

The Academy is proud to announce the launch of a quarterly member-only newsletter which will be distributed to members via email.

The aim of the newsletter is to ensure ANZAED members are up to date with activities both within the Academy as well as in the broader field of eating disorders. This newsletter would not be possible without the generous editorial and administrative assistance provided by Amanda Ridd, for which the ANZAED executive is very grateful.

The topics covered in the inaugural Spring edition of the ANZAED member newsletter include:

- Presidents Report
- 2009 ANZAED Conference Overview
- 2009 Scholarship Recipients
 - i. Paul Foulkes Clinician Scholarship: Deanne Harris
 - ii. Peter Beumont Prize: Laura Hart
- ANZAED/AED Sisterhood Committee
- 2010 International Conference on Eating Disorders, Salzburg, Austria
- 2010 ANZAED/AED Young Investigator Travel Scholarship
- Upcoming Events

ANZAED welcomes contributions by members for upcoming newsletters. If you are aware of professional development opportunities, events, services or news which may be of interest to ANZAED members for the Summer edition, please email Amanda Ridd (amanda.ridd@eatingdisorders.org.au) by Tuesday 1st December, 2009.

Warren Ward
Secretary ANZAED & Editor
ANZAED Newsletter



President's Report

In my first president's report for the inaugural ANZAED newsletter I want to say many "thank yous". Firstly, let me say thank you to our Brisbane Conference Organisers, Dr. Warren Ward and Elaine Painter. Thank you also to the volunteers from the Eating Disorders Outreach Service without whom the program would not have been possible. Also to the great administrative support provide by Amanda Ridd. Those of us who have not put our hands up and undertaken the enormous task of organising a conference cannot imagine the amount of time and hard work it takes. The ANZAED conference is by no means a small undertaking. It is the Australasian region's largest gathering of professionals in our field. This was our largest conference attracting approximately 180 delegates to the training day and two conference days. The quality of the workshops, papers and posters continues to

improve every year and many delegates commented to me about how much they got from this year's conference. Few conferences take us from picky eating in infancy, through to outpatient treatment of child, adolescence and adult's; through to the most severe cases we may face, those requiring medical interventions and suffering from severe and enduring anorexia nervosa. Some of the conversations were difficult, but all our conversations were significant. ANZAED deeply appreciates the efforts of Warren and Elaine in bringing this conference to us.

Thank you to all our presenters for sharing your work with us. Special thanks to Professor Kathleen Pike for both her timely workshop on the evidence based treatment for eating disorders and her fascinating keynote address looking at eating disorders around the globe. Thanks to Professor Brett McDermott and Dr Angela Morgan, for their fascinating Keynote and workshop respectively. I particularly enjoy our local contributions. They always remind me of how much this region has to offer the field internationally. The contributions of Dr. Bryony Bamford from London and Drs. Wilson and Buskell from Westmead Hospital in Sydney reminded us of the serious consequences of anorexia nervosa and the need to better develop treatments for patients with severe and enduring anorexia nervosa. Thank you for raising these important questions.

Of course no conference can occur without the financial support of sponsors. Thank you to Queensland Health, Open Leaves Books, Pulse Health, and Palgrave MacMillian.

Next year of course ANZAED becomes a truly international organisation with our 8th National Conference which will be held in Auckland on August 26-28 with Dr Roger Mysliwiec leading the conference organising committee. I wish Roger all the best in this endeavour and look forward to seeing you all in Auckland in 2010.

Comings and Goings:

The AGM held before the final day of the conference in Brisbane heralded some changes to the ANZAED executive. I want to welcome some new members of the Executive to the team. Welcome to Dr Warren Ward (Brisbane) who comes onto the executive in the role of Secretary and to Dr Sloane Madden (Sydney) who has agreed to act as the ANZAED Treasurer. Thank you to Christine Martin and Dr Simon Wilsch who acted in these roles over the past two years. I am pleased that Christine and Simon will remain on the Executive. Congratulations also to Mr Andrew Wallis (Sydney) and Mr Chris Harris (Perth) for taking position on the executive. Congratulations also to Dr. Anthea Fursland who was elected Vice President of ANZAED. I look forward to working with you all over the next 2 years. Sadly, some of our foundation executive members are stepping down from the executive this year. I still remember the inaugural ANZAED meeting in Sydney where Professor Phillipa Hay (our outgoing President), Professor Susan Paxton, and Professor Stephen Touyz and Dr. Paul Foulkes were elected onto the initial executive committee. Undoubtedly these are some the leading clinicians and researchers in our field. Together they have taken ANZAED from no membership, no money and no organisational structure into the thriving academy we know are. The ANZAED family owes this group its deepest appreciation and thanks. I will miss the presence of these giants of our field on the executive, but I have been assured that they will continue to be active Academy members. I thank them for their tireless efforts on behalf of the Academy.

An Eye to the Future:

I want to take some time in this inaugural newsletter to outline some areas that I feel ANZAED needs to work on over the next two years. I welcome member feedback on all of these issues.

I want to work on increasing services to our membership as a priority of ANZAED. There are a number of ways I want to do this. Firstly, you are reading our inaugural newsletter. We hope that this will become a way for the ANZAED executive to keep you more informed of the activities of the organisation. Active contribution from the membership is encouraged. Secondly, we are in the process of revamping and expanding the ANZAED website. There is a need for this to be a more powerful and relevant vehicle for communication with both members of ANZAED and the general public.

I see ANZAED as having an important role in the training of health professionals working with people suffering from eating disorders. We already facilitate this role through the national conference. There is however wider scope for this. I would like ANZAED, in collaboration with the current State based initiatives, to be able to offer discounts to ANZAED members at a wider variety of training opportunities. This would be an expansion on the current clinician and research scholarships that are already available to ANZAED members. In a similar vein, I am aware that the majority of training is done along the Eastern Seaboard of Australia. This is largely due to the excellent work of CEED, CEDD and EDOS. However, this means that other areas, such as WA, SA, Tasmania and NZ may miss out on training opportunities. There is also a need to increase training in regional areas. In the longer term, I would also see ANZAED building on our "sister" relationship with AED, and by developing much closer relationships with similar organisations in Asia, such as Japan, and Singapore.

There is much work to be done to develop ANZAED along these and other lines. I welcome all feedback and ideas from members.

Chris Thornton
President, ANZAED



2009 ANZAED Conference: August 27-29, Brisbane, Queensland

Over the course of the three days, approximately 180 delegates from around Australia, New Zealand, Singapore, Finland, Hong Kong, and the United Kingdom attended workshops and engaged in lively discussions about current treatment and research in the field of eating disorders.

Elaine Painter, Eating disorders Outreach Service (EDOS) State-wide Team Manager and Dr Warren Ward, EDOS Director, were the 2009 ANZAED conference convenors who brought both international and local eating disorder experts to Brisbane for this important event. A Training Day workshop and keynote address was given by Professor Kathleen Pike who is based in both Japan and USA and is an internationally recognised expert in eating disorders. Professor Pike's work provides a unique understanding on the cross-cultural study of eating disorders. The second keynote address was given by Associate Professor Brett McDermott, Director of the Mater Child and Youth Mental Health Service, Queensland. Workshops were offered by Brisbane-based psychologist, Dr Angela Morgan on the uses of mindfulness in the treatment of eating disorders and Dr Bryony Bamford from London who specialises in treating patients with severe and long-standing eating disorders.

Thank you to all who attended the 2009 ANZAED conference, particularly those who shared their developments and contribution to the field in the form of oral presentations and posters.

The 2010 ANZAED conference will be held in Auckland, New Zealand, from August 26-28. Details will be made available on the ANZAED website, as well as upcoming newsletters – we look forward to seeing you there!



L-R: Professor Kathleen Pike, Dr Warren Ward, Ms Elaine Painter and Professor Phillipa Hay enjoy the 2009 ANZAED Conference.

2009 Scholarship Recipients

In 2009, ANZAED made available two scholarships for the Brisbane Conference. The Paul Foulkes Clinician Scholarship is awarded to a clinician who can demonstrate their attendance at the ANZAED conference will be of substantial benefit to the clinician, his/her organization, his/her clients and the community at large. The Peter Beumont Young Investigator Prize is awarded to a young investigator from a germane discipline whose oral paper was accepted at the 2009 conference and deemed best by a selection committee.

The Academy would like to make a special mention of the 2009 recipients, Deanne Harris and Laura Hart:



1. Paul Foulkes Clinician Scholarship Winner: Deanne Harris

Deanne Harris is a dietitian working in Tamworth in rural NSW where she has provided nutritional care for people with all types of eating disorders for the past 15 years. The service in Tamworth is primarily an outpatient based service which is staffed by a combination of public and private providers who are all dedicated to providing a high quality service to isolated rural eating disorder sufferers. Clients are drawn from across Northern Hunter New England Health, which is geographically larger than Tasmania.

Deanne is passionate about improving access for specialist services in rural areas and has been working on a number of projects over the past few years to enhance the capacity and capability of rural staff to be able to accurately identify and manage rural eating disorder clients.

“The Paul Foulkes scholarship enabled me to attend the ANZAED conference for the first time,” said Deanne.

“I found the experience to be extremely motivating, as working in a highly specialized area in

a rural service can be quite peer isolating at times. It was fabulous to see so many dedicated and passionate people who are all working towards the goal of improving outcomes in this challenging and often draining area. I would recommend to anyone interested in the field to attend the ANZAED conference and see the great work that is being done.”

2. Deter Beumont Young Investigator Scholarship Winner: Laura Hart

Laura Hart has a background in Psychology and has been working in the area of mental health research since 2007. She completed a double degree at the University of Melbourne (Bachelor of Arts majoring in History; Bachelor of Science, majoring in Psychology with a minor in Neuroscience). In 2006 Laura completed her honours degree in Cognitive Neuropsychology.

Laura has been working for the Centre for Youth Mental Health as a Research Assistant since 2007 and has developed a keen interest in mental health literacy, public education about mental health, and the eating disorders. She is also involved with the Mental Health First Aid Training Program (MHFA), which teaches community members skills in assisting those with mental illness, how to seek appropriate professional help and how to promote recovery - via a 12-hour class-room style training course.

Laura believes developing public education resources for the eating disorders is vital to our local, national and international communities.

“As a student researcher, I am developing a program for mental health first aid for eating disorders. In the future I aim to use the skills I gain through the completion of my PhD to further investigate ways in which education and public health interventions can decrease the burden and disability associated with the eating disorders, through facilitating appropriate detection, intervention and management.”



AED Sisterhood Committee

The Academy for Eating Disorders Board has formed a sisterhood committee which has started meeting monthly by teleconference, as well as a face-to-face breakfast meeting at the Salzburg conference next year. The committee is Chaired by Rachel Bachner-Melman and Eva María Trujillo Chi Vacuán. Other members include Diann Ackard (MRRC Board Director), Susan Paxton (AED President), Kaeko Nomura (Japan representative), Phillipa Hay (ANZAED representative) and Yael Latzer (IAED President).

Initial aims are to expand the sisterhood, exploring contacts with organisations such as the Irish Eating Disorders Association, as well as several South American organisations. A challenge for the sisterhood is how to expand membership meaningfully and overcome the largely fiscal barriers to joint society membership. Online versus paper journal distribution, for example, is one item being discussed. More joint initiatives such as the ANZAED/AED conference scholarship are also planned.

Watch this space - there is much more to come regarding this important international development in our field!

By Phillipa Hay

ANZAED Representative for the AED Sisterhood Committee.

International Conference on Eating Disorders (ICED) 2010: June 9 - 12, 2010, Salzburg, Austria

The Academy for Eating Disorders (AED) will be hosting the International Conference on Eating Disorders in Salzburg, Austria on June 10-12, 2010, with a Clinical Teaching Day being held on the 9th of June, 2010. Several scholarships and funding programs will be made available through the AED. For more information, please visit the AED website www.aedweb.org.

ANZAED/AED Young Investigator Travel Scholarship

The ANZAED/AED Young Investigator Travel Scholarship is a joint initiative between the sister organizations to encourage Antipodeans early in their research career to present their work at the 2010 International Conference on Eating Disorders (ICED) to be held in Salzburg, Austria in June 2010.

Applications are closed and announcements will be made shortly.

The successful applicant will be also invited to attend the AED Clinical Teaching Day on June 9, 2010.

Upcoming Events

Please note events in this section are posted as they may be of interest to members. However posting does not necessarily imply ANZAED endorsement.

- **Eating Disorders 2009**
October 22-24, 2009
Alpbach, Tyrol, Austria
The 17th International Conference
www.netzwerk-essstoerungen.at
- The 19th Annual Renfrew Centre Foundation Conference for Professional Feminist Perspectives and Beyond: The Art and Science of Eating Disorders Treatment
Philadelphia Aiirport Marriott
November 12-15, 2009
www.renfrew.org
- Sydney Conference on Eating Disorders. Professionals and Carers: Facing the Challenges. Novotel Sydney Olympic Park: May 26-28, 2010.
Contact; Jeremy Freeman jfree@email.cs.nsw.gov.au
- **Dr Josie Geller**, Associate Professor in the department of psychiatry of the university of British Columbia, and Director of Research in the Eating Disorders Program at St

Paul's Hospital. Her clinical and research interests are in the application of readiness to change, and motivation models to the assessment and treatment of eating disorders. Dr Geller will be presenting a series of workshops around Australia and New Zealand in late May/early June 2010. ANZAED is proud to be associated with this collaborative venture Between CEDD, CEED, EDOS, CCI and Auckland Eating Disorder Services. ANZAED support for Dr. Geller's visit is in line with our initiative to support the continuing education of health professionals in the field of eating disorders.

Ass. Prof. Josie Geller

The proposed dates for Dr. Geller's workshops will be as follows:

Auckland

Contact: Anna Hedley AHedley@adhb.govt.nz

Dates: TBC

Sydney

RMI Training

Contact: Stephanie Heard stephanie.heard@mater.org.au

Dates: Mon 24-Tues 25 May

Workshop

Contact: Jeremy Freeman jfree@email.cs.nsw.gov.au

Dates: Wed 26, Fri 28 May

Brisbane

Contact: Elaine Painter Elaine.Painter@health.qld.gov.au

Dates: Mon 31 May & Tues 1 June.

Melbourne

Contact: Claire Diffey, Claire.Diffey@mh.org.au

Dates: Thurs 3, Fri 4 June.

Perth

Contact: Anthea Fursland Anthea.Fursland@health.wa.gov.au

Dates: Mon 7 June



Your Feedback is Appreciated

ANZAED highly values the input and feedback of its members and aims to incorporate suggestions provided in its provision of membership. If you have any feedback or suggestions regarding the ANZAED newsletter or membership, please email Amanda Ridd, ANZAED Membership Secretary, at amanda.ridd@eatingdisorders.org.au.