



Clinical Teaching Day & Research Training Day **Wednesday, March 26, 2014 from 2 – 6:00 p.m.**

Clinical Teaching Day

A.

Cognitive Remediation Therapy in Eating Disorders

Kate Tchanturia, PhD, United Kingdom

The effective treatment of anorexia nervosa (AN) remains a significant challenge. This has prompted new research into ways of engaging and keeping patients in treatment and ultimately achieving better outcomes, not only on a symptomatic level but also in broader aspects of life. Cognitive styles has been implicated in the maintenance of AN, contributing to individuals' difficulties in processing and in engaging with psychological therapy. The role of CRT in the treatment of anorexia nervosa is an idea worth researching, given its clear hypothesized links between brain function, psychological function and treatment. Findings demonstrate a relatively consistent picture – CRT is associated with cognitive improvements in AN. It is also associated with low drop-out rates and high levels of acceptability among both patients and therapists. This workshop will demonstrate why CRT can be beneficial for the patients, some exercises from the module and current evidence.

Learning Objectives:

- Understand principles and structure of Cognitive Remediation Therapy (CRT) in general.
- Explore Relevance of CRT for anorexia based on research evidence.
- Overview the evidence at the present based on case series and randomized treatment trials.

B.

Using a System of Evidenced Based Techniques and Collaborative Clinical Interventions with Chronically Ill Patients

Lucene Wisniewski, PhD, FAED, USA; Patricia Fallon, PhD, FAED, USA

Although evidence based treatments (EBTs) exist for both bulimia nervosa and binge eating disorder, there are no identified EBTs for anorexia nervosa. Furthermore, standardized EBTs do not exist for patients who have not responded to treatment over an extended period of time. Many clinicians are nonetheless faced with the daunting task of trying to help adult patients suffering from psychiatry's most lethal illness. Chronic eating disorder patients in particular may need long-term engagement with treatment providers offering a wide range of interventions. The current workshop highlights how experienced therapists can systematically employ variety of EBT techniques for patients with severe, long-term eating disorder and its co-morbidities within a model of attachment and collaboration. Through case presentations, didactic information and group discussion, this workshop will help make the participant aware of the practice of utilizing a wide variety of EBT techniques in a systematic manner guided by clinical expertise and supported by a therapy relationship of collaboration and attachment. Attendees should have some familiarity with CBT, DBT, exposure techniques for anxiety, and behavioral activation.

Learning Objectives:

- List and describe at least 3 evidence-based treatments for issues commonly co-morbid to those suffering from an eating disorder.
- Identify strategies to increase and maintain motivation for treatment in both the patient and the therapist.
- Describe therapist and patient roadblocks to effective treatment with chronically ill patients.

C.

Medical Complications of Anorexia Nervosa and Bulimia and Their Treatment: Case-Based Reviews

Philip S. Mehler, MD, FAED, CEDS, USA

This session will cover in great detail all the medical complications associated with anorexia nervosa and bulimia. Attendance at this session is important for any clinician caring for patients with anorexia nervosa or bulimia given the fact that both of these eating disorders are associated with medical complications which directly impact the ability to achieve a successful outcome.

The session will be structured as a comprehensive, case-based, albeit salient and practical, body system by body system orderly review of these medical complications with clear delineation of those which are associated with anorexia nervosa versus those associated with bulimia. In addition, an extensive amount of time will be devoted to reviewing the evidence-based therapeutic options for these medical complications including insights about nutritional rehabilitation. There will also be ample time during the workshop, as well as at the end of it, for worthwhile and interactive discussions.

Learning Objectives:

- Become familiar with the medical complication associated with anorexia nervosa and the most effective treatments thereof.
- Become familiar with the medical complications associated with bulimia and the most effective treatments thereof.
- Understand the crucial role of the registered dietician in the medical care of patients with anorexia nervosa and bulimia for additional medical oversight.

D.

Neuroscience for Clinicians: Who's Who and What's What

Bryan D. Lask, MD, FAED, United Kingdom; Ian J Frampton, DCLinPsych, United Kingdom

Through play, debate and discussion, Bryan and Ian will transform the way you think about and treat people with eating disorders. They will bring to life the mysterious world of the brain, before, during and after an eating disorder. You don't need a PhD in neuroscience to enjoy and benefit from this workshop.

All you need to bring with you is an open mind and a willingness to have fun.

Learning Objectives:

- Communicate cutting-edge concepts in the neuroscience of Eating Disorders.
- Make sense of the "pretty" brain pictures of which neuroscientists are so enamored.
- Apply all of this to revolutionize their clinical practice.

E.

Family Based Treatment in Anorexia Nervosa

Daniel Le Grange, PhD, FAED, USA; James Lock, MD, PhD, FAED, USA

There is a general consensus that Family Based Treatment (FBT) is now the first line treatment for AN with an onset before 19 years of age and a duration of illness of less than 3 years (le Grange, Lock et al. 2010; Lock 2011). This workshop will cover key aspects of FBT and examine the evidence for its efficacy in adolescent AN. This workshop will be suitable for those with a background in FBT and will look to address key clinical issues faced by practitioners of FBT.

Learning Objectives:

- Critically review the evidence base supporting family based treatment for adolescent eating disorders.
- Describe the rationale for the use of family based treatment for adolescent eating disorders including the main assumptions underlying the approach.
- Role play and discuss key interventions used in family based treatment for adolescent eating disorders including externalization, meal sessions, and supporting adolescent development.

Research Training Day

Research Training Day Workshop for AED Students

Conducting Quantitative Eating Disorder Research: From Planning to Publication

Ross Crosby, PhD, FAED, USA; Stephen Wonderlich, PhD, FAED, USA

The aim of this workshop is to provide a comprehensive review of the critical steps involved in the planning, preparation, conduct, and publication of quantitative eating disorders research. The topics to be addressed in this workshop include: (1) formulating research questions; (2) designing your research study; (3) choosing assessment measures for your study; (4) regulatory issues, including dealing with Institutional Review Boards, (5) data collection and management; (6) statistical analysis and interpretation; and (7) manuscript preparation. The presenters will provide overviews of each of the areas, as well as supplemental materials with additional information. Ample time will be provided for questions and answer sessions. Attendees will be encouraged to discuss their own research projects.

Learning Objectives:

- Discuss the role of theory in formulating testable hypotheses in eating disorder studies.
- Review the psychometric issues and utilization of a broad variety of eating disorder assessment tools.
- Discuss and describe various statistical methodologies for the analysis of eating disorder data.