelberg.de. Apply by September 30.

Other Announcements

New NEDA Coach & Trainer Toolkit. The National Eating Disorders Association (NEDA) announces the newest in a series of informational toolkits, the “Coach & Trainer Toolkit.” This is a great tool for prevention efforts and is a resource for staff who work in gyms, schools, outside athletic groups, dance studios, etc. who want to know how to support athletes affected by eating disorders. The toolkit includes strategies for assisting athletes and their families, frequently asked questions, common myths about eating disorders and more.

Upcoming Conferences, Meetings, and Seminars

Graduate Eating Disorders Institute, Plymouth State University. Plymouth State University (New Hampshire, USA) is offering a 15-credit Eating Disorders Institute to individuals with a bachelors degree or higher and an interest in the field of eating disorders. Unique features include a weekend format for working professionals, hybrid courses (i.e., face-to-face and on-line), one three-day intensive or two weekend sessions per three-credit graduate course, small classes (i.e., less than 12 students), faculty who are eating disorder professionals, and students from a variety of disciplines. For more information, please contact the Institute director, Dr. Mardie Burckes-Miller at margaret@plymouth.edu or +1 603-535-2156, or view the Web site at http:// www.plymouth.edu/graduate/eatingdisorders/ index.html. The deadline for spring enrollment is December 15, 2010.

13 Academy for Eating Disorders www.aedweb.org
Something very special happens when families, people in recovery, and professionals meet together to learn at the National Eating Disorders Association (NEDA) Annual Conference. Each year, they tell us they are filled with new energy, insight and knowledge. Translation? They’re better able to care for themselves, their loved ones or their patients.

Please join us on October 8-10 at the New York Marriott at the Brooklyn Bridge for “Building Bridges to Recovery.” The NEDA Conference in New York will have top-notch, keynote presenters with plenary sessions including Walt Kaye, MD, and Kate Tchanturia, PhD, teaming up to present their research on neurobiology and cognitive remediation. Janet Treasure, PhD, FRCP, FRCPsych, will be sharing new developments in comprehensive support for those who care for family and friends with eating disorders. Ovidio Bermudez, MD will host a panel of family members who explore the unique challenges and rewards of rebuilding relationships damaged by the effects of a loved one’s eating disorder. Naomi Wolf, author of “The Beauty Myth,” will open the conference with a keynote presentation that challenges the unrealistic standards of beauty flaunted by this generation’s media.

On Sunday at the conclusion of the conference, join colleagues, new friends and NEDA for the fantastic “Anchors Away” event, as we take an enchanting harbor dinner cruise. Proceeds from this fundraising event will support scholarships for the 2011 NEDA Conference and Young Investigator Research Grants.

This year’s attendees have a bonus opportunity to register and attend the Professional Learning Day, “Brain, Mind and Family: New Science, New Treatment, New Hope” hosted by University Medical Center at Princeton, on Monday, October 11, 2010 directly following the conference. This full day will feature extended sessions based on the work of Drs. Kaye, Tchanturia and Treasure. The cost is $125. CMEs and CEUs are available.

Register now for all of the above at www.myndda.org.
The AED Forum
Please send all suggestions for articles, letters to the editor, information about upcoming events or meetings, announcements, job opportunities, awards, honors, and other news about Academy members (e.g., published books) or other items of interest to:

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Next submission deadline:
November 1, 2010

Renew Your AED Membership for 2011
Renew your AED membership conveniently and securely online beginning October 1. Make sure you continue receiving the AED Forum in 2011, and continue to be a vital part of the AED community.

Simply log in to the AED member page at http://www.aedweb.org on October 1 to renew your dues.

AED now offers members a guarantee against future dues increases. Renew your dues for up to three years at the 2011 rate. Members outside the U.S. can save even more by taking advantage of the current favorable exchange rates. Please consider donating the savings to the AED Scholarship Fund.