

# {THE AED} Forum



AED ACADEMY FOR  
EATING DISORDERS

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

[www.aedweb.org](http://www.aedweb.org)

Vol. 21, Issue 3

AED Newsletter: 10.1.2013

## Message from the President

*Pamela Keel*



Welcome to another issue of the AED *Forum*! Much has occurred since the last issue, and I'm pleased to provide you with updates on progress towards strategic objectives identified for 2014, including a distribution plan for the Medical Care Guidelines (the "purple brochure"), developed by the Medical Care Standards Task Force, and updating our website.

### Distribution Plan

Among our Strategic Goals, the AED seeks to generate knowledge and integrate collective expertise about eating disorders. The development of the Medical Care Guidelines represents a significant achievement within this broader goal. As a document created by eating disorder professionals for colleagues outside of our field, the guidelines seek to improve recognition of eating disorders and improve early care that is critical to a positive outcome. The AED also aims to provide platforms for the promotion of understanding, sharing of knowledge, and research-practice integration in the field of eating disorders. Up to this point, our approach to distributing the guidelines has relied heavily on the heroic efforts of Mary Beth Krohel, recipient of the 2012 AED Meehan/Hartley Award for Public Service and Advocacy, to receive requests, raise funds, order copies, and send out shipments of the brochures from her garage to all over world. For 2014, we are embarking on new phase, in which the Medical Care Standards Task Force works with the Advocacy and Communications Committee, to develop a distribution plan that can be operated centrally and then applied to other guidelines developed by the AED. The Advocacy and Communications Committee also will introduce strategies to link distribution of the brochure with measurement of the brochure's impact. This initiative represents the best of what the AED strives to achieve in research-practice integration, and this initiative will be the focus of a new fundraising campaign led by the Advisory Board. Historically, we have benefited greatly from the generosity of our members and select donors who are committed to the AED's mission, and these funds have been used to support travel scholarships to the International Conference on Eating Disorders for clinicians and junior investigators, as well as research grants. By turning our attention to how the AED might help those who do not specialize in eating disorders provide better care to their patients with eating disorders, we hope to increase the scope of our fundraising campaign to those who have not yet heard of the AED or what we do. Pending the results of this initiative, we may seek to expand the platforms utilized to share information regarding early recognition and medical management of eating disorders, including the use of our website and downloadable applications for smart phones.

### Website Update

Updating our website is directly relevant to our Strategic Goal of providing platforms for the promotion of understanding, sharing of knowledge, and research-practice integration in the field of eating disorders. Many technological advances have occurred since we last updated our website in 2010, including the ubiquitous use of smart phones to access information from the internet and use of social media. Unlike a paper brochure which must travel a circuitous route to reach its final destination, our website offers a platform that can be accessed by multiple users simultaneously, in real time, around the world. For example, our current website provides access to electronic versions of the Medical Care Guidelines in an increasing number of languages, with each translation representing the work of our volunteers. Looking towards the future of the AED, the Electronic Media Committee developed a list of features that would enhance global engagement among our members and with those seeking help from eating disorder professionals. These features include automatic translation, an interactive database through which members can contact each other, a geomap to accompany our 'Find a Professional' feature, capability of offering on-line courses and webinars, live Twitter/Facebook feed, and a blog on the home page, among other features. After soliciting bids from several vendors, the AED Board of Directors voted unanimously to accept the proposal from SPLtrak to update our website, with the goal of having our new website completed by the 2014 International Conference on Eating Disorders.

As part of our routine business, the AED Board of Directors will have its mid-year board meeting in September. The mid-year board meeting is used to finalize the coming year's budget and to develop priorities for achieving our strategic goals for the following year. Thus, I anticipate having quite a bit to share with the membership in my next Message from the President.

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## Message from the Editor

*Kelsie Forbush*



The last day of summer has passed, and we are now officially in the autumn season. The fall seems to already be in full swing at the AED, with many exciting projects and events underway. This issue of the AED *Forum* describes the wide range of activities in which AED members are currently involved – including progress on the AED's strategic mission, as described by AED President, Pamela Keel; exciting updates to the AED website that are being developed by the Electronic Media Committee; efforts to improve advocacy for eating disorders by the Advocacy and Communication Committee; and excellent advice about how to potentially handle crisis situations that may appear on social media websites.

This issue also includes a review of an excellent new book written by AED Member, Nicole Avena, titled '*Animal Models of Eating Disorders*'. As Jenny Thomas (Forum Book Reviewer) concludes in her review, "*Trust me, you may never look at a rodent the same way again!*"

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](mailto:kforbush@purdue.edu). The deadline for the next issue of the *Forum* is **December 1, 2013**.

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## Greetings from the Executive Director: Looking Ahead to 2013

*Greg Schultz, Executive Director*

The trees outside the AED Chicago office are beginning to show shades of orange and purple. Fall brings a time of renewal and excitement as new initiatives move forward, the 2014 International Conference on Eating Disorders (ICED) continues to gain shape and momentum, and AED committee activity is at an all-time high.

With the close of the 2014 ICED abstract submission period on August 16, 2013, we are excited to report a **record number of abstract submissions**. We encourage you to sign up early when **registration opens on October 14, 2013**.

With a strong program and a meeting situated in vibrant New York at the elegant **Sheraton New York Times Square Hotel**, the 2014 ICED promises to be a special gathering for the eating disorders community. Read more about the keynote speaker, programming, unique opportunities, and more on the [2014 ICED website](#).

In addition to our annual ICED conference, the AED is a proud supporter of other events that advance our mission, including the **Eating Disorders Coalition Lobby Day**, the **Binge Eating Disorder Association's Weight Stigma Awareness Week**, and the **National Eating Disorders Association's Lobby Day**. The AED is committed to improving a responsible, public, and political dialogue that supports eating disorders education, treatment, and research. This important work is accomplished by the AED members, and the constellation of like-minded organizations.

The AED's active social media channels are a key tool for education and awareness. The **AED Social Media Committee** has been busy tweeting, re-tweeting, and posting on Twitter, Facebook, and LinkedIn. We recently held our fourth #AEDChat on "**Food Rules: Eating Disorder Risk or Health Benefit?**" which was a great success.

The AED continues its outreach to frontline communities with an update on **Critical Points for Early Recognition and Medical Risk Management**, otherwise known as the "purple brochure." This is the culmination of much hard work by the AED's **Medical Care Standards Task Force**, which provides critical education for physicians and other medical care professionals in the early detection and medical risk management of eating disorders.

The AED is a worldwide community, and the **AED Hispano Latino American Chapter (HLA)** is a vibrant international force for Spanish-speaking eating disorders professionals, hosting events and creating resources. The HLA will hold its 9th Annual Congress on Eating Disorders in Lima, Peru this November.

**Registration for the ICED 2014 opens October 14.** Watch your e-mail inbox for information and we look forward to seeing you in New York!

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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 threefold. We aim to: encourage the media to make use of AED members' expertise on issues of concern to the organization; advocate for increased awareness and knowledge of eating disorders by medical and mental health providers; and improve access to treatment. Some of our committee's activities include distributing press releases about issues of concern to the AED, responding to media requests for interviews on breaking stories, serving as a liaison to AED members, and working with AED Special Interest Groups (SIGs) and committees to assist in disseminating their work to the public. In keeping with our mission, the ACC has been working hard on a variety of projects, which include:

- **Advocacy Guidelines** - These guidelines are intended to be used by professionals and the general public to provide information about the purpose of advocacy, as well as to provide practical guidelines about how to advocate on behalf of those with eating disorders. The guidelines will be posted on the AED's website, along with a listing of advocacy activities and resources in different countries.
- **Lobby Day Participation in the United States** - Leslie Murray and Deb Mangham have led efforts with the ACC to recruit AED members to participate in Lobby Day activities on Capitol Hill this fall, with both the National Eating Disorders Association and the Eating Disorders Coalition.
- **Weight Stigma Awareness Week Participation** - The AED has joined the Binge Eating Disorder Association in supporting 'Weight Stigma Awareness Week', which will highlight problems associated with weight stigma, and provide information about what can be done to counter such beliefs.
- **Press Releases** - Recent press releases reflecting the AED's concern over The Boy Scouts of America's new fitness guidelines, as well as 'weight-ism' statements made by Abercrombie's CEO, can be accessed in the [Press Release](#) section of the website.

The ACC Committee is comprised of the following members:

Deb Michel (Co-Chair): [dmichel@woodlandsedc.com](mailto:dmichel@woodlandsedc.com)  
Kristine Vazzano (Co-Chair): [kvazzano@mindfullness.com](mailto:kvazzano@mindfullness.com)  
Joy Jacobs: [joy@drjoyjacobs.com](mailto:joy@drjoyjacobs.com)  
Isabel Krug: [isabel\\_krug80@hotmail.com](mailto:isabel_krug80@hotmail.com)  
Deborah Mangham: [Deborah.Mangham@parknicollet.com](mailto:Deborah.Mangham@parknicollet.com)  
Leslie Murray: [lesliemurraymd@gmail.com](mailto:lesliemurraymd@gmail.com)  
Mary Kaye Lucier: [mklucier@gmail.com](mailto:mklucier@gmail.com)  
Stephanie Cassin: [stephanie.cassin@psych.ryerson.ca](mailto:stephanie.cassin@psych.ryerson.ca)  
Kathleen Pye: [Kathleen.Pye@unb.ca](mailto:Kathleen.Pye@unb.ca)  
Jenny Conviser: [j-conviser@northwestern.edu](mailto:j-conviser@northwestern.edu)  
Susan Albers: [susanmariealbers@hotmail.com](mailto:susanmariealbers@hotmail.com)

We welcome your feedback. Please contact Deborah Michel and Kristine Vazzano, ACC co-chairs with any thoughts or ideas for future committee endeavors.

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## Electronic Media Committee Update

*Megan Jones, and the EMC*

The AED's Electronic Media Committee (EMC) is in the midst of several exciting projects involving the future of AED's electronic resources, including: a website overhaul, CE credit opportunities, and online learning for members.

### Website Updates

The EMC has been diligently working on a revision of the AED website. We encourage members to visit the site and send us feedback about the website content, navigation, aesthetics, and functions. We are excited to highlight a few important website features that are available now!

- **Events Calendar**

Does your organization have an upcoming meeting or conference? Submit your event online and, if approved by AED, it will appear on the calendar.

- **Career Center**

The AED Career Center is a full-service online resource dedicated exclusively to the eating disorders field. Visit the site today to find or fill a position!

- **Earn CE credit for reading International Journal of Eating Disorders (IJED) articles**

Did you know you can earn CE credit for reading *IJED* articles? Visit the "Conference and Education" section on the AED website to learn more about which *IJED* articles are approved for CE credit.

### New Projects

The AED EMC has also initiated work to explore the use of online learning platforms for clinical training. The EMC is currently evaluating options for using this innovative technology to best meet members' needs within the AED mission.

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## Membership Recruitment and Retention Committee (MRRC) Update – It's Time to Renew!

*Julie Bowman, Ellie Vyver, Joanna Marino, Cristin Runfola, and the MRRC*

**It is time to renew your membership in the AED, or to consider becoming a member for the first time!** If you are already a member, we hope that you are taking advantage of the AED's many member benefits. Beyond enjoying a significant discount to our annual flagship meeting, the International Conference on Eating Disorders (ICED), here are three benefits our members cite as important:

1. Subscription and online access to the International Journal of Eating Disorders (IJED)
2. Participation in the AED email listservs and networking sites such as Linked In, Twitter, and Facebook
3. A plethora of opportunities to participate in one of the AED's variety of task forces and committees, which help shape the direction of our Academy.

We asked an AED member to share why she values her membership in AED. Here is what Julie Bowman, a Registered Dietitian, and the Director of Nutrition Services at Potomac Behavioral Solutions, has to say about the benefits of membership for dietitians and nutritionists:

*"One of the most worthwhile aspects of membership is using the AED listserv. The listserv is a forum to inquire, discuss, and consult with professionals in a variety of disciplines. AED members are able to access a keyword search of archived conversations to learn more about referral sources, medical complications, emerging research, and nutritional recommendations. This listserv provides expert advice at the 'tip of your fingers' to help dietitians provide optimal care to patients.*

*AED members are also able to access IJED articles that have been helpful in explaining and supporting the evidence-based approach many patients desire in their treatment.*

*Marketing opportunities are also available, since membership includes listing your name and contact information in the 'ED Professionals' section of the website. For newly trained dietitians, or those looking for internships, the AED Career Center can provide leads for opportunities to gain specialized training experience."*

In addition to the abovementioned benefits, exclusive opportunities for networking and collaboration are only available to members. For example, the AED hosts an annual mentorship program at the ICED where AED members can receive one-on-one mentorship from a seasoned professional in our field.

If you are not yet a member, or you have yet to explore these key benefits, we encourage you to visit the [AED website](#) today to learn more.

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## **Social Media Committee Update: What To Do When Someone on Social Media is in Crisis**

*Bridget Whitlow, Lauren Muhlheim, and the SMC*

Social media sites are great ways to make connections with colleagues, but what do you do when you come across a post that is cause for concern? In a recent study by Scottye Cash at The Ohio State University, results showed that teenagers often first reach out to someone they know when depressed. However, the second most common way adolescents convey their distress is by texting or posting to a social media site (1). With an average of 58 million tweets per day alone, there are numerous ways crisis situations can arise. Based on our experience with social media (both individually and in working on the SMC) and extensive review of the literature, we have developed some ideas about some steps that you may wish to consider in the event of a crisis that is reported on a social media site:

- 1. Think before you respond.**

Social media moves fast. Take a moment to think through the outcomes of your potential responses.

- 2. Determine if the person is in a life-threatening crisis.**

If there is no identifying information listed, you can still provide the individual with crisis-prevention resources (e.g., National Suicide Prevention Lifeline and National Eating Disorders Association's Support Line) and alert the [Safety Teams](#) on the various sites. If there is identifying information, then you may want to

reach out to an authority in the area (e.g., a local Crisis Team) to do an in-person risk assessment.

3. **Consult colleagues on your responses and get feedback.**
4. **Keep in mind that you are not a member of this person's treatment team.**

This is a new and evolving issue, and these are only a few of our personal suggestions for addressing a complex, and multifaceted problem. In the event of an actual emergency, you must use your own professional and ethical judgment to decide upon the best course of action. The AED social media committee invites your thoughts and advice. Please email us at [bridget.whitlow@gmail.com](mailto:bridget.whitlow@gmail.com). For more information on using social media, please visit [AED's Social Media Tips](#).

#### References

1. Cash SJ, Thelwall M, Peck SN, Ferrell JZ, Bridge JA. Adolescent suicide statements on MySpace. *Cyberpsychol Behav Soc Netw* 2013; 16: 166-74.

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

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

This *Forum* column highlights a recent conference in Australia, and provides updates on the activities of the Hispano Latino American Chapter:

### **The Australian and New Zealand Academy for Eating Disorders Conference**

The Australian and New Zealand Academy for Eating Disorders (ANZAED) held an extremely successful three-day conference in Melbourne, Australia in August, 2013, at which over 400 people attended. Professor Debbie Franko delivered a warm message from ANZAED's Sister, the AED. Highlights included keynote addresses by Susie Orbach ("*The Politics of the Body and the Body Politic*") and Professor Joe Proietto ("*Why is it so Difficult to Maintain Weight Loss?*"), an exciting plenary session, titled "I-Tools and the Internet," and a thought-provoking case panel discussion by Susie Orbach (Psychoanalytic), Carolyn Costin (Client-Centered) and Anthea Fursland (Cognitive-Behavior Therapy for Eating Disorders). The case panel discussion explored the speakers' different (and similar) approaches to therapy with a young woman suffering from anorexia nervosa. The ANZAED's next conference will be in Freemantle, Western Australia in 2014.

### **Hispano Latino American Chapter Updates**

On November 28-30, 2013, the Hispanic and Latino American (HLA) Chapter will hold their [HLA Congress and the first Peruvian Conference on EDs](#) in Surco de Lima, Perú. The Peruvian conference is under the leadership of Nelly Canción Suárez, who is preparing a very interesting program, and approximately 400 people are expected to attend. The HLA Chapter is a very active, multidisciplinary group, formed by members of the AED, which brings together the Spanish and Portuguese speaking areas of the world to work together towards education, awareness, research, and collaboration in clinical and academic efforts in field of eating disorders. The HLA Chapter had sponsored eight annual congresses and several regional conferences. The HLA Chapter was the first Chapter formed within the AED,

and belongs to the Membership and Global Capacity Building Portfolio through the AED's SCAC.

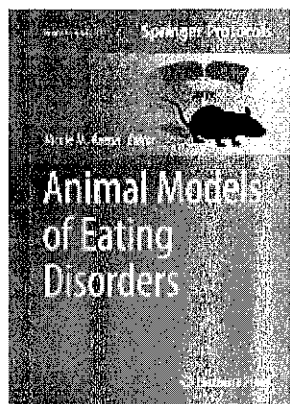
The HLA Chapter has a tri-annual newsletter, a listserv, and professional training opportunities for Latin-American colleagues, and functions as an advisor for eating disorder-related national strategies in Latin-America. Moreover, the HLA Chapter and the Mexican Association of Eating Disorder Professionals jointly co-sponsor the *Mexican Journal on Eating Disorders*.

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## Book Review Corner: Animal Models of Eating Disorders

Jennifer Thomas



***Animal Models of Eating Disorders*** (Neuromethods Series Book #74)

Edited by Nicole M. Avena, Ph.D. (Humana Press, 2013, 395 pages)

At this very moment, mice, rats, and bonobos across the globe are bingeing on vanilla frosting, milk chocolate, and Oreo cookies in the name of science. In her new book, *Animal Models of Eating Disorders*, neuroscientist Nicole Avena shows us why this research is important by inviting us for a rare peek “behind feeding laboratory doors.”

Perfect for the aspiring neuroscience student, the practitioner with a penchant for cutting-edge psychoeducation, or the clinical scientist hoping to identify collaborators for bench-to-bedside research, *Animal Models* reviews seminal laboratory methodologies for inducing food refusal, binge eating, and compulsive exercise across multiple species. Part I, entitled “Binge Eating, Bulimia, and Hedonic Overeating,” is approximately twice as long as Part II, entitled “Anorexia and Undereating,” reflecting the field’s greater advances in animal models of eating too much.

Although the book is somewhat technical at times, Avena includes many helpful features that enhance accessibility for those unfamiliar with animal models of eating disorders. Clear diagrams and color photographs illustrate conceptual paradigms, while stand-alone boxes walk readers step-by-step through experimental procedures. Each chapter features an introduction (Why do we conduct this type of experiment?); method (How do we conduct it?); and discussion (What are the strengths and limitations of the method, and what conclusions can be drawn?).

*Animal Models* includes many standout chapters written by luminaries in the field—including many AED members. Three chapters that I found especially captivating (and clinically relevant) were those covering activity-based anorexia, a sham-feeding model of bulimia nervosa, and the development of binge eating in binge-prone rats (these chapters are reviewed below).

### **Animal Model of Anorexia Nervosa**

In the 50-year-old activity-based anorexia (ABA) paradigm, rats who are fed a restricted diet and then given free access to a running wheel may starve themselves to death. Dr. Nicole Barbarich-Marsteller provides a helpful update on contemporary ABA research, sharing the methodology of her National Institute of Health-funded study to determine why adolescent rats are more vulnerable than adult rats to ABA, mirroring the human epidemiology of anorexia nervosa. “In our laboratory, adolescent female rats typically run 2-4 [kilometers] per day when given ad libitum access to food. Once restricted food access begins, a sharp increase in hyperactivity can be seen within 28-48 [hours], with animals in the [ABA] group running an average of 10 [kilometers] per day by the fourth day of restricted food access” (p. 287).



### **Animal Model of Bulimia Nervosa**

Given that the average rat does not binge or purge, it might seem nearly impossible to create an animal model of bulimia nervosa. Enter the very creative Drs. Diane A. Klein and Gerard P. Smith, who explained the process of sham feeding.

In the sham-feeding paradigm, rats undergo surgery to create a gastric fistula—in other words—a tube which allows food to drain from the stomach after it is consumed. According to the authors, “the critical fact about [sham feeding] is that under a wide variety of deprivation and experimental conditions, and with many different liquid foods, rats eat larger meals when they are [sham-fed] than when they are [normally fed]. “In fact, when rats are given a palatable liquid food after overnight deprivation, they eat for hours with only short pauses between episodes of [sham feeding]” (p. 159-160). As the investigators point out, these data support the reciprocal link between bingeing and purging theorized in the cognitive-behavioral model of bulimia nervosa in humans. Indeed, in Klein’s modified sham feeding paradigm, women with bulimia nervosa who are asked to sip and then spit out aspartame-sweetened solutions consume more solution than do healthy controls.

### **Animal Models of Binge Eating Disorder**

Although we do not know why some people are vulnerable to binge eating whereas others seem immune, Dr. Mary Boggiano’s research on binge-eating-prone (BEP) versus binge-eating-resistant (BER) rats may provide important clues. In the BEP/BER paradigm, rats are given intermittent access to palatable foods (think “doublestuff” Oreo cookies). Approximately one-third consume very large amounts (BEPs), another third consume very small amounts (BERs), and a final third consume somewhere in between. Consistent with the view of dieting as a key risk factor and maintenance mechanism for binge eating, Dr. Boggiano remarks that “the intermittency of [palatable food] in this model is integral. If instead, rats are allowed daily access [palatable food] and chow, the model is compromised because over time (within two weeks) the intake of BEPs and BERs becomes comparable. This is due to an eventual decrease in [palatable food] intake among the BEPs” (p. 21).

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In summary, *Animal Models of Eating Disorders* is an interesting and surprisingly clinically relevant read. Trust me, you may never look at a rodent the same way again!

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

*Leah Dean, Executive Director*



The membership of Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T.) has grown to nearly 3,000, and these families, clinicians, patients, and organizations hail from more than 40 countries. We are thrilled to be reaching a truly international audience as we continue our mission to support and empower caregivers around the world. The hugely successful ‘*At Home with Eating Disorders Conference*’ in Brisbane, Australia in May, co-hosted by our Australian task force, is just one example of our far-reaching assistance to families worldwide. The F.E.A.S.T. Board of Directors recently welcomed a new member from New Zealand. The board has also given the “go ahead” for a new Association Management Platform, and has approved plans for a 3rd Annual

Conference to be held in Dallas, Texas (USA). The conference will take place on Friday, January 31 through Saturday, February 1, 2014, so please mark your calendars!

F.E.A.S.T.'s recently appointed Executive Director, Leah Dean, and Policy Director, Laura Collins have represented F.E.A.S.T. at several conferences and events this year, including: the National Institute of Mental Health Alliance for Research Progress, the 2013 International Conference on Eating Disorders (ICED), and the conference at the University of California San Diego in February, 2013. In addition, our exhibit booth at the 2013 ICED in Montréal was staffed by two of our Canadian task force volunteers. Please check out our website at [www.feast-ed.org](http://www.feast-ed.org) for new content including updated Board of Director profiles, a new printable F.E.A.S.T. brochure, a report on F.E.A.S.T.'s History and Finances, our April 2013 Member Newsletter, speaker videos from our 2012 Conference in Alexandria, Virginia (USA), and the article: "The Term 'Brain Disorder': A Compass or a Map?," by Laura Collins, which was recently published in the journal *Advances in Eating Disorders: Theory, Research and Practice*, Vol. 1, 2013.

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## National Eating Disorders Association (NEDA) Update

*Rosanna Catapano, ANAD Newsletter Editor/Coordinator*



NEDA is gearing up for the annual NEDA Conference for families and professionals, which will be held in Washington, DC, on October 10-12, 2013. The theme of the conference is "*Of Monumental Importance: Directing the National Spotlight on Prevention, Treatment, Research and Policy*." The keynote speaker will be Dr. Thomas Insel, Director of the National Institute of Mental Health (NIMH), who will present information on the latest research on eating disorders, and its impact on our field. NEDA has also joined with the AED and the International Association of Eating Disorder Professionals (IAEDP) Foundation to organize a Federal Lobby Day for eating disorders on October 10, 2013. Over 200 activists and 14 organizations are already registered to provide education to members of Congress and push for important legislation. Learn more at [www.nedaconference.org](http://www.nedaconference.org).

The Federal Lobby Day comes on the heels of an important legislative victory for our Solutions Through Advocacy and Reform (STAR) program advocates in Missouri, where the state legislature authorized an actuarial study on the costs of eating disorder insurance reform. This study is a crucial step in the pursuit of insurance reform, as statistical analysis is required before a coverage mandate can be implemented. This victory also paves the way for other states to implement similar initiatives. If you are interested in taking part in advocacy with the STAR Program, email [star@myneda.org](mailto:star@myneda.org).

Finally, NEDA has 24 walks scheduled across the country this fall—from New York City, New York (on October 6, 2013) to Austin, Texas (on November 9, 2013). These walks raise awareness about the dangers associated with eating disorders, and the need for early intervention and treatment. To find a NEDA walk in your area, visit [www.nationaleatingdisorders.org/neda-walks](http://www.nationaleatingdisorders.org/neda-walks).

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## Member News: New ED Treatment App

### New 'App' for Eating Disorder Treatment Practitioners

Recovery Record has launched the *first mobile platform dedicated to eating disorder treatment*. Practitioners can now access patient data via their own iPhone and iPad 'app', enabling data-driven clinical decisions and evaluation of treatment effectiveness. To learn more, click [here](#).

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### Study Ad: Research study about clinicians' weighing practices

We invite you to participate in a 10-minute online survey to identify clinicians' practices regarding weighing clients with an eating disorder. We hope this will be useful to the AED's membership because no empirical research characterizing clinicians' weighing practices for clients with eating disorders currently exist.

To participate, you must be age 18 or older and regularly treat individuals with eating disorders. All professional disciplines are eligible to participate. The study will involve completing questions about your weighing practices with your clients and will take approximately 10 minutes to complete. Although no compensation will be provided, we plan to publish the results of the study and we will share our results with you through the AED's listserv. Your responses will be anonymous and kept confidential.

If you are interested in participating, please click on our secure, [online survey](#). If you have any questions about this research, please contact us at [eatstudy@purdue.edu](mailto:eatstudy@purdue.edu).

Thank you for your potential participation.

Kelsie Forbush, Ph.D., and Jon Richardson, Psy.D., Principal Investigators

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## Upcoming Conferences, Meetings, and Seminars

**Register Now: The 23rd Annual Renfrew Center Foundation Conference for Professionals**

Conference: *Feminist Perspectives and Beyond: Integrated Approaches to the Complexity of Eating Disorders*

Date: November 8-10, 2013

Location: Philadelphia, PA (USA)

**Keynote Speakers:**

Judith Banker, Margo Maine, Kathleen Pike, Howard Steiger, Bryan Lask, and *New York Times* Best-Selling Author, Jennifer Weiner (author of *'The F Word: On Growing up Big, Speaking out Loud, and Raising Betty Friedan Girls in a Britney Spears World'*).

Please visit [www.renfrewcenter.com](http://www.renfrewcenter.com) or contact Debbie Lucker at 1-877-367-3383 or [dlucker@renfrewcenter.com](mailto:dlucker@renfrewcenter.com) for information on the program and continuing education.

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***Save the Date: The National Eating Disorders Association Conference and Federal Lobby Day***

Conference: *Of Monumental Importance: Directing the National Spotlight on Prevention, Treatment, Research, & Policy*

Date: October 10-12, 2013

Location: Hyatt Regency Washington on Capitol Hill in Washington, D.C.

**Keynote/Invited Speakers:**

Thomas Insel, Rebecca Puhl, Ted Weltzin, and Tim Freason

National Eating Disorders Association's (NEDA's) Conference will feature Keynote Speaker Dr. Thomas Insel. General Sessions will include insights from a diverse group of speakers on The Family Panel; research and policy implications regarding the relationship between weight stigma and eating disorder development and treatment; body dysmorphic disorder; and unique factors in the development and treatment of eating disorders among males. Please join us as we assemble on Capitol Hill for an important Federal Lobby Day.

For more information on registration, exhibiting and sponsorship visit [www.nedaconference.org](http://www.nedaconference.org).

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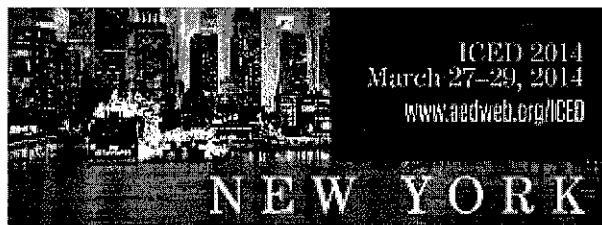
***Save the Date: Training Institute for Child and Adolescent Eating Disorders***

Workshop: *Treatment of Bulimia Nervosa in Adolescents*

Date: Saturday, November 9, 2013 from 9 a.m. to 5 p.m.

Location: Stanford University in Palo Alto, California

This workshop will be provided by Jim Lock, MD, PhD and Daniel Le Grange, PhD. For more details, go to [www.train2treat4ed.com](http://www.train2treat4ed.com). The cost of this training will be \$540 and includes breakfast and lunch. The student fee is \$280 and includes breakfast and lunch (discount available only for CURRENT enrolled students).



***Save the Date: International Conference on Eating Disorders (ICED)***

Registration opens: October 14, 2013

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