

FINAL PROGRAMME CPD APPLIED FOR

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BRITISH JOURNAL OF  
**HOSPITAL  
MEDICINE**

The 9th London International Eating Disorders Conference

# Eating Disorders 2009

A three-day practical conference & exhibition

Institute of Education, London  
31st March – 2nd April, 2009

## CONFERENCE CONVENORS

- **Bryan Lask**, Emeritus Professor of Child & Adolescent Psychiatry, Great Ormond Street Hospital for Children NHS Trust and the University of London, Medical Adviser and Research Director, Huntercombe Hospital Group, UK, and Visiting Professor and Research Director at Ullevål University Hospital, Oslo.
- **Dr Rachel Bryant-Waugh**, Consultant Clinical Psychologist, Joint Head of Feeding and Eating Disorders Service, Great Ormond Street Hospital for Children NHS Trust and Honorary Senior Lecturer, Institute of Child Health, London

## SCIENTIFIC ADVISOR

- **Professor Christopher Fairburn**, Wellcome Principal Research Fellow and Professor of Psychiatry, Oxford University, Warneford Hospital, Oxford

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# Eating Disorders 2009

## Objectives

- To update delegates on latest research and developments in evidence based practice
- To provide information about research and clinical activity around the world
- To provide an opportunity for clinicians to share skills and experiences
- To equip delegates with practical skills and techniques for the assessment and management of eating disorders

## Who should attend?

The conference will appeal to all medical and healthcare professionals who are interested in the assessment and treatment of people with eating disorders and who would like to learn more about the very latest developments in this field.

This will include:

- Counsellors
- Dieticians
- Family Therapists
- General Practitioners
- Family Physicians
- Nurses
- Occupational Therapists
- Paediatricians
- Physicians
- Physiotherapists
- Psychiatrists
- Psychologists
- Social workers
- Self help group facilitators
- Students
- Trainees
- Teachers
- Youth workers



## Conference organisers and scientific committee

The programme has been put together by an international committee of experts in eating disorders.

### Conference convenors

Rachel Bryant-Waugh (UK)      Bryan Lask (UK/NOR)

### Scientific advisor

Christopher Fairburn (UK)

### Programme committee

James Lock (USA)      Tracey Wade (Aus)  
Anna Keski-Rahkonen (Fin)      Stephen Wonderlich (USA)

### Plenary themes

1. The gaps in our knowledge
- 2: Clinical applications of neuroscience
- 3: Fundamental interactions: working with families

### Conference format

The 3 day conference combines plenary sessions, concurrent sessions, short papers, training workshops, international platforms, posters and special interest group meetings. These will convey the very latest ideas and research findings in the field of eating disorders. The aim is to encourage maximum response from participants and a lively exchange of ideas.

### Concurrent sessions

The conference offers delegates the opportunity to choose six 90 minute sessions out of a total of 36 to maximise the relevance of the meeting to each individual. A total of 36 clinical skills workshops, training sessions and international platforms will be available on a wide range of topics.

## 3 EASY WAYS TO BOOK

- ✉ Complete and return the registration form on back page
- ☎ 020 7501 6762
- 🌐 [www.mahealthcarevents.co.uk](http://www.mahealthcarevents.co.uk)

# Eating Disorders 2009

## Tuesday, 31st March 2009

08.00-09.30	Registration and refreshments
09.30-09.45	<b>Welcome and opening remarks:</b> Rachel Bryant-Waugh (UK) and Bryan Lask (UK/Nor)
09.45-10.30	<b>KEYNOTE ADDRESS: Prevention of eating disorders and obesity</b> Andrew Hill (UK)
10.30-11.00	Refreshments and exhibition viewing
11.00-12.30	<b>PLENARY 1: The gaps in our knowledge</b> Chair: Christopher Fairburn (UK) <ul style="list-style-type: none"><li>i. Epidemiology Anna Keski-Rahkonen (Fin)</li><li>ii. Aetiology Tracey Wade (Aus)</li><li>iii. Treatment James E. Mitchell (USA)</li></ul>
12.30-14.00	Lunch and exhibition viewing
12.45-13.45	<b>SPECIAL INTEREST GROUPS</b> <ul style="list-style-type: none"><li>a) Classification: towards a new taxonomy Convenor: Beth Watkins (UK)</li><li>b) Group therapies: strategies and survival skills Convenor: Carolyn Costin (USA)</li></ul>
14.00-15.30	<b>CONCURRENT SESSION 1</b> <ul style="list-style-type: none"><li>1: Training track 1 (part 1) Family treatment of adolescent eating disorders James Lock (USA)</li><li>2: Training track 2 (part 1) Eating disorders and comorbidity Christopher G. Fairburn, Rebecca Murphy, Suzanne Straebler (UK)</li><li>3: International platform: Latin America Convenors: Cecile Rausch Herscovici (Arg), Angélica de Medeiros Claudino (Bra)</li><li>4: Preparing for recovery: a CBT group approach Emma Corstophine, Richard Lawes (UK)</li><li>5: Getting team-work to work: from conflict and confusion to harmony and understanding Trine Wiig (Nor), Lisa Lewer (UK), Bryan Lask (UK/Nor)</li><li>6: The efficacy of cognitive analytic therapy with AN and BN Claire Tanner, Alison Carolan (UK)</li></ul>
15.30-16.00	Refreshments and exhibition viewing
16.00-17.30	<b>CONCURRENT SESSION 2</b> <ul style="list-style-type: none"><li>1: Training track 1 (part 2) Family treatment of adolescent eating disorders James Lock (USA)</li><li>2: Training track 2 (part 2) Co-morbidity Christopher Fairburn, Rebecca Murphy, Suzanne Straebler (UK)</li></ul>

3: International platform: Benelux  
Controversial issues in the Benelux  
Convenors: Hans Wijbrand Hoek (Nld), Walter Vandereycken (Bel)

4: Implementing cognitive behaviour therapy with patients with chronic eating disorders  
Bryony Bamford, Victoria Mountford (UK)

5: All in the mind? An accessible introduction to the clinical implications of advances in the neuroscience of eating disorders  
Ian Frampton (UK/Nor), Graham Redgrave (USA)

6: The treatment of morbidly obese patients with binge eating disorder: CBT, bariatric surgery or both?  
Jane Evans, Claire Gallagher, Helen Gray (UK)

17.30-19.30 Official poster viewing

*Drinks reception and live jazz with Misbehavin'*

## Wednesday, 1st April 2009

08.30-09.15	Registration, refreshments, poster and exhibition viewing
09.15-10.45	<b>PLENARY 2: Clinical applications of neuroscience</b> Chair: Stephen A. Wonderlich (USA) <ul style="list-style-type: none"><li>i. A neurobiological and environmental perspective on impulsivity and compulsivity in eating disorders Howard Steiger (Can)</li><li>ii. Latest developments in neuropsychology Joanna Steinglass (USA)</li><li>iii. A neuroscience conceptual model and its clinical application Bryan Lask (UK/Nor)</li></ul>
10.45-11.15	Refreshments, poster and exhibition viewing
11.15-12.45	<b>SHORT PAPER SESSION 1: MEDICAL ISSUES</b> Chair: Dasha Nicholls (UK) <ul style="list-style-type: none"><li>i. Ghrelin, an appetite neurohormone, is different in women who binge eat Kathryn Taylor, Peter Joyce, Virginia McIntosh, Jennifer Jordan (NZ)</li><li>ii. The relationship between resting energy expenditure and leptin levels in patients with anorexia nervosa during re-feeding Katharina Buehren, Kristian Holtkamp, Beate Herpertz-Dahlmann (Ger)</li><li>iii. Physical activity and aerobic capacity in eating disordered patients and controls Solfrid Bratland-Sanda, Jorunn Sundgot-Borgen, Jan Rosenvinge, Øyvind Rø, Asle Hoffart, Egil Martinsen (Nor)</li><li>iv. Do thyroid hormones mediate the effects of starvation on mood in adolescent girls with eating disorders? Ingemar Swenne, Agneta Rosling (Swe)</li></ul>

# Eating Disorders 2009

v. Adverse events and biochemical side effect profile of olanzapine in adolescent girls with eating disorders

Agneta Rosling, Ingemar Swenne (Swe)

## SHORT PAPER SESSION 2: NEUROSCIENCE

Chair: Iris Penner (Che)

i. A global neuropsychological assessment in eating disorders: first findings from the Ravello Profile collaboration

Ian Frampton (UK/Nor), Beth Watkins (UK), Mark Rose (UK), Jennifer Davis (UK), Maria Øverås (Nor), Kristin Stedal (Nor), Bryan Lask (UK/Nor)

ii. Social cognitive functioning and specific cognitive deficits in anorexic patients

Kate Kucharska-Pietura, Priya Rangappagowda, Hannah Midwinter (UK)

iii. Is there a relationship between body checking and central coherence in anorexia nervosa?

Maria Øverås (Nor), Bryan Lask (UK/Nor), Nils Inge Landrø (Nor), Stine Laberg (Nor), Liv Sand (Nor)

iv. Structural brain development in juvenile patients with anorexia nervosa before and after weight recovery

Kerstin Konrad, Verena Vorhold, Beate Herpertz-Dahlmann (Ger)

v. Testing the Insula Hypothesis: first findings

Ian Frampton (UK/Nor), Bjorn-Christian Østberg (Nor), Bryan Lask (UK/Nor)

## SHORT PAPER SESSION 3: QUALITATIVE RESEARCH

i. Perceived socio-cultural expectations in the lives of teenage girls with an eating disorder: a phenomenographic study

Sanna Aila Gustafsson, Birgitta Edlund, Lars Kjellin, Claes Norring (Swe)

ii. A grounded theory exploration of the onset of anorexia in adolescence

Nina Koruth, Charlotte Nevison, Matthias Schwannauer (UK)

iii. Components of a family-based treatment for adolescent anorexia nervosa from the patients' perspective: a qualitative study

Cecile Rausch Herscovici, Irina Kovalskys, Fernando Torrente (Arg)

iv. Perilous recovering: recovery from the perspective of individuals with experience of anorexia nervosa and implications for professionals

Ciarán Newell (UK)

v. Job satisfaction of nurses on eating disorder units

Trine Wiig (Nor), Bryan Lask (UK/Nor)

## SHORT PAPER SESSION 4: TEAMS, TREATMENT AND OUTCOME

Chair: David Wood (UK)

i. The relationship between suicide risk and BMI in the obese range: a systematic review

Alexandra Pitman (UK)

ii. Transdiagnostic outcome of eating disorders: a 30 month follow-up on 659 patients

Janne Lund Helverskov, Loa Clausen, Kristian Rokkedal, Ole Mors, Morten Frydenberg, Per Hove Thomsen (Den)

iii. The application of the recovery model to the eating disorders

Victoria Mountford, Ewa Zadeh, Christine Wright, William Boland, Alexia Demetriou, Stephen Gillard, Michael Kavuma, Gill Mezey, Kati Turner, Penelope Turton, Sarah White (UK)

iv. It works for you, will it work for us? Applying the motivational model to team working

Alysun Jones, Christa Schreiber-Kounine (UK)

v. A model of comprehensive care system by paediatric hospitals for teenage children with anorexia nervosa in Japan

Hisako Watanabe, Hiroyuki Fukushima, Takashi Esaki, Mitsuaki Tokumura, Mikako Inokuchi, Takashi Takahashi (Jpn)

## SHORT PAPER SESSION 5: CO-MORBIDITY/ PSYCHOPATHOLOGY

Chair: Walter Vandereycken (Bel)

i. Are obsessive compulsive disorder symptoms, obsessive compulsive personality disorder traits and perfectionism traits associated with eating disturbances in a non-clinical sample of adult males?

Georgina Hartley (UK)

ii. Risk factors for clinically significant importance of shape and weight and disordered eating behaviours

Tracey Wade (Aus)

iii. Post-traumatic stress symptoms in mothers of daughters with anorexia nervosa

Penny Hazell, Antje Horsch, Rachel Woolrich (UK)

iv. Adolescents with fluctuating symptoms of eating disorders

Lea Hautala, Jouni Junnila, Hans Helenius, Aija-Mari Väänänen, Pirjo-Riitta Liuksila, Hannele Räihä, Maritta Välimäki, Simo Saarijärvi (Fin)

v. Personality disorder and outcome in bulimia nervosa

Sarah Rowe (NZ), Peter Joyce (NZ), Jenny Jordan (NZ), Virginia McIntosh (NZ), Frances Carter (NZ), Cynthia Bulik (USA)

# Eating Disorders 2009

## SHORT PAPER SESSION 6: METHODS AND CLASSIFICATION

### i. The problems with season of birth research

Eirin Winje (Nor), Line Wisting (Nor),  
Stein Frostad (Nor), Vibeke Stalsberg (Nor),  
Anne-Kari Torgalsbøen (Nor),  
Bryan Lask (UK/Nor)

### ii. The problem of reliability in research with eating disorder patients

Walter Vandereycken, Priya van Vooren,  
Frank Baeyens, Tom Beckers (Bel)

### iii. Psychosocial impairment due to eating disorder features among university women: a preliminary investigation using the Clinical Impairment Assessment (CIA)

Deborah Lynn Reas (Nor), Hilde Kapstad (Nor),  
Øyvind Rø (Nor), Bryan Lask (UK/Nor)

### iv. Comparing criteria-based subgroups of eating disorders

Janne Lund Helverskov, Birgitte Lyng,  
Loa Clausen, Kristian Rokkedal, Ole Mors,  
Morten Frydenberg, Per Hove Thomsen (Den)

### v. A pilot study investigating the short term outcome of Food Avoidance Emotional Disorder (FAED)

Beth Watkins (UK), Bryan Lask (UK/Nor)

12.45-14.00 Lunch, poster and exhibition viewing

## 12.50-13.50 SPECIAL INTEREST GROUP

### Research and clinical practice: conflict or collaboration

Convenor: Judith Banker (USA)

## 14.00-15.30 CONCURRENT SESSION 3

### 1: Training track 3 (part 1) Management of perfectionism

Tracey Wade (Aus), Roz Shafran (UK)

### 2: Training track 4 (part 1) Nutrition: clinical implications and applications

Melissa Hart, Anjanette Casey (Aus)

### 3: International platform: France Treatment and research trends in eating disorders, an experience in diversity

Convenors: Solange Cook-Darzens,  
Catherine Doyen (Fra)

### 4: The first six sessions: getting CBT for the eating disorders off to a flying start

Glenn Waller, Jane Evans (UK)

### 5: Activity and exercise: clinical implications

Stephen Touyz (Aus), Caroline Mayer (UK),  
Lorin Toranis (UK)

### 6: Cognitive remediation therapy (CRT): from research laboratory to clinical practice

Kate Tchanturia, Helen Davies, Caroline Fleming (UK)

15.30-16.00 Refreshments, poster and exhibition viewing

## 16.00-17.30 CONCURRENT SESSION 4

### 1: Training track 3 (part 2) Management of perfectionism

Tracey Wade (Aus), Roz Shafran (UK)

### 2: Training track 4 (part 2) Nutrition: clinical implications and applications

Melissa Hart, Anjanette Casey (Aus)

### 3: International platform: Canada Does an interaction between the glucocorticoid receptor gene polymorphism Bcl1 and childhood abuse contribute to risk for bulimia nervosa?

Convenor: Leora Pinhas (Can)

### 4: Treating high risk adolescents with severe anorexia nervosa: dialectical behaviour therapy (DBT) informed approach on an adolescent psychiatric intensive care unit

Dan Shears, Walker Matsvaire, Sarah Robotham (UK)

### 5: Mentalisation-based psychotherapy for eating disorders

Finn Skårderud, Bente Sommerfeldt (Nor)

### 6: Beefing up the family: how can we help families to get their loved ones to eat at home?

Robert Lafon, Nicola Sherrington (UK)

17.30-19.30 Official poster viewing and  
drinks reception

## Thursday, 2nd April 2009

09.00-09.30 Registration, refreshments,  
poster and exhibition viewing

## 09.30-11.00 CONCURRENT SESSION 5

### 1: Training track 5 (part 1) Treatment and technology

Stephen Wonderlich (USA)

### 2: Training track 6 (part 1) CBT in in-patient settings

Ricardo Dalle Grave (It)

### 3: International platform: Germany Convenors: Martina de Zwaan, Stephan Zipfel (Ger)

### 4: The central role of the therapeutic alliance in the treatment of eating disorders: clinical tools for a relationship- focused approach

Judith Banker (USA), Hubert Lacey (UK)

### 5: How to assess and manage physical presentations and complications of eating disorders

Ewa Zadeh, Kate Webb (UK)

### 6: Mirror, mirror on the wall: reflections on body image and staff working with the eating disorders

Katie Russell, Victoria Mountford (UK)

11.00-11.30 Refreshments,  
poster and exhibition viewing

# Eating Disorders 2009

## 11.30-13.00 CONCURRENT SESSION 6

**1: Training track 5 (part 2)**  
Treatment and technology  
Stephen Wonderlich (USA)

**2: Training track 6 (part 2)**  
CBT in in-patient settings  
Ricardo Dalle Grave (It)

**3: Building a therapeutic alliance in children and adolescents: creative use of psycho-education**  
Charlotte Harris, Robert Lafon (UK)

**4: Multi-family therapy: state of the art**  
Ivan Eisler (UK)

**5: Healthy boundaries in treatment: creating a safe therapeutic culture**  
Frances Connan, Claire Tanner (UK)

**6: Preparing for battle?**  
Effective treatment of eating disorder patients receiving compulsory treatment  
Victoria Sullivan, Sally Leatherland, Helen Standell (UK)

13.00-14.15 **Lunch,**  
poster and exhibition viewing

13.10-14.10 **SPECIAL INTEREST GROUP**  
**Neuroscience**  
Covenor: Ian Frampton (UK/Nor)

14.15-15.45 **PLENARY 3: Fundamental interactions: working with families**  
Chair: James Lock (USA)

**i. Parent-child interactions around feeding and eating**  
Rachel Bryant-Waugh (UK)

**ii. Family work with children and adolescents**  
Simon Gowers (UK)

**iii. Family work with adults**  
Janet Treasure (UK)

15.45-16.00 **Closing remarks**

16.00 **Close of conference**



## A holistic and evidence based approach to the treatment of eating disorders

Across the three hospitals in The Huntercombe Group, we treat all forms of eating disorder in male and female patients aged 11+ years\*. We admit patients suffering from severe and life threatening illnesses such as anorexia nervosa or other eating disorders who have not responded to less intensive methods of treatment. Patients are admitted on a voluntary basis, on the basis of their parents' consent, or where appropriate under the Mental Health Act.

All our units take part in a multi-centre research programme based at St. George's University of London, led by Professor Bryan Lask, Professor of Child and Adolescent Psychiatry who is also Medical Advisor and Research Director for our Group.

For further details of all our services, telephone us on:

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Pleased to be sponsors of the 9th London International Eating Disorders Conference

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\* 13 to 25 years

# Eating Disorders 2009

## THE VENUE

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Eating Disorders 2009 is being held at The Institute of Education (IOE), University of London, 20 Bedford Way, London WC1H 0AL and getting to the college could not be simpler. Within easy access of all London's major airports, superb connections from all mainline rail stations including King's Cross, St Pancras (Eurostar) and Euston, just minutes away on foot, and an underground station within a few yards of the college and moments from numerous hotels.

## DIRECTIONS

### Main entrance is at 20 Bedford Way

The nearest Underground (Tube) station to the main building is Russell Square (Piccadilly Line).

On leaving the station in Bernard Street, cross over the road and turn left. After 175m go straight over the traffic lights at the corner of Russell Square, then after 90m turn right into Bedford Way.

The IOE main entrance is 90m on the left.

### By Underground / National rail

There are 8 Underground stations within a few minutes walk

- **Euston** (top, centre on our map) served by: National Rail + Underground: Northern and Victoria Lines
- **Euston Square** (top, centre on our map) served by: Underground: Circle and Metropolitan Lines
- **Goodge Street** (centre, left on our map) served by: Underground: Northern Line
- **Holborn** (just off the bottom of our map) served by: Underground: Central and Piccadilly Lines
- **King's Cross and St Pancras** (top, right on our map) served by: National Rail + Underground: Circle, Northern, Metropolitan, Piccadilly and Victoria Lines
- **Russell Square** (centre, right on our map) served by: Underground: Piccadilly Line
- **Tottenham Court Road** (bottom, left on our map) served by: Underground: Central and Northern Lines
- **Warren Street** (top, left on our map) served by: Underground: Northern and Victoria Lines

### From other principal National Rail stations via the Underground:

- **Liverpool Street** EITHER Central Line to Tottenham Court Road OR Circle and Metropolitan Lines to either Euston or Euston Square or King's Cross / St Pancras
- **Paddington** Circle or Hammersmith and City Lines to either Euston Square or Euston or King's Cross / St Pancras
- **Victoria** EITHER Victoria Line to Warren Street OR Circle / Metropolitan Lines eastbound to Embankment and then change onto the Northern Line northbound to either Goodge Street or Warren Street
- **Waterloo** Northern Line to Goodge Street



## ACCOMMODATION DETAILS

There are a great variety of hotels to choose from in the Bloomsbury area ranging from 5 star luxury to low cost accommodation. Here are a few options to assist you when making a reservation.

### The Hilton London Euston Hotel

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### The Goodenough Club

23 Mecklenburgh Square, London WC1N 2AD.  
We have been offered special reduced members rates for our delegates. Quote *'The 9th London International Eating Disorders Conference'* when making your reservation. Visitor reservations – call Tristan Upton.  
Tel: +44 (0)20 7769 4727 Email: [reservations@goodenough.ac.uk](mailto:reservations@goodenough.ac.uk)  
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### Lower cost accommodation, Imperial London Hotels

A chain of six hotels all within walking distance of the venue ranging from student rooms through to 3 star. In order of quality:- Imperial (3 star), President, Bedford, Royal National, Tavistock (students) and County (students)  
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### Expotel

Expotel can provide a complimentary hotel booking service for our delegates. To enquire about making a reservation or to get details of other hotels contact Expotel on the number below, choose the 'hotel' option and quote MA Healthcare/Eating Disorders 2009.  
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# Registration form

\*\*\* If you are making a multiple booking, please attach a list of all delegate names and job titles  
PHOTOCOPIES OF THIS FORM ACCEPTED

I would like to secure my place at **Eating Disorders 2009**

Title (Dr, Mr, Mrs etc): ..... Forenames: .....

Surname .....

Job title .....

Full address .....

..... Post code .....

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Email .....

I understand that this registration booking is subject to the booking conditions.

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Three day conference fee includes:

- Attendance to all sessions
- Admittance to the exhibition
- Morning refreshments, lunch and afternoon tea
- Certificates of attendance/accreditation
- Conference documentation
- Invitation to join us and your colleagues from around the world at both the social events planned for the evenings of 31st March and 1st April 2009

## VALUE ADDED TAX

UK Customs & Excise specify that all conference participants must pay VAT at its current rate of 17.5%

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### Invoice

Requesting an invoice and signing this form will secure your place at the conference. All invoices though, must be paid in full before the event. See booking condition 5.

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If you have any queries please email [ED2009@markallengroup.com](mailto:ED2009@markallengroup.com)

## Booking conditions

MA Healthcare Ltd (The Company) accepts bookings under the following conditions:

- 1 All correspondence will be sent to the participants at the address specified on the booking form or over the telephone. (This address will also appear on the official participant's list given out at the event).
- 2 The completed booking form together with full payment must be sent to MA Healthcare Ltd. A confirmation will then be issued. Cheques should be made payable to **MA Healthcare Limited**. Returning the signed registration form constitutes a firm booking.
- 3 Bookings may be made by telephone but payment must be made in full by credit card.
- 4 All payments, including credit card, must be in sterling.
- 5 The Company reserves the right to cancel a booking if payment is not made six weeks prior to the conference taking place. Any outstanding payment becomes the responsibility of the signatory made on the reservation form.
- 6 Payment for any booking made within six weeks of the conference will still be due to the company irrespective of whether the delegate attends.
- 7 Should you be unable to attend, a substitute delegate may take his/her place. Notification must be received in writing one week prior to the conference.
- 8 The Company reserves the right to change the conference speakers in cases of illness or other conditions beyond its control.
- 9 The Company does not accept responsibility for loss or damage to delegates' own property and/or personal effects caused by events beyond its control, including (but without limitation) fire, flood, strikes, civil disturbances or for consequential loss or damage of any kind whatsoever.
- 10 Speakers approached at time of print.

## Cancellation of booking

Written cancellations received six weeks prior to the conference will be accepted and a refund of 90% of the booking charge will be made. After this date, no refunds can be given. Verbal cancellations will not be accepted.

If written cancellation is not received six weeks prior to the conference full payment will still be due irrespective of whether the delegate attends the conference.



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