

# Maudsley Parents Newsletter



[maudsleyparents.org](http://maudsleyparents.org)  
a site for parents of eating disordered children

SEPTEMBER 2009

What's new at Maudsley Parents? Conference information, a new clinical advisor, informative new videos, and more. As always, we'd love to hear from you. Write us at [contact@maudsleyparents.org](mailto:contact@maudsleyparents.org).

## ***Working Together for Recovery: Families and Professionals as Partners in Eating Disorder Treatment***

Bethesda Marriott Hotel  
5151 Pooks Hill Road  
Bethesda, Maryland 20814  
October 5, 2009, 1:30-5:00 pm

Please join us as we bring together families and treatment providers to learn from outstanding experts in the field of eating disorders. Who should attend? Family members, friends, treatment providers, activists and others involved in outreach and advocacy. We hope to see you there!

### **Walter Kaye, MD**

*New Insights into the Neurobiology of Eating Disorders: What Families Should Know*

### **Daniel le Grange, PhD**

*Family-Based Treatment for Anorexia Nervosa and Bulimia Nervosa:  
The Maudsley Approach*

### **Harriet Brown, Maudsley Parents Co-chair**

*Family-based Treatment in Action: One Family's Experience*

Register online at [maudsleyparents.org](http://maudsleyparents.org)

Early bird registration through September 14	\$25/person
Regular registration from September 15	\$40/person

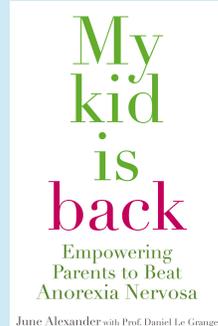
## Join Us in Bethesda!

We're very excited about our upcoming conference in Bethesda and invite you to join us to meet with two leading researchers in the field of eating disorders and our own Harriet Brown. Get up to date on the latest research on the neurobiology of eating disorders and learn how families can help in eating disorder recovery. Our wonderful speakers have generously donated their time and we've worked hard to keep attendance costs low for families. Space is limited so take advantage of the early bird rate and [register now!](#) Unable to attend? We'll update [maudsleyparents.org](http://maudsleyparents.org) with info after the conference.

## Maudsley Parents welcomes Kara Fitzpatrick, PhD as Clinical Advisor

We're delighted to welcome Kara Fitzpatrick, PhD as Clinical Advisor to Maudsley Parents. Dr. Fitzpatrick is an experienced family-based treatment therapist at the Eating Disorders Program at Stanford University and a faculty member of the [Training Institute for Child and Adolescent Eating Disorders](#). She specializes in neuropsychological assessment of eating disorders and evaluation of treatments for children and adolescents. Her current research interests focus on the development of Cognitive Remediation Therapy (CRT), which utilizes neuropsychological components to address cognitive and behavioral difficulties associated with eating disorders. In addition to working as a therapist on research treatment studies, she also provides supervision to therapists on different treatment modalities.

**¡NUEVO!** We've added to our [Spanish language section](#) with two new PowerPoints on the neurobiology of eating disorders and bone health from Dr. Tomás Silber of Children's National Medical Center: [Neurobiología de los Trastornos de la Conducta Alimentaria](#) and [La Salud ósea, la Amenorrea y los Trastornos Alimentarios](#). Muchas gracias, Dr. Silber.



**My Kid is Back**  
by June Alexander with  
Daniel le Grange now  
available in the US from  
Amazon [here](#).

## connect with maudsley parents on the web

[Friend us on Facebook here](#)



[Read Harriet's Blog here](#)



[Follow Jane on Twitter here](#)



## New Videos

We're happy to add two new videos this month. Thomas Insel, MD, Director of the National Institute of Mental Health, talks about eating disorder research in a three-minute clip, [Understanding Eating Disorders](#). Scientific inquiry into eating disorders is in its infancy, but researchers are beginning to make strides in understanding causal factors, brain mechanisms, and finding effective treatments. More from NIMH on Eating Disorders:

- [Eating Disorders: National Institute of Mental Health's Perspective](#)
- [NIMH: Eating Disorders](#)

Katharine Loeb, PhD, of Fairleigh Dickinson University and Mount Sinai School of Medicine, gives advice to families in [Anorexia Nervosa in Teens: What Parents Should Know](#). Dr. Loeb stresses the importance of early intervention and family involvement in adolescent anorexia nervosa. Read more:

- [Mount Sinai Newsletter](#)
- [Early Identification and Treatment of Eating Disorders](#)
- [AAP: Children and Adolescents with Eating Disorders](#)
- [SAM: Position Paper on Eating Disorders](#)
- [Mount Sinai Eating Disorders Program](#)

### Early Intervention Study at Mount Sinai

The Mount Sinai Eating and Weight Disorders Program is offering free treatment as part of a federally funded study (Principal Investigator: K. Loeb) for children and adolescents with emerging anorexia nervosa. If your child is 10-17, is medically stable, and is developing signs and symptoms of an eating disorder, s/he may be eligible to participate. The study is approved by Mount Sinai School of Medicine Institutional Review Board (Protocol 04-0978, approved through 8/31/10). For more information, please contact Lauren Alfano at (212) 659-8724.

Click on the title to view each video. Be sure to check out links for further reading, too!

#### Research Series Videos:

##### [Eating Disorders in Adolescents](#)

Daniel le Grange, PhD provides a comprehensive review of past and ongoing treatment studies for adolescent anorexia nervosa and bulimia nervosa, including family-based treatment, cognitive behavior therapy, ego-oriented individual therapy, supportive individual psychotherapy and multi-family therapy.

##### [Brain Imaging and Eating Disorders](#)

Dr. Walter Kaye explains how scientific advances allow for better understanding of eating disorders.

##### [Fighting Stigma with Science](#)

Cynthia Bulik, PhD talks about genetic and environmental factors in eating disorders.

#### Maudsley Approach Videos:

##### [Family-Based Treatment for Anorexia Nervosa](#)

An introduction to family-based treatment for anorexia nervosa, including interviews with Angela Celio Doyle, PhD, Dr. Tomás Silber, and Sarah, a young woman recovered from anorexia nervosa.

##### [Family-Based Treatment for Bulimia Nervosa](#)

Daniel le Grange, PhD talks about bulimia nervosa, family-based treatment, and recent research.

## National Eating Disorders Association Conference



NEDA's conference "Reshaping Our Future: A Vision for Recovery, Research, Attitudes and Action!" will be held September 10-12 at the Minneapolis Hilton. We're looking forward to presentations by several top-notch speakers. Please let us know if you'll attend--we'd love to meet you! Stop by the "Take One" table in the exhibit hall to pick up some Maudsley Parents info, too. Not able to make it? We'll be tweeting directly from the conference, so [follow us on Twitter](#) for updates.

## Eating Disorders Coalition Lobby Day



The Eating Disorders Coalition will host its second Lobby Day of 2009 in Washington, DC on September 23-24 to build further momentum around the Federal Response to Eliminate Eating Disorders Act. The FREED Act will promote eating disorders research, treatment, education, and prevention programs. View the full text of the bill [here](#). Find Lobby Day details and registration information on the [EDC website](#).

## Website of the Month

[effectivechildtherapy.com](http://effectivechildtherapy.com) This new site from the Association for Behavioral and Cognitive Therapies and the Society for Child and Adolescent Psychology provides up-to-date information to the public and practitioners about mental health treatment for children and adolescents. Click on the drop down menu under the "Professionals and Educators" tab for "What is evidence-based practice?" and "Myths and facts about empirically supported treatments." Very worthwhile reading! Information about specific disorders, including anorexia nervosa and bulimia nervosa, and their treatments is still being added, so check back for updates.

Please feel free to forward this newsletter to other interested parents and invite them to join our mailing list at [contact@maudsleyparents.org](mailto:contact@maudsleyparents.org). We respect reader privacy and contact information will not be shared.



# RESEARCH RECRUITMENT

## Treatment of Adolescents with Bulimia Nervosa

The University of Chicago is conducting a study to evaluate effective outpatient psychological treatments for adolescents with bulimia nervosa.

- You are needed if you are a family with an adolescent (12-18 years old) who has bulimia nervosa.
- The study requires that the adolescent and his/her parents be interviewed, fill out questionnaires, and then be assigned to one of three outpatient psychological treatments.
- 20 outpatient visits will be provided over a 6 month period.

If you are interested and would like more information, please call us at 773-834-5677 or email [bulimia@yoda.bsd.uchicago.edu](mailto:bulimia@yoda.bsd.uchicago.edu).

## Aims of the Project

Bulimia nervosa (BN) is a disabling eating disorder and affects as many as 2% of young women. It is a major source of psychiatric and medical morbidity that often impairs several areas of functioning. Even more alarming is the fact that BN is occurring with increasing frequency among adolescents and preadolescents. Studies have found 2-5% of adolescent girls surveyed qualify for a diagnosis of BN. Research specific to treatment of child and adolescent eating disorders remains limited. There is no proven treatment for bulimia nervosa in adolescent patients. However, a series of studies from the Maudsley Hospital in London have shown that involving the families in the treatment of adolescents with anorexia nervosa have been helpful. A preliminary report from this group has also shown that this approach may be helpful in the treatment of adolescents with BN. The purpose of the present study is to attempt to identify an outpatient psychological treatment that is effective for adolescents with BN.

## For more Information

If you are interested and would like more information, please visit the [study webpage](#), contact Lisa Brownstone at 773-834-5677, or email [bulimia@yoda.bsd.uchicago.edu](mailto:bulimia@yoda.bsd.uchicago.edu).

## Other Studies

Please click on the links below for information on additional studies recruiting at the University of Chicago:

[Treatment of Overweight Adolescents](#)

[Women with Anorexia Nervosa PDA Study](#)

[Treatment for Women with Binge Eating Disorder](#)

Interested in finding other studies and learning more about research participation? Visit [Clinicaltrials.gov](#) and check out the National Institute of Mental Health's new [Participants Guide to Mental Health Clinical Research](#).