From the Editor’s desk

Welcome to ANZAED’s summer Newsletter! The latter part of the year has focused on planning future activities for 2014 and our Newsletter is packed with information about our upcoming events. In particular, preparation is well underway for ANZAED’s new venture, a midyear series of introductory and Master classes to be held on 2-3 May in Hobart at the remarkable Museum of New and Old Art (MONA). Being Tasmanian myself, I can’t help but note what a wonderful venue this is and that I know the workshops will more than match the venue for excellence.

But whilst planning these activities, ANZAED has continued to provide excellent professional development opportunities for members that are described in our Newsletter. These include an extremely successful webinar delivered by Dr Sloane Madden on DSM 5 Eating Disorders and further information about our steadily growing Eating Disorders Clinicians E-Network. Please read further to learn how you can both learn and contribute to this valuable clinician exchange.

It has been a, exceptionally busy year for ANZAED and our members and I have no doubt next year will be the same. I hope all our members can look forward to a refreshing and safe summer, Christmas and New Year. My special thanks to all those who have contributed to the Newsletter throughout the year and especially to Jeremy Freeman for regularly bringing it all together so successfully.

I hope all your celebrations are happy and wish ANZAED members a joyful and fulfilling New Year.

Susan J Paxton,
Secretary ANZAED
Editor ANZAED Newsletter
President’s Welcome

Welcome to the Summer Newsletter. As we are all rapidly approaching the Festive Season and hopefully some much needed time off it is worth reflecting on another successful year for ANZAED. Not only has 2013 seen record numbers attend our annual conference in Melbourne and record ANZAED membership, the year has seen a number of important initiatives that we hope will improve membership value and services as well as improve the quality of treatment and raise the profile of eating disorders.

Over the past six months ANZAED has run three webinars for members including “Motivational Myths” by Professor Glenn Waller, “Dieting Behaviours in Adolescents: The Solution of the Problem?” by Professor Dianne Neumarck Sztainer and update on changes to Eating Disorders in DSM-5. All Webinars have been well subscribed and received by members and under the guidance of the Professional Development Committee it is planned to continue to run at least four webinars a year starting with a review of the application of evidence based treatment in adolescent anorexia nervosa by Professor Ivan Eisler in March, 2014. The Professional Development Committee is always keen to hear from members with ideas for new Webinar topics.

In partnership with the National Eating Disorder Collaboration (NEDC), ANZAED has been involved in the development of both an introductory training package for eating disorders and the review of core workforce competencies for eating disorder professionals. The latter has involved four face to face focus group meetings and three online focus groups with ANZAED members. ANZAED’s role has allowed both us as an organisation and you as members to have a direct role in shaping the future of eating disorder training in the future, and positions ANZAED to have a critical role in the future for this very important area. I would particularly like to thank Rachel Lawson and Jeremy Freeman for their key roles in this process and our partners CEDD, CEED, The Hunter New England Eating Disorder Service and Anthea Fursland and her eating disorder service in Perth.

Finally I would like to congratulate Lisa Dawson who is the winner of the Young Investigator Travel Scholarship for her paper: “Defining recovery from anorexia nervosa: Can we reach a consensus?”. Lisa will receive $3000.00 and complimentary registration for the 2014 ICED conference in New York in March. The travel scholarship was particularly competitive this year with a large number of high quality papers submitted. I would like to thank all entrants for this award and wish them the best of luck with their presentations in New York.

Best wishes for the upcoming festive season and a happy and safe holiday to all.

ANZAED MEMBERS ONLY WEBINAR
“The real world application of evidence based treatment in adolescent Anorexia nervosa”
By Ivan Eisler

Wednesday March 12
12pm New Zealand
10am NSW. Vic, Tas, ACT
9:30pm, SA, NT
9am Queensland
7am WA

Ivan Eisler is the Professor of Family Psychology and Family Therapy in the Section of Family Therapy at the Institute of Psychiatry, Kings College London.

As one of the “godfather’s” of eating disorders in children & adolescents, he will be offering invaluable insights into the clinical applications of research based treatments of anorexia nervosa. This webinar will be chaired by Andrew Wallis, Head, Family Therapy Team, SCHN (Westmead) Eating Disorder Service. For more info, go to:
The 2013 ANZAED conference proceedings have now been published in a supplement of the Journal of Eating Disorders: http://www.jeatdisord.com/supplements/1/S1/all. This includes all oral papers and posters which were subject to peer review and selection by the conference scientific committee and presented at the conference.

ANZAED has arranged this publication to enhance access to conference presentations, to provide international exposure to work, and to give the credit of a "publication" to authors. The papers are "Open Access", in that they are freely available online to the global research and clinical community.

Each presentation has its own citation, ie Journal of Eating Disorders 2013, 1(Suppl 1):1X and is published both in full text and downloadable pdf formats. The supplement as a whole also can be downloaded in pdf format: http://www.jeatdisord.com/supplements/full/2050-2974-1-S1.pdf/.

The cost of publishing the supplement has been met by ANZAED, with assistance from a sponsor, Link Market Services.

Special Interest Groups

From ideas seeded at the 2013 Melbourne conference, two ANZAED Special Interest Groups have been initiated. The aim is to share ideas, clinical issues and potentially to collaborate on training. It is also planned to have inaugural meetings at the next annual conference in Fremantle.

If you wish to get in touch, the contacts are:

GP group: Dr Jan Orman:
janorman@mccauleysoftware.com

Nurse Group: Jo Titterton:
joanne.titterton@health.nsw.gov.au
WEBSITE UPGRADE

The ANZAED website recently had a minor upgrade. You may notice a smarter appearance and more streamlined menu structure.

The biggest change has been an upgrade to the Member’s section. This now has a back catalogue of webinars, including video recordings and slides:

- DSM 5 by Sloane Madden. Recorded November 18, 2013
- Motivational Myths by Glenn Waller. Recorded 20 August, 2013
- Why are fat bodies so stigmatised? by Deborah Lupton, Recorded 5 December, 2012

There is also a Member Listing section, where ANZAED members can post jobs, solicit subjects for research studies, and publicise your clinical practice details.

We are also happy to publicise workshops and training events for Members here: http://www.anzaed.org.au/other-local-events.html.

Please refer to the website listing policy (located at the base of the website) for guidelines for submission guidelines. We will try to upload listings as soon as possible, but please allow some lead time for processing. If you supply the exact content as specified in the Policy it will expedite processing.

We are always interested to publicise achievements of members, big and small, so please email anzaed@anzaed.org.au if you have any details for the “News” section. Do also email if you have any other suggestions for the website.

Less exciting, but just as important, ANZAED has been developing a number of policies over recent months to protect the needs of members and others who utilise ANZAED’s online and other facilities. These include an Information Security and a Privacy Policy, essentially ensuring that personal information held by ANZAED will not be misused or disclosed to any other parties, except where required by law, or where we outsource our services, such as to our email service provider, who themselves are required to be bound by Privacy Policies.

Other key Policies include a Refund Policy and Electronic Communication Policy (under development), aimed at limiting the liability to ANZAED and participants of materials communicated via ANZAED hosted electronic media facilities.

Finally you may be interested to hear that the number of visitors to ANZED websites has steadily increased to over 1000 per day now.
New appointment

Hunna Watson has gained a prestigious post as a Biostatistician at the University of North Carolina at Chapel Hill. Hunna has been invited to join Cynthia Bulik, Distinguished Professor of Eating Disorders, where she will work on the Norwegian Mother and Child Cohort Study (MoBa) and multigenerational linked data, to help unravel the genetic and environmental transmission of eating disorders. She will also use her experience with complex research problems and data sets to work on other applied projects, such as treatment studies.

Dr Hunna Watson was introduced to eating disorders at the Centre for Clinical Interventions, Perth where she worked as Senior Research Scientist from 2007 to 2013. There, she observed the severity and chronicity of these illnesses and decided more needed to be done to help people with eating disorders to recover and to reach their fullest potential. Hunna has also worked for Princess Margaret Hospital for Children Eating Disorders Program and the National Eating Disorders Collaboration. Since graduating with a PhD and Masters in clinical psychology in 2008, Hunna has published 40 peer-reviewed scientific articles and book chapters on various aspects of eating and related disorders, including their diagnostic nosology, psychopharmacology, psychotherapeutic treatment, epidemiology, etiology, and comorbidity.

Hunna’s proudest research achievement to date has been establishing the HOPE (Helping to Outline Paediatric Eating Disorders) Project registry with colleagues at Princess Margaret Hospital for Children, which was debuted in the Journal of Eating Disorders this year. This is presently the largest ongoing paediatric eating disorder registry in the world, and several studies have been published using registry data this year, with more student and collaborative projects underway. The aim of the HOPE Project is to cultivate discovery of new knowledge about paediatric eating disorders that will be of interest to the general community, health professionals, policymakers, and individuals affected by eating disorders.

Hunna has also recently been invited onto the editorial board of the International Journal of Eating Disorders.
2013-4 Scholarship winners

Each year, ANZAED offers three awards to young members in order to facilitate the development of new talent.

Paul Foulkes Clinician Scholarship
The winner is required to demonstrate that their attendance will be of substantial benefit to themself, their organization, their clients and community. The prize is free attendance at the ANZAED conference plus $AU500 expenses.

The 2013 winner was Kim Haebich, a psychologist at the North East Border Mental Health Service at Albury Wodonga Health. In the last few years Ms Haebich has developed the only public mental health eating disorders group program in the North East region of Victoria and was involved in the development of the North East health’s clinical guidelines for admissions of clients with Eating Disorders.

In addition, Kim provides therapy to individuals, families and carers and education to local community organisations and schools. As part of her role as Group facilitator of a local Eating Disorder Awareness Group she has recently organised an Art exhibition called Inside an Eating Disorder which was aimed at both supporting people dealing with an eating disorder and bringing awareness to those who have no attachment to it.


The Peter Beumont ANZAED Young Investigator Prize is awarded to a young investigator whose presentation delivered at the ANZED conference is deemed to be the best by a selection committee. The prize is the conference registration and a $500 honorarium.

The 2013 Award was given to Sydney researcher, Scott Griffiths for his paper:

Drive for muscularity and muscularity-oriented disordered eating in men: The role of set shifting difficulties and weak central coherence

By Scott Griffiths, Stuart Murray, Stephen Touyz

Go to http://www.anzaed.org.au/peter-beumont-award-winner.html to see Scott’s Abstract

ANZAED/AED Young Investigator Travel Scholarship

This award is given to the young investigator whose Abstract has been accepted at the 2014 International Conference on Eating Disorders (ICED), run by the international Academy of Eating Disorders (AED), and is deemed to be the best by a selection committee. The Scholarship includes Conference Registration plus $AU3,000 in travel costs.

The winner just announced is Lisa Dawson, for her paper: Defining recovery from anorexia nervosa: Can we reach consensus?

Dawson, L., Rhodes, P., & Touyz, S.


©ANZAED 2013
Core Competencies in Eating Disorders

What are they and why do we need them?

Core Competencies refer to the skills and knowledge demonstratably required to work in a particular field. Working in the eating disorder field in particular requires a significant knowledge and skill base, including elements such as knowledge of medical and nutritional issues, assessment of physical and psychiatric health, and the need to be able to work in a multidisciplinary team.

Some competencies are profession specific, whereas others are shared. The workplace and degree of specialised practice requires different levels of competency, varying from those involved in frontline work, to those in a specialist Eating Disorder facility or practice.

ANZAED, together with its partner state and national organisation have been considering core competencies over recent years as a means to guide professional development initiatives. We want to make sure that our training activities are geared to the key skills and knowledge required to work in the field.

Unfortunately there has been very limited research and literature on Core Competency in Eating Disorders (Williams, 2010; Tholking et al, 2011), and nothing locally.

The National Eating Disorder Collaboration (NEDC) has also recognised the importance in having defined Core Competencies as a step towards supporting a capable eating disorder clinical workforce in Australia, and has developed a set of draft competencies for frontline workers.

In a project funded by the Department of Health and Ageing, NEDC has asked ANZAED to field test these competencies to establish their applicability to the local workforce. In November, ANZAED held focus groups, in Sydney, Newcastle, Melbourne, Perth and Bunbury, and online. These meetings were co-hosted by partners NEDC, CEDD, CEED, Hunter New England Eating Disorders and CCI. Over 100 clinicians provided feedback, and this information is now being collated by Rachel Lawson and feedback is being prepared for NEDC.

We look forward to being able to keep you informed of the outcome.

References


THE NEDC EATING DISORDERS CLINICIANS’ E-NETWORK

is an online discussion forum for the exchange of clinical ideas and questions.

ANZAED has recently taken over the management of this forum for NEDC. It is a closed forum, with membership limited to people with a clinical qualification (students under supervision are also invited).

Participation requires a LinkedIn profile, which takes a few minutes to set up.

http://www.linkedin.com/groups?gid=4437718&trk=hb_side_g
2014 Conference preview

By Anthea Fursland, conference chair

If you are wondering about attending the 2014 conference in Fremantle (‘Freo’), I hope I can entice you to attend! The 2014 ANZAED Annual Conference Committee is very busy putting together an exciting programme.

We have two stimulating keynote speakers: Kelly Vitousek and Tracey Wade, and we are working on other parts of the programme.

I remember the first ANZAED conference I attended – Sydney 2005. I only knew a few people, and felt completely overawed. However, I was welcomed and made to feel part of the organisation, and within three years I was chosen as convenor of the 2008 conference in Western Australia. I appreciated back then, and continue to value, the collegial atmosphere at ANZAED conferences, where newcomers and relatively ‘junior’ colleagues are included in discussions with more senior members. I also admire the increasingly high standard of the presentations. I encourage everyone to participate, whether it’s by attending presentations, giving a presentation and/or mixing with colleagues.

Here’s what some participants said about attending their first conference:

Clinical psychologist: I was so impressed by my first ANZAED conference – in my case that was Coogee 2011. It was a great chance to meet and greet colleagues from around Australia that I had only ever heard of. I was amazed at how cutting edge our research is and got genuinely excited about returning home to implement in practice some of the things I’d learned in workshops. I now endeavour to go each year as I really do find it to be a highlight in my working calendar.

PhD Student: I was really impressed with the general atmosphere of the conference – the sense of involvement and collaboration.

It felt like everyone attending had a strong passion for the continual development of better research and treatment of eating disorders, and that despite different professions, different therapeutic orientations...etc. we were all working together.

PhD student: My first ANZAED conference was in Adelaide in 2012 and it was the first time I was presenting at an eating disorders conference. It was a wonderful opportunity to see the other research in eating disorders from Australia and New Zealand. It was also inspiring to meet well-known researchers in the field and hear about their work. The conference covered a breadth of topics so, as someone who works mainly in anorexia nervosa, it was exciting to learn about research in other areas. The clinical workshops also offered a practical opportunity to increase clinical skills. Having been to ICED this year, it is clear that the ANZAED conference includes research and clinical presentations that are of an international level.

Dietitian: I remember going to the inaugural ANZAED conference in 2003 where I was fairly green and new to the world of eating disorders. It was at Westmead Hospital and being new to the area I was completely unaware of how ANZAED was to evolve into what it is today (possibly along with everyone else there!). I remember feeling that I was in the right place as a dietitian, surrounded by others who wanted people to live their most vital life. I loved being around like-minded dietitians who saw nutrition as more than just a scientific equation, placing it firmly in context of wellbeing. Along with this, the most outstanding memory was the warmth of Michael Kohn inviting myself and others in our team to afternoon drinks mid-way through the conference. Feeling a little apprehensive from a rural area and not knowing people as I do now, he possibly doesn’t know (until now!) how much this was valued.

We are also involved in making your attendance at the conference as fun as possible! The feedback from the 2008 conference was terrific. Attendees really had fun exploring the local cafes pubs (Little Creatures, anyone?!) all within walking distance of the conference. Those who didn’t stay at the Esplanade stayed nearby – in charming B & Bs.

We have also arranged to have our annual cocktail party on the Friday night at a great little cafe right around the corner from the Esplanade Hotel, where we’re holding the conference. Many of you who attended the 2008 conference in Freo will remember Moore and Moore for...
its eclectic style and terrific coffee and food. They will be catering our event, and we have been given the run of the next-door art gallery, so it promises to be a memorable evening.

With regards to accommodation, we have arranged a great deal for rooms at the Esplanade at $205 – and if this sounds a lot to you, then you must live outside WA! (You might also want to look at the Esplanade website, since they occasionally offer deals for less than $205 – but this is the lowest deal we could get the hotel to lock into for our members.) I am looking into alternative accommodation, such as B & Bs and short term lets (for example, there are several units/houses with two or more bedrooms that might be suitable for colleagues to share). I will be looking to get special prices for conference attendees, and in the new year I will be sending out info about this. Whatever you decide, I do suggest that you book accommodation early, as Freo is quite small and the accommodation is limited.

**Member Profile: Sharon Ridley, Perth**

**Where did you study?**
The University of Western Australia (graduated from the Clinical Masters programme in 2008).

**What led you into your special interest area of ED’s?** I was fascinated by the extreme nature of them, the medical co-morbidities and the fact they seemed to strike such bright young women who had everything going for them. I knew UWA had one of the leading researchers in the field, Dr Sue Byrne, and I ended up doing my Masters thesis with her and the fact my supervisor. To my delight, a job happened to open up in the eating disorder team of CCI (where I work now) the same week I submitted my thesis and Sue encouraged me to apply. Five years later I am still here!

**What is the best thing about your job?**
Seeing people break out of the cycle of their illness and start to fulfil their potential. I find clients can be eerily similar and predictable at the beginning of treatment, but then their real personalities emerge more and more as they start to recover. They are incredibly unique individuals when they’re not caught up in their eating disorder.

**What is the worst thing about your job?**
Can’t cure them all. I also find it hard getting calls from distressed parents or partners desperate for their loved ones to be seen asap and we cannot get to them for months.

**What was the funniest thing you have ever experienced with a patient?**
I don’t know if it was funny so much as awkward but I had a session with a client one day then showed up for my netball game that evening and that client was Goal Keeper while I was Goal Shooter. It made for a nervous and clumsy quarter of netball until we could swap positions, and my teammates had no idea why I was shooting so poorly all of a sudden.

**What was the most meaningful thing you have ever experienced with a patient?**
I can’t really say one thing stands out above the others but any time I get a lovely heart-felt message in a card at the end of therapy telling me I’ve helped change a life I am very moved and think “THIS is why I do what I do!”

**What do you enjoy doing when you’re not being a clinical psychologist?**
I love playing social sports, especially on a weeknight to unwind and totally forget about the workday. I discovered netball relatively late in life for an Aussie girl (in my 20’s) and now can’t get enough of it. I also play beach volleyball and a bit of golf when I get the chance. Other than playing and watching sport, I like to travel, try new restaurants, and enjoy taking my beagle Hamish to the dog park.
Was any particular mentor significant or vital in your career?

I have learned a huge amount from my team leader, Anthea Fursland – she really has taught me most of what I know about eating disorders and has helped me develop my skills not just as a clinician but a trainer and supervisor also. The other person would have to be Sue Byrne, who has given me some great opportunities over the last few years; I have a great deal of respect for her and am constantly in awe of how many different roles she manages to juggle.

What books are on your bedside table now?

I've just finished J.K Rowling’s “A Casual Vacancy” and Tami Hoag’s “The 9th Girl”, very different but both excellent reads.

What is your favourite movie? Why? Bridesmaids. I like comedy movies the best and it made me laugh till I cried. The actresses did a great job of portraying some of the more subtle things that go on in female friendships.

What is your favourite piece of music?

Kenny Roger’s The Gambler. It became a sort of theme song for a group of my friends and has now featured at each of our weddings, always generating a big group sing-along and reminds me of good times.

What is your favourite food?

Can’t go past the Chinese from the restaurant that I worked in for 8 years as a student, I still trek to my old suburb to have it once a week so I don’t know what I will do if they ever shut down! Unfortunately it’s a long way from Fremantle otherwise I’d be highly recommending it for ANZAED attendees.

What makes you passionate?

Since working with eating disorders, I have become passionate about trying to promote positive body image for all and steer clear of the toxic stuff. I get really fired up about the media these days; I can’t look at a magazine cover in the supermarket queue without feeling enraged about the rubbish on there. Last week was a picture of Kate Middleton (Princess Kate) impeccably manicured next to a different picture of her looking slightly less made-up with the caption “What’s happened to Kate? The picture that shocked the world!” I just can’t believe that stuff gets printed and people buy it.

What inspires you?

Those people that are doing it tough but making the most of what they’ve got and just getting on with it. I love watching programmes like Australian Story – I’ll be sitting there on the couch annoyed that something trivial has stuffed up in my life then I see a story about someone with no legs climbing a mountain and it makes remember I have “first-world problems” and I am very lucky.

How would you describe yourself in three words?

Friendly, easy-going, funny

Where do you hope to still travel?

I have my eye on Canada for the next big overseas trip but also want to see much more of Australia. I am planning a road trip up the coast of WA to Exmouth for next year.

What is your earliest memory?

I have to say I was 4 years old and living in Perth but then when I go back to places that I lived in or visited prior to the age of 4 (Adelaide, Ireland) they feel oddly familiar and I don’t know if that’s because of stories I’ve heard or if there is some distant memory there.

If you could meet someone living or dead, who would it be?

I thought about this for way longer than I should have but couldn’t come up with anyone famous so have decided I’d like to meet any one of my 4 grandparents as I didn’t get to know any of them before they passed.

And what would you ask them?

I would ask about my parents when they were young and their life in Ireland before moving to Australia.

How is the Fremantle conference shaping up (being on the organising committee)?

It’s coming together nicely, Fremantle’s a great location for visitors to experience a taste of the West and we’ve secured two excellent keynote speakers. These conferences seem to go from strength to strength each year, I’m confident we will be able to put together a quality programme and make sure 2014 is another great conference.

What do you value about ANZAED membership?

Sometimes you can feel a little isolated when you’re busy working in your tiny team in one of the only adult ED
services in your state, so it’s great to be a member of ANZAED and be part of a larger community that shares your interest in this field and understand the challenges of working with this population. It’s hard not to have the enthusiasm of other members rub off on you when you attend events such as the annual conference and see all the exciting research that is taking place.

**Member Profile: Judy Sheeshka**

![Judy Sheeshka](image)

**Where did you study?**
University of British Columbia (Vancouver, Canada) and the University of Guelph (Guelph, Canada), both highly regarded universities in Canada

**What led you into your special interest area of ED’s?**
I was a practicing dietitian and had responsibilities on a pediatric ward, where I had a number of young female patients with ED

**What is the best thing about your job?**
I moved from Canada to Melbourne a year ago to help lead a new MSc program in Dietetics, and I enjoy the challenge and change!

**What is the worst thing about your job?**
Administrative duties such as workloads, contracts and staffing!

**What was the most meaningful thing you have ever experienced with a patient?**
A recent research project involved interviews with young women who misuse their insulin in order to lose weight. They felt that no one was available to help them – they weren’t qualified for treatment in local eating disorders programs and they felt that endocrinologists didn’t want to hear/know about their misuse of insulin.

**What books are on your bedside table now?**
I purchased “Bodies” by Susie Orbach at the ANZAED conference

**What is your favourite movie?**
A very old US movie called “Lilies of the Field” starring Sidney Portier because it taught me (as a young girl) that one man can make a difference.

**What is your favourite piece of music?**
“You Don’t Know Me” by Ray Charles, and “At Last” by Etta James. I love soul, jazz and Motown.

**What is your favourite food?**
Ice cream (yes, I’m a dietitian)

**How would you describe yourself in three words?**
Loyal, kind, nomadic

**Where do you hope to still travel?**
Italy! It’s on my ‘bucket list’

**If you could meet someone living or dead, who would it be?**
Audrey Hepburn, because after her film career she devoted her life to international humanitarian causes.

**And what would you ask her?**
What was the source of your inner strength?

**What do you value about ANZAED membership?**
Getting to meet practitioners and researchers from different disciplinary backgrounds.

Some of Dr. Sheeshka’s research projects have addressed questions such as:
- Should fast food restaurants be required to post nutrition information on menu boards?
- Should television advertising of foods and beverages to children be restricted?
- Does Canada’s Food Guide address consumers’ needs for nutrition information on daily food intakes?

Underpinning much of this research is theory, particularly theories that include the role of the physical and social environments in behaviour change, and risk analysis theory.
PROFESSIONAL DEVELOPMENT

A FEW PLACES STILL AVAILABLE

Most of the registrations for the CEDD Online Learning Program for Eating Disorders have been utilised by members. At this stage a few remain available for the discounted rate of $130. This is has been partly subsidised by ANZAED as a service to members. The regular rate is $280.

The program is a highly regarded, interactive self-paced online basic clinical training course for working with people with eating disorders, using expert videos, role-plays, interactive exercises and quizzes.

It provides a comprehensive training in the medical, psychological and dietetic management with a flexible learning format allows for the tailoring of the learning experience to a basic or more challenging level.

For more details go to http://www.anzaed.org.au/cedd-online-learning-program.html

Workshops

Managing severe and enduring anorexia nervosa

Friday 21 February, 2014 at Novotel Sydney Olympic Park:
9am – 4:30pm
by Stephen Touyz and Phillipa Hay

Raising funds for the Journal of Eating Disorders

This one day workshop will provide the background and practical skills for an empirically based approach to managing this challenging client group:

By peeling back the negative impact of anorexia and to shift the traditional pressure to gain weight to an emphasis on improving quality of life and overall functioning highly resistant individuals with severe and enduring anorexia nervosa can be engaged in treatment and achieve reduced eating-disorder symptoms, improved readiness to change, and improvements in health-related quality of life and depression.

Cost: $300 ($200 for students) – 20% discount for ANZAED members

More details and to register:
http://jeatdisord.weebly.com/
Enquiries: treatmenttrials@uws.edu.au

Mothering from The Feminine retreat @ Uluru

An intensive 5 day retreat for professional women working with girls, women and eating disorders, 5-9 May, 2014. Based on “FINDING ARTEMISIA, A journey into Ancient women’s Business,” written by psychologist Denise Greenaway. FINDING ARTEMISIA, looks at the cultural influences on modern girls and women and juxtaposes them with indigenous women’s traditions and relationships, (the world of ancient women’s business).

The Retreat provides an experiential opportunity to discover the differences and to re-cover some of the traditions lost to modern women: e.g. the roles of mother, aunties and grandmothers in nurturing girls and initiating them into womanhood.


www.denisegreenaway.com  ph: 61 2 66801681, EMAIL: greenawaydenise7@gmail.com
The Tele-mental Health Research and Practice in Videoconferencing for Psychology and Psychiatry Conference is being held in Adelaide at the University of South Australia, on 21-22 February 2014.

The conference will be the first of its kind in Australia and will bring together experts from across the country to discuss the gradual growth of tele-mental health services. The program will address three key themes: research and evidence on the use of video therapy for psychology and psychiatry; preparation and logistical considerations for setting up a service; and clinical applications of video therapy service.

The conference will offer psychologists, psychiatrists and mental health professionals the opportunity to learn how to develop a tele-mental health service, and will highlight prominent issues which support and challenge the development of these services in Australia.

Venue: Bradley Forum, UniSA City West Campus, Hawke Building, level 5, 55 North Terrace, Adelaide
Enquiries: carly.austin@unisa.edu.au
Info & registration:
https://www.conferenceonline.com/bookingform/index.cfm?page=booking&object=conference&id=17945&catego rykey=1839BB6C-6A68-4F74-A2AC-94221FE464F9&clear=1

International Conferences

International Conference on Eating Disorders
http://www.aedweb.org/ICED_Homepage.htm

Appearance Matters 6
This two day international conference taking place on 1-2 July 2014 at the Wills Memorial Building in Bristol highlights current research and good practice around psychology and appearance, including body image, visible difference, surgery, the role of the media, interventions, innovative research methods, provision of care, weight and shape, identity and education.

See website for details:
http://www1.uwe.ac.uk/hls/research/appearance research/events/appearancematters.aspx
Centre of Appearance Matters

Centre for Appearance Research
& Appearance Matters 6 Conference

The Centre for Appearance Research (CAR) at the University of the West of England in Bristol is a unique research centre in which members carry out interdisciplinary research in appearance and body image led by Professors Nichola Rumsey and Diana Harcourt. I am exceptionally fortunate to have been able to spend two and a half months at CAR on study leave. In its earlier years, the main focus of research at CAR was on the psychological impacts of visual differences, such as cleft palate and burns, and this pioneering thread remains very strong. More recently, largely under the dynamic influence of Dr Phillipa Diedrichs (PhD from the University of Queensland), research has also turned to evaluation and dissemination of body image prevention programs. The Australian connection will be further enhanced when Dr Amy Slater (Flinders University) takes up a position as a Senior Research Fellow in the New Year when she will pursue her research into the role of the internet and social media on body image. In recognition of their leadership, Profs Rumsey and Harcourt lead a multi-million pound European Cooperation in Science and Technology (COST) network which includes over 20 European counties.

Every two years CAR host a conference entitled Appearance Matters, and in 2014 the 6th conference will be held 1-2 July at Bristol University and there will be associated training day workshops. It is clearly going from strength to strength! Australian researchers have frequently been keynote speakers, but in 2014 Prof David Sarwer (cosmetic and reconstructive surgery) and Dr Tracy Tylka (assessment and positive body image) will be keynote speakers. Conference themes will cover the spectrum of appearance research. Abstracts for oral, poster and workshop presentations close on 1st March 2014. For further information about this exciting conference see the conference website.

Improved referral pathways for EDs in New Zealand and Australia

Over the past year the South Island Eating Disorders Service (SIEDS) has been involved in developing a HealthPathway for eating disorders as part of a Canterbury health initiative. The dedicated website, HealthPathways, contains over 500 clinical pathways that have been developed jointly by general practice teams and hospital clinicians. This was following a process where Canterbury General Practitioners identified access to information as the key tool to enable them to care for their patients more effectively. The collaborative process behind HealthPathways leads to improved services and outcomes for patients and greater clarity for all those working in the local health system. The pathways are designed to be used during consultation in general practice and cover assessment, management, and referral to secondary care and community services.

SIEDS has found being involved in HealthPathways an extremely useful process, as there is now a clear pathway for GPs and other referrers to ensure the best care for their patients with eating disorders. SIEDS provide treatment to those with eating disorders across the age span. HealthPathways was able to reflect the complexity of the information needed to be available to GPs and other referrers about the range of presentation they may see, for example, different pathways have been developed for young people with anorexia nervosa, adults with bulimia nervosa, adults with severe and enduring anorexia nervosa and those with binge eating disorders. HealthPathways is now being implemented throughout the rest of the South Island, in the lower North Island, and in many areas in Australia including Hunter and New England, Mid and North Coast, Central Coast, Western Sydney, and Central Sydney (NSW), Melbourne and Barwon (Victoria), Tasmania, Townsville, and Perth. If you would like any further information on HealthPathway please contact info@healthpathways.org.nz

Rachel Lawson

Professor Susan J Paxton
Eating and Feeding Disorder specialists are invited to join WHO’s Global Clinical Practice Network to help develop the ICD-11

The World Health Organization (WHO) is currently developing the newest version of the International Classification of Diseases (ICD-11), planned for publication in 2015.

As part of the ICD-11 development process, WHO’s Department of Mental Health and Substance Abuse is undertaking global field studies, both clinic- and internet-based, to test the proposed diagnostic guidelines for Mental and Behavioural Disorders and to help ensure the clinical utility (e.g., ease-of-use, goodness of fit), validity, and global applicability of the new classification system.

Substantial changes have been proposed to the Eating and Feeding Disorders diagnostic cluster within the Mental Health and Behavioural Disorders chapter of the ICD-11. As such, WHO is specifically appealing to professionals working in this field to provide information and feedback to WHO involving the review of materials, offer feedback about ideas or concepts that WHO is developing, or participate in specific studies based on the professionals’ expertise in eating disorders. The information provided will inform WHO’s decisions about the content and structure of the new classification system, as well as how that information will be presented to different users.

To participate you need to register here [http://www.globalclinicalpractice.net/ed-invitation/](http://www.globalclinicalpractice.net/ed-invitation/)

Registration for the GCPN takes only a few minutes to complete. Once registered, professionals will receive online study requests no more than once a month, and each study will take approximately 20-30 minutes to complete. Participants will not be asked to identify patients and your responses will be kept confidential and secure. Data will be analyzed in aggregate form and used exclusively for the purpose of ICD-11 development.
"Mastering the Art & Science of ED Treatment"
ANZAED Autumn 2014 workshop & Masterclasses
2-3 May 2014 - The Museum of Old & New Art (Mona) and the Old Woolstore Hotel, Hobart

- At the spectacular Museum of Old & New Art on the Derwent River, and the historic Old Woolstore Hotel near the wharf in Hobart, with presentations by some of Australia's leading eating disorder experts.
- Five workshop options, keynote address by ANZAED President Sloane Madden, and a delicious dinner at MONA, return ferry/coach transfers from Hobart to MONA and museum viewing time are included.
- Session times facilitate flight access on Friday morning & Saturday afternoon from many capital cities. Discount accommodation at the Old Woolstore Apartment Hotel has been arranged.

Friday 2 May, 2014

Introduction to Eating Disorders workshop, 8:30am-2:30pm, Old Woolstore Hotel, Hobart
By Dr Beth Shelton & Sarah Wells, Clinical Psychologists, Dr Michelle Williams, and others.
Optional evening session (2:30-9pm) at MONA.

Dietetic Masterclass & evening sessions: 11:30am-9pm, MONA
Master forum on nutrition management: Overcoming challenges, research and the way forward in eating disorders. Presenters: Gabriella Heruc, Helen Storey, Vicki O'Dwyer, Fiona Sutherland and Anjanette Casey.

Psychological Masterclass & evening session 11:30am-9pm, MONA
Enhanced Cognitive Behaviour Therapy for Eating Disorders - debunking the myth that manualised treatment is a one size-fits-all approach — Conducted by Dr Anthea Fursland, clinical psychologist, Centre for Clinical Interventions, Perth.

Introduction to the Medical Management of Eating Disorders workshop, 4:30-9pm, MONA
By Dr Warren Ward, psychiatrist, Director Eating Disorder Service, Royal Brisbane & Women’s Hospital & Dr Michelle Williams, paediatrician, Royal Hobart Hospital.

SATURDAY 3 MAY 2014

Engaging patients with Eating Disorders: The Myth of the Myth of Motivation— Chris Thornton, clinical psychologist, The Redleaf Practice. 8:30am - 3:30pm, The Old Woolstore Hotel, Hobart

SEE WEBSITE FOR DETAILS