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Editor's report - Warren Ward



Welcome to the Autumn 2011 Newsletter. The more observant amongst you will notice that there was no 2010 Summer Newsletter.

That's because yours truly was struggling to get this out by the end of summer so we decided to make it an Autumn Newsletter.

Since the last newsletter was posted to you, we have employed a new secretariat support person – James Crafti – who is based at Eating Disorders Victoria (EDV). Given all ANZAED office-holders and executive members are all volunteers who gladly perform their ANZAED roles on top of their busy day jobs, it's important we have a paid secretariat to help provide a better service to you, the ANZAED member. As ANZAED goes from strength to strength we are busy ensuring our organisation has the appropriate infrastructure such as a revitalised website, listserve, newsletter, and easy-to-use interface for membership renewals and conference registration. James will be helping us with all of that and we wish him all the best

in his new role. If you have anything you would like to contribute to future newsletters, or suggestions on how we can improve our service, please e-mail James or me at anzaed@anzaed.org.au

The highlight of ANZAED's calendar year, of course, will be our annual conference in August 2011 in Sydney. We hope as many of you as possible can attend.

Update on membership services – James Crafti

As mentioned in the editor's report ANZAED now has an email list which makes communicating with our entire membership a much simpler process than was previously the case.

Any member of ANZAED wishing to advertise relevant events, employment/volunteer opportunities or who wish to call for research participants can and should feel free to send an email to anzaed@anzaed.org.au. Messages should be posted to all ANZAED members within a week of ANZAED receiving the request.

We can also place relevant advertisements both on our website and in the ANZAED quarterly newsletter. Please note that the space on our website is at a premium while we are constructing a new website so if you can include a link for more details with any request that would be appreciated. Please also provide a date after which we can remove your advertisement.

President's Report - Chris Thornton

In the time that has passed since our last newsletter there has been great tragedy over Australia and New Zealand. I would formally like to send our wishes and



support to those affected by fire, flood, cyclone or earthquake. I have had correspondence with a number of our colleagues in Christchurch who tell me that although the

Eating Disorders Unit has survived, many of the staff and patients have been personally affected by the disaster. It was my pleasure to be in Auckland on Friday March 4th to watch the children of the country dress in red and black in support of Christchurch. Our thoughts are with them. At least one Eating Disorders Unit in Queensland needed to be evacuated due to the recent floods. The thoughts of ANZAED are with those affected.

The current emphasis of the ANZAED executive at present is focused around the task of organising the 2011 ANZAED conference in Coogee to be held on August 26th and 27th. More details will be following through in future newsletters and on the list serve, as well as on our website, so stay tuned.

Working in collaboration with the National Eating Disorders Collaboration (NEDC), I am pleased to announce that ANZAED will be hosting an expanded training day prior to the conference. The training day will be held on Thursday 25th August. We have already announced that there will be two specific ANZAED workshops on that day. These will be on the application of Acceptance and Commitment Therapy to eating disorders by Dr. Carla Walton, Anjanette Casey and myself; and one on the treatment of the exercise component of eating disorders by Professor Caroline Meyer who is also one of our Keynote speakers. Given that the origin of the ANZAED training day was at our previous Sydney conference it is fitting that as the conference returns to Sydney, our training day expands. As part of ANZAED's role of raising the standard of treatment of eating disorders we have aligned with the NEDC to facilitate the delivery of more professional development activities at the training day. At the training day ANZAED will host two further full day workshops at the Sydney Conference.

The first workshop will be an Introduction to Eating Disorders and ANZAED is grateful for our colleagues from the Centre for Excellence in Eating Disorders (CEED) in Victoria for facilitating this workshop. This workshop is designed for those new to the field to provide them with an understanding of the disorder and the key features of assessment and treatment planning. I would encourage members of ANZAED to suggest this workshop to newer members of their teams. New researchers would also benefit from attendance at this workshop. The workshop is also designed for members who may not specialise in eating disorders, but have some exposure to them such as school counsellors or gym instructors.

The second workshop covers an important emerging area in our field, that of working with carers. This workshop will be facilitated by Dr. Naomi Crafti. Naomi works with the Eating Disorders Foundation of Victoria (EDFV) and is an ANZAED executive board member. This presentation will be based on work Naomi has been doing with the EDFV and also the work of Gillian Todd, who ANZAED cosponsored to present in Australia last year. This will be an excellent opportunity to improve our skills of working with carers.

I am also pleased to announce that the National Conference of the NEDC will be held the day prior to the ANZAED training day on Wednesday the 24th August. On this day the NEDC will report on its activities and there will be a meeting of the various working groups. For more information on this day please contact Christine Morgan at christine@thebutterflyfoundation.org.au.

This means that we will be looking forward to seeing you in Coogee in August on:

24th NEDC National Conference; 25th ANZAED/NEDC Training Day; 26th&27th ANZAED Conference

This is a big week and a big commitment for those working in the field of eating disorders. I am sure it will be a worthwhile investment for ANZAED members.

Interview with ANZAED board member **Shane Jeffrey**



Can you tell us about your current work in the eating disorders field?

I currently work at the Royal Brisbane and Womens Hospital Eating Disorders Service across two areas, the adult inpatient unit and the Eating Disorders Outreach Service. Working in these two areas gives me a good balance of working in a hands on way with patients as a member of a dynamic and cohesive team, and working with health professionals in non-specialist eating disorder services to support safe and effective treatment interventions. I also run a small private practice with an eating disorder focus.

What are the professional development needs for dietitians working in the area of eating disorders?

The Dietitians Association of Australia's Eating Disorders Special Interest Group (EDSIG) recently reviewed what dietitians would like in the way of professional development opportunities. The review indicated that dietitians would like professional development in the areas of general counselling skills, motivational interviewing and communication strategies. Dietitians are generally well equipped with the nutritional knowledge and skills to manage people with an eating disorder, but often report having difficulty with establishing rapport and managing resistance to nutritional recommendations. The EDSIG has plans to address these needs by offering a number of workshops over the next 12-18 months. The EDSIG will also be exploring what the different professional development needs are for dietitians experienced in the field of eating disorders and with more limited experience.

What do you think should be the priorities for eating disorders research?

There are three key areas I see as being important for the field of eating disorders research.

Firstly the targeting effective treatment options for adults with anorexia nervosa due to the paucity of

strong evidence. It is however great to see a number of studies taking place in this area.

Secondly research is needed into strategies for supporting and optimising treatment outcomes for people with an eating disorder who access non-specialist or rural services. This is of particular significance in a country as large and dispersed as Australia.

Lastly I think there needs to be greater service and treatment evaluation from a consumer perspective using the World Wide Charter for Action on Eating Disorders. The charter is an initiative of the Academy of Eating Disorders and outlines the rights and expectations for people with eating disorders and their families. Using the charter as a tool for service and treatment evaluation would provide an opportunity for consumers to be a valuable resource and have a more active voice in service and treatment development.

What are the main benefits of ANZAED membership from your perspective?

I see the benefits I most value from my ANZAED membership as being: the discounted registration fees at the annual ANZAED conference and various other professional development activities sponsored by ANZAED; being part of a network of other professionals interested in the field of eating disorders; and discounted membership to the AED and receiving the ANZAED newsletter

2011 Conference Update

A call for abstracts has now gone out to all ANZAED members. The deadline for submitting a paper is May 6. If you would like information on how to submit papers or posters for the conference please email anzaed@anzaed.org.au

Prices for the conference and the pre-conference training days have also been set (see below). To register and book accommodation check out the conference section of the ANZAED website: www.anzaed.org.au

The 9th Annual Conference of the Australian and New Zealand Academy for Eating Disorders

Friday August 26- Saturday August 27th, 2011

At the Crowne Plaza Hotel, Coogee Beach, Sydney

Key note addresses from:

Professor Caroline Meyer, University of Loughborough (left)

Professor Perminder Sachdev, University of NSW (right)



Both Days:

\$420 members

\$530 non-members

\$270 student members

\$370 student non-members

One day:

\$270 members

\$320 non-members

\$160 student members

\$240 student non-members

Pre- Conference Training Day Workshops on Thursday 25th August:

Also At the Crowne Plaza Hotel, Coogee Beach, Sydney

Clinical half-day workshops:

Acceptance and Commitment Therapy

Led by Mr Chris Thornton, Anjanette Casey and Dr. Carla Walton

Acceptance and Commitment Therapy (ACT) is a psychological intervention that appears to be gaining momentum in the field of eating disorders, despite a lack of strong empirical support. This workshop aims to give the audience a general sense of ACT, including an orientation to the theoretical model; the current

state of the data relating to ACT in general and eating disorders in particular. The similarities and differences between ACT and traditional cognitive behavioural approaches will be outlined.

Using a case conceptualisation approach the workshop will involve demonstration of some practical application of core ACT interventions, as used with patients with eating disorders. The workshop will cover the application of ACT interventions based on the presenters experience from both the psychological and dietetic viewpoints. Experience in working with patients with eating disorders is assumed.

Loughborough Eating disorders Activity theraPy (LEAP)

Led by Prof Caroline Meyer

Compulsive exercise is associated with poor treatment outcome, high levels of relapse, increased drop-out and longer duration of hospitalisation. To date, there exist little published data on targeted therapeutic approaches. The aims of this workshop are three-fold. First, to introduce a novel manualised treatment for compulsive exercise. Second, to provide evidence for the theoretical underpinnings of the treatment. Third, to present preliminary data from a controlled trials on the efficacy of the treatment.

This workshop will present a new manualised treatment for compulsive exercise the Loughborough Eating disorders Activity theraPy (LEAP). This will involve using case examples and promoting discussion among the delegates. Each therapy session will be outlined in detail, together with an empirical justification for its focus.

Pilot data will be presented from our on-going trials of LEAP, along with data from a recent study involving interviews with eating disorder patients regarding their exercise behaviour.

Prices for both sessions

Member	320
Student member	210
Non-member	350
Student non-member	240

Prices for one session

Member	190
Student member	130
Non-member	210
Non-member student	150

Introductory Workshops (Full day - in collaboration with NEDC)

Working with Carers lead by Dr. Naomi Crafti

Member	300
Student Member	200
Non-Members	330
Student Non-Members & Carers	220

Introduction to Eating Disorders

Member	250
Student Member	170
Non-Members	280
Student Non-Members	190

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Other events

Adelaide

Body image and eating disorders: Research and practice forums 2011

Monday 9 May 2011, 9.30am to 4pm and
Tuesday 10 May 2011, 9.30am to 4pm

Queen Victoria Lecture Theatre,
Women's and Children's Hospital, North Adelaide

Key note speaker on both days:
Christine Morgan, CEO, Butterfly Foundation and National Director,
National Eating Disorders Collaboration
Morning tea and a light lunch will be provided.
Registration: \$33.00 each day or \$66.00 for two days.
Student concession also available.

www.aceda.org.au
Supported by ACEDA, CYWHS and the Body Image and Eating Disorder Consortium

Canberra

The Psychological Treatment of Eating Disorders in Adults and Older Adolescents

CEDD is presenting a workshop in Canberra run by **Chris Basten & Chris Thornton, Clinical Psychologists**. **The workshop** provides participants with sound clinical skills in **assessment, general management and specific therapy skills** for eating disorders. It includes **understanding psychological pathology, resistance to change and motivational enhancement therapy** and other psychological interventions including **cognitive restructuring & defusion, mindfulness based therapy and behavioural experimentation**.

It is being held on 16th and 17th June 2011 at ANU. Enquiries: (02) 8587 0200 or conference@cedd.org.au

Sydney

The "How" of Obesity Management

An advanced training course for health professionals working in obesity management
5-6 April 2011, Royal Prince Alfred Hospital, Sydney.

Run by the Boden Institute of Obesity, Nutrition, Exercise & Eating Disorders

Enquiries: Enquiries: Melanie Symons, boden.admin@sydney.edu.au. Tel: +61 2 9036 3102