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Capitalising on the future!?
Welcome to ANZAED’s 2015 Winter Newsletter!

It has been another exciting year for ANZAED and this newsletter reviews many of its activities and also looks ahead to the coming year, and especially ANZAED’s upcoming “Riding the Waves to Recovery” conference to be held at the Gold Coast in August at which Professor Ivan Eisler and Professor Stephen Touyz will be keynote speakers.

ANZAED is always developing and I’d like to congratulate and thank Sloane Madden for his leadership as President of ANZAED over the last two years. Under his presidency, not only has ANZAED’s membership grown, but so have the benefits it offers its members. It is also a pleasure to welcome our incoming President, Beth Shelton, who as you can see from the Professional Development Committee item in this newsletter, has already played a significant role in the ANZAED’s professional and workforce development activities.

It is also my pleasure to give my warmest congratulations for Loraine House and Kate Parsons for being awarded the 2015 ANZAED Distinguished Achievement Award and to Professor Phillipa Hay for being awarded the 2015 Lifetime Achievement Award. These three most deserving recipients of ANZAED’s highest honours will be recognised at ANZAED’s Gold Coast conference and their contributions are described briefly in the newsletter below.

There are so many other amazing people who give their time and energy to support ANZAED and its members. In this newsletter, the work of the Online Education Committee chaired by Sarah Mitchell, and the Autumn Workshop Series held in the Barossa Valley and organised by Gabbi Heruc and her committee are described, along with a profile of an overseas member making her mark at the Centre for Appearance Research in Bristol, Amy Slater. There is a further spotlight on services in New Zealand, Sydney, and Melbourne. In addition, our growing membership is profiled in the report from the Membership Committee, as well as some of the activities of our newest Partner Organisations in France and Spain.

One of the people who gives the most energy and commitment to ANZAED is our Development Director, Jeremy Freeman. Recognising that Jeremy is involved in all activities of ANZAED, I would like to thank him particularly today for preparing this newsletter.

Susan J Paxton,
Secretary ANZAED
Editor ANZAED Newsletter

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ANZAED LAUNCHES NEW SUBSCRIPTION WEBSITE
https://www.xcdsystem.com/ANZAED/member

We have developed a new log-in site to make it easier to access membership details, to renew and to register for conference and workshops.

- Updated practitioner listing service with individual pages including enhanced profile, photo and map
- Automated password reminders
- Remembers your details for renewals and registrations
- New library of member resources

Coming soon
- Supervision bank
- Interactive learning hub

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2015 ANZAED Awards

Distinguished Achievement in the Field of Eating Disorders award

A Distinguished Achievement in the Field of Eating Disorders Award is presented annually to recognise a distinguished contribution of an ANZAED member in one or more of the fields related to eating disorders, such as research, clinical practice, education/administration, and advocacy.

The 2015 Distinguished Achievement in the Field of Eating Disorders award was won by EDASA co-founders Loraine House and Kate Parsons.

Loraine and Kate established EDASA together in 2012 in order to bring South Australia in line with every other state in Australia by providing a stand-alone service for providing support, information and advocacy to people experiencing an eating disorder and their friends and family. As an unfunded organisation with an uncertain future, Loraine and Kate have continued to defy the odds with unwavering determination and passion towards fulfilling EDASA’s vision to reduce the incidence, severity, and associated stigma of eating disorders in our community.

Loraine and Kate go “over and above” in their roles in offering support to the people that engage in EDASA’s services by being available for email and phone support when needed, providing a welcoming and comfortable space at the EDASA office for people to drop in for a chat during business hours and visiting families in hospital during an admission, which is often a frightening, emotional and exhausting experience for both the person experiencing the eating disorder and their friends and families.

ANZAED Lifetime Achievement Award

The Lifetime Achievement in the Field of Eating Disorders Award is made to recognise an ANZAED member who is in the latter part of their career and who has made an exceptional contribution over an extended period of time.

The 2015 Lifetime Achievement Award was won by Professor Phillipa Hay, who is one of the founding members of ANZAED and has served for many years on the ANZAED Executive, and for two years as ANZAED’s President.

Phillipa has always been a great supporter of ANZAED in many different ways, however her contribution to the field of eating disorders goes far beyond her involvement with ANZAED. She has made an enormous research contribution and she has further built the reputation of Australians working in the eating disorders field with the establishment of the Journal of Eating Disorders, along with colleague Stephen Touyz. Not only does she have a great vision for her field, but she also has the energy and common sense to make important things happen.

Both awards will be presented on 22 August 2015 at the 2015 ANZAED Annual Conference at the Gold Coast by current ANZAED President Sloane Madden.
Scholarships

ANZAED provides four scholarships to its Annual Conference, including two scholarships to support members from rural and remote regions to attend our annual conference.

The Paul Foulkes Clinician Scholarship is awarded to a clinician whose service would benefit from his/her attendance at the Conference. Congratulations to this year’s winner Quentin Dignam, a senior clinical psychologist from the Tamworth Child & Adolescent Mental Health Service in New South Wales.

The Peter Beumont Young Investigator award will be decided during the conference with the winner will be announced on Saturday. See column to the right for the list of this year’s six finalists.

Our two scholarships for clinician members from rural and remote regions were awarded to Bronwyn Wood, a psychologist from Albury, New South Wales and Michelle Anderson, a psychologist from Headspace and in private practice in Townsville, Queensland.

2015 Peter Beumont Young Investigator Research Award Finalists

The Peter Beumont award is given to the best conference presentation to an early career researcher. Congratulations to the six finalists below. These papers will be presented in a single session on Saturday 22 August.

Louise Andony, University of West Australia and Centre for Clinical Interventions
Therapist adherence in the Strong Without Anorexia Nervosa (SWAN) study: A randomised controlled trial of three treatments for adults with anorexia nervosa

Scott Griffiths, University of Sydney
Finding Self-stigma of Seeking Help and Being Male Predict An Increased Likelihood of Having an Undiagnosed Eating Disorder

Long K D Le, Deakin University
Systematic review and meta-analysis of preventive interventions for eating disorders.

Louise Pannekoek, University of West Australia
Finding modifiable predictors of treatment dropout: The role of the therapeutic alliance, readiness to change and acceptance of treatment approach

Jayanthi Raman, University of Western Sydney
Cognitive remediation therapy for adult obesity: A randomized controlled trial

Annaleise Robertson, The Children’s Hospital at Westmead
Using a brief family-based DBT adjunct with standard FBT in the treatment of Anorexia Nervosa
Conference: Update by Kim Hurst, Convenor

There has been a flurry of activity behind the scenes of the 2015 Gold Coast ANZAED Annual Conference, particularly over the past month. The focus has been on ensuring that the oral streams and poster presentations are innovative, diverse and dynamic. I am particularly impressed with the high calibre and the number of submissions this year.

There are several exciting networking events scheduled within the conference program:

i. ANZAED Executive Group would like to especially welcome new comers to the annual conference by holding a morning tea on Friday.

ii. Special Interest Group (SIG) lunch meetings are also on Friday. The formation of SIGs would enhance communication within that group and support their members working in the eating disorder field. Please refer to the website if you have an interest in forming a SIG or becoming part of an existing group http://www.anzaed.org.au/special-interest-groups.html

iii. The cocktail party on Friday evening is also a great opportunity to relax and enjoy the chance to catch up with fellow ANZAED members.

Finally I would like to encourage members to attend the Annual General Meeting (AGM) on Saturday to hear about the work that has been achieved by ANZAED over the past year and also to contribute to the strategic direction for the coming year.

Best,
Kim

THE NEDC EATING DISORDERS CLINICIANS’ E-NETWORK

This is an online discussion forum for the exchange of clinical ideas and questions. ANZAED manages this forum for NEDC. It is a closed group 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

RECENT DISCUSSIONS
EDs and pregnancy
Early intervention methodologies
Long-term treatment
Ramadan and eating disorders
What are the truths about eating disorders
An update from ANZAED’s Professional Development Committee
by Beth Shelton, chair

The ANZAED Professional Development Committee in 2015 is a lively and fast changing place.

As ANZAED grows as an organisation, increases PD activity, and navigates the new world of online learning, the work of the PD committee has increased exponentially. As a response, by the end of 2015, the structure of PD work within ANZAED will be quite different. We will move from one PD committee to four committees: PD Strategy and Partnerships, Online PD, Annual Conference and Autumn Lecture Series. Communication between these areas will be ensured by a monthly meeting of committee chairs. Hopefully this will allow everyone to get on with the excellent work they are doing and still allow for discussion of ideas and strategies.

In the meantime, committee members continue to create and sustain professional development opportunities of various kinds for ANZAED members in 2015. The focus of this energy and commitment includes:

Annual conferences – we are building on the wonderful 2014 Fremantle conference, watching the 2015 Gold Coast conference take exciting shape, and looking forward to Christchurch in 2016 and Sydney in 2017. Our conferences are attracting increasing numbers of people and remain our core PD activity.

Autumn Lecture Series – This workshop series is becoming a fixture on ANZAED’s PD annual calendar. The Lecture Series was a highly successful experiment in Hobart in 2014, and members who attended this year’s event in the Barossa rated it very highly for PD content and for pleasurable life experience. The idea of the series is to site the events in regional areas which may otherwise not have this kind of PD opportunity, to liaise with local Eating Disorder organisations, and to seek out unique aspects of the area which our members might enjoy. MONA in Hobart and food and wine in the Barossa for example.

The future of education is in blended online and face to face learning. The new ANZAED Online PD committee has hit the ground running, researching and developing brief online modules for use by our members. We hope this will be the beginning of many good things in this area.

Our Workforce Development Committee was formed in acknowledgement of the crucial role a skilled workforce has to play in the development of our field and in outcomes for people with eating disorders. ANZAED partners with NEDC and state training organisations in developing directions for workforce development. ANZAED has provided information and feedback on strategy documents commissioned by state and federal governments. One of ANZAED’s great strengths is the rich experience and skills of its membership. In order to make this expertise more accessible to the eating disorders field, a supervisor bank is being developed, where members can offer supervision and the public can seek it out.

I have mentioned no names here, because there are so many. But all of the above is the direct result of the work of a lot of committed and gifted people. You know who you are; thank you on behalf of our field. And to all ANZAED members, your views about PD are highly valued. ANZAED aims to survey you about this every couple of years, but in the meantime, if you have ideas about speakers, areas of interest, regions for events, or different kinds of events, please email us at anzaed@anzaed.org.au

Also, if you are interested in contributing to ANZAED by being on one of the PD committee, please let us know.

Dr. Beth Shelton, Chair PD Committee
An update from ANZAED’s
Online Education Committee
by Sarah Mitchell, chair

Committee members: Rachel King, Ulrike O’Sullivan and Elizabeth Hall.

The Online Education Committee is a newly formed committee with the overarching aim of developing online learning activities for ANZAED members. Specifically, the committee aims to package ANZAED’s existing and new video resources in platforms that utilise evidence based mechanisms for skill and knowledge acquisition, using active and interactive technologies.

An initial focus of the committee has been to review available online platforms and select a platform that best aligned with ANZAED’s needs. In line with this, a recently appointed Project Officer (Rachel King) prepared a report summarising relevant online platforms and compared these based on a range of criteria such as usability, sustainability, learning style, duration and cost.

Based on this report, an online platform (Looop) was selected to develop ANZAED’s first online education program. Looop is a micro-learning based program that empowers the learner to consume the information they need, when they need it and individuals can learn at their own pace and access the information that’s most pertinent without having to consult someone else or wait for a session to become available.

The content for the program is currently in development and will focus on community medical management of eating disorders. This program will be ready for launch at the 2015 ANZAED Conference and it is anticipated that additional topics will be developed and rolled out to ANZAED members later in the year.

ANZAED Learning Hub
The Online Professional Development committee is currently developing several online professional development resources for ANZAED members that can be used for skill development in addition to engaging the community and working collaboratively with other health professionals.

One of the new programs, a program that provides information about medical aspects of eating disorders, will be ready for launch at the 2015 ANZAED conference. Specifically, the program is designed as a tool that can be used for an individual’s own learning in addition to facilitating collaborative care with other medical professionals.

The program is based on micro-learning principals to empower the individual to consume the information they need, when they need it. After the launch at the conference, members will be sent an email with instruction on how to access the program.
News from the ANZAED Membership Committee

The central goals of the Membership Committee are to identify member needs and improve member benefits. With this in mind, during 2015, the Membership Committee has worked to ensure guidelines are in place for the establishment of Special Interest Groups (SIGs) that can further provide support and networking to particular groups within ANZAED. We are hoping to see the early development of a number of SIGs at the Gold Coast conference.

The Membership Committee has also been working on ensuring professionals working in the eating disorder field are aware of ANZAED activities to support them through wider dissemination of information about ANZAED. In particular, we have worked with the Social Media Committee to extend our profile on Facebook and will shortly have a new member benefit brochure available. We are happy with the excellent membership of ANZAED, which now has 219 members in total from Australia and New Zealand.

At our Gold Coast conference we plan to ask willing ANZAED members to record a brief video message about what they are finding interesting at the conference and what they value about ANZAED membership. If you are at the conference and are not feeling shy, we would love to hear from you! You will be able to find further information at the registration desk.

We are also launching a “Refer a Friend” program where you and your friend stand a chance to win a $200 Flight Centre Voucher to be used towards the 2016 conference in Christchurch. Details also at the registration desk and website: http://www.anzaed.org.au/membership.html

FLIGHT CENTRE

Update from ANZAED's International Partners

ANZAED is in a partnership with the Academy for Eating Disorders and through this network ANZAED has a number of new partners. Co-Chairs of the Partnership, Chapter and Affiliate Committee (PCEC) are Ursula Bailer and Annemarie van Elburg, while Susan Paxton is ANZAED’s representative. Here are our most recent partners and activities of the PCAC and highlights from PCAC’s workshop at ICED 2015:

The Spanish Association for the Study of Eating Disorders (Asociación Española Para El Estudio De Los Trastornos De La Conducta Alimentaria, AEETCA) (www.aeetca.com) is an association of professionals from different disciplines, involved in the prevention, treatment and research of eating disorders. It was founded in 1996 and it has currently 150 members from all over Spain.

The Association Française pour le Développement des Approches Spécialisées dans les Troubles du Comportement Alimentaire (AFDAS-TCA) (www.anorexieboulimie-afdas.fr) was created in 2005, on the initiative of professionals from the psychiatric field specialized in the treatment of eating disorders.

The National Association for Males with Eating Disorder (N.A.M.E.D.) (http://namedinc.org/) is a nationwide professional association committed to leadership in the field of male eating disorders. Established in 2006, N.A.M.E.D. is the only organization in the United States exclusively dedicated to representing and providing support to males with eating disorders.

The World Psychiatric Association (WPA) Section for Eating Disorders (http://www.wpanet.org) has almost 200 members from a number of disciplines namely psychiatrists, physicians, pediatricians, psychologists, dietitians, family therapists, social workers, researchers who are particularly interested in treatment innovations and the psychoneuroendocrinological aspects of eating disorders.

At ICED 2015, PCAC presented a workshop on the worldwide view on delivering treatment for patients with eating disorders as part of the new Global Inclusion Initiative of the AED. Several representatives, including Sloane Madden and Beth Shelton from ANZAED, presented their greatest concerns about developments in relation to eating disorder treatment in their home countries, and a lively discussion followed the presentations, in which almost all people present joined. It turned out to be a remarkable ‘first’, and we concluded that we would very much like to organize another workshop at the next ICED, which, as we perceived it, is an important step in the direction of globalization of AED.

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Western Sydney Local Health District
Eating Disorders Day Treatment Program

Team in the spotlight

The Eating Disorders Day Treatment Program opened its doors in 2003 and was the first NSW public health adult day-hospital program. The program caters for adults living in the Western Sydney Local Health District catchment area and is staffed by a dedicated team of health professionals, committed to delivering effective treatment for eating disorders.

Q & A with the team...

Natalie, what training have you had? Oddly enough, my training in psychology began with an Economics degree (with Honours in Psychology). At the time, I was keen to pursue a career in Organisational Psychology. Somewhere along the way, I developed a passion for clinical work, and so I did a Masters degree in Clinical Psychology. I worked in a range of clinical areas before specialising in eating disorders, which was great training for what was to come. I have recently obtained my PhD and my research examined metacognition in eating disorders.

Natalie, what book is on your bedside table right now? “Open” by Andre Agassi; I enjoy reading sports biographies. However, I really ought to be reading “Toddler Taming” at the moment!

Cindy, what do you find rewarding about working in this field? I am often in awe of the determination, courage and resilience of this particular population. It is truly fascinating and rewarding to witness the process through which patients start to use their strengths to aid their recovery.

Cindy, who in the world (alive or dead) would you have over for a dinner party and why? It would be hard to choose between Helen Keller and Sir Winston Churchill. Helen Keller was a childhood heroine; I was drawn to her story of overcoming adversity and achieving independence in the face of physical and societal barriers. I would relish the opportunity to find out more about what life was like for her. Another dinner party guest would be Sir Winston Churchill as he was such an amazing leader who truly shaped world history. Plus, I suspect he would be a mildly outrageous and very entertaining person to have at a dinner party!

Mellisa, what is the most meaningful thing you have experienced with patients? The most meaningful experiences I have had with our patients is when they offer (sometimes several years after recovery) to “give back to other sufferers”. They do this with a visit to our day-program, where they share their journey (past and present) as a source of inspiration and motivation for our current patients. Other meaningful events are when healthy-weight babies are born!

Mellisa, what do you enjoy doing when you’re not working? I enjoy (and this may sound cliché) spending time with my children and husband. This may include weekend sporting events, family bike-rides or trips to the theatre. Lazy Sunday afternoon BBQs with friends are also a favourite!

Stewart, what do you find fascinating about eating disorders from a clinical perspective? One of the things I find fascinating about Anorexia Nervosa in particular, is what appears to be the compartmentalising of thoughts, and the difficulty with ‘shifting set’. Insight might be gained about thoughts or thinking style in one environment, but seems to evaporate when moving to another environment, impacting on the capacity for change.
Stewart, what is your favourite dish to cook? A favourite meal of mine is Jamie Oliver’s Pan-Roasted Guinea Fowl with Pomegranates and Spinach. I use spatchcock instead of guinea fowl. Mine doesn't really turn out like the photo, but the red colour of the pomegranates makes the dish very festive. ‘Go on my son... luvly!’

Suramya, what is the best thing about your job? I trust, respect and enjoy the people I work with, and take pride in what I do.

Suramya, what is your favourite meal? Hoppers and Kokis- traditional Sri Lankan dishes.

For enquiries about the Eating Disorders Day Treatment Program, please call (02) 9630 9423.

CEED Eating Disorders Early Intervention and Strengthening Networks Projects

By Claire Diffey, Manager

The Victorian Centre of Excellence in Eating Disorders (CEED) will have a major expansion in its staffing and work over the next year. CEED will receive $1.36 million for 2015-16 as part of $2.1 million funding from the Department of Health and Human Services for targeted projects aimed at strengthening early intervention for eating disorders and improving support for individuals, their carers, and the mental health workforce in Victoria.

The funding is intended to support the Victorian Eating Disorders Strategy launched in late 2014.

The CEED funding has two components - $1 million for early intervention measures in primary care settings for youth and adults showing signs of an eating disorder and $360,000 for strengthening the way services respond in a coordinated manner.

A range of projects are planned including the development of early intervention support packages for families of young persons with early warning signs of eating disorders, as well as packages for adult sufferers and their families. There will be also be increased training for clinicians in evidence-based early intervention models, and piloting of new models of early treatment.

The strengthening network coordination project will support regions to develop or further enhance clear screening, referral and clinical pathways for early identification and appropriate timely treatment of eating disorders.

For more information see www.ceed.org.au.
Amy Slater (who for many years worked at Flinders University with Professor Marika Tiggemann) moved to the Centre for Appearance Research at the University of the West of England, Bristol UK, in February 2014 as a Senior Research Fellow. Here she is continuing her research on adolescent social media use and the premature sexualisation of girls.

Amy is now a Co-Chair of the organising committee for ‘Appearance Matters 7’. The Appearance Matters Conference series has been held in Bristol, UK since 2003 (with previous keynote speakers including Professor Marika Tiggemann and Professor Lina Ricciardelli). Appearance Matters is an international multi-disciplinary conference which highlights current research and good practice around psychology, body image and appearance. The organising committee is excited to announce that for the first time Appearance Matters 7 will be held in London on 28-30 June 2016 at the Royal College of Surgeons. Confirmed keynote speakers are:

Dr Eric Stice (Oregon Research Institute, USA) on ‘Developing and disseminating evidence-based body acceptance interventions’

Professor Diana Harcourt (University of the West of England, UK) on ‘Visible differences in low income countries’ and

Professor S. Bryn Austin (Harvard University, USA) on ‘Public Health and Policy Approaches’

The conference will feature training workshops (conducted by the keynote speakers), paper and poster presentations, mentoring and social events. Registration for paper and poster abstract submissions will open on 1 November 2015. Final date for submissions is 22 January 2016. For more details see: http://bit.ly/1kA5Svp.

Amy says “I first attended Appearance Matters 5 in Bristol in 2012 and thought it was an absolutely fantastic conference. By Appearance Matters 6 in 2014 I was working at the Centre for Appearance Research and now for Appearance Matters 7 I find myself co-chairing the organising committee (with Dr Philippa Diedrichs and Dr Heidi Williamson). We are very excited to be hosting the event in London next year and are thrilled that we have a fabulous line up of keynote speakers. We hope to see you in London in summer of 2016 for Appearance Matters 7!”.
ICED Report
By Sian McLean, ANZAED/AED Young Investigator Travel Scholarship Awardee

In partnership with AED, ANZAED offers a travel fellowship for a young investigator from Australia or New Zealand to attend the International Conference on Eating Disorders (ICED). I was honoured to be the 2015 recipient for a paper presentation of findings from my PhD thesis. The results of the study, which I presented in the body image paper session at the Boston conference, found that higher levels of media literacy protected against the negative effects of media exposure on body satisfaction.

Attending ICED is a fantastic experience for students and early career researchers, especially when presenting one’s research in front of an international audience. In addition, ICED has an extremely full and broad program that provides exposure to thought provoking and up-to-date commentary on emerging areas of research and practice through the keynote and plenary sessions, but most importantly also provides the chance to meet with researchers and clinicians from all over the world and be inspired for future directions in one’s own work.

The special interest group (SIG) meetings and scientific paper sessions are especially valuable for reflecting upon the specific areas of one’s research. The Fat Talk and Weight Stigma SIG presentations (Body Image and Prevention SIG combined with the Epidemiology & Public Health Practice and LGBT SIGs) as well as the Body Image and Prevention paper sessions were particularly relevant for me. Attending these sessions lead to the generation of a range of new research questions, and I am already thinking about what I might submit for next year’s conference.

I would like to thank ANZAED and the AED for the opportunity to attend the 2015 ICED Boston conference. Members of ANZAED really punch above their weight at ICED and it is a great experience to feel like a part of the ANZAED “team”. I would certainly encourage all students and early career investigators from ANZAED to look at support ANZAED offers to members for international and national conferences; you never know where it might take you!
ANZAED WORKSHOP SERIES:
BAROSSA VALLEY: 2015 Vintage:
“EDs Across the Lifespan”

ANZAED held its third annual Autumn workshop series on 13-14 March in the scenic Barossa Valley, South Australia. Based at the Novotel resort, the workshop series had two streams – child and adolescent, and adult, with participants able to mix and match workshops.

The child and adolescent stream started off on the Friday with an introductory workshop by the Children’s Hospital at Westmead on Working with children & adolescents: From diagnosis to discharge.

Sloane Madden recommends the bottom line while co-presenters Jo Titterton, Dr Anne Morris and Andrew Wallis watch on.

On the Saturday Andrew Wallis and Professor Susan Byrne from the University of WA discussed the relative merits and applications of both FBT and CBT for adolescents with anorexia nervosa in Adolescent treatments for AN: FBT and CBT-E, who, what, when and how? An expert-led discussion forum.

The “adult stream” included a Friday workshop on Body Image in Eating Disorders: Strategies for Recovery by Dr Beth Shelton (CEED) and Professor Susan Paxton (La Trobe University).

The Saturday workshop was by Dr Susan Simpson from the University of South Australia on Working with Schemas and Core Beliefs in Complex ED Management.

The third stream included a popular Introduction to Eating Disorders for Dietitians workshop by Tania Ferraretto (Happy Healthy Me), Michelle Roberton (CEED), Liz Gibson (SA ED Day Program) and Gabriella Heruc (University of Adelaide).

The Workshop series dinner was held at the famous Maggie Beer’s farm, where guests were entertained by a cooking demonstration, wine tasting and highly amusing and pertinent talk by award winning journalist and author Kaz Cooke about celebrity diets and other aspects of cultural craziness.
EDASA attends the ANZAED Autumn Workshop Series

By Loraine House, Executive Officer, EDASA

The team attended the 2015 ANZAED conference and workshops that we held in the beautiful Barossa Valley. We were fortunate enough to receive a grant from Community Benefits SA to send 10 of us to the workshop series. We split up into different sections of the workshops and shared what we had absorbed over dinner, one of which was at Maggie Beer’s farm.

One of our volunteers who recently completed her honours degree in psychology commented that she had gained more understanding about eating disorders from the weekend workshops than in all her years at university.

The information was excellent, and listening to the expert clinicians from interstate who presented at the workshops provided the opportunity for us all to learn from their expertise. It was amazing that ANZAED held the conference in SA so our state is equally participating and exposed to so many experts. These important events are invaluable such so a huge thank you to ANZAED.

News from New Zealand

By Rachel Lawson, Clinical Head, South Island Eating Disorders Service

National Eating Disorders Training Day in NZ well received

The Werry Centre for adolescent workforce development held a national eating disorders training day in February, which I was honoured to facilitate. The aim of the day was to provide training for those requiring essential skills as well as those requiring further specialist training.

To accommodate both groups, two streams were run with clinicians being split into an essential skills stream, and a specialist FBT stream. Those in the essential skills stream were taught about assessment, medical management and treatment of eating disorders.

The session most well received was run by Amanda Brennan, Physiotherapist, from the South Island Eating Disorders Service, who discussed compulsive exercise. About 40 clinicians attended the FBT specialist stream and were able to reflect on their FBT practice, and also listen to presentations on adjuncts to FBT. Participants valued the opportunity to network with their FBT colleagues from throughout NZ.

ANZAED 2016 Conference; Christchurch

Planning for the ANZAED 2016 conference to be held in Christchurch is well underway. The conference committee is currently looking at possibilities for the second keynote speaker, and has narrowed the list down to three possibilities. They are also in the process of discussing with Professor Cindy Bulik what she might offer for her pre-conference workshop. Cindy continually receives accolades for her teaching skills and so the committee will be excited to release her workshop topic later in the month for ANZAED members to think about registering for.
To keep up to date with news from ANZAED, the eating disorder world, the latest research and eating disorders in the news, check out our new Facebook page and Follow Us now. https://www.facebook.com/ANZAED.EatDisord

If Twitter is your thing – or even if it isn’t, you can follow us via our twitter link: https://twitter.com/ANZAED1

ANZAED will be introducing a twitter stream during the conference e- so you can keep up to date, whether you are there or not! #ANZAED2015
Announcing our 2016 Autumn Workshop Series in Canberra (11-14 March)
– Come and Capitalise on your Future!

After successful Autumn Workshop Series’ in Hobart and the Barossa Valley, we are excited to announce that in March 2016 we will be heading to Canberra to the National Museum of Australia. We have a great range of clinical training workshops on topics including using motivational skills in CBT for obesity, advanced FBT skills and medical management. We are also hosting international expert in cognitive remediation therapy for anorexia nervosa, Dr. Camilla Lindvall-Dahlgren, who will be running an introductory 1-day workshop, as well as an advanced 2-day masterclass workshop.

And for our dietetic membership, in conjunction with the Australian Institute of Sport, we are very excited to host an exclusive workshop on nutritional management for disordered eating and eating disorders in athletes.

We will also hold our popular networking dinner at the National Museum of Australia, including an exclusive guided tour through the exhibits. We hope to see many of you there!

For details