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June 2014

VOL 24, ISSUE 4

## Message from the President

*Glenn Waller*



### Welcome to the machine

I was expecting that my year of being AED president would be a rather busy time. I was warned about that in no uncertain terms by AED past presidents, and when *they* tell you that you are in for a hard time, you should worry. However, I have been very pleasantly surprised so far – a couple of months in, and it has all been rather fun. Maybe I am just not aware enough of what is going on. That seems entirely possible. So far, though, I might even go so far as to recommend the job.

Of course, I have the benefit of following a succession of AED presidents who have set it all up to be very smooth-running, with policies, procedures, and goals that even I cannot get too wrong. I suppose that the other way of looking at that statement is that my predecessors have made the AED proof against even my unique approach to the job. Either way, I am happy to be doing the job right now.

I want to start off my Presidency proper by thanking all those who organized and attended the New York ICED in March. And that is a lot of people. There were too many highlights to mention. The Scientific Committee (co-chaired by Phillipa Hay and Laurel Mayer) did a great job, Sloane Madden and his committee organized a very well-attended set of pre-conference teaching days, the presentations that I saw were uniformly excellent, and there were so many new people. If you were not there, you really could not get a feel for how big it all was. Out of nearly 1400 attendees (nearly 500 more than our previous record), over 500 had never attended an ICED before. So we were not just bringing back former attendees, but welcoming new people. A belated welcome and thank you to one and all. The conference is effectively the end of a President's term, so Pam Keel goes out with a bang. Obviously, if you could all come back next year (and bring a few friends) to the Boston meeting, then we could make for an even bigger bang, and give my successor (Carolyn Becker) an even harder act to follow. No pressure, folks...

So what are the plans for 2014-2015? A couple of years back, Dasha Nicholls steered the AED Board of Directors to the idea that the "basics" might work better if we stop obsessing about them (and they do indeed flow well under those conditions), and focus on clearly defined goals. Of the goals that the Board of Directors had already set, we selected three timely ones to work on this year:

- **More non-North American members.** The AED has expanded its membership substantially over the past few years, due in no small part to the extraordinary efforts of Eva Trujillo and her colleagues. However, we want to ensure that the organization is truly international, so we will be looking to

expand our representativeness in this way. After all, we have our meeting in Prague in 2017, and that is definitely outside of North America. (If you have never been to Prague, then start booking your tickets now. If you have already been to Prague, you will be going back anyway. It is that wonderful.)

- **Starting to put podcasts and webinars onto the AED website.** We want to make critical clinical material widely available. What content will we be posting? Watch this space. Better still, watch the [AED website](#).
- **Evaluating the impact of the *Medical Care Standards Guidelines*.** The Medical Care Standards Committee has done a wonderful job preparing and disseminating this document. As such, it seems timely to begin to evaluate its impact, to help guide future strategic planning.

Will we make these goals happen? Keep an eye out, as I will be boring you with progress in future columns.

Oh yes, just in case anyone should feel that we are being idle, the Board of Directors is reviewing our management company arrangements. Obviously, we want to make sure that the AED is run as efficiently and effectively as possible, so that we can provide maximum benefit to our members and reach our strategic goals. Thus, we believe it is important for the Board of Directors to periodically review the collaboration between the management company, the Board of Directors, and the many committees and task forces, so as to encourage the best use of resources.

I remain in awe of the sheer dedication of large numbers of volunteers who make the AED what it is, but this is a particular and personal thank you to the Board of Directors members with whom I have worked over time. The present Board of Directors is a team that is effective and fun – a great bunch with which to work. Maybe, next time, I will tell you the terrible truth about how I ended up on the Board of Directors, who is to blame, and how anyone might end up in the same position.

The AED past presidents also deserve particular thanks. The AED has a long and distinguished history of excellent leadership, as a look at the website will prove. Well, I think that we can safely declare that to be over, at least for one year. I want it remembered that I voted against myself for this position...

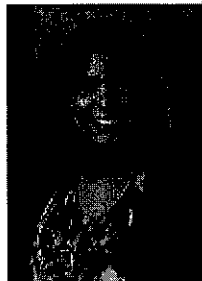


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## Message from the Editor

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*Kelsie Forbush*



For those of you who were able to attend the 2014 International Conference on Eating Disorders (ICED), I hope you enjoyed the annual print edition of the *Forum*. The 2014 ICED provided an engaging array of workshops, paper and poster presentations, and symposia. The conference was located within the bustling Times Square area of New York City, which gave attendees numerous opportunities to catch a Broadway show or dine in "Hell's Kitchen" in between ICED events. If you were not able to attend this year's ICED, you missed a great conference; however, you can still catch up on some of the conference highlights in this issue of the *Forum*.

This issue contains highlights from the 2014 International Conference on Eating Disorders – including a terrific article written by Lauren Muhlheim and Alli Spotts-De Lazzer commemorating the AED's 21st "birthday" video. Cristin Runfola and the Membership Recruitment and Retention Committee provide exciting updates about the 2014 Mentorship Program, which was a major success. Alison Darcy and the Electronic Media Committee (EMC) wrote an update on the new [AED website](#). (If you have not yet taken a look at the new AED website, I encourage you to do so – the EMC did an outstanding job!)

I want to take this opportunity to welcome Jessica Baker as the new Assistant Editor of the *AED Forum*. Jessica will be shadowing me for the next year, and will take over as the Editor of the *Forum* after the 2015 ICED. I am also pleased to welcome Peter Doyle and Sherri Delinsky as the new *Forum* Book Editors. In this issue of the *Forum*, Peter provides a review of a timely new book, titled "Eating Disorders, Addictions and Substance Use Disorders: Research, Clinical and Treatment Perspectives," edited by Timothy Brewerton and Amy Baker Dennis.

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@ku.edu](mailto:kforbush@ku.edu) (please note my new e-mail address, effective starting July 1, 2014). The deadline for submissions to the next issue of the *Forum* is **August 1, 2014**.



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## Greetings from the Executive Director

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*Greg Schultz*

In March 2014, the AED celebrated its 21st birthday at a record-breaking International Conference on Eating Disorders (ICED) in New York City, New York. More than 1,300 eating disorders professionals from 36 countries, gathered to share, network, and learn. We welcomed past attendees, numerous founding members, as well as many new faces. A wonderful [tribute video](#) celebrating the AED's 21st birthday was shown, featuring interviews with several of the AED's founding members. An extended 10-minute version will be available soon.

The scientific content at the conference was robust. There were 196 symposia and 240 posters from 647 abstract submissions. The new AED website was also unveiled in New York. I hope you have had a chance to visit and explore the new look and feel at [www.aedweb.org](http://www.aedweb.org).

It is gratifying to see that our International Conference on Eating Disorders continues to evolve as a unique point-of-connection for the field. Immediately prior to this year's ICED, AED President-Elect, Carolyn Becker, attended a meeting of eating disorders organizations hosted at the National Eating Disorders Association (NEDA) offices. In addition to NEDA and the AED, the meeting included representatives from Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T.), International Association of Eating Disorders Professionals (IAEDP), Eating Disorders Coalition (EDC), and National Association of Anorexia Nervosa and Associated Disorders (ANAD). This coalition of organizations will continue to meet each year in conjunction with the ICED, and will focus on coordinating efforts and joining in cooperative activities in areas of common concern to the eating disorders community. The new AED Board Director for Outreach, Lauren Muhlheim, will serve as the new liaison for this endeavor.

Hearty congratulations to the AED Social Media Committee! The AED was awarded a Silver Award of Distinction from the International Academy of the Visual Arts' Communicator Awards in the category of Online Advertising and Marketing: Social Media. The award was to recognize the AED's effective use of social media in promoting the Weight Stigma Awareness Week. The committee includes co-chairs Bridget Whitlow and Ashley Solomon, members Marci Anderson, Carrie Arnold, Elizabeth Claydon, Sigrun Danielsdottier, Tara Deliberto, Nicholas Hudson-Swogger, M. Joy Jacobs, Tony Paulson, Millie Plotkin, Stacey Rosenfeld, Alli Spotts-De Lazzer, and Evelyn Tribble. Outgoing Board Liaison is Guido Frank and incoming Board Liaison is Kyle DeYoung. Lisa Kamen is the staff liaison.

Have a favorite moment from the ICED? Share with your colleagues on the AED's [Facebook](#) or [Twitter](#) page. Sharing experiences is a great way to stay connected outside of the annual conference. The field has grown tremendously in the past 21

years, and we encourage members to stay engaged and keep our community growing and strong.



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## AED 2014 Award Recipients

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The AED congratulates the following recipients of the Academy's 2014 awards, fellowships, and scholarships:



**AED Lifetime Achievement Award**  
Janet Treasure, FRCPsych, FAED

**AED Meehan/Hartley Award for Public Service and Advocacy**  
Laura Collins, MS

**AED Leadership Award for Clinical, Administrative or Educational Service**  
Richard Kreipe, MD, FAED

**AED Leadership Award in Research**  
James Lock, MD, PhD, FAED and Daniel Le Grange, PhD, FAED

*James Lock receiving the 2014 AED Leadership Award in Research, presented by Rachel Bryant-Waugh.*

### **AED Early Career Investigator Travel Scholarship**

Valentia Cardi, PhD, United Kingdom  
Adrienne Juarascio, PhD, USA  
Jason Lavender, PhD, USA  
Katie Loth, RD, MPH, USA

### **AED Clinician Scholarship**

Gloria Dada Sánchez, MSc, MA, El Salvador  
Maria Isabel Gaete, PhD, Chile  
Louise Karlsson, MSc, Sweden  
Jessica Podkowska, DClinPsych, MSc, Australia  
AED Student Research Grant  
Lindsay Bodell, MS, USA  
Anna Vannucci, MS, USA

### **AED TJ's Fund for Biological Research of Eating Disorders Grant**

Cynthia Bulik, PhD, FAED, USA

### **ANZAED / AED Young Investigator Travel Scholarship**

Lisa Dawson, BA, GradDipSc(Psych), Australia

### **John H. Sayler Memorial Scholarship**

Tiffany Brown, MS, USA  
Sarah Forsberg, PsyD, USA  
Allison Grupski, PhD, USA  
Ali Henderson, MSW, Canada  
Emily Pisetsky, PhD, USA  
Maria Angélica Soto Garay, MS, Chile

**Early Career Investigator Award for Best Paper Published in the *International Journal of Eating Disorders* in 2013**

Jocelyn Lebow, PhD, USA

"The effect of atypical antipsychotic medications in individuals with anorexia nervosa: A systematic review and meta-analysis"

**Outstanding Scientific Contribution Published in the *International Journal of Eating Disorders* in 2013**

Jennifer Wildes, PhD, USA and Marsha Marcus, PhD, FAED, USA

"Incorporating dimensions into the classification of eating disorders: Three models and their implications for research and clinical practice"



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## **AED Student Research Grant Awardees**

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*Debra K. Katzman, AED Awards and Scientific Review Committee Chair*

It is an honor and privilege to be the chair of the AED Awards and Scientific Review Committee. I want to take this opportunity to thank my wonderful committee for their hard work and commitment to the many AED scientific tasks they have participated in over the last year. I would like to welcome Suzanne Mazzeo as Co-Chair of the AED Awards and Scientific Review Committee.

The AED Awards and Scientific Review Committee was pleased to announce the 2014 AED Student Research Grant Awardees at the 2014 International Conference on Eating Disorders (ICED) meeting in New York City. This year's awardees are:

Lindsay Bodell, MS, Florida State University, Tallahassee, Florida, USA

Title of research project: Translational Approach to Understanding Factors Influencing Binge Eating in Women with Bulimia Nervosa

Anna Vannucci, MS, Uniformed Services University of the Health Sciences, Bethesda, MD, USA

Title of research project: Negative-Positive Valence Model of Loss of Control (LOC) Eating in the Natural Environment

Lindsay and Anna were honored during the awards convocation at the ICED. They each received \$1,000 to cover research expenses for these projects. Congratulations to both recipients!

As always, this year's Student Research Grant applications were of very high quality, with innovative ideas and study designs. We look forward to receiving the 2015 applications; all AED student members are encouraged to apply. Application materials will be posted on the AED website ([www.aedweb.org](http://www.aedweb.org)) by **September 2014**.



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## **The AED's 21st Birthday Video**

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*Lauren Muhlheim and Alli Spotts-De Lazzer*

*Photos courtesy of Amy Baker Dennis*

The Academy for Eating Disorders celebrated its 21st birthday this year, 2014, at the International Conference on Eating Disorders (ICED). The conference location, New York, and theme, "Coming of Age as a Global Field," commemorated this significant occasion. Well before the official birth of what we now know as the "AED," the first several International Conferences were also held in New York.

To honor the AED's 21 years of development and contributions to the field, Social Media Committee (SMC) members set out to make a video. Several of the AED founding members allowed committee members to record their thoughts and stories about the AED. The SMC thanks these founders for participating, and helping document the AED's background. The five-minute video premiered at ICED and can be viewed by visiting the AED's website or by clicking [here](#).

We wish we could provide you with all of the interesting information we learned, however, much had to be cut in order to accomplish our brief video. Below are some highlights from the video commemorating the AED's 21st "birthday."



Both the *International Journal of Eating Disorders (IJED)* and the ICED predate the AED by nearly a decade. The *IJED* was founded by Craig Johnson in 1981, and the first ICED was held at the Waldorf-Astoria in New York City, New York in April 1984. Craig Johnson was repeatedly identified as a driving force behind the AED's initial development. In 1993, he spearheaded a

gathering of 30 people from both the United States Editorial Board of the *IJED* and leadership from various eating disorder advocacy organizations in the United States. In a single weekend, the individuals who attended this gathering accomplished an extraordinary amount—they agreed on the organization's name, structure, and elected officers. In other words, the organization we know as the AED was born.

Interviews revealed some less-known AED trivia. First, Susan Wooley held titles of the AED's first President and first Past-President within only a few hours. Second, dance played a unifying role in the early days of the AED; there was a "Dance Society" where AED members would "bond on the dance floor," said Melanie Katzman. Finally, the National Association of Anorexia Nervosa and Associated Disorders (ANAD) played a role in the formation of the AED before the AED existed.



Dr. Timothy Walsh summed up the AED's significance to the field of eating disorders, and it is worth repeating: "I think the single biggest accomplishment of the AED over these years is bringing together, at one place, at one time, leading researchers and outstanding clinicians to think about how to better understand and better treat people with eating disorders. There is no other organization that does this and it is impressively important."

We are grateful and indebted to the AED's founders for having the foresight to develop

the organization that has grown and flourished over the last 21 years.

Stay tuned! A ten-minute video from the SMC is "coming soon!"

**AED's Founding Members:**

Arnold Andersen, M.D.  
Amy Baker Dennis, Ph.D.  
William N. Davis, Ph.D.  
Pat Fallon, Ph.D.  
David M. Garner, Ph.D.  
Leah Graves, R.D., LD  
Katherine A. Halmi, M.D.  
David B. Herzog, M.D.  
Laura Hill, Ph.D.  
Kathy Hotelling, Ph.D.  
James I. Hudson, M.D.  
Craig Johnson, Ph.D.  
Melanie Katzman, Ph.D.  
Walter Kaye, M.D.  
Paula Levine, Ph.D.  
John Levitt, Ph.D.  
Margo Maine, Ph.D.  
Marsha Marcus, Ph.D.  
Vivian Meehan, D.Sc  
Diane Mickley, M.D.  
James E. Mitchell, M.D.  
Stacey Lynn (Steinberg) Nye, Ph.D.  
Pauline S. Powers, M.D.  
Richard L. Pyle, M.D.  
Dan W. Reiff, M.P.H., R.D.  
Patricia Santucci, M.D.  
Charles Schoengrund, Ph.D.  
S. Kenneth Schonberg, M.D.  
Garry Sigman, M.D.  
Catherine Steiner-Adair, Ed.D.  
Ruth Striegel-Moore, Ph.D.  
Michael Strober, Ph.D.  
B. Timothy Walsh, M.D.  
C. Jean Williams, D.M.Sc, R.D.  
Susan C. Wooley, Ph.D.  
Joel Yager, M.D.  
Preston Zucker, M.D.

Additional information about the history of the AED is available in a series of *Forum* articles that Craig Johnson wrote for the AED's 15th birthday in 2008:

Part I. Brief History of the AED: Founding Meeting in 1993

Part II. Reflections on the Founding of the *International Journal of Eating Disorders*

Part III. The Start of the International Conference on Eating Disorders

Part IV. History of the AED – The Tulsa Meeting: The Weekend the Academy for Eating Disorders was Started



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## **Update from the Advocacy and Communications Committee (ACC)**

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*Mary Kaye Lucier and Kristine Vazzano*

The mission of the Advocacy and Communication Committee (ACC) is to "encourage the media to make use of the expertise of AED members on issues of concern to the organization" (Forbush et al., 2009), to advocate for better understanding of eating



disorders, and to improve access to treatment.

The ACC would like to welcome its newest members:

Phillippa Diedrichs  
Christine Peat  
Ted Weltzin  
Adrienne Juarascio  
Norman Kim

The newest members of the committee bring a wealth of knowledge and experience in the area of advocacy, and issues related to the effect of the media on viewers. In the upcoming months, the ACC is planning to utilize the expertise of its newest members and empirical data to develop and support new initiatives that extend advocacy efforts beyond press releases and written campaigns.

The ACC recently released a Request-for-Proposals to conduct a research project investigating the effectiveness of the Medical Care Standards Guidelines. We hope that these results will assist the AED leadership in developing next steps in the dissemination and delivery of the Medical Care Standards Guidelines.

For questions or feedback, please contact ACC co-chairs,  
Kristine Vazzano [kvazzano@mindfullness.com](mailto:kvazzano@mindfullness.com)  
Mary Kaye Lucier [mklucier@gmail.com](mailto:mklucier@gmail.com)

#### References

1. Forbush KT, Fassihi T, Brown H, von Furth, E, and Members of the Advocacy and Communication Committee. New kids on the block – the Advocacy and Communications Committee. Academy for Eating Disorders Forum. 2009; 17 (3).



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## Update from the Electronic Media Committee (EMC)

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*Alison Darcy and the EMC*

### **The launch of the AED's new website**

The AED's Electronic Media Committee (EMC) proudly oversaw the launch of the AED's new website at the ICED meeting in New York City, New York in March 2014. The updated website was under the leadership of EMC co-chairs, Kyle De Young and Angela Celio-Doyle, and involved a huge effort from many of the AED's board and committee members. We want to thank all of the individuals who were involved in the production of the new website. The new, intuitive design is easier to navigate, and includes several new features such as the "Find a Professional" function, which allows one to conduct international clinician searches by area, and the ability to instantly translate the entire website into many languages.

### **Changes to the membership of Electronic Media Committee**

The EMC also said goodbye to some of its longstanding members in April 2014. EMC co-chairs, Angela Celio-Doyle and Kyle De Young, stepped down; Cristin Runfola also came to the end of her term, and Rudy McCormick also stepped down. We are sorry to see them go, and extend our sincere gratitude to Angela, Kyle, Cristin, and Rudy, whose "Trojan efforts" spanned five years. We also extend our congratulations to Kyle, as he takes a place in the AED's leadership as Director for Communication. Kyle and Angela are succeeded by Andrea Hartmann, and we are delighted to welcome to the committee three new members: Suzanne Dooley-Hash, Alexia Spanos, and Piergiuseppe Vinai.





## Update from the Membership Recruitment and Retention Committee (MRRC)

*Cristin Runfola and the MRRC*

It was lovely seeing everyone in New York at the 2014 International Conference on Eating Disorders (ICED). This year's conference was record breaking (from the perspective of the Membership Recruitment and Retention Committee [MRRC]) in a number of ways!

**First, 1357 individuals from 38 different countries attended the ICED** — that is more attendees than any other year! The diversity of attendees was impressive in terms of professional affiliations, disciplines, and countries of representation. We hope to continue to expand the diversity of ICED attendees in the years to come.

**Second, nearly 200 AED members participated in the 2014 Mentorship Program**, and nearly all received one-on-one mentoring. High praise and appreciation for the program was voiced by our members:

- Mentee **Joanna Weise, Counseling Psychology Graduate Student** at the University of Iowa wrote, "The mentor-mentee breakfast at the ICED was invaluable! I had the opportunity to meet and network with some of the field's most renowned researchers and clinicians, and I was able to gain career advice. My assigned mentor was so welcoming. She introduced me to her colleagues throughout the remainder of the conference, and invited me to remain in touch with her in the future. This experience was one of the best aspects of my first ICED."
- Mentor **Jennifer Lundgren, AED Member** and previous MRRC Co-Chair said, "I enjoy participating in the program...I had a wonderful time meeting my mentee, Carly, this year. I enjoyed getting to know her as an individual, and I wish her the best of luck as she pursues her career goals."
- Mentee **Susan Kleiman, Nutrition Graduate Student** at the University of North Carolina Chapel Hill commented, "I had the great fortune of being matched with Leah Graves, FAED, who is a founding member of the AED, and manager of Nutrition Therapy for the Laureate Eating Disorders Program. We had an engaging discussion about cutting-edge nutrition research, and translating research findings into clinical practice. It was very rewarding to share my experience from the 'lab bench' and hear her unique perspective from decades of work in the eating disorders field."



*2014 ICED Mentorship Program Attendees*

Read about the Mentorship Program [HERE](#).

Third, prizes were distributed to our three new Expand Eating Disorders Today (**EAT Initiative**) winners.

- 1st prize (2015 ICED conference registration) went to Jaina Amih for referring Griffin Stout.
- 2nd prize (Intelliquest DVD) went to Michael Berrett for referring Nicole Hawkins.
- 3rd prize (\$100 book gift certificate) went to Kristine Vazzano for referring Anna Pettway.

In other news, the MRRC is saying farewell to Co-Chairs Lauren Muhlheim and Robyn Mehlenbeck, who made invaluable contributions to the MRRC. We are welcoming Marci Gluck and Cristin Runfolo as the new MRRC Co-Chairs, and Lori Lieberman and Kortney Parman as new committee members.



*MRRC Members at the 2014 ICED*




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## Update from the Social Media Committee

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*Millie Plotkin and Carrie Arnold*

At the 2014 International Conference on Eating Disorders (ICED), the Social Media Committee offered an array of activities. We launched the conference with a video to mark the AED's 21st birthday, which featured several of our organization's founders. AED founders were interviewed by SMC members, and Lauren Muhlheim, Alli Spotts-DeLazzer, and Lisa Kamen put many hours of work into editing the video. You can watch the [video](#) online.

On Friday morning, we held our first "Tweet-Up." This provided ICED attendees with a chance to meet members of the SMC, as well as each other. We were able to share our Twitter "handles" and put names (that we often know through our computers) to faces.

Throughout the conference, many members of the SMC live-tweeted from the conference sessions and included links to articles that were referenced by speakers. Some of these links found their way onto our Facebook page. The annual Awards Ceremony was posted live on Facebook, with photos of all the awardees.

The closing Research-Practice Think Tank was live-tweeted by both our committee and members of other organizations (including FEAST and the Diabulimia Helpline), and gave the opportunity for people who could not attend the ICED to participate via Twitter. The "Twitterfall" (a running live list of all tweets with our conference hashtag #ICED2014) was shown on large screens in the ballroom so the whole audience could watch.

The SMC was thrilled to help bring this year's conference to all of the AED members, and we are looking forward to another successful conference next year.




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## Update from the Special Interest Group Oversight Committee (SOC)

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The AED Special Interest Groups (SIGs) continued to flourish at the 2014 ICED in New York City, with a total of 24 SIG Annual Meetings, and a record 10 SIG Discussion Panels, which ranged in topics from "Challenges for Clinicians Providing Evidence-Based Treatment for Adolescents and Children with Eating Disorders" (jointly-sponsored by the Child and Adolescent SIG, Family Based Treatment SIG, and Nutrition SIG) to "The Role of Culture in the Treatment of Eating Disorders: Working with Diverse Populations" (co-sponsored by the Transcultural SIG and Hispano-Latino-Americano Chapter).

Of particular note, the Suicide and Eating Disorders SIG collaborated with the Dialectical Behavior Therapy (DBT) SIG to present a panel titled, "Understanding, Assessing, and Treating Suicidality in Clients with Eating Disorders." The panel addressed the prevalence of suicidality in people with eating disorders, how suicidality among people with eating disorders is often misunderstood and not well-treated. The panel corrected myths related to suicide and eating disorders, provided user-friendly tools for the assessment of acute and chronic suicidality, and presented DBT interventions for chronic suicidality in the eating disorders population. The session was well-attended and created momentum in the area of suicidality and eating disorders. We hope that the ICED momentum will move us forward in the coming year, in which the Suicide and Eating Disorders SIG plans to submit an AED position paper on Suicide and Eating Disorders.

The SIG Oversight Committee looks forward to continued growth of the SIGs over the coming year, and to more exciting meetings and panels at the 2015 ICED in Boston.



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## Update from the Partnership, Chapter and Affiliate Committee (PAC)

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*Ursula Bailer and Annemarie van Elburg, PCAC Co-Chairs*

This issue's column highlights the Partnership, Chapter and Affiliate Committee's (PCAC's) breakfast meeting at the 2014 ICED in New York City, welcomes our most recently joined Chapter (the Nordic Eating Disorder Society), and provides updates regarding the activities of the Eating Disorders Association of Canada (EDAC).

The PCAC continues to grow, and the most recent additions to the "AED family" include the Swedish Eating Disorder Society (SEDS), as a Partner Organization, and the Nordic Eating Disorder Society (NEDS) as PCAC's second Chapter. Twenty-two individuals attended our **special breakfast meeting at the ICED 2014**. There were wide-ranging and lively discussions about the benefits of AED membership and future AED developments, as well as an impressive update on the activities of the individual partner, chapter and affiliate organizations, given by their respective representatives. A special welcome went to ICED Travel Award winners: Karin Waldherr (Austrian Society for Eating Disorders), Lorena Perez (Mexican Association of Eating Disorders Professionals), and Lisa Dawson (Australian and New Zealand Academy for Eating Disorders).

The **Nordic Chapter** comprises the Nordic Eating Disorder Society (NEDS) ([www.neds.nu](http://www.neds.nu)). The NEDS was formed in 1997, and consists of the National Societies for Eating Disorders in Sweden, Denmark, Norway, and Finland. Iceland has an observer status. NEDS' main objective is to develop systematic knowledge about, and improved treatments for, eating disorders. NEDS also provides an opportunity for the development of new professional contacts in Nordic countries. Biannually NEDS organizes a "Nordic Congress." Sweden will host the 10th Nordic Congress of Eating Disorders in Stockholm, Sweden from September 17-19, 2014 ([www.nedsconference.com](http://www.nedsconference.com)).

The **Eating Disorders Association of Canada/Association des Troubles Alimentaires du Canada (EDAC-ATAC)** cordially invites individuals to submit abstracts for the EDAC-ATAC's fourth Biennial Conference, "Innovation and Integration in Eating Disorders," in Vancouver, BC, from October 6-7, 2014. Keynote addresses will be given by Dianne Newmark-Sztainer, who will be speaking about "Body Dissatisfaction and Dieting in Young People: Normative Discontent or Public Health Concern," and Josie Geller, who will be talking about "The Common Elements of Empirically Supported Treatments that may Help Strengthen and Increase Efficacy of all Treatment Approaches." A plenary focused on the National Eating Disorders Clinical Guidelines will also be hosted.

Finally, the **Hispano-Latino-American (HLA) Chapter** invites attendees to their 10th Congress on Eating Disorders to be held in Monterrey, NL, México, from August 19-20, 2014. Further information to submit abstracts will be released in the coming weeks.



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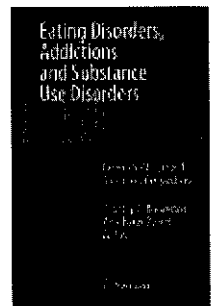
## Book Review Corner

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*Peter Doyle, AED Book Reviewer*

*Eating Disorders, Addictions and Substance Use Disorders: Research, Clinical and Treatment Perspectives*

Edited by Timothy D. Brewerton and Amy Baker Dennis (Springer, 2014, 681 pages)



Substance abuse is often part of the clinical picture for patients with eating disorders, whether clients may be abusing over-the-counter drugs such as diet pills, traditional drugs-of-abuse such as alcohol, marijuana, or "club" drugs, or prescription medications such as insulin or methylphenidate. Despite the significant co-occurrence of eating disorders and substance use disorders (SUDs), these two diagnostic groups are often studied, and treated, in isolation from one another. Stemming from the authors' "surprise and deep frustration" (p. ix) with this state of affairs, AED Fellows Timothy Brewerton and Amy Baker Dennis have collaborated to edit this insightful volume. In so doing, they have woven together a variety of different viewpoints to produce a text that is as useful to eating disorder clinicians as it is to SUDs researchers, and vice versa. Leading experts in both fields lend their considerable talents and insights covering 30 chapters. Throughout, there is a consistent call for integrated services for patients with dual diagnoses, as well as treatment programs and research designs that assess and treat patients who present with these comorbid conditions.

The book is presented in three parts: Research Perspectives, Clinical Perspectives, and Treatment Perspectives. Part I, "Research Perspectives," examines empirical findings related to eating disorders, SUDs, and addictions more broadly. Exploring what the data tell us from animal models to neuroimaging studies to genetics research, this section concludes with a chapter proposing a model for integrating eating disorders and SUDs prevention efforts. This model outlines seven key "lessons" that are important to consider when developing an effective prevention program for co-occurring eating disorders and SUDs.

Part II, "Clinical Perspectives," provides readers with foundational clinical and diagnostic information to better understand the links among eating disorders and SUDs. The wonderful psycho-educational primers that open this section of the book help familiarize readers with both families of disorders, regardless of whether their background is in eating disorders or SUDs. One of the most intriguing chapters of the book examines the controversy surrounding whether to conceptualize eating disorders as addictions. Evidence for (and against) this argument is presented, and while there are data to support understanding eating disorder symptoms within an addiction model, eating disorder behaviors may be more complex, and require treatments that can more

fully capture this complexity. Part II also provides concrete suggestions for the assessment and medical management of these disorders, including comprehensive descriptions of interviewer-based and questionnaire assessment tools for eating disorders and SUDs. The role of negative affect in these disorders is examined and this section identifies ways in which trauma and other addictive behaviors may influence eating disorders and SUDs expression. The section concludes with an interesting discussion of muscle dysmorphia and co-occurring eating disorders and SUDs in males.

The final part of the book, "Treatment Perspectives," explores ways of expanding and adapting current evidence-based treatments to provide integrated treatments that address comorbid eating disorders and SUDs simultaneously. Treatment frames including motivational interviewing, nutrition therapies, cognitive-behavioral models, mindfulness-based approaches, family and couples work, and self-help models are investigated and re-tooled to encompass eating disorders and SUDs. In addition, alternative and adjunctive therapies are discussed, such as hypnosis, acupuncture, massage, light therapy, and spiritual healing. The book concludes with a thought-provoking chapter discussing the complex ethical and legal issues surrounding the use of civil commitment in the treatment of patients for whom the eating disorder and SUD has become life-threatening.

Throughout the text, thoughtful consideration is paid to providing a truly complete picture, and recognizing that while these disorders are too often seen as separate problems, their co-occurrence can, and should, be conceptualized as part of the same clinical picture. This authoritative reference skillfully lays out a framework for incorporating SUD assessment and treatment protocols into eating disorder treatment programs and vice versa, as well as provides specific tools for implementation.

If you are an eating disorder treatment professional without a significant background in substance use disorders (as I am), you will find this a very readable and comprehensive introduction to the substance abuse literature. Whether you are looking to understand theoretical underpinnings, get more up-to-date on the latest empirical research findings, or need concrete tools to use in your treatment delivery, *Eating Disorders, Addictions and Substance Use Disorders: Research, Clinical and Treatment Perspectives* is an essential addition to your library.



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## Update from Beat, UK

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*Susan Ringwood, Chief Executive, Beat*

Beat (a charity based in the United Kingdom that is focused on "beating eating disorders") launched our 25th anniversary, with a call-to-action for people to sign up to our Manifesto with its five action points:

1. End to Stigma
2. More Compassionate Understanding
3. Prevention
4. Prompt Diagnosis
5. Timely, Effective Treatment

More than 350 people have already given us their views and comments. Each one will help us make a difference, and each one reminds us of why we are here. "No one should have to feel the pain I have felt," said one respondent. Another individual commented that, "I am more than my eating disorder." These are powerful words, and we are committed to making them count.

In the year ahead, our work will be driven by our five-point action plan and the commitments we have made to back up our Manifesto. We invite all AED Members to pledge their support for the Beat action plan, and to spread-the-word – both in person and through social media.

Health care systems differ around the globe, but the issues faced by families and their loved one with an eating disorder show remarkable consistency – a need for understanding, for access to treatment that is evidence-based, and for someone to hold with them the hope for recovery.

Twenty-five years is a significant anniversary – it speaks to just how much has needed to be done, and unfortunately, although we are not done yet, I sincerely hope it does not take another 25 years to accomplish the goals set forth in our Manifesto.



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## Upcoming Conferences, Meetings, and Seminars

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**30th Annual Sports, Cardiovascular, and Wellness Nutrition Symposium**  
***Be a Catalyst for Change: Ignite Your Career and Boost Your Knowledge***  
**June 27 – 29, 2014**  
**Sawmill Creek Resort, Huron, Ohio, USA**

Sports, Cardiovascular, and Wellness Nutrition (SCAN), a dietetic practice group of The Academy of Nutrition and Dietetics, is hosting their 30th Annual Symposium. Earn up to 35 hours of Continuing Professional Education (CPE) credits. An Advanced Practice Workshop will have nine hands-on learning stations. Presentations will emphasize career-building strategies, demystifying contracts and compensation, branding, and how to promote yourself. For more information, contact Athan Barkoukis, SCAN Executive Director, a [director@scandpg.org](mailto:director@scandpg.org) or visit [www.scandpg.org](http://www.scandpg.org).

**The National Association for Anorexia Nervosa and Associated Disorders (ANAD) 2014 Event**  
**Conference: Wellness, Not Weight**  
**September 19, 2014, from 8 a.m. to 5 p.m.**  
**Marriott Naperville, Naperville, Illinois, USA**


This conference is designed for healthcare providers or people affected by eating disorders. Be on the "look-out" for registration and session information, which will be posted on our website ([www.anad.org](http://www.anad.org)) by August 1. Contact our Community Organizational Manager at [Donna.Rostamian@anad.org](mailto:Donna.Rostamian@anad.org) with any questions.

**The National Eating Disorders Association (NEDA) Conference**  
**Thinking Big: Uniting Families and Professionals in the Fight Against Eating Disorders**  
**October 16 – 18, 2014**  
**San Antonio, TX, USA**  
[www.nedaconference.org](http://www.nedaconference.org)

The National Eating Disorders Association (NEDA) will be bringing professionals, families, and individuals together in San Antonio, TX – home of the Alamo and famous River Walk – for their annual fall conference! Keynote presenter, Dr. Catherine Steiner-Adair, will explore the ways in which the "Digital Age" presents both challenges and opportunities for cultivating resilience among those vulnerable to eating disorders.

Other general and featured sessions include:

- **Biological Underpinnings: Eating Disorders, Gene-Environment Interactions and the Epigenome**  
by Howard Steiger, PhD
- **Closing the Gap Between Researchers and the Public for Evidence-Based Prevention**  
by Carolyn Becker, PhD, FAED; Dianne Neumark-Sztainer, PhD, MPH, RD; and C. Barr Taylor, MD

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- **Marginalized Voices: Learning from Diverse Perspectives on Eating Disorders**  
Moderated by Ovidio Bermudez, MD, FAAP, FSAHM, FAED, CEDS, FIAEDP
  - **Train Wrecks, Talk Shows, and Power Tools: A Historical Perspective and Future Goals Regarding Media and Eating Disorders**  
by Carolyn Costin, MA, MEd, MFT, FAED, CEDS and Michael Levine, PhD, FAED
  - **An Intensive, Multi-Family Treatment Program for Adolescents with Eating Disorders**  
by Stephanie Knatz, PhD; June Alexander; Kerri Boutelle, PhD; and Roxanne Rockwell, PhD



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## Classified Advertisement

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### **The National Eating Disorders Association (NEDA): Help Us Build a More Comprehensive Referral Database!**

Are you an eating disorder treatment provider? Ensure that patients in your area can find your practice by being listed in the National Eating Disorders Association's referral database and website – free of charge! For more information, please contact Gabe Gavito at [ggavito@nationaleatingdisorders.org](mailto:ggavito@nationaleatingdisorders.org).

