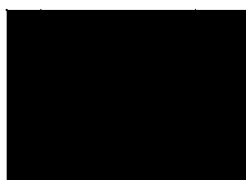


{THE AED} Forum



AED ACADEMY FOR
EATING DISORDERS

Promoting excellence in research, treatment, and prevention of eating disorders

www.aedweb.org

Vol. 21, Issue 4

AED Newsletter: 1.1.2014

Message from the President

Pamela Keel



With the New Year, I hope that you will soon be enjoying future issues of the AED *Forum* on our new website, which is set to launch by the time of the International Conference on Eating Disorders in March 2014! Because the best way to see the AED website achieve its full potential is to engage members, I invite you to spend some time exploring the features that our new website will have to offer, and to please send your feedback to our Electronic Media Committee. To further enhance member experience of the website, the AED Board of Directors voted to create a webinar to educate professionals on the early recognition and medical care of eating disorders, utilizing information in the Medical Care Guide (a.k.a., the “purple brochure”). Additionally, the Board voted to change the Medical Care Standards Task Force into the Medical Care Standards Committee. This change is designed to provide an ongoing and renewable resource of expertise to inform and update the content of the Guide. The Medical Care Standards Committee is charged with ensuring the fidelity of the critical information included in the Guide, as it is translated not only into different languages, but also different formats. Thus, two distinct strategic priorities for 2014 (update our website and develop distribution plans for the Guide) are coming together synergistically to achieve our vision of “global access to knowledge, research and best treatment practices for eating disorders.”

Completion of the website update would not be possible without the incredible leadership of our Director for Communication, Guido Frank, and the Electronic Media Committee, co-chaired by the amazing Kyle DeYoung and Angela Celio Doyle. In recognition of the expertise developed through many years of service, first as a committee member since 2006, and then as co-chair of the Electronic Media Committee since 2009, Kyle has been nominated to serve on the Board of Directors as the new Director for Communication. Many of you know Kyle through his management of the AED listserv and coordination of the Continuing Education Program through the *International Journal of Eating Disorders*. Over this time, Kyle has been involved in two website overhauls (one completed in 2010 and one completed this month) and, thus, is ideally suited to ensure that the AED stays abreast of emerging technologies that facilitate global communication. Other open positions on the Board include the new Director for Patient Carer Relations position, made possible by the member-approved change in our Bylaws to permit the addition of a new board member; Director for Research-Practice Integration, reflecting the recent re-organization of our board to more effectively advance our mission and strategic objectives; and President-Elect. I am exceedingly pleased to share that Carolyn Becker has agreed to accept the Nomination Committee’s nomination to serve as the next President-Elect. Sloane Madden has accepted his nomination to serve (or, rather, continue serving) as the Director for Research-Practice Integration, and Donna Friedman has accepted her nomination to serve as the Director for Patient Carer Relations. Each of these individuals has demonstrated an abiding commitment to the AED through past and current leadership roles.

Carolyn served as co-chair of the Prevention SIG in 2004, and became co-chair of the SIG Oversight Committee from 2008 to 2011. She co-chaired the Program Committee for the 2012 International Conference on Eating Disorders (ICED) in Austin – our most attended meeting in history, and joined the Board of Directors that year. Finally, as Director for Outreach, Carolyn has been centrally involved in our efforts to develop a distribution plan for the Medical Guide through her work with the Advocacy and Communications Committee and, thus, is ideally poised for our future work on this strategic priority. Like Carolyn, Sloane has a long and distinguished career within the AED, serving as chair of the Neuroimaging SIG between 2003 and 2008, and co-chair of the Scientific Program Committee for the 2009 ICED to be held in Cancun (canceled due to the outbreak of H1N1 influenza). He joined the Board of Directors in 2011 as Director of Professional Development, and has overseen the metamorphosis of this portfolio into its current focus on Research-Practice Integration. The Medical Care Standards Task Force resides within Sloane's portfolio, and he and Carolyn have worked tirelessly with task force members to reimagine the role of this task force as a standing committee within the AED. Thus, Sloane's retention in this position is crucial for ensuring this successful transition and future success of objectives related to the Medical Guide. Finally, Donna Friedman served as co-chair of the Development Committee in 2010-2011, and was centrally involved in the 2011 AED Fundraising Book Launch of Aimee Liu's co-edited book, *Restoring Our Bodies, Regaining Our Lives*. Donna joined the Advisory Board in 2011 and graciously accepted the Patient-Carer Committee's nomination in 2013 to serve in a guest role until a change in the Bylaws permitted nomination of an individual to serve in this role as an official board member. Within this role, Donna has helped the board to fulfill our commitment to engage with those our profession seeks to help in identifying opportunities to best meet patients' and carers' needs through our efforts in research, prevention, treatment, and education. Thus, I congratulate each of these individuals on their nominations and encourage all AED members to attend the annual business meeting at the ICED in New York City to participate in the official vote on the slate of nominees.

Speaking of the ICED in New York City, my next "Message from the President" column will appear in the annual Print Edition included in our welcoming materials for conference attendees. This means that this is my last opportunity to encourage you to register for the 2014 ICED and let you know that if you register by January 22, you will receive the early registration discount. This discount will save you \$50 for the Clinical Teaching Day (March 26) and another \$50 for the ICED (March 27-29). So, registering now can save you \$50 to \$100 on an amazing meeting in a fabulous city! Our Keynote Speaker will be Frank Bruni, chief restaurant critic for the *New York Times* from 2004 to 2009 and current Op-Ed columnist for the *Times*. He is author of two *New York Times* best sellers, including his memoir "Born Round." His keynote address, "In the Belly of the Beast: What Happens and What's Learned When a Food Addict Makes Food His Profession," will further explore the relationship between his professional life and his struggle with eating pathology. For those interested in sampling Frank Bruni's thoughts on these and a wide range of matters, you can follow him on Twitter: @frankbruni. Although I am tempted to go on (and on) about the wonderful content of the 2014 ICED, I will simply leave it at encouraging you to review the Preliminary Program and then register for the 2014 ICED on our new website.

I look forward to seeing everyone in New York in March!

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Message from the Editor

Kelsie Forbush



I hope everyone has had a relaxing and enjoyable holiday season. This issue of the AED *Forum* highlights the many accomplishments of the AED in 2013, and the activities underway in 2014. These accomplishments include an overhaul of the AED Website, as described by AED President, Pamela Keel, and the Electronic Media Committee; the Advocacy and Communication Committee's protest of the appearance of First Lady



Michelle Obama on the reality show, *The Biggest Loser*; and tremendous efforts by the AED and Eating Disorders Coalition to improve parity for eating disorders treatment. I urge you to read the columns written by the Membership Recruitment and Retention, Social Media, Special Interest Groups Oversight, and Research-Practice Committees for exciting information about upcoming opportunities and activities taking place within the

AED organization.

In addition to an array of terrific articles, this issue includes a review of a new book written by AED Fellow, Christopher Fairburn, titled *Overcoming Binge Eating: The Proven Program to Learn Why You Binge and How You Can Stop*. This self-help book received high reviews from our Book Reviewer, Jenny Thomas, and appears to represent an important new text to include on the shelves of patients, clinicians, and researchers.

I would like to thank all of the individuals who submitted articles for this issue of the *Forum*. I encourage interested readers to submit articles, letters, and announcements for the next issue of the *Forum*. Please submit your contributions and suggestions to kforbush@purdue.edu. Due to the earlier-than-usual date for the 2014 International Conference on Eating Disorders (ICED), the deadline for the next issue of the *Forum* is **January 20, 2014**. The next issue of the *Forum* will be our annual print edition, which will be included with your 2014 ICED welcome materials. I look forward to seeing many of you in New York City this spring for what promises to be another excellent ICED!

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Greetings from the Executive Director

Greg Schultz, Executive Director

The AED is entering the New Year at full speed, building on our many successes of 2013. The AED membership is at an all-time high, with more than 1,600 members; our social media channels are vibrant and growing; and new resources have been added for members and the public (including more educational videos, additions to the AED Bookstore, and a new, at-a-glance *DSM-5* reference, to name a few).

The AED "Comes of Age" in New York

We look forward to celebrating a very special International Conference on Eating Disorders (ICED), March 27-29 in New York City, New York, the site of our very first ICED 21 years ago. The AED will celebrate its history with a special video presentation of interviews from past presidents, illustrating how far the field has come in the past 21 years. The theme of the meeting is "Coming of Age as a Global Field."

With a record-setting number of abstract submissions and an outstanding program, the 2014 ICED promises to be a professionally enriching event. We hope to see you there - especially those AED members who have not been to an ICED. The ICED is when the AED "comes alive" in three dimensions; the ICED provides unparalleled opportunities for learning within the context of a vibrant, caring, and thoughtful community of fellow eating disorders professionals.

Connections Around the World in 2013

The AED made (and strengthened) connections with its members, sister organizations, and the public, setting the stage for additional growth in 2014. In 2013, the AED social network grew significantly, thanks largely to efforts of the AED Social Media Committee, who enthusiastically posted relevant content throughout the year, and also launched a "Tweetchat" series. The Social Media Committee hosted a total of six "Tweetchats" in 2013 to connect AED members to thought-leaders in the field of eating disorders on a wide array of "hot topics." With more than 2,600 followers on Twitter; 2,800 "likes" on Facebook; and nearly 500 members on the AED's LinkedIn group, the

AED will continue to engage additional members, professionals, and those affected by eating disorders through these vibrant, online outlets.

The AED will start the New Year by strengthening connections with our sister organizations. Later this month, for example, the Family-Based Treatment (FBT) Special Interest Group (SIG) will co-host a webinar with F.E.A.S.T. titled, "What FBT Clinicians Can Learn from Caregivers."

AED Strategic Objectives

The important strategic planning work began in 2012, continued through 2013, and will guide the actions of the AED Board of Directors going forward. Strategic goals we aim to realize in 2014 include a new AED website and the elevation of the Medical Care Standards Task Force (MCSTF) to a committee, supporting the next phase of the Task Force' work. The MCSTF has been responsible for AED's widely distributed *Critical Points for Early Recognition and Medical Risk Management in the Care of Individuals with Eating Disorders*, now available in six languages. I want to thank every AED member for your contributions to, and engagement with, the AED over the past year.

Best wishes for a happy and healthy 2014.

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Updates from the Advocacy and Communications Committee (ACC)

Deborah Michel and Kristine Vazzano, ACC Co-Chairs

The mission of the ACC is to encourage the media to make use of the expertise of the AED members on issues of concern to the organization, to advocate for better understanding of eating disorders, and to improve access to treatment.

Most recently, the ACC worked with the Binge Eating Disorder Association (BEDA) and BingeBehavior.com, by partaking in an advocacy endeavor protesting the appearance of First Lady Michelle Obama on the reality show, *The Biggest Loser*, as part of her 'Let's Move!' campaign. The AED was one of many stakeholders who signed a letter to First Lady Obama encouraging her to examine how her actions might promote unhealthy weight loss behaviors and stigmatization of persons with larger bodies. The ACC coordinated with the Social Media Committee to utilize social media outlets to maximize dissemination of the message.

The ACC is presently recruiting new members. If you would like to join our hardworking group of professionals who are passionate about advocacy, please consider applying for membership during the general committee volunteer call from the AED headquarters. We look forward to another busy and productive year, and welcome feedback from members regarding new projects and emerging issues that warrant a response from the AED.

For questions or feedback, please contact ACC co-chairs, Deb Michel dmichel@woodlandsedc.com and Kristine Vazzano kvazzano@mindfullness.com.

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Electronic Media Committee Update

Alison Darcy, Electronic Media Committee Member

Website update

The AED's Electronic Media Committee (EMC) has been working with a team of web designers to lay the foundation for the new AED website. We are currently putting the finishing touches on the design, and the new site will be launched sometime in 2014. The new website will incorporate pathways to social media, such as Twitter, Facebook, and LinkedIn, as well as streamlined video content from the AED's considerable archive.

Online learning

The EMC recently identified an innovative method for online teaching of clinical skills, which may be used to serve the AED's global membership. Over the next few months, the EMC will continue to explore the use of this online learning format to meet the needs of AED members around the globe.

Join the Electronic Media Committee

The EMC is looking for individuals to join its dynamic group of AED members interested in leveraging electronic media to further the AED's mission. If you are interested in applying, please contact Co-Chairs, Angela Celio Doyle (adoyle@ebtseattle.com), and Kyle DeYoung (kyle.deyoung@email.und.edu).

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Membership Recruitment and Retention Committee (MRRC) Update – ICED Mentorship Program

Cristin Runfol, Marci Gluck, and the MRRC

2014 International Conference for Eating Disorders (ICED) Mentorship Program

We are pleased to announce that registration for the 2014 ICED Mentorship Program has opened! The mentorship program represents an exciting opportunity for both new and seasoned AED members. This year's program will include a continental breakfast, and a special focus on providing mentorship to our newest members. AED members who joined within the last five years are encouraged to apply as mentees to receive face-to-face mentoring from our most experienced members. Registration to become a mentor or mentee is included in the general [ICED Registration](#). AED members are welcome to sign up now.

What is the Mentorship Program?

- AED members are paired based on interests (e.g., inpatient treatment, biological research, advocacy, or leadership).
- Over breakfast, the mentor/mentee dyad meets for 60 minutes, networking, exchanging information, receiving guidance, and providing feedback.
- Continued interaction throughout the conference is encouraged to facilitate long-term mentoring relationships.

Who can join the Mentorship Program?

- Mentee Eligibility: Members who joined the AED within the last five years.
- Mentor Eligibility: All AED Past Presidents, Fellows, Board Members, Committee Chairs and Committee Members, and "seasoned professionals" (i.e., members holding an advanced degree, with five or more years of experience in the eating disorders field).

Date, Time, and Location

- Date: Friday, March 28, 2014
- Time: 8:00-9:00 am
- Location: ICED at the Sheraton New York Times Square

Benefits of the Mentorship Program

- Expand your professional network.
- Enhance your professional development.
- Receive expert feedback on your research, clinical, leadership, or advocacy work.
- Learn how to get more involved in the AED.
- Help train and retain talented professionals in the field.
- Exchange information with professionals in different disciplines, and from other areas of the world.

Past Mentorship Program events have led to new collaborations, summer fellowships, co-authorships, and a renewed excitement for the ongoing work in our field. We hope you will take advantage of this special mentorship event *exclusive* to AED members.

Expand AED Today (EAT) Initiative

Want to win free registration to the 2015 ICED? Participate in the Expand AED Today (EAT) raffle by referring other professionals to the AED. Each time you refer a member, your name is added to a raffle, which is drawn twice per year. The next drawing closes March 10, 2014, with results announced at 2014 ICED. Start referring now!

Meet our latest EAT winners:

- Kim Brownley received \$100 off 2014 ICED registration for referring Rebecca Klatzkin.
- Judith Banker, AED Past President, FAED received the book, *Healthy Bodies: Teaching Kids What They Need to Know*, written by Kathy Kater, for referring Laura Serpetti.

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Update from the Research-Practice Committee

Douglas Bunnell, Terry Fassihi, and Members of the Research-Practice Committee

The 2014 International Conference on Eating Disorders (ICED) will explore how our field has evolved over the AED's first 21 years. Over the past six years, the AED Research-Practice Committee (RPC) has sponsored the Research Practice "Think Tank" discussion. This meeting has provided an opportunity for researchers and clinicians to participate in open discussions about how to address the gap between research and clinical practice. The "Think Tank" has become a closing ritual for the ICED, in which panelists and attendees can reflect on their experience of the conference, and begin to discuss the implications of the conference for clinical care, advocacy, research, and training. The mutually respectful tone of these discussions seems to reflect the maturation of a field that is moving into young adulthood.

In our opinion, an appreciation of the complexities of how people learn and change may help improve the dissemination of research-based evidence. One goal of the RPC is to identify how research on treatment dissemination and therapy training can help bridge the gap between researchers and clinicians. What can we learn from the science of education/training that can be used to help us address barriers to the adoption of evidence-based guidelines into clinical practice? There is exciting work going on at a number of centers regarding best practices for training and assessing clinical competence. We have moved beyond recommending that clinicians adopt evidence-based guidelines and started to work on how to best design programs to promote adoption of evidence-based treatments. At the same time, we need to be open to questions about the nature of therapy outcomes research, and to questions about generalizability of the recommendations. What, for example, can we learn from qualitative and case study research that may be used to develop more nuanced, flexible, and acceptable treatments for a wider range of patients and their families? We believe the 2014 ICED's theme of "Coming of Age" embodies the growing awareness for the need for more nuanced treatments; incorporating an appreciation for where we have been, where we are, and where we are likely headed.

The 2014 ICED “Think Tank” will build on the abovementioned themes and questions. Our four panelists will speak briefly about their perspectives on research-practice integration. Ivan Eisler and Phillipa Hay are both senior researcher-clinicians who will address how the field has progressed in the past 21 years. Jennifer Thomas, 2015 ICED Conference Co-Chair, is a mid-career researcher and clinician. Keesha Broome is an early career AED member, and director of a residential treatment program. Thomas and Broome will address how the previously mentioned issues have affected their work, their careers, and their day-to-day practices. Our goal is to open up a discussion of the history, and the future of research-practice challenges in our field. We invite you to attend the 2014 “Think Tank,” and encourage you bring your experience to the discussion. We hope to see you there!

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Updates from the Special Interest Groups (SIGs)

Alan Duffy and Members of the SIG Oversight Committee

Body Image and Prevention SIG, *Megan Jones and Phillippa Diedrichs, Co-Chairs*. The Body Image and Prevention SIG (now with over 600 members), is pleased to announce the first issue of a biannual e-newsletter edited by Hannah Weisman. The inaugural issue will focus on “The Role of Policy in Prevention,” and includes highlights from the Australian Government’s Positive Body Image Awards and a United Kingdom Government roundtable session focused on promoting positive body image. The first issue will be available on the AED SIG listserv archive.

Always keen to expand the international role of the AED, several Body Image and Prevention SIG members, including current Body Image and Prevention SIG Co-Chairs, and the Chair-Elect, met with European Union research leaders in the field of body image at a European Cooperation in Science and Technology (COST) action meeting in Italy. The COST action meeting aimed to forge crucial links between researchers, practitioners, and policy makers. COST action meeting attendees will spend the next four years working together to promote greater coordination and collaboration for body image and prevention research across Europe.

Family-Based Treatment (FBT) SIG, *Lauren Muhlheim, Therese Waterhous, and Melissa Coan, Co-Chairs*. The FBT SIG will be co-hosting a webinar in collaboration with Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T.). The one-hour webinar entitled, “Ask a Parent: What FBT Clinicians Can Learn from Caregivers,” will take place during F.E.A.S.T.’s annual conference on Friday, January 31, 2014, at 12:15 pm (Eastern Standard Time). A panel of caregivers will answer questions frequently asked by FBT therapists, and participants will have an opportunity to submit questions to the panelists. Details will be made available on the AED’s website. Advance registration is requested. This event is open to all AED members. We hope you will join us!

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Update from the Social Media Committee (SMC): Live “Tweeting”

Ashley Solomon, Lauren Muhlheim, and Members of the Social Media Committee

Live “tweeting” allows for real-time engagement regarding a specific event. Live tweeting refers to an individual sharing a series of 140-character messages, called “tweets,” during an event with the individual’s Twitter followers. These series of tweets are connected by a word or phrase called a “hashtag,” (e.g., #ICED2014), which enables

Twitter users to find tweets about topics that interest them. Twitter users can live tweet everything from the State of the Union address to the final episode of *Breaking Bad*!

Live tweeting at professional conferences allows for an exciting opportunity to share valuable messages from presenters with one's followers. Live tweeting allows those who could not (or would not) usually attend the meeting to participate in a unique, immediate way. With a few 140-character messages, we have the ability to increase awareness of the latest research in our field, inspire new ideas, and create new connections.

Tweeters can receive interesting feedback on the topics they share, and increase their own level of engagement as well. Think of it as interactive note taking. Tweeting can help people at the same conference connect in new ways, paving the way for in-person discussions.

Simple preparation before a talk or event is helpful for increasing tweet efficiency. First, ensure that you have a fully charged mobile device (and do not forget your charger). It is helpful to use a mobile phone application ("app") like TweetChat, because it will insert the conference hashtag for you. Second, make sure you know the conference hashtag (e.g., #ICED2014), which will allow you to connect your tweets with other attendees at the conference. Third, it helps to know the speakers' Twitter "handles" (i.e., their Twitter names, such as @AEDweb), so that you can reference them in your tweets. Fourth, if you really want to be prepared, you may want to note any links that you may want to share, and create short links using an online tool (such as bitly.com), so that you can quickly and easily connect followers to further information. Finally, to keep your tweets interesting, you can include photos or other media. And do not forget to re-tweet what others are saying about the events you are attending!

While live tweeting is becoming increasingly popular, not all speakers will be familiar (or comfortable) with it. If you have the opportunity, talk to the presenter ahead of time. We recommend that you always quote presenters accurately, and "give credit where credit is due." It can be tempting to alter presenters' statements due to the 140-character limit, but it is important to capture their words correctly. If you are expressing your own opinion (vs. that of the presenter), we suggest that you make that clear to your followers. The AED Social Media Committee is available to offer guidance to those interested in live tweeting at #ICED2014. We hope to see many of you in the Twitter-sphere!

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Update from the Sisterhood, Chapter and Affiliate Committee (SCAC)

Ursula Bailer, Annemarie van Elburg, SCAC Co-Chairs, and the SCAC

This issue of the *Forum* highlights a recent conference, and SCAC panel discussion, in Austria organized by the Austrian Society on Eating Disorders (ASED), and provides information on an upcoming conference of the Italian Society of Eating Behaviour Psychopathology (SIPA).

The 21st International Conference 'Eating Disorders Alpbach 2013', Tyrol, Austria

The Austrian Society on Eating Disorders (ASED) held an extremely successful three-day conference in Alpbach, Tyrol, Austria in October 2013, at which over 200 participants from 17 different countries attended. Highlights included keynote lectures by Phillipa Hay ("The changing face and burden of eating disorders") and Anja Hilbert ("Early non-normative eating behaviour").

A very engaging and stimulating SCAC Panel Discussion, which was open to all conference participants, was chaired by Ursula Bailer. Current (Lars Wöckel, ENES Switzerland; Radoslaw Rogoza, PNCED, Poland) and past (Phillipa Hay, ANZAED, Australia) members of the SCAC, as well as members of Sister Organizations (Andreas

Karwautz, ASED Austria) gave brief presentations about their respective organizations and their most recent activities. The next ASED conference will be October, 16 to 18, 2014, in Alpbach, Tyrol, Austria.

Società Italiana di Psicopatologia dell'Alimentazione (SIPA) (Italian Society of Eating Behaviour Psychopathology) Updates

The SIPA will hold its second conference entitled, *Treatments of the Disorders of Eating Behaviour between Research and Clinical Application* on June 27 to 28, 2014, at the Padova University, Padova, Italy, organized by Paolo Santonastaso and Angela Favaro. The conference will include an introductory lecture by Paolo Santonastaso, six plenary lectures, and short communications and posters.

The topics of the plenary lectures will include:

1. Epidemiology of disorders of eating behaviour (DEB) and programming of the Italian DEB services.
2. Organization of DEB assistance across Italian geographical areas.
3. Experimental models of DEB and implications for treatment.
4. Treatment for pre-adolescents and adolescents with DEB.
5. Evaluation of treatments for anorexia nervosa.
6. Treatments for DEB, including: Cognitive Remediation Therapy, Trans-cranial Magnetic Stimulation, Dialectical Behavior Therapy, and new antipsychotic medications.

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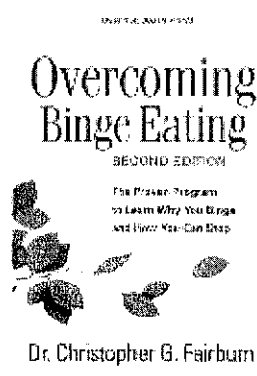
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Book Review Corner

Jennifer Thomas

Overcoming Binge Eating: The Proven Program to Learn Why You Binge and How You Can Stop (Second Edition)

By Christopher G. Fairburn (Guilford, 2013, 243 pages)



The first edition of Dr. Christopher Fairburn's seminal self-help book, *Overcoming Binge Eating*, sold more than 150,000 copies worldwide. Randomized controlled trials of the guided self-help treatment outlined in *Overcoming Binge Eating* have identified that at least half of patients with binge eating disorder (and many with bulimia nervosa) who complete the program will be abstinent from binge eating post-intervention. This book has proved invaluable to individuals who struggle with binge eating, and it has become a trusted tome on the shelf of many therapists, dietitians, and physicians who want to prescribe a non-invasive, evidence-based approach to treating their patients with an eating disorder.

Nearly 20 years later, the second edition has been substantially updated to reflect Fairburn's new "enhanced" cognitive-behavioral treatment (CBT-E). The structure of the second edition closely mirrors the first, but with major content revisions. Part I entitled "Binge Eating Problems: The Facts," still reviews the definition and etiology of binge eating, as well as its presentation across different eating disorders and its relationship to addiction. Part II called "An Enhanced Self-Help Program for Those Who Binge," presents a self-led CBT-E program, including individual modules on getting ready, starting well, regular eating, alternatives to binge eating, problem solving, "taking stock," dieting, body image, and ending well.

Brought to life with relatable patient quotes, handy self-monitoring forms, and informative tables (e.g., “Key Facts about Self-Induced Vomiting” and “Culture Change: Lessons from Fiji”), the second edition contains approximately 25% new content. Major updates include a flexible, trans-diagnostic approach; a new body image module; and the incorporation of new technologies.

Flexible, Trans-diagnostic Approach

While the first edition of *Overcoming Binge Eating* focused primarily on bulimia nervosa and binge eating disorder, the second edition provides information on the binge eating problems that sometimes occur in the context of anorexia nervosa and atypical eating disorders. Like CBT-E, the updated self-help program takes a more individualized approach to treatment design: “Rather than advocating treatment X for bulimia nervosa and treatment Y for binge eating disorder, and so on, the emphasis is on characterizing the individual binge eating problem and devising a treatment that matches it” (p. 33). To that end, the dieting and body image modules are presented as optional and interchangeable, reminiscent of a *Choose Your Own Adventure* novel. According to Fairburn, to recover fully from a binge-eating problem, “You may need to focus on your tendency to diet or your concerns about shape and weight, or you may need to tackle both” (p. 182). Also in the spirit of therapeutic flexibility, Fairburn provides helpful tips for therapists who wish to offer *Overcoming Binge Eating* as a guided self-help program, rather than providing a full course of CBT-E (pp. 226-227).

New Body Image Module

While the first edition included only a short section on appearance concerns, the second edition features an entire module entitled “Addressing shape concerns, shape checking, shape avoidance, and feeling fat.” Interventions will be familiar to CBT-E therapists, and include constructing a pie chart of self-esteem determinants, self-monitoring body checking behaviors, using mirrors more judiciously, and reducing shape avoidance. To identify cognitive biases in body comparisons, Fairburn recommends behavioral experiments such as applying one’s own standards to others at the pool or gym: “You are likely to discover that, on scrutiny, the person’s body is not as flawless as you initially thought—that he or she too has a protruding stomach or dimpled flesh” (p. 205). To reduce persistent feelings of fatness, Fairburn encourages readers to ask themselves “what might have triggered the feeling and what sensations ‘feeling fat’ might be masking” (p. 208). Spoiler alert: it may have nothing to do with the number on the scale!

Incorporation of New Technologies

All exercises and worksheets featured in the book are available for electronic download at www.credo-oxford.com. Although Fairburn himself still advocates for paper-and-pencil monitoring (p. 134), the self-help program presented in *Overcoming Binge Eating* could easily be used synergistically with new smartphone applications (e.g., Recovery Record, Rise Up) that facilitate real-time tracking of food intake, thoughts, and feelings.

The final verdict? Even if the dog-eared, highlighted original is still sitting on your office shelf, treating yourself to the second edition is well worth the modest price.

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Update from the Eating Disorders Coalition: Successfully Strengthening Parity

Jeanine C. Cogan, Policy Director

The Eating Disorders Coalition (EDC) has worked tirelessly to put pressure on the United States administration to release the regulations for the Mental Health Parity Addiction Equity Act of 2008, and to work to ensure that eating disorders are covered at parity. Over the last two years, the EDC staff met with key officials from the Department of Health and Human Services (HHS), participated in field hearings around the country, worked with former

Congressman Kennedy, collaborated with Members of Congress to write letters to HHS urging inclusion of eating disorders under parity, and held a Capitol Hill briefing about the importance of a strong final rule that would increase access to care for people with eating disorders. The EDC is excited to report that our efforts are an example of how continued advocacy “pays off.”

On November 8, 2013, the Department of HHS released their final regulations on the Mental Health Parity and Addiction Equity Act of 2008. Overall, the EDC, like many mental health advocacy organizations, is very pleased with this final rule. This is a historic first step in ensuring that people with eating disorders are able to receive the treatment that they need to recover. The final rule clarifies that insurers must cover mental health disorders at parity with “medical” disorders. Below, we highlight three primary clarifications in the regulation: medical necessity disclosure requirements, residential treatment, and plan standards. All three of these clarification areas contain substantial victories for people trying to obtain coverage for eating disorder treatment.

Medical Necessity Disclosure Requirements

People receiving treatment for eating disorders have, unfortunately, experienced coverage denials because of medical necessity. For many consumers, it has been difficult to understand how their insurance company made coverage determinations. In the past, insurers have refused to disclose how the determination of ‘medical necessity’ was made. In a tremendous victory, these regulations clarify that the rationale behind these decisions must be disclosed.

The Medical Necessity Disclosure Requirements clarify that consumers are entitled to information about the standards used by their health insurance to determine which treatment(s) their policy covers. That is, the final regulations require health insurance administrators to make their company’s “medical necessity” determination criteria available, upon request, to potential participants, beneficiaries, or contracting providers. This information will be particularly valuable if people wish to file a complaint alleging that their eating disorder was not treated comparably to a medical one.

Residential Treatment

People with eating disorders have been consistently denied inpatient and residential care, while their insurance plans cover comparable medical services. The EDC has long argued that denial of inpatient and residential care is a violation of the Mental Health Parity Addiction Equity Act; the regulations explicitly clarify this.

While the rule does not require that residential services be covered, it does state that if insurance companies offer “post-acute care services,” they must cover residential treatment and other intermediate services for mental health. For example, if a plan classifies care in a skilled nursing facility or rehabilitation hospital as “inpatient benefits,” the plan must include covered care in residential treatment facilities for mental health as an inpatient benefit. This means that if your insurance plan covers residential rehabilitation after an accident, it must also cover comparable residential or inpatient treatment for eating disorders.

Plan Standards

If an insurer does not require a patient to go out-of-state to access post-acute care medical services, then it cannot force patients with mental illnesses out-of-state to access behavioral health residential treatment services. Additionally, an insurer may not exclude out-of-network inpatient or residential treatment for mental disorders, when obtained outside the state where the policy was written, if no similar exclusion exists for “medical” benefits.

The final rule added two additional examples of “non-quantitative treatment limits (NQTL)” to the illustrative list, including: (1) network tier design and restrictions based on geographic location, facility type, provider specialty and (2) other criteria that limit the scope or duration of benefits for services provided under the plan or coverage. These new examples clarify that coverage restrictions based on geographic location, facility type, provider specialty, and other criteria that limit the scope or duration of benefits for services must comply with the NQTL parity standard.

As a reminder, the Mental Health Parity Addiction Equity Act applies only to health plans provided by employers with 50 employees or more, and individual plans purchased through the Health Insurance Marketplace under the

United States Affordable Care Act. These rules do not apply to people participating in other government health insurance programs such as Medicaid or Medicare.

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

Leah Dean, Executive Director for F.E.A.S.T.

Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T.) is in the midst of planning our third annual conference, which will be held on January 31-February 1, 2014, in Dallas, Texas (United States). One of the sessions will be a live webinar to be held in collaboration with the AED Family-Based Treatment (FBT) Special Interest Group (SID) entitled, "Ask a Parent: What FBT Clinicians Can Learn from Caregivers." Everyone is welcome to join online and watch a panel of F.E.A.S.T. caregivers answer questions posed by conference attendees and FBT SIG members. In addition, F.E.A.S.T. will be releasing a new *Family Guide Booklet* at the Dallas Conference. This guide is being developed by a team of eating disorder experts, led by Dr. Walter Kaye at the University of California San Diego, and will focus on the topic of how to choose an eating disorders treatment program in the United States.

Charlotte Bevin, F.E.A.S.T. Board Member, was awarded the 2013 "Magic Plate Award" for her excellence in family-based advocacy to advance the field of eating disorders treatment and research. The recipients of the Magic Plate Award are F.E.A.S.T. members who have volunteered their time and energy to educate and support caregivers, challenge outdated and ineffective treatment methods, and work collaboratively with the professional community to find new ways to improve outcomes for individuals receiving treatment for an eating disorder.

In addition, F.E.A.S.T. is working with Beating Eating Disorders (b-eat) and Kings College in London, England to promote and solicit donations for the "Charlotte's Helix" genetics project. "Charlotte's Helix" is in honor of Charlotte Bevin's work to advance the scientific understanding of eating disorders. The goal of "Charlotte's Helix" is to add at least 1,000 DNA samples from individuals who have had a lifetime history of anorexia nervosa in the United Kingdom to the AN25K international genetics initiative, led by Cynthia Bulik. AN25K has the ambitious goal of collecting 25,000 DNA samples to identify why some people seem to be predisposed to develop an eating disorder.

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National Eating Disorders Association (NEDA) Update

Maggi Flaherty, Communications Manager

"Thinking Big: Uniting Families and Professionals in the Fight Against Eating Disorders," is the theme for the National Eating Disorders Association's (NEDA's) 2014 Conference in San Antonio, Texas (United States).

On October 10, 2013, more than 200 passionate individuals joined on Capitol Hill to meet with their representatives at NEDA's first Federal Lobby Day, co-sponsored by the AED and the International Association of Eating Disorders Professionals Foundation (IAEDP). Despite the United States government shutdown, the threat of a "truckers" strike around the Capitol, and pouring rain, the Lobby Day was a huge success. Ten new members of the House of

Representatives have joined the National Eating Disorders Awareness Caucus and six new members of the House of Representatives signed on to support the Federal Response to Eliminate Eating Disorders (FREED) Act.

NEDA also proudly announced the first recipients of the Feeding Hope Fund for Clinical Research and Training Grants at the 2013 Annual Conference in Washington, D.C. The total funds dispersed were \$400,000; two grants were given to Daniel Le Grange and Denise Wilfley, with a focus on utilizing technology to improve treatment for eating disorders. Please see our [website](#) for additional information about the Feeding Hope Fund.

Next year's National Eating Disorders Awareness Week will be February 23 to March 1, 2014. The theme, "I Had No Idea," will be used to promote awareness about the dangers of eating disorders, which are largely unknown to the public. To learn more or participate, please visit our [website](#).

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Members' News

Kathy Kater has generously pledged to donate all profits from her latest book, ***Healthy Bodies: Teaching Kids What They Need to Know***, to the AED. Promoting health instead of size, this book offers a comprehensive, primary prevention curriculum for addressing body image, eating, fitness, and weight concerns in the challenging environment of today.

Lindsey Hall and Leigh Cohn, owners of Gürze Books, have recently sold several properties. Hall and Cohn will continue to publish trade titles through Gürze Books, and Cohn will remain Editor-in-Chief of *Eating Disorders: The Journal of Treatment and Prevention*. Hall and Cohn donated their library of books to the National Eating Disorders Association.

Kathryn Cortese and her son, Michael Cortese of Salucore, LLC, obtained ***Gürze Eating Disorders Resource Catalogue***. The International Association of Eating Disorders Professionals (IAEDP) recently purchased *EatingDisordersReview.com*. Joel Yager, Editor-in-Chief of *EatingDisordersReview.com* for the past 24 years, is stepping down. Managing Editor, Mary K. Stein, will work with IAEDP and to-be-determined new editors. *EatingDisordersBlogs.com* was sold to Carolyn Costin of Monte Nido and Associates, and Referral Solutions Group, LLC, obtained the domain name *bulimia.com*.

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Classified Ad: Eating Disorders Institute Graduate Program or Advanced Professional Training

Plymouth State University offers a dynamic, innovative, and cutting-edge program for mental health and healthcare professionals, dietitians/nutritionists, and school/outreach professionals. This program is located in New Hampshire and Arizona, and it meets the needs of professionals seeking additional specialization in eating disorders with a variety of options, including: 15-credit graduate certification, advanced degrees, or personal/professional

development. The program includes four three-credit graduate courses (awareness/prevention, medical aspects, treatment, nutrition counseling) or advanced training opportunities in an intensive three-day residential format, and an online component. Participants may pursue becoming certified as an Eating Disorders Specialist by the International Association of Eating Disorders Professionals behavioral health, nutrition, or nursing. Plymouth State University's program is the oldest graduate program specializing in eating disorders. For more information contact Mardie Burckes-Miller at margaret@plymouth.edu or 603-535-2515 or visit our website.

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Upcoming Conferences, Meetings, and Seminars



International Conference on Eating Disorders (ICED)

March 27-29, 2014

Sheraton New York Times Square Hotel

New York, New NY USA

See all upcoming conferences, meetings, and seminars.

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