

Maudsley Parents Newsletter



maudsleyparents.org
family-based treatment for eating disorders

DECEMBER 2011

What's new at Maudsley Parents? An upcoming conference in Pearl River, New York and new "Ask an Expert" questions! As always, we'd love to hear from you. Write us at contact@maudsleyparents.org.

February 17, 2012, 8:30 - 4:00

New York One-day Conference on Child and Adolescent Eating Disorders

The last five years have brought important changes in the understanding and treatment of child and adolescent eating disorders. Please join Maudsley Parents' Harriet Brown, leading experts in the field, and special guest Lynn Grefe, President and CEO of the National Eating Disorders Association, for a one-day conference exploring the current state of treatment as well as new directions and hope for the future.

Who should attend? Treatment providers, families, friends and others in outreach and advocacy. We've worked hard to keep costs low so attendance will be affordable for all. Please join us if you can. Register by December 31st for the early bird rate!

Pearl River Hilton
500 Veterans Memorial Drive
Pearl River, NY 10965

Register online at maudsleyparents.org

\$60 through 12/31
\$75 from 1/1



Debra Katzman, MD



Daniel Le Grange, PhD



Rebecka Peebles, MD



Katharine Loeb, PhD



Evelyn Attia, MD

Ask an Expert

In our “Ask an Expert” column, we turn to leading eating disorder experts for advice on parent concerns. This month, Peter Doyle, PhD answers reader questions:

My fifteen-year-old daughter has been hospitalized for medical complications of anorexia nervosa twice. My question is, how do I get her to allow me to prepare food for her and get her to eat it? Her therapist wants me to take control of her meals, but she doesn't allow me to prepare her food at home. She will only eat at restaurants where she knows the calories in the specific meals. I'm at a loss as to how to even begin this process.

My daughter is just 10 years old. She has been suffering from illness, including severe weight loss for almost 2 years now. She has seen many doctors and has had many tests run. Conventional doctors tell me there is nothing wrong with her and that it is behavioral. Behavioral Health will not call it anorexia--they say she is too young for that. Does she need a diagnosis of anorexia before a doctor who practices the Maudsley method will treat her? Is she too young to be suffering an eating disorder? Please advise me as to where to start.

My 16-year-old daughter has lost a lot of weight. She eats 1500 calories a day; I can't get her to eat any more. She exercises 4 times a week an hour at a time and hasn't had a period for 3 months. Is it because she's not eating enough or is it the change in her body and it will come back? Is she eating enough calories?

Read Dr. Doyle's advice for parents [here](#). Do you have a question? Write us at experts@maudsleyparents.org

Dr. Doyle is therapist at the Eating & Weight Disorders Center of Seattle, part of the Evidence Based Treatment Centers of Seattle. He has spent the last decade involved in research and clinical work focusing on eating disorders and weight management. Read more about Dr. Doyle [here](#).

New and Notable

The Academy of Eating Disorders has created a helpful guide for medical professional. Download their free 10 page booklet: *Eating Disorders: Critical Points for Early Recognition and Medical Risk Management in the Clinical Care of Individuals with Eating Disorders*

Eating Disorders in Children and Adolescents
A Clinical Handbook, edited by Daniel Le Grange and James Lock, brings together leading authorities, integrating the best current knowledge and treatment approaches for eating disorders in children and adolescents. Read a sample chapter [here](#).



National Eating Disorders Awareness Week is February 26 - March 3, 2012. Get involved! Check out the [National Eating Disorders Association website](#) for information and resources. Registration is FREE.

In or near Montgomery County, Maryland and interested in planning a local NEDAW event? Send us an email at contact@maudsleyparents.org