## AED Leadership Updates

- Message from the President
- Message from the Editor
- Greetings from the Executive Director

## SIG and Committee Updates

- Advocacy & Communications Committee
- Membership, Retention, and Recruitment Committee
- Partnership, Chapter, and Affiliate Committee and European Chapter
- Patient-Carer Committee
- Research Practice Committee
- Social Media Committee
- Special Interest Group Oversight Committee
- Membership Recruitment and Retention Committee Member Spotlight

## Association Updates & Other News

- Book Review Corner
- ICED 2019

---

### AED Leadership Updates

### Message From the President

I love spring\(^1\). New leaves, new beginnings, and the Academy's annual meeting. For a generation (25 years!), the Academy has been holding an annual meeting. This year's meeting was a great success with over 1,300 attendees.
Kyle De Young

attendees from over 40 countries. Kudos goes to all those responsible, with special thanks to our wonderful staff, including Dawn Gannon, Elissa Myers, and Margaret Jamborsky; Jennifer Thomas (Director of Annual Meetings); Kristin von Ranson and Phillippa Diedrichs (Co-chairs of the planning committee), and all of their committee members who put together an exceptional program. For many of us, attending these meetings has been as predictable as tulips pushing through the thawing soil. The Academy is strong, vital, and indispensable, so we can set our seasonal schedules to the annual meeting indefinitely. We are also fortunate to benefit from the ongoing involvement of so many of our founding members alongside new members, some of whom did not exist when the Academy was founded. I was born before the Academy but have not known a world professionally without it. I’m part of a generation of eating disorder professionals who cannot imagine being without the AED. Even so, our world is small 2, and our Academy meets infrequently.

These infrequent meetings are not enough. The word “academy” originates from the Greek philosopher Plato’s Academy, which was a large space in the countryside of Athens where people wanting to engage in the highest thinking of the time gathered to discuss, debate, and contemplate the universe’s mysteries. Our Academy is aptly named. It is an institution for discussing, debating, and contemplating eating disorders. It is a place for learning. But progress will be slow if we are constrained to meet only once per year with those unable to travel excluded. While we are not as fortunate as Plato and his contemporaries to live within a delightful short walk’s distance from the Academy, we thankfully benefit from the involvement of members from over 40 countries around the world and the technology to bring people together without travel.

This coming year, I hope the presence of the Academy as a year-round institution for learning, educating, and advocating (and yes, discussing, debating, and contemplating) about/for eating disorders becomes increasingly obvious. Our webinars and Twitter chats are already regular opportunities to engage with experts on fascinating and useful topics. For instance, for those whose native language is not English, Ruth Striegel Weissman (Editor-in-Chief, International Journal of Eating Disorders) delivered a webinar on how to publish in English-language journals. It is permanently archived on our website 3, alongside many others I encourage you to explore. Also new this year is the availability of recorded content of the annual conference for those who were so enamored by presentations that they desire to relive them (or for those who couldn't make it to Chicago to see them for the first time). We will continue to build our repository of cutting-edge educational material about eating disorders and their treatment and prevention.

Building this repository is critically important, but it is not sufficient. A great university needs a great library, but a great library does not guarantee a great university. We need you. We need every one of our members to be involved, to engage with other members and with our educational materials, and to step forward and volunteer to put their efforts toward improving the Academy. Our online Community offers a year-round starting point for these interactions. Let’s use it! When you have a question, pose it to your esteemed peers by posting it to the Community message boards. When you have an idea, do the same and get feedback from the world’s experts. If you haven’t logged on in a while, go to the Community 5 and check your preferences to make sure you get email alerts for new posts. If you long ago swore off listservs, I challenge you to be willing and optimistic this spring and give it another chance. Think of all the budding new members - you could make someone’s day by providing them with constructive feedback (e.g., “I can’t believe it! Ross Crosby just told me I should use a Solomon four group design and offered to help set up my analyses!” or “OMG! Carolyn Becker replied to my post about how to construct an exposure for my client!”).

Feedback is the most potent fertilizer for growth. I often tell my psychotherapy supervisees that learning to be a psychotherapist without enduring the difficulty of watching yourself on video with your supervisor is a bit like practicing shooting a basketball without a hoop. The inclusion of a hoop will both humble you and accelerate your growth. If you’ll allow me to extend this metaphor, the hoop will also be consistent, fair, and nonjudgmental. We are a group with diverse perspectives; we do not always agree. However, we can disagree without being disagreeable 6. Let us strive to increase discussions while decreasing discontent. Let us not forget that we are an Academy firmly rooted in science, with our arguments based on evidence, while remaining open to changing our minds about how best to understand that evidence.

Finally, volunteer. I am a volunteer; everyone on our board of directors is a volunteer; all our
committee chairs and committee members are volunteers (Anna Ciao, editor of the *Forum*, is a
volunteer). At our meeting in Chicago, we welcomed two new volunteers to the Board of Directors:
Rachel Bachman-Melman and Kristin von Ranson. Thank you, Rachel and Kristin, for stepping up. Thank
you also to Lauren Muhlheim and Eva Trujillo who ended their terms on the board after years of
distinguished service. You may not know where volunteering will take you (I certainly didn’t), but it will
be a rewarding experience that integrates you more fully into this marvelous institution. The call for
volunteers will come out in late fall\(^7\), so keep an eye out for it. Spring is a time for new beginnings;
please consider what new beginnings you might find for yourself in the Academy.

\(^1\) I extend my deepest apologies to residents of the southern hemisphere for whom my suggestion that it is currently
springtime will be accurately judged as egocentric. I also realize that while it is very much spring in Wyoming where I sit
as I write this, it is functionally more like summer in many other places, and by the time this comes to print, it will likely
actually be summer (or winter, of course). Please indulge me.

\(^2\) Incidentally, the current editor of The Forum, Dr. Anna Ciao, and I met as applicants to graduate school when
interviewing for the same program. In one of life’s inspiring oddities, I get to write this piece as AED’s new president and
send it to her as the (somewhat) new editor.

\(^3\) www.aedweb.org

\(^4\) OK, technically we’ve done something like this in the past, but this version is so much improved compared to what we’ve
previously had that I will take the liberty of claiming it is NEW.

\(^5\) https://community.aedweb.org

\(^6\) Special thanks to U.S. President Barack Obama’s late maternal grandmother for that piece of wisdom.

\(^7\) Or spring(!) for the southern hemisphere.

---

**Message from the Editor**

Welcome to the post-ICED edition of the AED *Forum*! It was wonderful to see
so many of you in Chicago. If you missed the conference this year, this is
your chance to catch up on news from the AED’s members, committees, and
partner organizations - many of the articles in this issue reflect on the
diverse educational (and social!) experiences of the ICED. In this issue we
also welcome our new AED President, Kyle De Young; you won’t want to miss
his first article in the *Forum* as our president. Other highlights of this issue
include the Executive Director column by Elissa Myers, discussing the
importance of identifying and disseminating accurate information about
eating disorders, and a book review by Elin Lantz, covering the newest
edition of *Eating disorders: A guide to medical care and complications*.

Thank you to all 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*; the deadline for submissions for the next
issue is **August 15, 2018**. Please submit your contributions and suggestions to Anna Ciao at
Forum@aedweb.org.

---

**Greetings from The Executive Director**

On the website for the United States Department of Education, if you look for it,
you will read that:

“Eating orders usually occur in females. Eating disorders in males are
usually associated with athletics, especially wrestling. The most common
eating disorders are anorexia nervosa and bulimia. Anorexia is an emotional disorder that can be signaled by severe weight loss or failure to gain weight. About 90 percent of the people who have this disorder are females. Studies suggest that one in 250 young women may suffer from anorexia, with symptoms most often first appearing in early to middle adolescence. Bulimia can be signaled by episodes of binge eating followed by self-induced vomiting, fasting or strenuous exercise. Bulimia tends to develop among older adolescents, many of whom have also been anorexic.”

Hooray that the Department of Education is recognizing eating disorders, but ... gulp ... the discrepancy in the statistics provided are widely at odds with the statistics published by the U.S. National Institute of Mental Health:

“Based on diagnostic interview data from National Comorbidity Survey Adolescent Supplement ... the lifetime prevalence of eating disorders including anorexia nervosa, bulimia nervosa, and binge eating disorder, among U.S. adolescents aged 13 to 18 years was 2.7%,” and “Eating disorders were more than twice as prevalent among females (3.8%) than males (1.5%).”

In fact, a random search of information on eating disorders varies greatly state to state and country to country - the statistics - but more importantly, perhaps, the advice and deductions that are drawn from them.

A number of state education departments, and good number of school districts have done an outstanding job of trying to address eating disorders within their systems. The week after I returned from the ICED in Chicago this year, I had the opportunity, thanks to AED members Tana Reagan and Laura Lyster-Mench, to meet with key health personnel in the Fairfax County school district in Virginia - the 10th largest school district in the U.S. We met with Mary Ann Panerelli, Director of Intervention and Prevention Services; Grace Ray Schumacher, Nutrition Counselor; Loraine Trouton, School Health Services; and Liz Noto, Principal of Herndon High School. We talked about improving awareness and accommodation for students with eating disorders.

They are doing an outstanding job of providing parent awareness on eating disorders, including a letter and materials being sent to parents of all adolescents in grades 6-12 in the district. They are trying to provide the support that parents and students with eating disorders need to both keep up with studies and keep up with recovery, but I learned there are many challenges - from accommodating unique needs of individual students, to being helpful to parents who “don't want to know.” But most of all, perhaps, they need access to simple, clear, and accurate time-condensed training tools to improve the consistency of school personnel.

Fairfax has granted permission for the AED to share their materials with other school districts, and has asked for additional help in identifying training tools for system-wide school personnel. I thought I would suggest this month that where ever you reside, you might take a look at what your state or national health and educational agencies are offering to support early identification, understanding, and school personnel education around eating disorders. If they can be improved, it would be great if you could help improve these local resources. And if you run into some great resources, I’d appreciate it if you would share them with me. We will build a collection of great examples of things that communities and school systems are doing!

---

**SIG and Committee Updates**

---

**Advocacy and Communications Committee**
The overarching objective of the Advocacy and Communications Committee (ACC) is to communicate the AED's mission and standpoint through both traditional media press releases and interactive advocacy efforts such as letter writing campaigns and partnering with AED SIGs, the Social Media Committee, and affiliated advocacy organizations. In so doing, the ACC hopes to disseminate the collective expertise of AED members on issues of concern to the organization, to advocate for better understanding of eating disorders, and to improve access to treatment.

The ACC would like to welcome its newest members:

Leigh Brosof
Erin Parks
Andrea LaMarre
Millie Plotkin

Our new colleagues join existing members: Christine Peat, Renee Rienecke, Cheri Levinson, Hallie Espel-Huynh, & Lazaro Zayas.

Those new to the ACC (some of whom had a chance to meet at this year's ICED) bring substantial experience in the area of advocacy as well as varied perspectives in terms of professional background and expertise. In the upcoming months, the ACC will continue to utilize the members' collective expertise to further develop or support innovative initiatives that further the AED's mission to broaden the AED's reach on an international level. Some of the initiatives the AED has worked on in the past months include developing recommendations for My Fitness Pal, guidelines for movies portraying eating disorders, and a letter to Weight Watchers addressing their intention to offer free membership to teenagers. To learn more about the ACC's past advocacy initiatives, visit https://www.aedweb.org/advocate/press-releases/position-statements.

If you have questions or ideas about an advocacy issue to be addressed, please contact ACC co-chairs:

Christine Peat: christine_peat@med.unc.edu
Renee Rienecke: rienecke@musc.edu

Leslie Anderson

The Membership, Retention, and Recruitment Committee (MRRC)'s 7th Annual Mentorship Program was a huge success at the 2018 ICED in Chicago! This year, the program hosted about 200 mentors and mentees from several disciplines and many countries.

The MRRC also sponsors the EAT (Expanding AED Today) Initiative, which is a program to incentivize member referrals to the AED. Current members who referred three or more individuals were eligible to win a
free Clinical Teaching Day Registration for the 2019 ICED. Members who referred two individuals were eligible to receive a discounted registration fee ($250) for the 2019 ICED. Members who referred one individual were eligible to receive a book. This year's winners were Therese Waterhous, Eva Trujillo and Sarah Racine! Congratulations and thank you for helping grow the AED! Please keep this program in mind as you make referrals for membership to the AED throughout the year. Our next drawing will be in the Fall of 2018.

Therese Waterhouse
Eva Trujillo
Sarah Racine

Finally, the MRRC continues to work on initiatives to improve AED member benefits and spread the word about our important organization. Specifically, we have developed flyers detailing member benefits and member testimonials. At the 2018 ICED, we staffed a booth to meet and greet attendees, tell them about the perks of membership, and sign up new members. Our efforts have been paying off, as we have 200 more members than we did this time last year!

Partnership, Chapter, and Affiliate Committee and European Chapter Update

Ashish Kumar

It was a wonderful experience to be there and meet you all at the 2018 ICED in Chicago. The Partnership, Chapter, and Affiliate Committee (PCAC) of the AED were thrilled to be part of such a wonderful gathering in a friendly and welcoming environment. The academic and social program was full of very stimulating and engaging topics, and we received positive feedback from our committee members about the academic program of the conference.

For colleagues who are new to the PCAC, we are a group of enthusiastic professionals from diverse backgrounds working in the field of eating disorders and living in different parts of the world. We are truly global in our reach (we belong to more than 30 different organizations and countries) and we help our members to collaboratively spread knowledge of eating disorders, good clinical practices, and research findings. We meet on the first Tuesday of the month to share ideas about working together to take the AED vision forward and to different cultures and countries of the world.

It has been an exciting time at the PCAC recently. We worked hard to establish a European Chapter of the AED following the 2017 ICED in Prague, with support of the AED board, immediate past AED president Eva Trujillo, outgoing AED President Stephanie Bauer, our tireless CEO Elissa Myers, and our very enthusiastic colleague from Italy, Umberto Nizzoli. This development offers an amazing opportunity to our European AED members and non-members to work closely in the identified work streams of research, academics, advocacy, communications, and policy related to eating disorders within Europe and beyond. You will be pleased to know that we had our first European chapter academic meeting in Rome on March 10, 2018, which was very well-received. We established our first board of directors and office bearers for the European Chapter, with a plan to meet bi-monthly and continue to work together in Europe.

At the 2018 ICED in Chicago, our members from different countries came together at the PCAC global lunch to welcome AED members and non-members from different parts of the world. Our outgoing President Stephanie Bauer, incoming President Kyle De Young, CEO Elissa Myers, and PCAC Co-Chair and AED European Chapter President Ashish Kumar addressed our very enthusiastic ICED delegates, inviting them to be part of this global family through PCAC, and discussed how we could help them to organize a body of eating disorder
Stephanie Bauer, Umberto Nizzoli, and Ashish Kumar at the first European chapter conference in Rome

professionals in their own countries. Many current PCAC members shared their positive experience of being on the PCAC and reported how they are contributing to the eating disorder world through this very interactive forum.

Also during the ICED at Chicago, Ashish Kumar, Melanie Jacob, Gry Kjaersdam and Brenou Telleus talked on the theme of “Clinical practice and research opportunities in your country. How is to be an EDs professional in your country?” and shared their experiences of clinical practice and research opportunities in the UK, USA, Denmark, and Saudi Arabia. The workshop was well-appreciated by the attending delegates, and generated curiosity about clinical and research practices in different countries.

Finally, we had a successful PCAC meeting which generated high-quality discussions. We talked about areas of collaboration among PCAC members through research, professional exchange and training opportunities, advocacy efforts, clinical discussions, and general information and resource sharing. We agreed to work on the above areas, starting with some specific plans for a medical student from University of Catanzaro in Italy coming to train in eating disorder services in Liverpool, England. It is exciting time at the PCAC and European chapter of the AED. We invite you to join in and work with us and contribute to the AED’s global vision, with an aim to help our eating disorder patients and their families. (More info at https://www.aedweb.org/about/standing-committees).

Delegates at inaugural European chapter conference at Rome

Patient-Carer Committee Update

Ashley Solomon and Judy Krasna

The Patient-Carer Committee is passionate about incorporating the valuable perspective of the patient and carer communities into all conversations within the AED. To advance our work, we’ve identified two key areas of focus for 2018-2019, around which to center our efforts. We’ll be focusing on the medical care of patients with eating disorders, as well as adult treatment. The committee is beginning to brainstorm opportunities for enhancing these areas in service of patients and families. We welcome collaboration with other individuals, committees, and organizations!

We were also thrilled to convene the inaugural meeting of the Stakeholders United SIG at the 2018 ICED this April! The enthusiasm for connecting patients, carers, researchers, and clinicians was apparent from the start. We identified peer support as an area of opportunity for further exploration and discussion, and encouraged awareness and connection among various initiatives in this area globally. As one of the newest SIGs, Stakeholders United is encouraging AED members join us for interesting discussion and collaboration!
Research Practice Committee Update

Ann Haynos and Karen Jennings

The Research-Practice Committee thanks the expert panel (Kristina Saffran, Carol Peterson, Andrew Wallace), and the clinicians, patients, carers, advocates, and researchers who engaged in a lively and respectful discussion of "The Clinical Perspective on Eating Disorders Research: A Symbiotic Relationship" at the Research Practice Think Tank for the 2018 ICED.

In this session, we examined the difficult question of how to integrate clinical and consumer perspectives into research. It was acknowledged that there are institutional and individual barriers facing those who wish to collaborate and incorporate multiple perspectives into research. These include limited time, funds, and knowledge among all contributors. Given the interest and enthusiasm expressed at the Think Tank, we are nonetheless confident that the AED membership will continue to work together towards achieving this important goal.

From the conversation, we have generated an initial list of strategies to promote the integration of clinical/consumer perspectives into research:

1. Recognize and promote openness for the strengths in different perspectives: Researchers have advanced technical skills and clinicians and consumers have invaluable lived experiences. Both contribute to knowledge development in the field of eating disorders.
2. Integrate stakeholders into each step of the research process as "citizen scientists" to ensure their views are represented.
3. Enhance clinicians' efficacy to conduct research that is more feasible in their settings (e.g., qualitative research, case studies).
4. Become actively involved with existing efforts to enhance research-practice integration through organizations such as the AED, Families Empowered and Supporting Treatment of Eating Disorders (FEAST), and Project HEAL.

Social Media Committee Update

Suzanne Dooley-Hash

We had a great time at ICED 2018. It was great to meet so many of you in person. Here are some highlights from the conference from the Social Media Committee (SMC). For the first time, the SMC led Twitterchats during all of the plenaries with great involvement from the community. We also livestreamed some on Facebook, including the conference opening remarks, some SIG meetings, and the awards ceremony. The Technology & Innovation SIG meeting with a presentation by Claire Mysko was the most popular with over 1,500 views! Aside from conference events, we also continue to be very active on social media platforms. We post information about upcoming events, news relevant to the AED community, the latest research pertaining to eating disorders, and much more. Like us on Facebook at Academy for Eating Disorders and/or follow us on Twitter at @aedweb.

Stay tuned for more information on Twitterchats that may be of interest to you. We've hosted several over the past year. These events are a great way to get a diverse group of people engaged in important conversations. Most recently in May, we chatted about Body Image and Eating Disorders in Boys and Men with Dr. Aaron Blashill. You can find information on upcoming Twitterchats under the Advocacy tab on AED's home page.
Finally, we'd like to thank Elizabeth Claydon for her leadership over the past few years and welcome Mirjam Mainland, who will be joining Mille Plotkin as our new co-chair. Looking forward to another great year!

---

**Special Interest Group Oversight Committee Update**

*Suzanne Dooley-Hash*

Hello! It was great to see so many of you in Chicago!

Over the past year the Special Interest Group (SIG) Oversight Committee (SOC) has been working to develop new ways to support and improve AED SIG involvement. At ICED 2018, the SOC staffed a "Meet and Greet" booth intended to increase awareness of and interest in AED SIGs. Information on each SIG was available and many conference attendees stopped by to check out the diversity of interests represented by our SIGs.

Also, our committee has implemented quarterly meetings with all of our SIG co-chairs. These meetings are designed to keep co-chairs up to date on information and procedures relevant to their SIG’s. Increasing SIG involvement by AED members and increasing SIG influence on the AED in general are primary goals. We are also hoping to increase involvement of our SIG’s in producing webinars in their areas of interest as well as developing a reading list of seminal articles in their areas of expertise.

Standardizing elections for new SIG co-chairs has also been a priority. Standardization will insure a fair process for future elections and remove questions about absentee ballots, etc. For 2018, new SIG co-chair information can be found on the [website](#).

Thanks for all you do! Looking forward to another great year working with all of you!
1) Who are you?
I am a psychologist and PhD candidate with Australian National University. I am also the new co-chair for the Membership Retention/Recruitment Committee (MRRC) for the next three years.

2) Where do you live and go to school/work?
I live in sunny Brisbane, Australia, just a one hour flight north of the location for ICED 2020!

3) What is your discipline/major/area of focus?
My research focuses on both muscularity-oriented body image difficulties as well as the safe reintroduction of exercise for individuals with an eating disorder. I also work in private practice with individuals with a range of disordered eating difficulties.

4) Why are you interested in eating disorders?
I initially became interested in eating disorders when I was developing my Masters research and wanted to better understand how male experiences of body image differed from females. This led to my interest in muscle dysmorphia and muscularity-oriented disordered eating.

5) What’s one thing most people don’t know about you?
I may have been a late bloomer to it, but I love skiing! My university in Canberra is close enough to enjoy a few hours on the slopes followed by some mulled wine and cheese in the evening.

6) Why did you join the AED?
I joined the AED to connect with other clinicians and researchers with similar interests as well as to attend the ICED each year. I also really enjoy the webinars, SIGs, and being part of the online community.

7) How do you/would you like to contribute to the AED’s Vision and Mission now or in the future?
Through the MRRC, I would love to see the membership of the AED expand from researchers and clinicians to continue to include more diverse voices including consumers and carers. Learning from those with different perspectives makes us all better!
additional challenges in navigating treatment, both for health professionals and patients’ family members. The new edition of *Eating Disorders: A Guide to Medical Care and Complications* helps answer questions about how to approach these medical factors. It offers a thorough, well-researched guide to treating patients with eating disorders who also suffer from medical complications or require medical care.

This book provides an updated overview of the most common medical complications associated with eating disorders, including gastrointestinal complaints, abnormalities in neuroendocrine function, and cardiac arrhythmias, while also touching on ethical and legal considerations. The guide offers standards for how medical professionals might treat these conditions alongside factors that therapists should consider when treating eating disorders.

The book additionally tackles how to approach treatment as part of a medical team, and it delves into relevant issues, such as refeeding and nutritional rehabilitation. The compendium also covers important clinical considerations for particular groups, including males with eating disorders, athletes with eating disorders, and individuals with obesity. The book discusses these issues in an approachable manner, providing case examples to illustrate conditions and clinical standards.

_Eating Disorders: A Guide to Medical Care and Complications_ can serve as a handy guide for a range of readers, including psychologists, therapists, physicians, and family members and friends of individuals with an eating disorder. It provides important, reader-friendly science that helps clarify the complexities of medical care within the context of eating pathology. Given the range of physical considerations in eating disorders, this compendium is an excellent resource in its broad, yet scientifically-rigorous overview of medical factors in treatment planning.

---

**Abstract Submissions** for the 2019 International Conference on Eating Disorders (ICED) are now being accepted through July 31st. We invite you to submit abstracts for consideration for workshops, Special Interest Group panel discussions, and paper and poster presentations. AED welcomes and encourages abstract submissions from all segments of the eating disorders community.

**ICED 2019** will be held March 14-16, 2019 at the Sheraton Times Square in New York, NY, USA, with a Clinical Teaching Day and a Research Training Day being offered on March 13th.