



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

Message from the President

Scott J. Crow, MD, FAED



Have you made arrangements to attend the meeting in Barcelona? The 2006 International Conference on Eating Disorders is nearly upon us, and it's going to be a wonderful event.

From June 7-10, we will gather at the Hotel Fira Palace in Barcelona.

On Wednesday, June 7, the conference kicks off with eight terrific teaching day sessions (in five languages). General sessions begin Thursday, June 8, with a Keynote Address by former AED President Ruth Striegel-Moore, PhD, FAED. An outstanding group of workshops and paper sessions follow, selected from a record number of abstract submissions. Plenary sessions include the NIMH-sponsored Gene Environment Interactions, Alternative Approaches to Eating Disorder Diagnostic Classification, and Treatment Guidelines From Around the World. Conference co-chairs Tracey Wade, PhD, FAED, and Daniel le Grange, PhD, FAED, along with the 2006 Program Committee, have created an outstanding meeting and are looking forward to seeing you all there.

Other exciting things are happening as well, many of which are highlighted throughout this newsletter. The World Summit Work Group and Patient/Carer Task Force are hard at work preparing for the unveiling of exciting new initiatives in Barcelona. Also, the Credentialing Task Force is a large, diverse, and productive group focused on developing credentialing activities. Finally, the board has been working on revising the structure of the Academy in two important ways. First: as mentioned in this space before, we are developing a system of "portfolios" for board mem-

bers wherein each board member has responsibility for a specific area of board and Academy activity. This yearlong transition will reach its completion at the board meeting in Barcelona.

Second: at the business meeting, we will take two important sets of votes. The first will confirm the work of the 2006 nominating committee in selecting the following nominees: president — Eric van Furth, PhD, FAED; president elect — Kelly Klump, PhD; secretary — Mimi Israel, MD; board members — Susan Paxton, PhD, Lucene Wisniewski, PhD, FAED, Paulo Machado, PhD. In addition, we will vote on a bylaws change regarding the formation of chapters within AED.

See you in Barcelona!

Farewell Message from the Editor

Debbie Franko, PhD



This is the last issue of *The AED Forum* for which I will serve as editor — it is very hard to say goodbye to a job I have loved doing for the Academy for Eating Disorders.

As I write my last column, I am both sad about leaving and tremendously grateful for the opportunity I've had for the past three years to bring news of the AED to the membership. Seeing the Academy grow into a truly global organization has been a highlight of my editorship. Working with so many dedicated eating disorder professionals has made this experience incredibly enriching.

Special thanks to the four AED presidents with whom I have worked during this time: Scott Crow, Mike Devlin, Cindy Bulik and Pat Fallon. I'm grateful to Publication Council Chairs Tim Walsh and Steve Wonderlich, and my wonderful predecessor Lisa Lilienfeld. And

hats off to both Maureen Dymek-Valentine and Renee Hoste, my tireless and ever-prompt book reviewers. Renee will continue to review for the AED Forum. Finally, thank you to Matthew Lesh and Judy DeAcetis at the Sherwood Group, for putting it all together and getting the *AED Forum* out to the members.

The most wonderful part of being editor has been the opportunity to get to know Academy members from around the world, both by e-mail and in person at the annual International Conference. I look forward to meeting more AED members in Barcelona in a couple months. The AED is an amazing interdisciplinary and global organization engaged in important and groundbreaking work and I'm very happy to have played a role in getting news of these activities to the membership. I am honored to have been chosen for this position. As I say goodbye as editor, I look forward to continuing my involvement in the AED as a member of the Public Affairs Council and conference planning committees. I am sincerely grateful for the support, guidance, collegiality and friendship of my AED colleagues.

continued on page 3

Inside this Issue

Message from the President	1
Farewell Message from the Editor	1
In Memoriam	2
Top 20 Reasons to Attend ICED in Barcelona!	3
AED Special Interest Group (SIG) News	4
Global Spotlight	5
Update from the Eating Disorders Coalition for Research, Policy & Action	5
NEDA Update	6
AED Patient/Carer Task Force Update	7
AED World Summit	7
Fellows in Profile	7
Member News	8
Book Review Corner	9
Upcoming Conferences	9
Classified Ads	10
Save the Date '07	11



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In Memoriam

With great sadness, we publish news of the death of Dr. Carolyn Cochrane, a long-time AED member and beloved colleague.



Obituary

Dr. Cochrane passed away January 30 in Houston, Texas. She was born in Brighton, Mass., on December 27, 1948, and was the beloved daughter of the late Joseph X.

Cochrane (a retired police officer) and the late Bernadette A. (Abbott) Cochrane, all of Watertown, Mass.

She attended St. Patrick's Grammar and High School where she excelled in her studies and was a cheerleader. She graduated in 1966.

Dr. Cochrane was a graduate of Northeastern University School of Nursing. She received her master's degree in nursing from Boston University and her doctoral degree in clinical research from the University of Texas.

She had many accomplishments: She published numerous papers in eating disorders and presented at prestigious universities and conferences in the United States and abroad. She launched her career at the Medical University of South Carolina in the Institute of Psychiatry in the Eating Disorder Program. She was a long-time board member on the National Task Force for the American Psychiatric Nurses Association. Most recently she was director of the Eating Disorders Program at The Menninger Clinic and assistant professor in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine. She renewed the program's national prominence.

Dr. Cochrane is survived by her dear beloved son, Matthew Cochrane-Logan, of Charleston, S.C.; her precious beagle, Betsy; her husband, Thomas Bingham King, of Charleston; and stepsons James King and John King, all of South Carolina. She also left a sister, Janet Cochrane Nelson, and husband, Thomas Nelson, of Orinda, Calif., and their children, Greg, Stacey and Celeste; a brother, Dr. Paul H. Cochrane, and his wife, Dorian, of Hyannis, Mass. In addition, she left many loving friends in many places, especially Charleston, who will always remember her for the gifts of teaching and researching, love of learning and strong belief in education. She was recently involved in researching the her-

itage of her great grandmother from California/Ireland. She will be dearly missed.

Dr. Cochrane joined The Menninger Clinic in 2003 as director of the Eating Disorders Programs for adolescents and adults. With the relocation of the clinic to Houston from Kansas, she was appointed an assistant professor at its affiliate, Baylor College of Medicine.

Dr. Cochrane was instrumental in providing direct patient care, support to treatment team members and colleagues, and clinical supervision of trainees. As program director, managed the clinical services and administration of the inpatient unit.

Before becoming a program director on the Menninger staff, she accumulated 15 years of experience in eating disorders treatment and research at the Medical University of South Carolina. Her subspecialties included cognitive-behavior therapy for difficult-to-treat populations of eating disorders, patients suffering from obesity and an eating disorder, and substance abusing patients with an eating disorder.

She served as the associate clinical director of the Eating Disorders Program at the Medical University of South Carolina from 1992 to 1999. During her tenure at the university's Department of Psychiatry, Dr. Cochrane was the principal investigator in a project funded by the National Institute of Mental Health and co-investigator for a number of research projects including chemical dependence and eating disorders, and clinical trials of Fluoxetine (Prozac) in the treatment of obesity and alexithymia.

In her field of clinical nursing, she served on the review panel of the *Journal of Psychosocial Nursing and Mental Health Services*, evaluating and contributing manuscripts. She recently had completed four years as director of the research division of the American Psychiatric Nurses Association. Dr. Cochrane was active in the Academy for Eating Disorders and frequently presented to local, national and international groups of eating disorders professionals. After moving back to Texas in 2003, she chaired the organizing committee of the Texas Chapter of the American Psychiatric Nurses Association.

She held a doctoral degree in nursing from the University of Texas, a master's of science degree in psychiatric nursing from Boston University and a bachelor's of science degree in nursing from Northeastern University. In

continued on page 3

In Memoriam continued

In addition, she completed a two-year postdoctoral fellowship at the National Institute of Drug Abuse Research at the Medical University of South Carolina. Through the American Nurses' Association, she maintained qualifications as a certified clinical specialist. While practicing in South Carolina, she was the first nurse licensed by the state to prescribe medications as an advanced psychiatric practice nurse.

Donations

In lieu of flowers, donations can be made to the Hampden-Sydney College of Virginia in the name of Dr. Carolyn Cochrane, and mailed to the MacDonald, Rockwell & MacDonald Funeral Home, attn: Matthew Cochrane-Logan, 270 Main St., Watertown, MA 02472. Dr. Cochrane was active in the college, which is her son's alma mater.

A fund in Dr. Cochrane's memory has been set up at The Menninger Clinic. Online donations may be made on the Donate Now page at: www.menningerclinic.com/giving/mission.htm. Or, send a personal check to Lynn Bodenhamer in the Menninger Development Office. Please note Dr. Cochrane's name on the check's memo line.

Editor's Message continued

Beginning with the next issue, Rachel Bryant-Waugh, PhD, will be the new editor of the AED Forum. Rachel works in the United Kingdom with children and adolescents with eating disorders and their families at Great Ormond Street Hospital in London. She is also responsible for the research program at Hampshire's eating disorder service, with an academic base at Southampton University. She is the recipient of a prestigious national award for her outstanding contribution to the field of eating disorders. She has been active within the AED in a number of different ways, including serving on the Public Affairs Council, the Nominations Committee and the Publications Council. She will do a terrific job as editor for the next three years, and I welcome her to this wonderful position.

Top 20 Reasons to Attend the ICED in Barcelona

There are so many reasons to visit Barcelona, our Top 10 list grew to a Top 20:

1. To be a part of the first AED conference outside of the United States or Canada.
2. To learn and try the beautiful dance, "tablao."
3. To dine in some of the best restaurants in Europe.
4. To experience some of the cultural activities in early June (See www.barcelonafestival.com/ and www.liceubarcelona.com/teatre_liceu.asp.)
5. To go out to eat at midnight and find a restaurant full of people just starting supper.
6. Paella, flamenco, tapas, Gaudi, gazpacho, Jerez, Dali, Miro, vino tinto, cafe solo...and so much more.
7. To see Spanish castles and a Dali exhibit in one afternoon.
8. To take an afternoon nap without feeling guilty.
9. To see why Barcelona is entry-level Europe: sunnier than London, friendlier than Paris, more efficient than Rome, and more fun than the other three combined.
10. To hear Dr. Ruth Striegel-Moore's keynote address at the Hotel Fira Palace.
11. To find out what is hip in Barcelona today, which will then become New York's hottest trends next year.
12. To shop in one of the retail shoe meccas of Europe. Raise your credit limit before you go!
13. To sample delicious and affordable food in funky settings throughout the city. For truly avant-garde food, El Bullí is not far away.
14. To visit three of the best small art museums in Europe: Miró, Picasso, and Tàpies.
15. To attend six new SIG panels on new technologies, males, prevention, medicine, the therapeutic relationship, and neuroimaging.
16. To see possibly the prettiest hospital in the world, the Sant Pau.
17. To visit a city where you will truly be able to combine work and play.
18. To see the amazing Gaudi architecture.
19. To enjoy a place where you can brush up on gene polymorphisms while you salsa.
20. To be part of a truly international and global affair!

AED Special Interest Group News

Katharine L. Loeb, PhD, and
Judith Banker, MA, LLP, FAED,
SIG Oversight Committee Co-Chairs

AED 2006 Barcelona, Spain ICED

The SIGs will be a vibrant presence at the AED 2006 ICED in Barcelona. The SIG offerings this year include a clinical teaching day (*Hispano-Latino American Model for Prevention in ED*, sponsored by the HLA SIG and detailed in the December newsletter), many panel discussions, annual meeting programs, and SIG-sponsored workshops and papers. Stop by the SIG table at the conference for up-to-the-minute information about SIG conference activities or to join a SIG and enter your name in a raffle for a complimentary book on eating disorders. Many thanks to Gurze for donating six books for this event. Someone will be at this table throughout the conference to answer any questions you may have about SIGs or SIG membership. All SIG conference events, including the annual meetings, are open to all conference attendees, although SIG membership is reserved for Academy members.

The December newsletter detailed the SIG panel discussions, but we will recap the list here. These panels provide an opportunity for dialogue among SIG members and all interested conference attendees on cutting edge topics pertaining to specific areas of study in the field of eating disorders.

Prevention SIG: *Prevention Update: An International Perspective*

Information Technology SIG: *The Use of New Technologies in the Treatment of Eating Disorders*

Medical Care SIG: *Mending Broken Hearts: Evaluation and Management of the Cardiovascular Complications of Anorexia Nervosa*

Males SIG: *Men and Eating Disorders: Current Knowledge and Research Directions*

Neuroimaging SIG: *Neuroimaging in Anorexia Nervosa: Where Next?*

Psychodynamic Psychotherapy SIG: *The Therapeutic Relationship as a Tool in the Treatment of the Core Interpersonal Issues Accompanying Eating Disorders*

continued on page 4

SIG Sponsored Workshops and Papers:

Overall Assessment and Family-Based Treatment of Outpatient Child and Adolescent Anorexia Nervosa Patients: The Family Meal Intervention: When and How

Workshop presented by Dr. Cecilia Herscovici on Thursday, June 8.

Sponsored by the Child and Adolescent SIG

Integrating Cognitive Behavioral and Psychodynamic Approaches in Eating Disorder Treatment: Implications for the Use of Countertransference

Workshop presented by Doug Bunnell, PhD, FAED; J. Hubert Lacey, MD; and Judith Banker, MA, LLP, FAED on Thursday, June 8.

Sponsored by the Psychodynamic Psychotherapy SIG

I Know What You Did Last Summer, And It Wasn't CBT: A Survey of Therapist Interventions in the Treatment of Eating Disorders

Paper presented by David Tobin, PhD; Judith Banker, MA, LLP, FAED; Laura Weisberg, PhD; and Wayne Bowers, PhD, FAED.

Sponsored by the Psychodynamic Psychotherapy SIG

SIG Annual Meetings Schedule and Special Programming

To provide conference attendees with the opportunity to attend more than one SIG annual meeting, the schedule has been divided across two days, as follows. These meetings are open to all conference attendees, including non-AED members and non-SIG members. All AED members are welcome to join any number of SIGs, which provide a forum for networking and collaboration with colleagues from around the globe in areas of mutual interest. SIG membership is an AED member benefit.

Thursday, June 8, 1:30-3:00 pm

Athletes
Body Image
Cognitive Behavioral Therapy
Family Therapy
Graduate Students
Hispano Latino American
New Investigators
Neuroimaging
Nursing
Psychodynamic Psychotherapy
Transcultural

Friday, June 9, 1:30-3:30 pm

Bariatric Surgery
Child and Adolescent
Health at Every Size
Information Technology
Inpatient/Residential Treatment
Males
Medical Care
Neuropsychology
Nutrition
Prevention
Private Practice

SIG annual meetings typically include a rich discussion of topics of interest with time allotted for project planning and organizational issues. In addition, a number of SIGs have planned special programs and agendas:

Athletes SIG: Roberta Sherman, PhD, FAED, and Ron Thompson, PhD, FAED, will discuss their work with the International Olympic Committee Medical Commission (IOCMC) regarding the IOCMC position stand on the female athlete triad (disordered eating, amenorrhea, and osteoporosis).

Bariatric Surgery SIG: Featuring brief presentations in three areas of interest. Dr. Jim Mitchell will update the SIG on LABS – The Longitudinal Assessment of Bariatric Surgery Research Study. This is the first multi-site multidisciplinary study funded by the National Institutes of Health, and very important for both bariatrics and individuals working at the interface of mental health and bariatric surgery. SIG Co-Chair Edi Cooke, PsyD, will present initial data from her survey on the specific practices of allied health practitioners who work with bariatric surgery patients. She aims to identify actual clinical practices and treatment styles, and eventually contribute to the development of standard of care practices in this area of medicine. Donald McAlpine, MD, will present an update on the use of psychotropic medications and bariatric surgery patients. His talk will include the impact of psychotropic medications at the initial evaluation, the impact of medications on weight, altered metabolism and adjustment of medications immediately post-surgery, and altered metabolism and adjustment of medications after weight loss goals are reached. Dr. McAlpine will review what is known about some of these common psychopharmacologic dilemmas. Time will be reserved for questions and answers following each presentation.

Child and Adolescent SIG: Agenda items include how to make the best use of the Web site and listserv.

Cognitive Behavioral Therapy SIG: New Chair Wayne Bowers, PhD, looks forward to introduc-

ing himself at the upcoming meeting and gathering feedback about new directions for this SIG.

Prevention SIG: Catherine Steiner-Adair, EdD, FAED, will speak about her prevention program for adolescent girls.

Neuropsychology SIG: This meeting will include four short papers followed by general discussion. Speakers include Dr. Eva Kemps and Dr. Joanna Steinglass.

Psychodynamic Psychotherapy SIG: This meeting will include a presentation entitled, "Psychological Dynamics Underlying Eating Disorders: An Informal Panel Discussion," by invited speakers J. Hubert Lacey, MD; Charles Portney, MD; and Susan Willard, LICSW, FAED. SIG Chair and Co-Chair Judith Banker, MA, LLP, FAED, and David Tobin, PhD, will moderate. A business meeting follows the presentation.

Other SIG News and Updates

The upcoming conference will sadly mark Judith Banker's rotation off of the SIG Oversight Committee. The Academy deeply thanks Judith for all her hard work and dedication in expanding the SIG model and integrating special interest activities into the fabric of the organization and the annual ICED. Katharine Loeb, PhD, will remain co-chair, and the Oversight Committee will soon announce Judith's replacement.

The Child and Adolescent SIG will maintain an online database of child and adolescent assessment measures available to AED members from the organizational Web site. Members will be able to browse through the database and add comments to measurement tools they have used. We plan to make this database available by April 2006. If you have any instruments you want to make sure are added before the publication of this database, please e-mail Nancy Zucker, PhD, at zucke001@mc.duke.edu.

The Information Technology and Eating Disorders Treatment SIG is in the process of organizing their listserv and planning a "Welcome to the SIG" e-mail. Members interested in joining or receiving more information should contact co-chairs Jennifer Shapiro, PhD (js Shapiro@med.unc.edu) or Steffi Bauer, PhD (bauer@psyres-stuttgart.de).

Join A SIG

Visit www.aedweb.org and click Join AED>Special Interest Group to access current information. To join a SIG, simply contact the chair/co-chair of that SIG. All AED members can subscribe to any SIG listserv by following the instructions available on the SIG Web page.

Global Spotlight on the Eating Disorders Association (EDA) – United Kingdom

Susan Ringwood, Director

The Eating Disorders Association's (EDA) vision is that awareness, understanding and effective treatment combine to reduce the impact and incidence of eating disorders. Our mission is to improve the quality of life for people affected by eating disorders. We will achieve this by being proactive in meeting needs, successful in influencing policy and by promoting understanding.

Our Strengths

EDA is the United Kingdom's only nationwide voluntary organization of any scale working to make an impact on the issues of eating disorders. We are uniquely placed as an independent organization respected by sufferers, families and professionals, able to facilitate communication and contact between those groups. Our activities are designed to increase knowledge, awareness and understanding of eating disorders; to provide support, help and information to people directly affected; and to increase the understanding and skills of professional staff.

Organizational summary

EDA was formed in 1989 when two local charities, Anorexic Aid and Anorexic Family Aid merged to form the U.K.'s first national organization devoted to eating disorders. In 1994 a third charity, The Society for the Advancement of Research into Anorexia (SARA), also merged with EDA. Eating Disorders Association is a registered charity and a company limited by guarantee. The charity is governed by a board of trustees elected by membership. We employ 30 paid staff, and more than 300 volunteers support our work across the U.K. Funding for our work comes from our own fundraising, including fee generating activities, donations, grants from foundations and government. Turnover in April 2005 was £800,000.

Our current services

Young People's Participation Forum

The Forum ensures that young people are involved in planning, developing and reviewing EDA's services for young people. The Forum champions young people affected by eating disorders, giving them a voice in influencing the wider policy agenda, shaping and developing professional services and promoting best practice.

Help Lines

We operate telephone help lines that take 16,000 calls a year from sufferers, their families and friends. Help line workers (paid staff and volunteers) have access to a comprehensive database of the services and support available, and also provide a highly skilled listening ear.

EDA is a founding member of the Mental Health Help-lines Partnership. We were awarded their quality standard in 2005, and have an elected member on the Partnership steering group.

Self Help

Our U.K.-wide Self Help Network is run by volunteers with direct experience with eating disorders — either as recovered sufferer or carer. Involving more than 250 volunteers and operating in 85 localities, the network includes facilitated group meetings, telephone, postal and e-mail contacts. It provides a vital link in the route to recovery for sufferers and their carers. Self Help is recognized as an effective part of a treatment plan, and is recommended by the National Institute of Clinical Excellence in recently published guidelines on the treatment and management of eating disorders.

Publications

We publish and distribute literature and educational resources, with more than 25,000 individual information requests dispatched last year. Our latest leaflet "How can I help?" has received a British Medical Association Patient Information Award.

Web Site

Our Web site, www.edauk.com, receives over 2 million hits per month. We have National Health Service Direct Partner Status in recognition of the caliber of information we provide through the site. Our message board averages 1,000 messages per month, which has created a supportive community encompassing not only those people who post messages but also many who gain encouragement and inspiration from reading what others have written.

Training

We design and deliver training courses for health, education and social care staff. Work with these groups aims to improve diagnostic rates and access to treatment, as well as improving the quality of care for sufferers.

Media and Communications

We provide a media service to journalists and broadcasters, supplying technical information and background details for articles and programs. More than 300 calls a month are taken from the media, with many more people accessing information from the Web site. Articles or programs that feature eating disor-

ders tend toward the sensational, especially when celebrities are involved. EDA seeks to combat this trend with accurate and balanced information that never comments on any individual in the public eye.

Professional Collaboration

We work in collaboration and association with the U.K.'s authoritative clinical experts in eating disorders, supporting and participating in research studies. We facilitate and support EDNet, the U.K.'s only multi-disciplinary membership forum for professionals working in any aspect of eating disorders. More than 400 members participate in national conferences and regional network events.

Update from the Eating Disorders Coalition for Research, Policy & Action

Marc Lerro, Executive Director

The federal policies that shape health care in the United States are the business of policymakers in Washington, D.C. The Eating Disorders Coalition for Research, Policy & Action (EDC) represents the eating disorders field's full-time presence on Capitol Hill. Three Congressional Briefings and two EDC Lobby Days are being planned by the EDC for 2006. The EDC is also moving forward with the introduction of the Eating Disorders Dream Bill. The Congressional Briefings allow health policy experts from Congress, national organizations, the media and the public to hear the latest news from leaders in the eating disorders field. The briefings take place at the U.S. Capitol, and are sponsored by members of the House and Senate. The 2006 briefings will focus on the three broad areas of research, treatment, and education and prevention. The research briefing is tentatively scheduled for April 26, 2006. A briefing in late June will focus on education and prevention, and the September 14 briefing will address current treatment issues.

EDC Policy Director Jeanine Cogan, PhD, said, "This year we're conducting an EDC Lobby Day and briefing on September 14, one day before the National Eating Disorders Association Conference. The EDC events will be on Capitol Hill, and the NEDA conference will be just up the road in Bethesda."

The comprehensive Eating Disorders Dream Bill also encompasses research, treatment, and edu-

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continued on page 6

Update from the Eating Disorders Coalition..
continued

cation and prevention. This model legislation represents a wish list for federal action. The bill was proposed and refined during the EDC's two national policy conferences in 2004 and 2005. A public version of the bill will soon appear on the EDC Web site (www.eatingdisorderscoalition.org). "Our goal is to get the bill, intact, introduced into both the House and Senate," Cogan said. "We are now talking with several offices at the Capitol to find the best possible sponsors."

The EDC has worked with elected officials to add or improve eating disorder provisions into Congressional bills. For example, the EDC helped in the passage of a bill that resulted in the BodyWise Project, a set of resource materials developed and distributed by the Department of Health and Human Services. (<http://www.4woman.gov/BodyImage/bodywise.cfm>). In recent years, the EDC has successfully expanded proposed obesity legislation to include eating disorder issues. "Briefings, lobby days, awards, they're all part of what it takes to get things done in Washington," Cogan said.

NEDA Conference Invites Families and Professionals to Team Up in the Beltway

Dee Christoff
National Eating Disorders Association

2006 NEDA Conference: It Takes a Team

Marriott Bethesda North Hotel and
Conference Center
Bethesda, MD
September 14-16, 2006

The National Eating Disorders Association invites families and professionals to join together in the Washington, D.C. area this fall for education and activism opportunities. The NEDA Conference will once again bring together family members, treatment professionals, health educators and activists to connect and share information that can be transformed into action.

NEDA's first three-day conference has been expanded to include additional tracks for returning families and professionals. We are also collaborating with the Eating Disorders Coalition to promote and participate in the EDC's Lobby Day, September 14, which will kick off the conference.

The 2006 NEDA Conference, *It Takes a Team*, promotes the spirit of partnership. A presentation by **keynote speaker Cathy Rigby**, 1968 Olympic gymnast, actress and eating disorders survivor will continue the teamwork theme.

Recognizing that many resources are needed to overcome eating disorders both on an individual and societal basis, we intend to unite the major organizations in the eating disorders

field, provide opportunities for professionals to connect with each other and with families, create a space for our new NEDA Network members to share ideas and resources, and to provide families an opportunity to connect and get their questions answered. NEDA's Parent and Family Network will be available to help us accomplish these goals.

The conference committee, chaired by Amy Baker Dennis, PhD, and Bill Doyle, has developed two workshop tracks designed to meet the needs of family members both new to the illnesses and those who have struggled with their loved one's eating disorder for years. There also will be workshop tracks dedicated to treatment professionals and for those specializing in outreach. For more information, visit www.NationalEatingDisorders.org.

Be a Team Player — Get Involved

- 1. Attend the conference and receive special discounts.** NEDA members receive conference discounts. In the spirit of teamwork, we welcome all AED members to use our conference discount code CNF25 for \$25 off. (Early bird restrictions may apply.)
- 2. Invite family members to attend.** This is the only national conference that welcomes family members and professionals on equal footing. Contact Kari Augustyn at kaugustyn@nationaleatingdisorders.org if you would like to receive flyers or sample invitation letters for your alumni and currently involved families.
- 3. Be an Exhibitor or Sponsor.** This is a great opportunity to promote your facility or practice. For more exhibition and sponsor info, visit our Web site or contact Dee Christoff at dchristoff@nationaleatingdisorders.org.

2006 NEDA CONFERENCE: *It Takes a Team*

September 14th-16th
Bethesda North Marriott
Bethesda, MD

AED Patient/Carer Task Force Update

Judith Banker, MA, LLP, FAED, Ulrike Schmidt, MD, PhD, and Mary Tantillo, PhD, RN, CS, FAED

The AED Patient/Carer Task Force (PCTF) convened in November 2005 to outline directions for the coming year. The PCTF was formed to integrate the needs and concerns of patient/carers around the world to the professional training and development offerings of the AED. As a step in that direction, Ulrike Schmidt, 2007 AED conference co-chair, announced that there will be space for PCTF delegates to participate on the conference planning committee as well as in a plenary session dedicated to patient/carer issues. For the 2006 conference, PCTF members Jan Cullis, Susan Ringwood, Grainne Smith, and Kitty Westin have volunteered to participate on the World Summit on Eating Disorders Task Force sponsored by the AED. It is hoped that the International Patients' Charter under development for the summit will serve as a starting point for collaborative advocacy efforts and initiatives to improve quality and availability of treatment and services around the world. The PCTF is bringing an important voice and influence to the Academy. A warm thank you is extended to all of our Patient/Carer Task Force members.

Patient/Carer Task Force Member Spotlight

Madeleine Mesterton, Judith Banker, MA, LLP, FAED, Ulrike Schmidt, PhD, and Mary Tantillo, PhD, RN, CS, FAED



Madeleine Mesterton

This regular feature is offered to acquaint the AED with the Patient/Carer Task Force members and the interests they represent.

This month, we highlight the background and work of Madeleine Mesterton of the Eating Disorder Association of Sweden.

From Madeleine Mesterton: I have just arrived home from a wonderful vacation in Costa Rica, and am now sitting at my computer, looking at the 200-plus e-mails waiting for me — a normal count after two weeks' absence. I am 56 years old and live with my husband in downtown Stockholm.

I have my own experience with eating disorders, as I became severely ill with AN at age 12. At that time, AN was relatively unknown in Sweden and it took a very long time until I could get some form of help. I felt very lonely during this period, so when I finally got well again I felt a need to use my knowledge to help others with similar problems. In 1983 I took the initiative to found an organization to help people with ED and their relatives — and since then I have worked as the chair. We have established local organizations all over the country with more than 1,500 active members. I believe very much in prevention work and I am currently preparing a three-year project for schools.

In addition to my work in the Swedish EDA, I work part-time as a Gestalt therapist and I have a private clinic where I meet many patients with ED. Once a week I also run a group therapy session at one of our specialist units.

I dedicate my spare time to family, friends and our Cavalier King Charles Spaniel, who will give birth to some puppies any day. During the winter, when it's dark and cold in Sweden, I spend most of my free time reading, listening to music and taking long walks with my dog. Together with my husband, I also take every chance to travel around in warmer countries. During milder months, I like being at our summerhouse, where I can enjoy nature, the sea and our garden.

AED to Host World Summit on Eating Disorders Inaugural Session in Barcelona

Judith Banker, MA, LLP, FAED

Momentum is building as the Academy prepares to host the World Summit on Eating Disorders Inaugural Session in Barcelona during the AED 2006 International Conference. This is the first of what promises to be an annual gathering of patient/carer and professional delegates from around the globe. The 2006 session is dedicated to the signing and launch of an International Patients' Charter for people with eating disorders and their families and loved ones.

To produce the Patients' Charter, the AED is collaborating with professional and patient/carer organizations and other stakeholders from North America, South America, Europe, Australia, Japan, China and South Korea to distribute a brief online survey

(www.aedweb.org) that queries respondents regarding current and future eating disorder treatment and services. More than 550 responses have been collected to date.

The survey responses will be used to draft the charter, which will detail what people around the world should expect in terms of current treatment and services and will also provide a vision for how eating disorder care should develop over the next few decades. We hope the resulting document represents a unifying direction and that patients, carers, and professionals worldwide will sign and adopt this Charter.

The final draft of the Charter will be unveiled immediately following the conference opening remarks. All conference delegates are invited to attend the World Summit session, which will be held in the General Session Room of the Hotel Fira Palace, Friday, June 9, 1:30-3:30 p.m. The World Summit Task Force is headed by AED President Scott Crow, MD, FAED, and AED President-Elect Eric van Furth, PhD, FAED, and includes members Ulrike Schmidt, MD, PhD, and Judith Banker, MA, LLP, FAED (AED); Jan Cullis of The Bronte Foundation, Australia; Kitty Westin of the Anna Westin Foundation, USA; Susan Ringwood from the Eating Disorders Association, UK; and Grainne Smith of the North East Eating Disorders Support, Scotland.

Fellows in Profile

James Mitchell, MD, FAED

It is hard for me to believe that I graduated from medical school 34 years ago. I have been a doctor longer than I haven't been one (and I've been married to my wife longer than I haven't been). I went to medical school in Chicago at Northwestern University and did an elective rotation in psychiatry in my junior year. The experience was unfortunate: I was rotating in a hospital staffed mostly by psychoanalysts who didn't believe in drug therapy for anyone, including psychotic patients. I decided instead to become an internist, spending my last year in internal medicine rotations and then moving on to do an internal medicine internship. However, during that time I started reading a bit more on psychiatry and after a year took a leave to try my hand in a psychiatry residency at the University of Minnesota. It was a great fit. I had some exposure to patients with eating disorders during my residency but wasn't immediately interested in this population. Following completion of my residency I entered private practice with a fel-

continued on page 8

Fellows in Profile continued

low graduate, where I stayed for two years. During that time I spent a day each week at the university teaching, and found that was the day to which I most looked forward, so I returned to the university and to academic medicine.

The year was 1979 and we were seeing a number of patients in the outpatient clinic who had what we now know was bulimia nervosa. There was very little published at that time on this disorder and a colleague and I started a group therapy program for these patients. I was hooked. I found it a very interesting problem and working with patients who had not been well characterized in the literature allowed me to start asking some obvious questions. At that time I was working closely with Dick Pyle, who also had a strong interest in bulimia nervosa, and Elke Eckert, who was focusing much of her work on anorexia nervosa. We had an inpatient unit that had been functioning for some time and then developed an outpatient clinic, which grew fairly rapidly over the next few years. I was fortunate enough to get my first federal grant, an RO3 from NIMH, in 1981 and we began to publish our work. We continued to grow and we started adding pre and post-doctoral fellows and recruited several younger colleagues to the field, including Scott Crow and Nancy Raymond, both of whom are now independent investigators in their own right.

In the mid-1990s I encountered some problems in the department at the University of Minnesota and decided to leave. Because I still had a number of active grants there, I split my time between the University of Minnesota and my new position in North Dakota for quite a while. I had been recruited to North Dakota to fill an opening that included two positions: chairman of the Department of Clinical Neuroscience at the University of North Dakota School of Medicine and Health Sciences, and president of the Neuropsychiatric Research Institute, a private not-for-profit institute that had struggled a bit in prior years and needed some fresh ideas.

Because there weren't any other scientists left at NRI, I was able to recruit a team of investigators. First, Steve Wonderlich was in Fargo in the Department of Clinical Neuroscience and was happy to join the Institute as a scientist as well. We next brought in Ross Crosby, who I had worked with previously at the University at Minnesota, and who is still the best statistician with whom I have ever worked. Next we hired Blake Gosnell, also an old friend from

Minnesota, who had worked most recently at the University of Wisconsin, and who came to run the animal facility. Blake's interests were in the relationship between feeding and drug self-administration in rats. Next we added Jim Roerig, who at that time was running a psychopharmacology research unit in the Twin Cities, and who is interested in peptidergic regulation of feeding and how psychopharmacological agents change hunger, satiety and weight. Most recently we added Kristine Steffen, who is also interested in psychopharmacology and feeding and is finishing a post-doctoral fellowship; and Scott Engel, who is through his fellowship and has joined the Institute as a member of the research staff. He is interested in eating behavior in obesity as well as various statistical techniques. Things worked out very well in Fargo and we have built a research program here that we feel is productive and that we hope is making important contributions to the field.

I was one of the founders of the Academy for Eating Disorders, traveling to Oklahoma when Craig Johnson organized the first meeting. It was my privilege to serve as President from 2000 to 2001. I served on the Research Committee from 1997-2003, was chairman of the Awards Committee from 1995-1999 and 2000-2002, and currently serve as chairman of the Finance Committee and as a member of the Nominating Committee. It has been a wonderful experience to be part of the Academy as it has developed, grown and assumed a strong international presence.

The opportunity to work in the field of eating disorders has been a wonderful experience. I have found eating disorders very challenging and the patients I have worked with very rewarding. Of particular importance to me has been the opportunity to work with wonderful colleagues, both clinically and in research. I feel very fortunate to have had the opportunities I have had, to know the people I know, and to be part of the very important work that all of us in AED share.

Member News

Sharon K. Farber, PhD, was elected to the National Academies of Practice as a Distinguished Practitioner in clinical social work.

The Suicide Prevention and Crisis Service of Ithaca, N.Y., gave The Rev. Jack Lewis Award, for exemplary service to community members in crisis, to the Parent Partner Program. This program was founded by **Cris Haltom, PhD**, assisted by **Sue Travis, MS, RD, CDN**, and is co-sponsored by Cornell Cooperative. The Parent Partner Program is a six-hour support and education workshop for parents, family and friends of those with eating disorders.

Tammy Root was awarded a grant titled "Small Sample Methodology for Drug Use and Disordered Eating Research" by the National Institute of Drug Abuse.

Tomas Jose Silber, MD, MASS, was awarded the 2006 Outstanding Achievement in Adolescent Medicine on March 24, at the annual meeting of the Society for Adolescent Medicine in Boston.

Susan Willard, LICSW, FAED, received the Lifetime Achievement Award at the National Eating Disorders Association meeting in Denver, Colo., on September 10, 2005.

Books Published

Linda Craighead, PhD, *The Appetite Awareness Workbook: How to Listen to Your Body and Overcome Bingeing, Overeating, and Obsession With Food*. Available at www.newharbinger.com.

Catherine Steiner-Adair, EdD, FAED, and **Lisa Sjostrom, MEd**, *Full of Ourselves: A Wellness Program to Advance Girl Power, Health, and Leadership*. Available at Teacher's College Press.



Book Review Corner

Renee Rienecke-Hoste, PhD
University of Chicago

Meal Support Therapy for Health Professionals Video and Support Material

The British Columbia Children's Hospital Eating Disorders Program and the Seattle Children's Hospital and Regional Medical Center

The British Columbia Children's Hospital Eating Disorders Program and the Seattle Children's Hospital and Regional Medical Center have developed a set of materials providing instruction on Meal Support Therapy (MST), which is described as an important component of their day treatment programs. MST is defined as "a form of emotional support provided to a person struggling with an eating disorder before, during, and after meals/snacks in an effort to increase [the person's] success with meal/snack completion."

For health care professionals interested in incorporating MST into their treatment programs, a video and pamphlet describe the goals and techniques of this therapy approach. The goals of MST are: 1) to normalize eating behavior; 2) to facilitate weight gain or weight maintenance; 3) to reintroduce eating as a pleasant social experience; and 4) to minimize the need for high-calorie nutritional supplements. To accomplish these goals, the person providing MST supports the eating disordered individual before a meal, then coaches her through the meal and monitors her afterward. It is emphasized that any health care provider or staff member doing MST should be a good role model for the patient, meaning that he or she should not be dieting and should be comfortable eating normal portion sizes and a balanced diet. The support person is encouraged to coach the patient through the meal by offering positive feedback, to validate the patient's feelings about eating, and to problem-solve with the patient if he or she is unable to complete the meal. If the patient engages in eating disordered behavior at the meal, the support person is expected to address this behavior. This approach is based on patients' feedback, many of whom describe feeling relieved when they are not allowed to get away with behaviors such as hiding food or cutting food into small pieces. In addition to reviewing much of the information that is in the pamphlet, the video also includes interviews with staff members and patients who have participated in MST and an example of a staff member and patient role-playing MST. There is not a great

deal of information presented in the pamphlet or video, but what is presented is clear and gives a fairly good idea of what MST should entail.

Another set of materials, consisting of a video and a 36-page manual, is designed for parents, friends, and caregivers of eating disordered individuals who are interested in trying MST at home as an adjunct to therapy. Whereas the pamphlet for health care professionals primarily repeats the information in the video, the manual for caregivers includes a great deal of information not in the video. It describes the rationale for MST, as well as goals and specific strategies for accomplishing these goals. The manual also strives to help the support person understand the thoughts and feelings that eating disordered individuals often experience at mealtimes so that the support person can be as empathic and validating as possible. The video provides various examples of MST, and includes interviews with families and patients who have participated in the treatment. Some of the approaches or characteristics that support people are encouraged to utilize include: being a positive role model and not dieting or talking about diets in front of the patient, talking about neutral topics at meals, and not singling out the patient or putting undue attention on her during meals. The importance of being empathic, patient, and uncritical is stressed throughout. Also included are subtle ways of commenting on or pointing out eating disordered behavior without making the patient feel ashamed or guilty, and discreet ways of keeping the patient from going to the bathroom immediately after a meal or snack.

MST shares some characteristics with the Maudsley method, an empirically supported family-based treatment for adolescent eating disorders that also involves a parent or caregiver's presence for meals and snacks. However, there are significant differences between the two methods. The Maudsley method encourages parents to take charge of the patient's eating during the early phases of therapy, and to decide what and how much the patient should eat. In contrast, if the patient refuses to eat during MST, the support person does not intervene but instead informs the treatment team of the patient's lack of progress. In addition, the MST manual does not state that the support person should make the decisions about what and how much the patient should eat, but rather that this should be a joint decision between the patient, the support person, and the treatment team. In addition, no empirical support for MST is presented. It would be helpful to include treat-

ment outcome data as part of the manuals. Nevertheless, the manuals and videos do provide helpful tips for professionals who are interested in including MST as part of a residential or inpatient program, and for concerned parents and caregivers who, with the help of a treatment team, wish to support an eating disordered individual through the process of recovery. For information about obtaining the videos, contact Margo Catamo at mcatamo@cw.bc.ca.

Upcoming Conferences

2006 International Conference on Eating Disorders

June 7-10, 2006
Hotel Fira Palace
Barcelona, Spain
www.aedweb.org

The Renfrew Center Foundation Seminar Series

March 10–May 19, 2006, in various cities in the United States and Canada
www.renfrew.org

Eating Disorders Research Society

August 30–September 2, 2006
Port Douglas, Queensland, Australia
www.eatingdisordersociety.org

National Eating Disorders Association 2006 Conference

"It Takes a Team"
September 14-16, 2006
Marriott Bethesda North Hotel and Conference Center, Bethesda, Md.
www.nationaleatingdisorders.org

The 16th Annual Renfrew Center Foundation Conference for Professionals

"Feminist Perspectives and Beyond: Maximizing Change in the Treatment of Eating Disorders"
November 9-12, 2006
Philadelphia Airport Marriott, Philadelphia, Pa.
www.renfrewcenter.com/news-events/event.asp?id=81

Classified Ads

Clinical Staff Positions:

Newton-Wellesley Eating Disorders and Behavioral Medicine

Newton-Wellesley Eating Disorders and Behavioral Medicine, a 13 clinician, multidisciplinary outpatient group practice (www.nwedbmed.com) seeks two additional licensed clinicians, psychologists or social workers (PhD, PsyD, EdD or LICSW) for halftime positions in our growing, supportive outpatient team. For further information contact Perry Belfer, PhD at perry_belfer@hms.harvard.edu. Resume and cover letters (by regular mail) to Perry L. Belfer, PhD, Director, Newton-Wellesley Eating Disorders & Behavioral Medicine, 2000 Washington Street, MOB Blue 221, Newton, MA 02462.

Outpatient Therapist Position

Unity Health System's Eating Disorder Program is recruiting candidates for a 35-hour-per-week outpatient therapist position. Candidates need to have at least a master's degree, preferably in social work, psychology, or psychiatric mental health nursing. Also two years of experience working with eating disordered patients and families is preferred. Outpatient therapists in the program provide individual, group, and family therapy and work within the context of a multidisciplinary team. Outpatient therapy in the program is based on an integration of cognitive-behavioral, motivational and relational therapy approaches. If you are interested in this position, please contact Mary Tantillo, PhD, RN, CS, director of the program, at 585-368-6550 x8590 or tantillo@rochester.rr.com.

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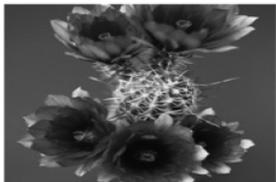
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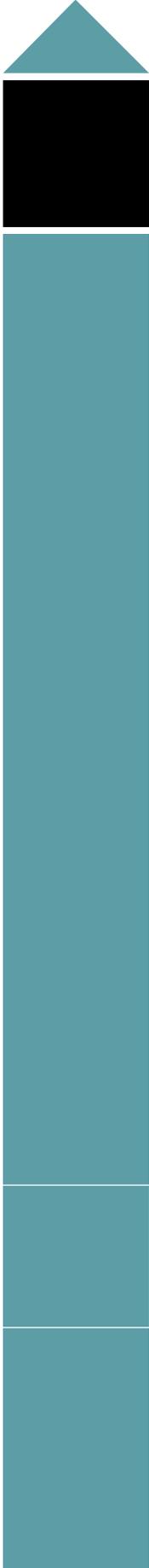


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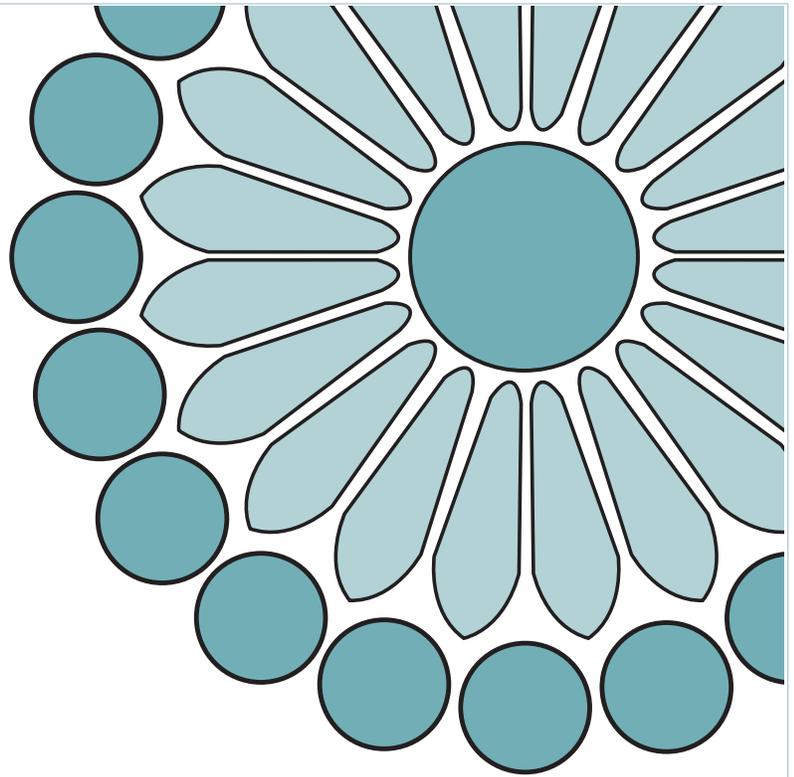


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2006 International
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The AED Forum

Please send all suggestions for articles, job opportunities, information regarding upcoming events or meetings, letters to the Editor, awards, honors, or news about Academy members, (e.g., published books) and all other items of interest to:

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Submission deadline:

June 1, 2006

All contributions to the Forum Newsletter must be submitted to the Editor via e-mail or disk in Microsoft Word format.