The London International Eating Disorders conference is a major event in the calendar of the MA Healthcare conferences team. This three day biennial event attracts over 400 delegates representing nearly 30 countries and is held at the Institute of Education near Russell Square.

Day one started with an excellent keynote address from Dr Kathleen Pike of Columbia University, USA talking about ‘Advances in global mental health and opportunities for the field of eating disorders: uncovering truths, challenging the obvious and expanding impact’. Dr Pike fascinated the audience with her use of Japanese flower arranging to demonstrate her point.

This year was a celebration of 20 years of the London Eating Disorders conference and this was marked by drinks receptions and parties after the first two days of the conference. On Wednesday evening, the CEO of MA Healthcare Ben Allen presented our eminent programme planners, Professor Bryan Lask and Dr Rachel Bryant-Waugh with champagne and a special cake to commemorate their years of working together on the event, the inaugural of which was marked by a keynote speech by Princess Diana, admitting for the first time that she herself had struggled with an eating disorder. The attendees enjoyed the music of the jazz band Misbehavin’.

Preparations will soon be commencing for the 2015 London International Eating Disorders conference so make sure you check the MA Healthcare events website to ensure you don’t miss out on your opportunity to attend this exciting, high profile event.

If you didn’t make it to this important conference you can visit the webcast here www.mahealthcareevents.co.uk/eatingdisordersonline
11th International Conference

London Eating Disorders Conference 2013

A three-day practical conference & exhibition

Institute of Education, London
19th, 20th & 21st March 2013

20th Anniversary

CONFERENCE ORGANISERS

• Prof. Bryan Lask, Great Ormond Street Hospital for Children, London & Ellern Mede
  Recipient of the 2011 Lifetime Achievement Award, Academy for Eating Disorders

• Dr Rachel Bryant-Waugh, Great Ormond Street Hospital for Children, London & Institute for Child Health, London
  Recipient of the 2012 Leadership Award for Clinical, Educational and Administrative Services, Academy for Eating Disorders

Organised by

BRITISH JOURNAL OF HOSPITAL MEDICINE

Kindly supported by

Ellern Mede
service for eating disorders

45 YEARS OF MEDICAL EDUCATION
Dear Colleagues

We are delighted to invite you to our 11th London International Conference on Eating Disorders in March 2013. Each of our previous Eating Disorders conferences have far exceeded our expectations in terms of quality of the programme and number of attendees. We regularly have more than 600 participants from all over the world and we are understandably proud of how international the meeting has become.

2013 will mark 20 years since the first conference, and our anniversary year promises to be better than ever. Eating Disorders 2013 will bring together participants from all over the world to discuss the key topical issues in the field of eating disorders.

As usual the latest ideas and research findings will be presented by leaders in the field. We are delighted that our keynote speaker will be Professor Kathleen Pike from Columbia University, USA, who is an international authority on eating disorders. In addition, there will be plenary sessions on the topics of ‘evidence based practice’, ‘genetics and epigenetics’, and ‘food, bodies and brains’.

The conference will once again be held at one of London’s premier academic institutions: The Institute of Education, University of London. Situated in the heart of London’s sightseeing and shopping districts, with the British Museum a few paces away and with close proximity to all mainline connections, it will allow you to make the most of your visit to London whilst at the conference.

We look forward to offering you our personal welcome to London in March 2013.

Very warm regards,

Prof. Bryan Lask

Dr Rachel Bryant-Waugh

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**SHORT PAPER AND POSTER PRIZE**

Win a free delegate place for 2015

We are delighted to announce that the best Short Paper and Poster presentation will be voted on during the event by our Programme Committee. The winning presentations will be announced at the end of the conference and the presenters will be offered a free delegate place (worth up to £1000) at the 12th London International Eating Disorders Conference in March 2015.
Objectives

- To update participants on the 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 participants with practical skills and techniques for the assessment and management of eating disorders

Who should attend?

Eating Disorders 2013 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.

These will include:

- Counsellors
- Dieticians
- Family therapists
- General practitioners
- Family physicians
- Nurses
- Occupational therapists
- Paediatricians
- Physicians
- Physiotherapists
- Psychiatrists
- Psychologists
- Social workers
- Self-help group facilitators
- Trainees
- Teachers
- Youth workers

Conference information

Conference organisers
Bryan Lask (UK)  Rachel Bryant-Waugh (UK)

Keynote speaker
Kathleen Pike (USA)

Programme committee
Fernando Fernandez-Aranda (Spain)
Angela Favaro (Italy)
Kelly Klump (USA)
Howard Steiger (Canada)

Plenary themes
1. Evidence based practice
2. Genetics and epigenetics
3. Food, bodies and brains

Conference format

The three day conference combines plenary sessions, concurrent sessions, short papers and posters.

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. The conference offers participants the opportunity to choose six 90 minute sessions out of a total of 36 to maximise the relevance of the meeting to each individual.

3 Easy ways to book

✉ Complete and return the registration form on back page
📞 020 7501 6762
🌐 www.mahealthcareevents.co.uk/ed2013
Tuesday, 19th March

08.00-09.30 Registration and refreshments

09.30-09.45 Welcome and opening remarks
Rachel Bryant-Waugh (UK) and Bryan Lask (UK)

09.45-10.30 KEYNOTE ADDRESS: Advances in global mental health and opportunities for the field of eating disorders: uncovering truths, challenging the obvious and expanding impact
Kathleen Pike (USA)

10.30-11.00 Refreshments and exhibition viewing

11.00-12.30 PLENARY 1: EVIDENCE BASED PRACTICE
CHAIR: Fernando Fernandez-Aranda (Spain)

i Institutional architecture, research-practice integration, and the Communist Manifesto
Howard Steiger (Can)

ii When clinicians ignore evidence based therapies
Glenn Waller (UK)

iii Bridging the gap between science and practice
Roz Shafran (UK)

12.30-14.00 Lunch and exhibition viewing

14.00-15.30 CONCURRENT SESSION 1

1) Intensive home treatment for adolescent anorexia nervosa 3 years on: how does it work and what are the results?
Sam Clark-Stone, Josie Allen, Vanessa Fray-Smith, Megan Wintle (UK)

2) First impressions count: a practical workshop to maximise early therapeutic alliance and enhance clinical outcomes in the treatment of eating disorders
Richard Sly, Bryony Bamford, Sophie Lowe (UK)

3) Anorexia nervosa and neurodevelopment
Angela Favaro, Elena Tenconi (Italy)

4) Overlooked and underserved: males with and in relationship to those with eating disorders
Beth McGilley, Margo Maine, Mark Warren (USA)

5) To treat or not to treat? Complex best interest decisions in severe and enduring anorexia nervosa
Ty Glover, Frances Connnan, Susan Ringwood (UK)

6) When early intervention fails: what can we learn from the recovery approach?
Janet Treasure, Lucy Stephenson, Rosemary Marston (UK)

15.30-16.00 Refreshments and exhibition viewing

16.00-17.30 CONCURRENT SESSION 2

1) Intensive treatment programme - an alternative to inpatient treatment
Mima Simic, Katrina Hunt, Charlotte Peacock, Jonathan Espie, Natasha, Simpson, Rosalind Wright, Ivan Eisler (UK)

2) The relevance of neuropsychological assessment to clinical practice
Mark Rose, Lucy Harvey, Ian Frampton (UK)

3) Working with siblings and eating disorders
Suzanne Hutchison (UK)

4) Pregnancy and fertility in eating disorders: what do women need?
Nadia Micali, Abigail Easter, Emma Taborelli (UK)

5) A clinician’s guide to ARFID (avoidant/restrictive food intake disorder)
Rachel Bryant-Waugh, Beth Watkins (UK)

6) Conducting quantitative eating disorder research: from planning to publication: PART 1
Ross Crosby, Steve Wonderlich (USA)

17.30-19.30 Official poster viewing, Routledge journal launch and networking reception

Wednesday, 20th March

08.30-09.15 Registration, refreshments, poster and exhibition viewing

09.15-10.45 PLENARY 2: GENETICS AND EPIGENETICS
CHAIR: Kelly Klump (USA)

i The search for the best-fitting genes: so many choices, but persistence yields reward
Cynthia Bulik (USA)

ii BMI: a neuropsychiatric trait?
Jacques Beckmann (Swi)

iii Genes are not fate: epigenetics and eating disorders
Helge Frieling (Ger)

10.45-11.15 Refreshments, poster and exhibition viewing

11.15-12.45 SHORT PAPER SESSION A

1)Expressed emotion in anorexia nervosa: what is inside the “Black Box”?;
Jeanne Duclos, Géraldine Dorard, Nathalie Godart (Fra)

2) The influence of emotional intelligence on the relationship between low self esteem and disordered eating attitudes and behaviours
Una Foye, Diane Hazlett, Pauline Irving (UK)

3) Eating disorders and trauma
Rasmus Isomaa (Fin), Klas Backholm (Fin), Andreas Birgegård (Swe)

4) Disturbed eating behaviours in adolescents with type 1 diabetes
Line Wisting, Dag Helge Frøisland, Torild Skrivarhaug, Knut Dahl-Jørgensen, Øyvind Ro (Nor)

5) Association between body dissatisfaction and symptoms of eating disorders in adolescents
Tatiana Bertulino, Rosana Ximenes, Flavia Nassar, Rodrigo Lima, Everton Sougey (Bra)

15.30-16.00 Refreshments and exhibition viewing

16.00-17.30 SHORT PAPER SESSION B

1) Neural activation to explicit versus subliminal food images in adolescent females with eating disorders
Samantha J Brooks (Swe), Paolo Meneguzzo (Italy), Frida Rångtell (Swe), Joshua Ashok (Swe), Sanaz Zarei (Swe), Josafin Jacobsson (Swe), Lina Lundberg (Swe), Markusällmen-Almén (Swe), Marianne
1) Poor catch-up growth in adolescent boys with eating disorders, weight loss and stunting of growth
Inge Marie Larsson (Swe), Ingemar Swenne (Swe), Helgi B Schiöth (Swe)

2) Early pretend play: a novel approach to understanding the development of anorexia nervosa
Genevieve Pepin, Karen Stagnitti (Aus)

3) The relationship between visuo-spatial processing and planning in adolescents with anorexia nervosa and healthy controls
Mark Rose, Lucy Harvey, Ian Frampton, Bryan Lask (UK)

4) Deconstructing planning ability in children and adolescents with anorexia nervosa
Mark Rose, Simon Levinson, Ian Frampton, Bryan Lask (UK)

5) Testing the Insula Hypothesis: fMRI studies
Ian Frampton (UK/Nor), Kenneth Nunn (Aus), Bryan Lask (UK)

6) Verbal fluency in anorexia nervosa
Kristin Stedal (Nor), Nils Inge Landrø (Nor), Bryan Lask (UK)

SHORT PAPER SESSION C

1) Neuropsychological functioning in children and adolescents with anorexia nervosa before and after cognitive remediation therapy (CRT)
Camilla Lindvall Dahlgren (Nor), Bryan Lask (UK), Øyvind Ro (Nor)

2) Common cognitive and affective dimensions in anorexia nervosa and autism spectrum disorders: a preliminary psychometric study
Sylvie Berthoz (Fra), Damien Ringuenet (Fra), Christine Vindreau (Fra), Coralie Chevallier (USA/Fra), Lydia Pouga (Fra), Anne-Solene Maria (Fra), Caroline Barry (Fra), Jean-Louis Adrien (Fra), Anaïg Courty (Fra)

3) Dysfunctional metacognitions in individuals with anorexia nervosa, dieters and non-dieters
Siew Soon, Nola Rushford (Aus)

4) Working memory training in patients with anorexia nervosa by using a computerised tool (BRAINSTIM)
Natalia Adamski, Barbara Rost, Alain Di Gallo, Klaus Schmeck, Peter Weber, Klaus Opwis, Iris-Katharina Penner (Swi)

5) Are there differences in bingeing/purging and restrictive subtypes of anorexia nervosa on central coherence and set shifting?
Sara Van Autreve, Wouter De Baene, Myriam Vervaet (Bel)

6) The Danish cohort of children and adolescents with anorexia nervosa
Gørjan Kjaersdam Telléus, Birgitte Fagerlund, Jens Richardt Jepsen, Mette Bentz, Eva Christiansen, Per Hove Thomsen (Den)

SHORT PAPER SESSION D

1) Poor catch-up growth in adolescent boys with eating disorders, weight loss and stunting of growth
Inge Marie Larsson (Swe), Ingemar Swenne (Swe), Helgi B Schiöth (Swe)

2) Catechol-o-methyltransferase genotype modifies executive functioning and prefrontal functional connectivity in women with anorexia nervosa
Angela Favaro, Elena Tenconi, Maurizio Clementi, Paolo Santonastaso (Italy)

3) Changes in weight, orexigenic hormones, physical activity and eating disorder related personality traits during synthetic cannabinoid treatment in patients with severe, enduring anorexia nervosa
Alin Andries, Kirsten Horder, René Klinkby Støving (Den)

4) Prevalence of dental erosion among Brazilian adolescents with symptoms of eating disorders
Rosana Ximenes, Rodrigo Lima, Flavia Nassar, Jose Emerson Xavier, Rafael Miguel, Tatiana Bertulino, Geraldo Couto, Everton Sougey (Bra)

5) Intranasal oxytocin treatment for anorexia nervosa
Ian Russell (Aus), Sarah Maguire (Aus), Adam Guastella (Aus), Ulrike Schmidt (UK), Janet Treasure (UK), Kate Tchanturia (UK)

6) Are restricting and binge/purge subtypes of anorexia nervosa different disorders? Evidence from obstetric complication rates in a large clinical sample
Ian Frampton (UK/Nor), Salma Suri (UK)

SHORT PAPER SESSION E

1) An interpretative phenomenological analysis of the experience of developing anorexia nervosa prior to the menarche
Louise Shepheard-Walwyn, Beth Watkins, Kate Theodore (UK)

2) An exploration of the recovery process in childhood anorexia nervosa
Kate Willoughby, Susan Ayers, Bryan Lask (UK)

3) Early discharge at the expense of readmission: a six-year review of admissions in an eating disorder unit
Golnar Afzal-Adib, Victoria Stone, Sarah Lawrence, Panagiotis Kyrtatou, Emma Fridden, Eric Johnson-Sabine (UK)

4) Predictors of relapse following inpatient treatment of severe eating disorders in adolescence
Agnes Aytyn, Daya Fernandopulle (UK)

5) Eating disorders in sports can be prevented - a cluster-randomised intervention study
Marianne Martinsen, Jorunn Sundgot-Borgen (Nor)

SHORT PAPER SESSION F

1) A review of nutritional information on eating disorder websites and service users’ opinions
Lynsey Tarr, Ursula Philpot (UK)

2) Treating severe and enduring anorexia nervosa: a randomised control trial
Stephen Touyz (Aus), Daniel Le Grange (USA), Hubert Lacey (UK), Phillipa Hay (Aus), Rebecca Smith (Aus), Sarah Maguire (Aus), Bryony Bamford (UK), Kathleen Pike (USA), Ross Crosby (USA)

3) How can we prevent treatment dropout? Completers and non-completers’ perspectives on outpatient CBT for eating disorders
Louise Pannekoek, Susan Byrne, Anthea Fursland (Aus)

4) Experience of siblings of adolescents with eating disorders
Suzanne Hutchison, Beth Coombs, Jen House, Ivan Eisler (UK)
5) Efficacy of acceptance and commitment therapy for the treatment of adult anorexia nervosa: a randomised controlled study
   Ata Ghaderi (Swe)

12.45-14.00 Lunch, poster and exhibition viewing

14.00-15.30 CONCURRENT SESSION 3

1) Recovery Star: is it a helpful approach for the Step-Up to Recovery Programme for eating disorder treatment?
   Kate Tchanturia, Claire Baillie (UK)

2) Working with the mind and the body: uses and clinical experiences of mindfulness practices with Service Users diagnosed with anorexia nervosa in an outpatient eating disorders service
   Chantal Bailie, Amanda Jones (UK)

3) Where in the brain are we? A gentle introduction to eating disorders neuroscience
   Sloane Madden (Aus), Ian Frampton (UK)

4) What counts as recovery? A comparison of definitions, personal experience and clinical views
   Susan Ringwood (UK), Carrie Arnold (USA)

5) A therapist in your pocket: advantages and disadvantages of mobile assessment and intervention
   Valentina Cardi, Suman Ambwani, Janet Treasure (UK)

6) Conducting quantitative eating disorder research: from planning to publication: PART 2
   Ross Crosby, Steve Wonderlich (USA)

15.30-16.00 Refreshments, poster and exhibition viewing

16.00-17.30 CONCURRENT SESSION 4

1) Group psychotherapy with inpatient adolescents with AN or BN
   Birger Larsen, Tina Holm Nyland (Den)

2) Risk management in eating disorders: managing minds and bodies
   William Jones (UK)

3) Family mealtime practices and interactions: how close to the table should therapists really get?
   Eoin Power (UK)

4) Male eating disorders: clinical characteristics and gender specific therapy factors
   Fernando Fernandez-Aranda, Mohammed Anisul Islam (Spain)

5) Ethics forum: should treatment ever cease?
   Nicky Boughton, Sandra Williamson, Paul Jenkins, Christine Vize (UK)

6) The shady side of 50: understanding and addressing eating, shape and weight concerns in older women
   Kathleen Pike, Marsha Marcus, Ruth Striegel (USA)

17.30-19.30 Official poster viewing and networking reception

Thursday, 21st March

09.00-09.30 Registration, refreshments, poster and exhibition viewing

09.30-11.00 CONCURRENT SESSION 5

1) Treating severe and enduring anorexia nervosa: treatment guidelines and results of a randomised control trial
   Bryony Bamford, Hubert Lacey (UK)

2) An evidence based guide to treating people with eating disorders and comorbid psychiatric disturbances: what to do about axis I and II
   Howard Steiger (Can)

3) Group therapies in an inpatient service
   Kate Tchanturia, Caroline Fleming (UK)

4) Medical caveats encountered during attempts to stop purging and their treatments
   Philip Mehler (USA)

5) The ethics and practice of nasogastric feeding: have we got it right?
   Christine Vize, Rachel Cootes, Alison Burrows, Sandra Williamson, Nicky Boughton (UK)

6) Brave new world: online training and therapy for the eating disorders, its uses, its limitations and the future of the e-space for our field
   Sarah Maguire (UK)

11.00-11.30 Refreshments, poster and exhibition viewing

11.30-13.00 CONCURRENT SESSION 6

1) Collaborative care: sharing skills with carers
   Janet Treasure, Gill Todd, Rebecca Hibbs (UK)

2) Pilot study: developing basic body awareness therapy (BBAT) group treatment to patients suffering from severe anorexia nervosa
   Susan Christensen, Kirsten Nissen (Den)

3) Evidence into practice: a team reflection on the implementation of family based treatment (FBT) for child and adolescent anorexia nervosa within a generic Child and Adolescent Mental Health Service (CAMHS) in the UK
   Charlotte Oakley, Karen Johnston (UK)

4) A multidisciplinary motivational approach to initial assessment: making the assessment count
   Rachel Beckford, Helena Rose (UK)

5) Getting published: the ins and outs of manuscript preparation and the publication process
   Kelly Klump, Pamela Keel (USA)

6) The development of a food and nutrition DVD education programme for service users with eating disorders.
   Marilyn Conroy, Karen Jeffereys (UK)

13.00-14.15 Lunch, poster and exhibition viewing

14.15-15.45 PLENARY 3: FOOD, BODIES AND BRAINS

CHAIR: Angela Favaro (Italy)

i Gauging the stage of recovery in anorexia nervosa: what can ultrasound tell us?
   Helen Mason (UK)

ii Low bone mineral density in adolescents with anorexia nervosa: to treat or not to treat?
   Debra Katzman (Can)

iii Energising and feeding the brain
   Alan Jackson (UK)

15.45-16.00 CLOSING REMARKS

16.00 CLOSE OF CONFERENCE
Eating Disorders 2013

THE VENUE

Institute of Education, University of London, 20 Bedford Way, London, WC1H 0AL
Tel: 0207 612 6000 www.ioe.ac.uk

Eating Disorders 2013 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.

Bloomsbury is the traditional haunt of London’s literary set and close to many of London’s famous landmarks including The British Museum. A short walk to the south are the narrow streets of Soho and Covent Garden and the West End theatres surrounding Shaftesbury Avenue and Covent Garden, a shoppers’ paradise, home to the Royal Opera House and the London Transport Museum. To the south-west is Oxford Street. For more exclusive shopping, walk on to Regent Street, Bond Street and the glittering attractions of Mayfair. If you’re looking for green space, head north towards Regent’s Park and London Zoo. Both are close to Camden Town, the site of a series of lively street markets. You will have plenty to do after an educational and stimulating day at the conference.

ACCOMMODATION

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.

Grange Hotels
Grange Hotels have 5 hotels within close proximity to the conference venue and are offering a special rate for delegates attending Eating Disorders 2013.

To make a reservation please contact Grange Hotels central reservations quoting: ‘MA Healthcare’.
Tel: +44 (0)207 233 7888 Fax: +44 (0)207 630 9897
Email: reservations@grangehotels.com

Expotel
Expotel can provide a complimentary hotel booking service for delegates attending Eating Disorders 2013.

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 2013.
Tel: +44 (0)845 054 8470 Email: events@expotel.com

The Hilton London Euston Hotel
A 4 star hotel minutes from Euston Station and the conference venue. Address: 17-18 Upper Woburn Place, Bloomsbury, London WC1H 0HT, UK
Tel: +44 (0)20 7943 4500 Fax: +44 (0)20 7943 4501
Email: reservations.euston@hilton.com

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)
Tel: +44 (0)207 2787 871/2/3 or Email: info@imperialhotels.co.uk
Web: www.imperialhotels.co.uk