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{THE AED} Forum

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



www.aedweb.org

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Running up that hill

There are some things that a president of the AED should not do. I did this one on a whim. Just before I took on the role, I decided to open a folder for presidency-related emails only. I cannot stress too strongly what a bad idea that was. So, here I am, five months into my thirteen, and I checked the number of emails that I have received since day one. Let us just say that it is not a small number. It is more the sort of number that requires a long, hot bath to get over. The odd thing is that it was a complete surprise – I would not have said that I had been that busy. So what have I been doing with my time, and why is it threatening to fill the Internet to capacity? It has been a combination of the mundane (but important) and the exciting. The exciting stuff is more fun to tell you about...

First, we are preparing for the International Conference on Eating Disorders (ICED) in Boston in April 2015, courtesy of Bryn Austin, Anthea Fursland, Jenny Thomas, and the rest of the hard-working Scientific Committee. I hope that everyone responded to the call-for-submissions that has gone out (the deadline was September 2nd). My personal plea for the future is that everyone should consider submitting papers, posters, or workshops in 2016 (San Francisco) and 2017 (Prague). As I have said in the past, we need new ideas as well as continuity and development of the proven ones, and it is the next generation of clinicians and researchers who will have to come up with those ideas.

If you are new to this, then a poster is a good start. And, if you are more senior, then please encourage your junior colleagues to give it a go. I remember the first time that I presented at an ICED, back in New York, many years ago. It was scary, and all I knew was that there were some very big names sitting in on the session. Fainting was a very real option. What I learned that day was that even the biggest names could be fantastically attentive, helping junior colleagues along in ways that are courteous and encouraging. So get submitting, one and all. If you are planning to be at ICED for the first time in Boston, then make sure that you sign up for the mentoring system, where

you can pick the brains of those who have been around for a while and who are happy to share their advice.

Second, the AED has continued to develop. We will soon be setting up the first of our educational webinars. These will be running live, and then we aim to put them on the website for those who cannot make it on the day of the webinar. This initiative is part of our drive to use new means of providing a service to our members. The AED has an increasing number of members (1689 as I write, compared with 1604 at the same time last year, and 1263 five years ago). Our members are based in 49 countries. However, we still need to reach out to some huge parts of the world if we really want to call the AED a global organization – for example, we currently have only three members in the whole of Africa. We hope that the webinars will make the AED more useful and attractive to one and all. Having said that, I continue on my dinosaur-like path of probably being the last AED president who never uses Facebook or Twitter.

The various committees do most of the visible work of the AED, and I am grateful to them all for making my life easier. It frees up the Executive Committee and the Board of Directors to focus on the back room stuff that means that the AED remains healthy and stable. For example, this year we are doing some important work on transitioning management companies, following a rigorous option appraisal process. The Finance Committee and Advisory Board continue their invaluable work of ensuring our financial stability and advising on direction. All of this is important work that goes on largely out of sight of the membership, but I want to acknowledge all the effort involved.

So what makes up the rest of my email pile? On being asked what kept him busy, British Prime Minister Harold Macmillan is famously (mis)quoted as saying: "Events, dear boy, events." If only we could keep all those events at bay...I do have another way of keeping track of my workload, but I think I will save that for my welcome speech in Boston. It is rather visual.

Finally, I want to draw your attention to the article elsewhere in this edition of the *Forum*, remembering the contribution on Albert (Mickey) Stunkard. He won the AED Lifetime Achievement Award in 1995, but did not take that as any sort of sign that he should stop achieving. A fine example to us all.



Message from the Editor

Kelsie Forbush



Fall is just around the corner, and the excitement generated at last

year's International Conference on Eating Disorders has continued to inspire the AED membership. This issue of the AED *Forum* provides updates regarding the many activities in which AED members are involved, including new educational webinars, as described by AED President Glenn Waller; the launch of a newly created special interest group (SIG) that is described in the article by the SIG Oversight Committee; and ongoing efforts to raise funds for "Charlotte's Helix" by Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T.). Having trouble understanding how to become involved in all of the social media opportunities that the AED provides? If so, I encourage you to read the article written by the Social Media Committee, who will be answering AED members' questions related to social media use.

This issue also includes a review of two wonderful new books written by AED

Members. The books are: *Your Body is Awesome: Body Respect for Children* by Sigrún Danielsdóttir and *Can I Tell You About Eating Disorders?* by Bryan Lask and Lucy Watson. The books are geared toward a younger audience, and Sherrie Delinsky (*Forum* Book Reviewer) noted that among her younger “test readers” (i.e., her children), these books were very well received.

Finally, as many of you are aware, the field of eating disorders recently lost a major figure. Kelly Allison and Jennifer Lundgren have written a touching article honoring the life and legacy of Albert (Mickey) Stunkard, which I encourage everyone to read.

Please submit articles, letters, and announcements for the next issue of the *Forum* to kforbush@ku.edu (please note my new e-mail address). The deadline for submissions to the next issue of the *Forum* is November 1, 2014.



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

AED Provides Valuable Benefits to Student Members

Joanna Marino and Diana L. Gaydusek

AED membership has a variety of perks for students and professionals. These perks include opportunities for networking, connecting with experts in the field, identifying and securing internship and postdoctoral positions, gaining new knowledge, and learning about research development opportunities.

- **The AED listserv, “twitter chats,” and AED conferences** connect students to experts in the field who disseminate treatment and share knowledge.
- **The Student and New Investigator Special Interest Groups (SIGs)** provide a forum for student members to interact with one another, collaborate, and offer guidance pertaining to internship and postdoctoral opportunities and interviews. These SIGs provide opportunities for students to meet representatives from clinical fields, academic research, and/or industry who have training positions or jobs available.
- **Discounted registration for the International Conference on Eating Disorders (ICED) and AED-sponsored educational conferences, webinars, and training seminars** are also invaluable ways to increase training, knowledge, and experiences on your curriculum vitae.
- Participation in the **ICED Mentorship Program** enables students to receive 1:1 mentoring from seasoned professionals.
- **Grant funding** is available to support student research.
- The opportunity to **present research at the ICED** helps students share their work with others and, ultimately, to land an American Psychological Association accredited internship or postdoctoral position.

Upcoming perks:

- Student and SIGs “Meet and Greet” social at the 2015 ICED conference.
- Internship/postdoctoral dataset accessible on the website.

The AED’s Membership Recruitment and Retention Committee (MRRC) has recently been pursuing efforts to incentivize student and early career professionals to join the organization. Have ideas? Email jmarino@pbshealthcare.com.



MRRC Member Spotlight: Jane Cooper

Cristin Runfolo



AED members are involved in incredible work that fosters the growth of the eating disorders field. However, we often only hear about a select minority of AED members (e.g., the highly published). Rarely do we have the opportunity to get to know those in the "background" who are also working tirelessly to move our field forward. Our aim is to bring them out of the shadows and into the spotlight with the hope that doing so may help spark new collaborations. Here, we introduce you to a **new AED member, Jane Cooper, Clinical Psychology Doctoral Candidate at Flinders University in Adelaide, South Australia.**

What are your professional interests?

I am interested in identifying factors that contribute to the maintenance of eating disorders. I plan to investigate possible links between emotion regulation, memory and interpretation biases, and eating disorders, and to evaluate a bias modification program in this population.

Why did you join the AED?

I really wanted to expand my professional networks, keep up-to-date with current research, and stay in touch and share information with those who share my passion for education, research, treatment, and prevention. It is also great to hear about what clinicians are experiencing with their clients day-to-day, which will help me become a better clinician in the future.

How would you like to contribute to the AED's vision and mission?

I hope to produce research that is informative, useful, and contributes to the existing knowledge of eating disorders. I am looking forward to making new contacts and the 2015 International Conference on Eating Disorders in Boston!



Update from the SIGs

Alan Duffy and the Special Interest Group (SIG) Oversight Committee

The Genes and Environment (GxE) SIG celebrated its second year of existence at the International Conference on Eating Disorders (ICED) in New York. Jessica Baker came on board as a new SIG Co-Chair. Melissa Munn-Chernoff, who was instrumental in developing the GxE SIG, will be stepping down as Co-Chair next year, so the GxE SIG will be seeking a new Co-Chair to begin his/her appointment after the 2015 ICED.

To enhance communications with SIG members outside of the annual ICED meeting, the GxE SIG has joined Twitter at [@GxE_AEDSIG](https://twitter.com/GxE_AEDSIG). The SIG will use Twitter as a means to stay connected with our members and to share topics of interest such as new research study findings, accomplishments of our members, and information about up-and-coming research projects.

The Neuroimaging SIG is hoping to increase communication about new research findings with short summaries sent out in digest form every couple of months via the Neuroimaging SIG listserv. Please send information about any new neuroimaging publications to the Neuroimaging SIG Co-Chair Cara Bohon (cbohon@stanford.edu). To ensure that you will receive the research digests, be sure that you are a member of the Neuroimaging SIG listserv.

The SIG Oversight Committee would like to remind all members that you can join a SIG listserv by going to the AED Members tab of the AED website, then selecting "Join a SIG Listserv."



Update from the Social Media Committee (SMC):

Dear AED SMC...Call for Questions!

Bridget Whitlow and Ashley Solomon, Social Media Committee Co-Chairs

As this year's "Tweet-Up" from the 2014 International Conference on Eating Disorders (ICED) is fading, and we are preparing for the next social media gathering at the ICED 2015 in Boston, the Social Media Committee is curious about what questions the AED's members have on their mind. We plan to take questions each month on matters such as, "Why tweet?," "How do I carve out time for Facebook," and/or "What is social media?" We are very much looking forward to hearing from you! Please submit your questions to us at bridget.whitlow@gmail.com and ashleysolomon@gmail.com. See you on-screen!



Update from the Partnership, Chapter and Affiliate Committee (PCAC)

Ursula Bailer and Annemarie van Elburg, PCAC Co-Chairs

This article in the *Forum* highlights an upcoming conference and the Partnership, Chapter and Affiliate Committee's (PCAC's) panel discussion in Austria organized by the Austrian Society on Eating Disorders, and select conference announcements.

The Austrian Society on Eating Disorders (ASED) is pleased to announce the 22nd International Conference, Eating Disorders Alpbach 2014, which will be held from October 16 - 18, 2014, in Alpbach, Tyrol, Austria. Keynote speakers will include Gerard J. Butcher (Dublin, Ireland), "The Biology vs. Sociology Debate in Eating Disorders: Implications for the Clinical Practitioner," and Megan Jones (Stanford, USA), "Harnessing Technology to Improve Eating Disorders Prevention and Treatment." Both keynote speakers will also give workshops during the Teaching Day on October 16, 2014, on prevention, communication issues in eating disorder treatment, and body image.

For the second time, the ASED will also host a PCAC panel discussion (chaired by Ursula Bailer) with current members of the PCAC: Lars Wöckel, Expert Network Eating Disorders (Switzerland), Radosław Rogoza, Polish Center for Eating Disorders (Poland) as well as members of partner organizations, Andreas Karwautz, ASED (Austria). Brief presentations about the respective Partner Organizations as well as

PCAC's mission and goals will be given. The Panel Discussion will be open to all conference participants.

The **Expert Network Eating Disorders Switzerland (ENES)** is pleased to announce its Sixth National Meeting: *Eating Disorders and Family* taking place on November 14, 2014, in Bern, Switzerland. Keynote Speakers will be Janet Treasure ("Working with Carers of People with Eating Disorders across the Age Range: Theory and Evidence"), Manfred Cierpka ("Feeding Disorders of Early Childhood and Parent-child Interaction") and Günther Reich ("Aspects of Family Dynamics and Family Therapy in Eating Disorders").

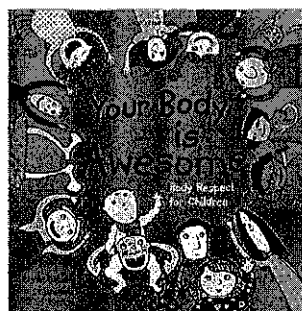
The **HLA Chapter** recently held their 10th Congress on Eating Disorders, *Prevention and Treatment*, in Monterrey, NL, México on August 19 and 20, 2014. Well-known speakers from the United States and Latin America made this program a full success. There was a complete two-day congress with plenary sessions, workshops, poster session and oral presentations. Also, for the first time, there was simultaneous translation. Professionals and students from Mexico, Brazil, Colombia, Ecuador, Chile, Argentina, Perú, Spain, and the United States were in attendance. Distinguished AED members like Pamela Keel, Carolyn Becker, Dianne Neumark-Staizner, Leah Graves, among others, and International AED members joined us.



Book Review Corner

Sherrie Delinsky, AED Book Reviewer

Your Body is Awesome: Body Respect for Children, written by Sigrún Danielsdóttir and illustrated by Björk Bjarkadóttir (Sigrún Danielsdóttir, 2014, 36 pages)



If, as an eating disorder specialist, you are asked for educational book recommendations directed towards the lay community, you will be glad to know about two newly published books targeted towards children and their caregivers: *Your Body is Awesome: Body Respect for Children*, written by Sigrún Danielsdóttir and illustrated by Björk Bjarkadóttir (published as *Your Body Is Brilliant* in the UK and Australia) (Jessica Kingsley Publishers) and *Can I Tell You About Eating Disorders?*, written by Bryan Lask and Lucy Watson and illustrated by Fiona Bromby (Jessica Kingsley Publishers).

Your Body is Awesome: Body Respect for Children stands alone among young children's books as a charming and adorably illustrated primer for children ages four and older. Body appreciation is the theme, and the messages are excellent. Readers learn to see their bodies' miraculous functions "like jumping up and down, dancing, and splashing," and to observe their bodies' wisdom. They discover the importance of listening to signals of hunger, fullness, and fatigue—a developmentally appropriate mindfulness tutorial—which is also a foundation for intuitive eating. Readers are encouraged to observe bodily sensations while stretching and breathing slowly. They

are instructed to appreciate the wonders of the heart and digestive systems, as well as the body's ability to heal and grow.

These body appreciation messages bolster the themes of body satisfaction and self-care, emphasizing the importance of healthy food, exercise, and rest. The lesson on body diversity is well-done, asking readers to "Imagine if human beings were flowers. Wouldn't it be boring if all the flowers in the world were the same?...It's wonderful that everything is so different." Celebration of different bodies, rather than mere tolerance, is promoted, and body comparisons are discouraged. Beyond encouragement to be happy with their bodies as they are, readers are reminded, "it is also important to allow others to be happy about the way they are."

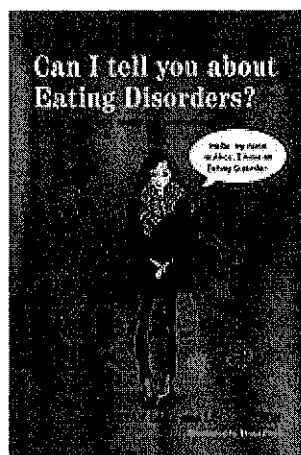
The book concludes with "A Message for Adults," which highlights that children and adolescents with body dissatisfaction are at increased risk for lower self-esteem and greater mental health problems. Further, it is noted that negative body image is associated with the development of unhealthy behaviors such as being less physically active and worse eating habits. Finally, adults are reminded to "embrace body diversity with the same respect and inclusion we try to promote in other areas of human diversity."

* * *

Your Body is Awesome was a hit with my two test readers (ages four and six). It is a must-have for libraries and early elementary health education and diversity programs. Children can read it alone or with an adult, in a home or school setting.

* * *

Can I Tell You About Eating Disorders?, written by Bryan Lask and Lucy Watson, and illustrated by Fiona Field (Jessica Kingsley Publishers, 2014, 56 pages)



Can I Tell You About Eating Disorders? targets a slightly older age group (seven to 15), and is part of the "Can I Tell You About ...?" series providing psycho-education through the introduction of "friendly characters" to "learn about their experiences, the challenges they face, and how they would like to be helped and supported." Readers learn about the different types of eating disorders by meeting characters that suffer from anorexia nervosa, food avoidance emotional disorder, bulimia nervosa, functional dysphagia, and selective eating.

Through dialogue and illustrations, the characters describe their body image and physical appearance, emotions they experience during eating situations, as well as the factors that led to their illnesses. Their explanation of emotions—especially shame, guilt, and anxiety—is particularly helpful for those trying to understand the inner life of those suffering from eating disorders. This perspective can help repair the disconnect between sufferers and their loved ones; for example, the characters acknowledge how

their illnesses are "...really hard on families. We feel so bad...we can't help it. Our eating disorders control our behaviors."

The strength of this book is how the characters voice the sentiments that countless children and adolescents struggling with eating disorders long to say to their friends and families, but often cannot articulate. Their advice to caregivers and loved ones is invaluable, such as "Please try to stay friends with me; Please try to remember that I like doing lots of things that you do; Please try to remember that I haven't chosen to be like this; You can help me best by treating me like any other person." There is also illness-specific advice for loved ones.

The book concludes with recommended reading and websites for more information about eating disorders. Although slim (65 pages), *Can I Tell You About Eating Disorders?* is a helpful resource for health and education professionals, as well as an informative guide for peers, friends, and family members.



Update from the National Association of Anorexia Nervosa and Associated Disorders (ANAD)

Molly McClure, ANAD Support Group Coordinator

The National Association of Anorexia Nervosa and Associated Disorders (ANAD) is an organization devoted to eating disorder awareness, prevention, and recovery through supporting, educating, and connecting individuals, families, and professionals. As we mark 38 years of service, we invite members of the eating disorder community to share in our journey by becoming ANAD professional members. We invite clinicians and the general public to attend our upcoming ANAD Eating Disorders Conference – Wellness, Not Weight, which will be September 19 in Naperville, Illinois (USA). Carolyn Costin will be the keynote speaker.

This spring, ANAD was part of legislation introduced by Illinois State Representative Tom Cross that formed the Task Force on Laxative Abuse to investigate ways to restrict access to laxatives in Illinois. The task force will make its report by January 1, 2015.

ANAD has also hosted many visitors this summer, including visitors from as far away as South Korea and Italy. Students from the Korea Institute of Oriental Medicine, with an interest in alternative medicine, came to the United States to learn more about eating disorders. ANAD Board President Pat Santucci provided students with an overview of how treatment works in the United States. Psychologist Fabio Bruno, of Bologna, Italy, also came to ANAD to learn how the treatment of eating disorders varies between Italy and the United States.

This fall, ANAD is co-sponsoring the *Aubrey's Song Foundation* conference on November 7, 2014 in Evansville, Indiana (USA).



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

Leah Dean, Executive Director

Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T.) is turning five! F.E.A.S.T. kicked off a birthday celebration on August 8, 2014, exactly five

years from the time F.E.A.S.T. became a nonprofit organization. Visit www.feast-ed.org to find out more about how you can participate in the celebration. From its inception, F.E.A.S.T. has grown to more than 4,000 members and its caregiver support forum, www.aroundthedinnertable.org, now averages 600,000 views per month.

F.E.A.S.T. also would like to announce its support for the "Choosing to give..." campaign for Charlotte's Helix in honor of longtime F.E.A.S.T. board member and supporter, Charlotte Bevan. Campaign supporters are asking individuals to give what they can (volunteer time, DNA samples, and/or donations) to the Helix Initiative. To date, F.E.A.S.T. has collected and distributed more than \$12,000 U.S. dollars towards Charlotte's Helix. Please join the [campaign](#). F.E.A.S.T. is also helping to recruit participants for the Anorexia Nervosa Genetics Initiative (ANGI) in [Australia](#) and the [United States](#).

Upcoming F.E.A.S.T. supported events include the second *At Home with Eating Disorders* conference to be held in Australia on May 29-30, 2015. This conference is a collaborative effort between Butterfly, F.E.A.S.T., and ANZAED. The conference will provide caregivers and professionals a chance to meet, support, and learn from each other. F.E.A.S.T. is also joining Mothers Against Eating Disorders (MAED), the Alliance, and the Eating Disorder Coalition (EDC) for [Mothers and Others March \(M.O.M.\)](#) on September 30, 2014, in Washington, D.C.

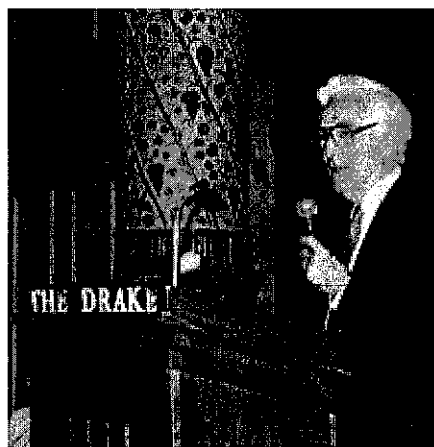
F.E.A.S.T. is happy to announce the continued development and distribution of the Family Educational Guide Series. Written in collaboration with leading researchers and clinicians in the field, current guide topics include: neurobiology of eating disorders, choosing a treatment team and coming to terms when a loved one is diagnosed with an eating disorder. Nearly 15,000 guides on neurobiology have been distributed and F.E.A.S.T. is in the process of printing 15,000 additional copies. Upcoming guides will focus on nutrition and supporting extended family members. In collaboration with the AED, a family version of the AED guide to medical management is in the works.

F.E.A.S.T. continues to connect with families and providers through social networking sites including Twitter (FEASTTidbits) and Facebook (FEASTeatingdisorders and FEASTforparentsED). In March of this year, F.E.A.S.T. started a new community blog, *Let's FEAST*. The goal of this new blog is to post news, opinion pieces and guests posts by professionals and families each week. Follow [Let's FEAST](#) now.



Albert J. Stunkard: Pioneer in Eating and Weight Research and Psychiatrist

Kelly C. Allison and Jennifer D. Lundgren



Albert J. Stunkard, M.D., Professor Emeritus of Psychiatry at the Perelman School of Medicine, died July 12, 2014, at his home in Bryn Mawr, Pennsylvania. Dr. Stunkard, known as "Mickey" to friends and colleagues, had a perpetual sense of curiosity and perseverance that drove his work in the fields of obesity and eating disorders. These qualities resulted in 50 years of continuous funding from the National Institutes of Health and over 500 publications, many of which were written before the benefit of computers and electronic communications. His first focus of interest was night eating syndrome, which he described in 1955, followed in 1959 by a description of "binge eating syndrome." His ability to listen to his patients and find patterns of behavior was remarkable. He returned to study binge- and night-eating later in his career.

In the interim, he studied obesity, bulimia nervosa, and anorexia nervosa. Two landmark papers, published in 1986 and 1990 in the *New England Journal of Medicine*, described the significant contribution of genetics to body weight. The first study found that the weights of adoptees (as adults) showed a far greater resemblance to the weights of their biological parents than to their adoptive parents, with whom they had lived and presumably shared similar eating and physical activity habits. Even before these papers, Dr. Stunkard published his book, *The Pain of Obesity*, in which he described the immense burden of stigma that obesity carried, and the message that obesity was not a disorder of willpower, but a much more complicated state. He further described this stigma by his famous, yet simple studies with children demonstrating that among children with various disabilities, obese children were chosen as the least desirous of playmates.

Dr. Christopher Fairburn remembered, "I returned to Oxford in 1980 and met the Head of Psychiatry, Michael Gelder, to tell him of my interest in eating disorders. He made many helpful suggestions, one of which was to meet a friend who was visiting that weekend. This friend was Mickey Stunkard. I was already in awe of Mickey having read many of his papers, but awe turned to admiration, inspiration, and affection after spending a few hours together strolling around Oxford. He was extraordinarily enthusiastic and encouraging. And, a few weeks later, a signed copy of his wonderful book, *The Pain of Obesity*, arrived—a book I treasure to this day. Mickey was a remarkable man: an original thinker and brilliant researcher, an enthusiast, an advocate for those who need advocacy, and a truly lovely person. I, and very many others, will miss him."

Perhaps one of Mickey's best-known works was the Three Factor Eating Questionnaire (TFEQ), now the Eating Inventory, which he published in 1985 with Samuel Messick. Mickey described being unsatisfied with the field's current conception of restraint over eating, and set out to detail relevant factors that drove people to eat (or restrict). This questionnaire has been used in studies of all types of eating behaviors and disorders and has now been cited over 2000 times. Mickey was also responsible for developing and/or rigorously testing numerous treatments for weight management and eating disorders, including behavioral modification, pharmacological treatments, and surgical interventions.

We were fortunate in some ways to have been mentored by Mickey in the twilight of his career. Although he became "Professor Emeritus" at the age of 65 (due to the rules of the University at the time), he disliked using this title and worked daily in his office until he was 90 years old. We were the recipients of his enthusiasm for research and learning at a time when he was perhaps least burdened by the many administrative duties he had once held. Together, we investigated night eating syndrome, with inpatient studies of sleep and neuroendocrine measures, outpatient psychological assessment and, over time, pharmacologic and psychotherapeutic treatments. We developed a cognitive behavioral therapy for night eating syndrome, and began the first brain imaging and drug studies for night eating syndrome using selective serotonin reuptake inhibitors. Mickey never tired of talking about this work to whoever would listen; his dedication was amazing. He was often the last to leave the office and could be heard singing while he worked. Undoubtedly, this is in large part why night eating syndrome has now been listed as an Otherwise Specified Feeding and Eating Disorder in the *Diagnostic and Statistical Manual of Mental Disorders, 5th Edition*.

I (KCA) also remember fearing that my career may be ending before it had really

started when Mickey approached me to write a paper with him suggesting that binge eating disorder (BED) was really just a marker for other forms of psychiatric distress, and not a stand-alone disorder. Not one to be quiet in the face of criticism, it did not seem to faze Mickey that he had been the first to describe the disorder clinically, yet he was ready to critically examine if the disorder truly existed in its current conceptualization. This question resulted from his experience in treatment trials of BED that yielded a high placebo response rate, and from his observation that the symptoms of BED responded to a wide variety of treatment modalities. We published this opinion paper in 2003. Many others responded over the ensuing years with evidence to show that BED was in fact a stable and distinct disorder, a process that Mickey just loved. A smile was not far from his face for very long.

Mickey received his B.S. from Yale University in 1943 and M.D. in 1945 from Columbia University's College of Physicians and Surgeons, during the wartime acceleration of medical training. He interned in medicine at the Massachusetts General Hospital and then served for two years as a physician in the United States Army (Captain), principally in Japan at a prison for war criminals (Japan's military leaders from World War II). It was during this time that he studied with Shunryu Suzuki, a Buddhist monk who later helped popularize Zen Buddhism. One of the first readings Mickey gave us to read was a talk he had given on "the beginner's mind." This concept of always being open to learning and not presuming knowledge about a subject in our field, or a patient, formed his interactions and enabled him to study the breadth of topics that his résumé boasts. It has proven a difficult concept to practice, but one certainly that we continue to strive toward.

Mickey meditated twice daily throughout his life. Once, when in his late 80s, Mickey quietly commented that he was feeling more tired than usual for he had completed yet another sleep-deprivation meditation retreat over the previous weekend. I (KCA) commented that perhaps it may be a good time to stop those retreats given that it was more difficult at his age. He seemed to humor me as he agreed with me, but that sparkle in his eye gave his true intentions away. Even at the last conference he was able to attend, Mickey sat in the front row taking notes, eager to discuss each talk over a good meal or later in the quiet of his office. He was famous for telling us to just pick up the phone and call any one of a number of renowned researchers for more information on their work. Mickey's ability to bring people together and connect thinkers in the field remains one of his greatest contributions.

Mickey spent most of his professional career at the University of Pennsylvania and received numerous accolades for his work and professional contributions, including the inaugural Lifetime Achievement Award from the AED in 1995. Additionally, he was elected to membership in the Institute of Medicine of the National Academy of Sciences and served as president of the American Psychosomatic Society, the Society of Behavioral Medicine, the Association for Research in Nervous and Mental Disease, the Academy of Behavioral Medicine Research, and the American Association of Chairmen of Departments of Psychiatry. He received numerous awards, including the 1994 Distinguished Service Award from the American Psychiatric Association, the 2004 Sarnat International Prize from the Institute of Medicine, and the 2005 Gold Medal for Distinguished Academic Accomplishments from Columbia University College of Physicians and Surgeons.

It is hard to predict what will remain Mickey's most important contribution over time. Perhaps Mickey's biggest legacy, however, will be relationships that he cultivated with his colleagues and mentees over the past several decades. I (JDL) found it impossible to interact with Mickey and not be inspired, amazed, or otherwise moved by his contagious energy. In the words of his colleague Dr. Jim Mitchell, "I always found it rather surprising that Mickey could be so exceptionally innovative, forward thinking, and productive, and yet also be one of the kindest, gentlest, most supportive people I have ever known. It was such an honor to know him, and to have had the opportunity to present him with the first Lifetime Achievement Award ever given by the Academy for Eating Disorders." Dr. Janet Latner, who worked with Mickey on several studies while she was in-training stated, "Mickey's generous support for students was unbounded. He cheerfully shared his ideas, time, resources, and thoughtful guidance with trainees. His dedication to the field and helping others led him to imaginatively explore all research questions, no matter how seemingly remote or difficult, which led to so many

crucial discoveries. He instilled in his students the same sense of openness and curiosity."

In addition to Mickey's exceptionally full professional life, he dearly valued his family. In September 1981, Mickey married Dr. Margaret Maurin, who taught modern French literature at Bryn Mawr College for many years. In addition to his wife, he is survived by his step-daughter, Dr. Elana Maurin, her husband, Dr. Keith Renshaw (both psychologists), and their two children. A memorial service will be held in the fall at the University of Pennsylvania. The family requests that, in lieu of flowers, expressions of sympathy be directed to Doctors Without Borders or the Council for a Livable World.

We would like to acknowledge the help of Thomas Wadden, Ph.D., Albert J. Stunkard Professor of Psychology and Director of the Center for Weight and Eating Disorders at the Perelman School of Medicine, University of Pennsylvania in preparing this tribute.



Members' News

Karen McGratten, recently published *wITHIN*, a graphic novel about a young's girls struggle with anorexia nervosa from childhood to adulthood. To order *wITHIN*, go to: withincomic.com.

Jenna Tregarthen and Recovery Record are offering free, interactive Mobile Treatment Success webinars to AED members in August and September to help clinicians familiarize with the Recovery Record application. To sign up, go to: www.recoveryrecord.com/blog.



Upcoming Conferences, Meetings, and Seminars

NEDA Conference

Thinking Big: Uniting Families & Professionals in the Fight Against Eating Disorders

San Antonio, TX | October 16 – 18 2014

www.nedaconference.org

NEDA invites professionals, families, and individuals together to learn, share and belong in San Antonio, TX – home of the Alamo and famous River Walk – this October for this annual national conference. This year's sessions are outstanding and many will focus on research and the role of technology in the eating disorders field.

Some featured sessions include:

- *Rebooting Recovery: How to Use Tech as an Ally for Healthy Connection, Community and Resilience*
- *Biological Underpinnings: Eating Disorders, Gene-Environment Interactions and the Epigenome*
- *Utilizing Neuroscience Research and Lessons Learned from Families: Exploring Effective Eating Disorder Treatment with Support*

Renfrew Conference

The 24th Annual Renfrew Center Foundation Conference for Professionals Conference:

Feminist Perspectives and Beyond: The "Practice" of Practice

Date: November 14-16, 2014
Location: Philadelphia, PA (USA)

Keynote Speakers:

Debora Spar, President of Barnard College and author of *Wonder Woman: Sex, Power and the Quest for Perfection*; Louis Cozolino, PhD, Psychotherapist and author of *The Neuroscience of Psychotherapy*; Judith Ruskay Rabinor, PhD; Michael Strober, PhD; Laura Hill, PhD; and Sarah Ravin, PhD—*"Clinical Dilemmas, Impasses and Decision Points"*; and Beth Hartman McGilley, PhD; Suzanne Dooley-Hash, MD; Carmen Cool, MA, LPC; Jillian Lampert, PhD; and Mark Warren, MD—*"Therapists and Recovery: Looking In, Working With, Coming Out."*

Please visit www.renfrewconference.com or contact [Debbie Lucker](#) at 1-877-367-3383 for information on the program and continuing education.



Classified Advertisements

Research Study Advertisement

The Anorexia Nervosa Genetics Initiative (ANGI) is a large-scale, international collaborative effort designed to identify the genes that contribute to anorexia nervosa. We know that genes influence risk for the development of AN. ANGI's goal is to pinpoint these genes. To accomplish this, we are recruiting >25,000 individuals who have had anorexia at any time in their life and 8,000 individuals with no history of an eating disorder. Participation in this research study includes completing a brief online questionnaire and providing a blood sample. The USA and Australia are currently enrolling participants. A similar study in the UK, called Charlotte's Helix, is also currently recruiting individuals with a history of AN. Together, we can work towards finding the cause and the cure for AN.

If you or someone you know has suffered from AN or has never had an eating disorder and are in the USA, please visit our [website](#), call us at 919-966-3065, or [email](#) us.

If you are in Australia, visit <https://angi.qimr.edu.au>, Free call 1-800-257-179, or [email](#) us.

If you are in the UK, visit <https://www.charlotteshelix.net/> or email info@charlotteshelix.net

Research Study Advertisement

The University of Chicago Hospitals seeks adolescents with symptoms of anorexia nervosa and their families for participation in a 6-month outpatient treatment research study. The purpose of this study aims to address families' need for evidence-based treatment in remote, rural and underrepresented parts of the United States. This study will provide 20 no-cost outpatient therapy sessions for anorexia nervosa via telemedicine (video conference). These treatments have the potential to bring about improvements in eating disorder symptoms.

For information call: Catherine Byrne at 773-834-5677.

Classified Advertisement: IAEDP Approved, Eating Disorders Institute Graduate Program or Advanced Professional Training

Plymouth State University offers a dynamic, innovative and cutting-edge program for mental health and health care professionals, dietitians/nutritionists, and school/outreach professionals. This program is located in New Hampshire and at

Mirasol Recovery Centers in Tucson, Arizona. Programming includes graduate certification in eating disorders and personal/professional development workshops. The next program begins in New Hampshire in September 2014, and in Arizona in January 2015 with the first eating disorders class. If interested in the Eating Disorder Institute (EDI) or graduate program please contact Mardie Burckes-Miller at 603-535-2515.



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