

**2011
ANZAED 9th Annual
Conference, Coogee
Sydney, Australia**

Friday 26th & Saturday 27th August 2011

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**Editor's report
Warren Ward**

Dear ANZAED Members,

Welcome to the Winter 2011 ANZAED Newsletter. Our biggest news this issue is, of course, our annual conference to be held at beautiful Coogee beach in Sydney on 26-27 August. Our president's report in this issue has more details about our exciting and informative conference program, as well as our pre-conference training day workshops to be held on Thurs 25 August.

This year we have doubled the number of pre-conference training day workshops from two to four,



with two of those being held in partnership with NEDC (The National Eating Disorders Collaboration).



I'd like to take this opportunity to thank our hardworking conference convenor Professor Phillipa Hay as well as the pre-conference workshop presenters: Professor Caroline Meyer of Loughborough University in the UK; Professor Stephen Touzy a leading researcher in anorexia treatment research; Anjanette Casey and Carla Walton of the Centre for Psychotherapy in Newcastle; our esteemed President Chris Thornton; Naomi Crafti from Eating Disorders Victoria; and the team from The Centre for Excellence in Eating Disorders (CEED).

In this issue we have some inspirational interviews with Anjanette Casey and Carla Walton. These interviews remind us of the wonderful strength and diversity of knowledge, skills and experience we have in the membership of ANZAED which is its greatest strength.

This will be the last newsletter with Chris Thornton as our President, and I'd like to take this opportunity on behalf of ANZAED members to thank him for his fantastic contribution to making ANZAED stronger and more effective as a voice for members, and a platform

for training and professional development opportunities in the area of eating disorders.

Lastly, but not leastly, I'd like to thank those who have helped, behind the scenes with this newsletter and conference preparation – James Crafti, Kirsty Norwood at EDV, Jeremy Freeman and Shandra Coppard at CEDD, Katie at The Redleaf Practice, and my admin assistant Tara Carlisle.

Look forward to seeing you in Sydney.

Warren Ward



President's Report
Chris Thornton

This newsletter takes us up to the 9th Annual conference to be held in Coogee on August 25th, 26th & 27th. Having had a sneak peak at the program it is shaping up to be a fascinating and informative conference. We have two top notch keynote speakers looking at different aspects of eating disorders. Professor Caroline Meyer will be speaking about the often overlooked issue of exercise and activity in anorexia. Professor Perminder S. Sachdev is our second keynote speaker and will discuss some of his ground breaking work on neuropsychiatry and eating disorders, particularly with respect to body image. Our conference has a number of fascinating research paper sessions with a focus on treatment issues, prevention, and service development. We have continued our "meet the expert" sessions as well as a number of in-conference workshops. There is also the chance to see the wonderful minds of Professor Janice Russell and Dr Geoff Buckett engaged head on in a debate. These are two of the great orators in our field and wonderfully entertaining speakers. I am particularly looking forward to that.

Prior to the conference is the ANZAED training day on the 25th August. ANZAED is proud to be hosting two half day workshops. One is by Professor Meyer and Professor Stephen Touyz describing the use of a manualised treatment for the exercise component in

anorexia. The second looks at a potential new therapy for eating disorders, Acceptance and Commitment Therapy. This workshop is being led by Dr Carla Walton and Anjanette Casey from the Centre for Psychotherapy in Newcastle. I am privileged to be able to co-present with them on the topic. This will be an interesting presentation as we have deliberately chosen to have the presentation co-led by clinical psychologists and a dietitian in order to explore how these professions might interact in the delivery of a psychologically based treatment in the eating disorders.

ANZAED is proud to also be co-hosting a number of workshops with the National Collaboration of Eating Disorders on the training day. The first workshop is around the important concept of engaging and working with carers and will be lead by Eating Disorders Foundation Victoria. The second is a workshop that is particularly suitable for members of ANZAED new to the field, as well as to non members who have some interaction with patients with eating disorders but it is not their field of specialisation. This workshop, "An Introduction to Eating Disorders" will be facilitated by The Centre for Excellence in Eating Disorders.

I would like to thank the Scientific Committee of Phillipa Hay, Stephen Touyz, Sloane Madden and Jeremy Freeman for their work in providing this year's conference.

I look forward to seeing you at the conference and having a drink with you at the cocktail party.

The other primary issue that ANZAED has been working on has been lobbying the Minister for Mental Health Mr. Mark Butler to raise the impact of the recent changes to the Better Access to Mental Health Scheme that was announced in this year's budget. Although this change may appear to affect only the private sector, ANZAED sees the change as disrupting the delicate balance between public and private treatment options for patients. Minister Butler has been made aware of the unintended consequences of the decision on the patients with eating disorders. It is envisaged that another meeting with the Minister will be arranged.

As well as meeting with the Minister, ANZAED has spent time preparing an invited submission to the Senate Committee that is reviewing the Government's proposals. It is hoped that a representative of ANZAED will be asked to speak to the submission in front of the Senate Committee.

My heartfelt thanks go to the Butterfly Foundation and Christine Morgan for inviting ANZAED to meet with the Minister. Our meeting was a good reflection of clinicians and consumers working together to inform Government of the consequences of their decisions.

My first words as ANZAED president in 2010 were 'thank you' and I think it is fitting to finish my Presidency with them also. I want to thank all of the members of ANZAED and the members of the ANZAED executive, in particular the Office Bearers for their support over the past two years. I must say it has been one of the most rewarding (and demanding) times of my professional life. I hope I am leaving ANZAED in a strong position. I have great faith that the executive will continue to move ANZAED forward as an important body involved in advocacy for appropriate public mental health policy as well as continuing the work in providing specialist training in eating disorders on a bi-national basis.

Thank you to all members for your support over the last two years.

Chris Thornton
President, ANZAED

Interview with
ANZAED Training Day
Workshop Facilitator
Anjanette Casey

is currently the Hunter New England Local Health Network ED Co-ordinator. As a dietitian, she has extensive experience with adolescents and adults and implements ACT in nutrition support with adults who struggle with eating disorders at the Centre for Psychotherapy, including via Binge Eating Disorder groups.



1. How did you first get interested in the area of eating disorders?

In my early 20's, someone close to me developed an eating disorder. The notion of seeing the person beyond the eating disorder never left me. On becoming a dietitian, I became involved in developing and running groups for weight management, using a non diet approach. It was here that I became more interested in why people chose what they ate. Around ten years ago, I had the opportunity to work for six months at the Centre for Psychotherapy (a specialist public health adult eating disorder service), before having to decide whether to stay or return to my previous workplace I never went back.

2. What advice would you give to dietitians who wish to work in the area of eating disorders?

It's not uncommon for dietitians unfamiliar in this area to say they feel uncertain of how to work with someone who has an eating disorder, and feeling uncertain from time to time is pretty normal for us all. Yet, the basic concepts of facilitating nutritional change are much the same, independent of where you work. However, as eating disorders have a unique ability to raise anxiety levels, with ambivalence being a key feature, I'd suggest that dietitians new to the area be curious about what feelings come up for them, act in a way that connects them to the attributes they value and keep the following in mind:

- Surround yourself with a supportive multidisciplinary team
- Be yourself in the room
- Seek further training in basic counselling skills
- Read relevant guidelines (eg DAA best practice guidelines)
- Access supervision (I recently heard someone call this clinical companionship, which I much prefer the sound of)
- Be prepared to learn as much from clients as they do from you
- Build a relationship ... imparting knowledge by itself won't work

3. How would you like to see treatments for eating disorders progress in the future?

I would hope that people have access to appropriate treatment that is tailored to their needs ... that is, for each health service to provide outpatient, day program and hospital care. Too often, we're faced with the dilemma of how to best support someone within a public health budget. Some areas (like our own) provide comprehensive outpatient care, but if more

intensive treatment is required, we can't offer adults access to a day program or refeeding in hospital. Likewise other areas may provide day programs but don't have access to outpatient programs for clients to 'step down' into. It seems absurd. People with cancer do not have surgery to then be told that radiotherapy is needed but not available! I'd like to see people having more access to appropriate levels of care.

Interview with ANZAED

Training Day Workshop

Facilitator

Carla Walton

Is a Clinical Psychologist at the Centre for Psychotherapy in Hunter New England Mental Health Service, treating Eating Disorders and

Borderline Personality Disorder. She conducts workshops, University lectures and supervision, and has had extensive training and experience in ACT individually and in group therapy having helped develop programs for persons with Bulimia Nervosa and Binge Eating Disorder.



1. What can clinicians expect to get out of attending the ACT workshop at the ANZAED conference?

Our expectation is that at the end of the workshop, clinicians will have some a sense of what ACT's about and whether they'd be interested in exploring the model further. If we can achieve that, we'll be happy. 3 hours is such a short time to present an overall model and how a model might be used for a particular clinical disorder. Chris, Anjanette and I are going to do our best to explain the model, the data in support of it, how it's similar and different from CBT and then a taste of how you might apply the model in the area of Eating Disorders, both from a psychologist's perspective as well as a dietitian's perspective. There'll be a mix of theory as well as some experiential work, as we want people to get a sense of what ACT is about at a "head" level, as well as at an experiential level and it just wouldn't be an ACT workshop if we didn't include an experiential component!

2. What does ACT offer that other therapies don't?

It's so hard to answer this question briefly, and my short answer is come to the workshop to find out!

I'm not someone who's a true believer in one model having all of the answers and being the only true way.

I use a few different models and which model I use depends on a bunch of different factors. So, in responding to what are the aspects that I have felt that ACT offers that I didn't get from other models, I'll just mention a few things. I really like the overarching ACT perspective on human suffering, i.e., that so much of life is lost in trying to avoid painful emotions and getting caught up in our thinking and yet, this is part of the human condition. I can relate to that in my own life as well as seeing how this has happened for my clients. I like the guiding structure of ACT that the solution is to identify what really matters to us and then to take action towards that, being present in each moment for what it is, accepting the emotions that show up along the way, stepping back from the thoughts that show up and seeing them as just thoughts and doing this from a place of knowing that our thoughts and feelings cannot harm us.

ACT has a strong emphasis on using values to provide direction in our lives. The use of values is inherently motivating and I like that it gives me a way to stand beside my clients and that what we're both fighting for is about moving towards the richest, most vital life that they would choose for themselves. I've found that that's helped me to step out of the struggle that I used to find myself in where at times, I was wanting something for my client (e.g., weight gain) that was at odds with what they were wanting (e.g., weight loss).

I also have never felt like I was particularly skilled at cognitive challenging. There were many of my own thoughts that I wasn't able to challenge and I often felt like a fraud asking my clients to do something that I didn't feel like I'd been able to do. ACT sits more comfortably for me in that it takes the stance that as human beings that we're all in this together, that it is part of being human to seek to avoid painful internal experiences and to buy into beliefs and that the way out isn't necessarily to change those beliefs but to take them less seriously and to get on with living the lives we want anyway. I'm more comfortable that I don't have to be the expert who's got all of my own stuff sorted, since I don't!

So much for my short answer, eh? One last thing is that because the ACT model says that as human beings we're all in the same boat together, then there's guidance for what we as therapists can do to manage the thoughts and feelings that come up for us in our clinical work. Basically the same model that applies to our clients applies to us too, so it's helped me to look for the places in therapy where I'm avoiding going, the thoughts that push me around or the times when I'm not really present with my client.

Then the things I use to help me are the same tools that I'm teaching my client.

3. What advice would you give to recently graduated clinical psychologists interested in working in the field of eating disorders?

I would say that if you want to work in a clinical area where you can make a truly meaningful contribution, then Eating Disorders is the place to be. There is work to be done here. The evidence for our psychological interventions in the area of Anorexia Nervosa are among the worst for any psychological condition (taking into account both drop-out rates and recovery rates when people do stay in treatment). Of course, we can keep improving across all areas but if you compare it with anxiety disorders, we're a lot better at helping people to recover from an anxiety disorder than we are at helping people recover from an Eating Disorder. We need dedicated people to keep working at how we can improve the interventions we provide.

Eating disorders rob people of so much of their lives, in terms of the length of time they're affected for, as well as the impact on their quality of life. Medication

hasn't been found to be as useful as it is for many other psychological conditions and so I think of Eating Disorders as falling in the camp where psychological and dietetic interventions are what's required. And yet, we just don't have enough clinicians interested and skilled up working in this area, so if recently graduated clinical psychologists are interested in working in the area of Eating Disorders – we need you!

And I guess there's a good reason why many clinicians avoid working in this area – it is challenging. It's commonly acknowledged that with Eating Disorders, ambivalence goes with the territory because there are ways that it is really functional for people. And whenever there's ambivalence, it's going to make a therapist's job harder – our Eating Disordered clients rarely (if ever) come in the door 100% committed to getting rid of all aspects of their Eating Disorder. So, as therapists we're going to really need to work at our skills of accepting, getting unstuck from our thoughts, keeping connected to our values as therapists, staying present in each moment with our clients and engaging in the actions consistent with the sort of therapists we want to be. See Question 2 and then hopefully see you at the workshop!

The 9th Annual Conference of the Australian and New Zealand Academy for Eating Disorders 2011

**Friday August 26 - Saturday August 27th, 2011
At the Crowne Plaza Hotel, Coogee Beach, Sydney**



Keynote 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

Online registration and registration forms available soon from the ANZAED website ANZAED.org.au.
For more information email anzaed@anzaed.org.au

See below for information about the Pre-Conference Clinical Training Day



***ANZAED Pre-Conference Clinical 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, Dr Carla Walton and Ms Anjanette Casey

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Loughborough Eating disorders Activity theraPy (LEAP)

Led by Prof Caroline Meyer

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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 |

Online registration and registration forms available from the ANZAED website ANZAED.org.au. For more information email anzaed@anzaed.org.au

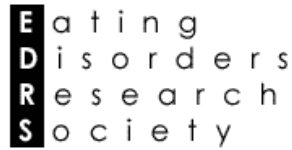
Other upcoming events



ECED Conference

Florence Italy, 15-17 September 2011

[ECED Conference Website](#)



Eating Disorders Research Society

17th Annual Meeting

Edinburgh Scotland, 22-24 September 2011

[Eating Disorders Research Society Conference Website](#)

NationalEatingDisorders.org



NEDA Conference

Los Angeles, 13-15 October 2011

[NEDA Conference Website](#)



21st Annual

Renfrew Center Foundation Conference

Philadelphia, 11-13 November 2011

[Renfrew Conference Website](#)



Eating Disorders International Conference

London, 15-17 March 2012

[Eating Disorders International Conference Website](#)



IAEDP Symposium

Charleston South Carolina, 22-25 March 2012

[IAEDP Symposium Website](#)



AED Conference

Austin Texas, 3-5 May 2012

[AED Website](#)