

Eating Disorder International Conference 2010
11th – 13th March 2010, Kensington
Programme

Thursday 11th March

08.00 – 10.00 Registration and Coffee

10.00 – 10.15 Welcome

10.15 – 11.15 **Keynote Lecture**

The intricate dance of genes and environment in eating disorders

Chair: Bob Palmer

Dr Cynthia Bulik, University of North Carolina, USA

11.15 – 11.45 *Coffee*

11.45 – 12.45 **Scientific Papers**

Parallel Session 1: Carer's issues

Chair: Susan Ringwood

11.45-12.00 1.1 Effectiveness of a skills training distance learning package for carers of someone with an eating disorder
E Goddard, London, UK

12.00-12.15 1.2 A qualitative study exploring father's role in care, treatment and recovery in the context of caring for a child with an eating disorder
S Raenker, London, UK

12.15-12.30 1.3 The international community of parent activists: how the internet can inform and empower parents and carers
L Collins Lyster-Mensh and F Bromelow, Virginia, USA

12.30-12.45 1.4 Parents' modelling of eating practices and behaviours: associations with eating disorder symptoms
Z Palfreyman, Derby, UK

Parallel Session 2: Exercise and impulsivity

Chair: Caroline Meyer

11.45-12.00 2.1 Compulsive exercise and emotion regulation
H Goodwin, Loughborough, UK

12.00-12.15 2.2 Investigating the relationship between excessive exercise and body esteem: does gender play a role?
L Toye, Derry, UK

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| 12.15-12.30 | 2.3 | Beliefs about excessive exercise in eating disorders: the role of obsessions and compulsions
H Naylor, London, UK |
| 12.30-12.45 | 2.4 | Varieties of impulsivity in eating disorders
CJ Macare, Germany |

Parallel Session 3: Basic processes A

Chair: Rachel Bryant-Waugh

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| 11.45-12.00 | 3.1 | Social cognition in eating disorders: exploring 'emotional' theory of mind
C Medina, Barcelona, Spain |
| 12.00-12.15 | 3.2 | Eating disorder patients' perception and level of stress of family 'expressed emotion'
C Medina, Barcelona, Spain |
| 12.15-12.30 | 3.3 | Eating attitudes of nutrition and dietetics female students. A comparison study between junior and senior students
F Gonidakis, Athens, Greece |
| 12.30-12.45 | 3.4 | Emotion regulation and affect intensity in a subclinically eating-disordered sample and controls: the effects of happiness and sadness
A Skoropadskaya, Edinburgh, UK |

Parallel Session 4: Basic processes B

Chair: Ciaran Newell

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| 11.45-12.00 | 4.1 | Executive functions in young people with eating disorders: a pilot study
F Cantini, Milan, Italy |
| 12.00-12.15 | 4.2 | Obstetric outcomes among women with a history of anorexia nervosa
L Blacklaw, Aberdeen, UK |
| 12.15-12.30 | 4.3 | Is facial expression attenuated in response to positive and negative stimuli in anorexia nervosa?
H Davies, London, UK |
| 12.30-12.45 | 4.4 | The concept of the self in severe and enduring anorexia nervosa
JRE Fox, Lancaster, UK |

Parallel Session 5: Treatment

Chair: Paul Robinson

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| 11.45-12.00 | 5.1 | A randomised control trial comparing cognitive behavioural therapy and non-specific supportive clinical management in individuals with longstanding anorexia nervosa: treatment adaptations and preliminary findings
B Bamford, London, UK |
| 12.00-12.15 | 5.2 | Online CBT-BN: does it raise support costs?
E Bonin, London, UK |

- 12.15-12.30 5.3 Comparing day-patient and in-patient treatment programmes for anorexia nervosa
L Cockill, London, UK
- 12.30-12.45 5.4 Skills, techniques and approaches utilized by nurses working with eating disorders patients: a mixed method study
K Weekes, Ontario, Canada

Parallel Session 6: Service delivery issues

Chair: Glenn Waller

- 11.45-12.00 6.1 Mealtime protocols in eating disorder services
S Long, Loughborough, UK
- 12.00-12.15 6.2 “We just don’t know how best to help”. Staff experiences of eating disorders in UK schools
J Knightsmith, London, UK
- 12.15-12.30 6.3 “Do you still want to be seen?” The pros and cons of active waiting list management
M Tatham, London, UK
- 12.30-12.45 6.4 Service users’ views of eating disorder services: an international comparison
E van Furth, Netherlands

12.45 – 14.00 *Lunch, exhibition and poster viewing*

14.00 – 15.30

Plenary Session

Severe and enduring eating disorders: a need for some new ideas?

Chair: Professor Gerald Russell

Dr Paul Robinson , The Russell Unit & St Ann’s, Barnet, Enfield and Haringey Mental Health Trust, London, UK

Dr Helen Killaspy, Royal Free and University College Medical School, London, UK

15.30 – 16.00 *Tea*

16.00 – 17.30 Clinical skills workshops

- W.01 Compassion focussed therapy for eating disorders
KP Goss, Coventry, London
- W.02 Treatment of compulsive exercise within eating disorder patients
C Meyer, Loughborough, UK
- W.03 Dialectical behaviour therapy for severe anorexia nervosa
T Lynch, B Laszlo and V Ford, Devon, UK
- W.04 The use of imagery within cognitive behavioural therapy for the eating disorders
JS Evans, London, UK

W.05 Working with narcissism in eating disorders: a cognitive analytic therapy approach

K Abeydeera, London, UK

W.06 Collaborate and challenge, never cajole: individual psychotherapy with children and young people with eating disorders

C Troupp, London, UK

17.30 – 19.30 Conference Drinks Reception and poster viewing

Friday 12th March

08.00 – 09.00 Registration and Coffee

09.00 – 10.30 **Plenary Session**

Clinical lessons from animal models of anorexia nervosa

Chair: Ulrike Schmidt

Professor Roger Adan, UMC Utrecht, Netherlands

Professor Evelyn Attia, Columbia University, USA

Dr Anne Marie van Elburg, Rudolf Magnus Institute of Neuroscience, Utrecht, Netherlands

10.30 – 11.00 *Coffee*

11.00 – 12.30 **Plenary Session**

Making space for other psychological therapies in the age of CBT

Chair: Rebecca Cashmore

Professor Glenn Waller, Central North West London NHS Foundation Trust, London, UK

Professor Wolfgang Herzog, Heidelberg University, Germany

Professor Johan Vanderlinden, UPC KU Leuven, Kortenberg, Belgium

12.30 – 13.45 *Lunch, exhibition and poster viewing*

13.45 – 15.15 **Clinical skills workshops**

W.07 Families around the table: helping families to tackle their child's eating disorder

I Eisler and M Simic, London, UK

W.08 A whole systems approach to the care of patients with Severe and Enduring Eating Disorders (SEED) and their families and carers

P Robinson and D Fearon, London, UK

- W.09 Cognitive-behavioural therapy for the eating disorders: A refresher course
G Waller, London, UK
- W.10 Specialist Supportive Clinical Management
U Schmidt and V Mountford, London, UK
- W.11 Eating Disorders in DSM V
H Hoek, The Hague, The Netherlands and R Bryant Waugh, London, UK
- W.12 Diab-eat-es Mellitus: unmasking the eating disorder within
M Quilter and J Morris, Edinburgh, UK

15.15 – 15.45 *Tea*

15.45 – 17.15 **Clinical skills workshops**

- W.07 Families around the table: helping families to tackle their child's eating disorder
(cont) I Eisler and M Simic, London, UK
- W.08 A whole systems approach to the care of patients with Severe and Enduring Eating
(cont) Disorders (SEED) and their families and carers
P Robinson and D Fearon, London, UK
- W.09 Cognitive-behavioural therapy for the eating disorders: A refresher course
(cont) G Waller, London, UK
- W.10 Specialist Supportive Clinical Management
(cont) U Schmidt, London, UK
- W.13 Helping patients to eat: practical strategies for staff in inpatient eating disorder
units
C Prestwood, Cornwall, UK
- W.14 Medication in the management of eating disorders: a clinician's guide
F Connan, London, UK

Saturday 13th March – National Family Network Day

08.00 – 09.30 Registration and Coffee

09.30 – 09.45 Welcome

09.45 – 10.45 **Keynote Lecture**

Working in support of recovery

Chair: Susan Ringwood

Dr. Mike Slade, King's College London, UK

10.45 – 11.15 *Coffee*

11.15 – 13.00 **Workshops**

W.15 Understanding anorexic thinking and behaviours
J Treasure, London, UK and C Zanker, Leeds, UK

W.16 Perilous recovery
C Newell, Dorset, UK

W.17 '11 is the new 13'. A practical guide to managing the ever decreasing patient in
the community
J Brunton, London, UK

W.18 Promoting social eating – a step to recovery
T Baker and N Reed, Bournemouth, UK

W.19 What are we trying to do here? Working towards clinically useful definitions of
recovery from the eating disorders
F Emanuelli, Milan, Italy

13.00 – 14.30 *Networking lunch, exhibition and poster viewing*

14.30 – 16.00 **Question Time Panel**

Chair: Bob Palmer

Dr Rachel Bryant Waugh, Great Ormond Street Hospital for Children NHS Trust, London, UK

Veronica Kamerling, London Carers Group, UK

Dr Ciaran Newell, Dorset Healthcare NHS Trust, UK

Professor Janet Treasure, King's College, London, UK

beat Young Ambassador

16.00 – 16.30 Close of Conference