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Message from the President



Jennifer Lundgren

Greetings colleagues and thank you for taking the time to read my last *Forum* column as the AED President. When I assumed the AED presidency in June 2021, I was filled with excitement and hope for a physical reunion with our AED community at the 2022 ICED in Monterrey, Mexico, and I was guided by the conference theme, *Embracing Change and Extending Reach in a Transformed World*. If I am being completely honest, I was also feeling a little trepidation knowing that we were (and are) at a unique juncture -- a point in history that is not new to humanity, but new to our generation. I do not need to repeat here the ways in which the COVID-19 pandemic has changed our lives and our work, but for the AED, it has forced us to look hard at our priorities, our financial wellbeing, and our strategies for the future.

My presidential goals fell broadly into two categories: 1) stability and infrastructure and 2) representation, relevance, and access. Regarding stability and infrastructure, the AED Board of Directors has accomplished quite a bit over the past year, although much of it has been behind the scenes. We unpacked and evaluated all aspects of operations within the AED and worked with our management company, Virtual, Inc., to develop a data-informed and goal-oriented management approach. In doing so, we were able to find efficiencies, reduce our annual management costs, and begin building a new and stronger relationship with our management company. In parallel, we were transparent that it was time to engage in a competitive bidding process to ensure that we were getting the best management possible for the cost. I would like to thank Rachel Bachner-Melman, Ross Crosby, Rebecka Peebles, Marisol Perez, and Glenn Waller for their generous service on an ad hoc management search committee, and I am pleased to say that, as a result of the process, we have decided to continue a management relationship with Virtual, Inc. Many of the changes implemented in our management over the past year have set us up for better strategy-driven outcomes and transparency between our management team and the AED Board.

Management was not our only focus. I am very pleased to say that with the outstanding leadership of a board-appointed, ad hoc strategic planning committee, comprised of past presidents Debbie Katzman, Ruth Striegel Weissman, and Eric van Furth, and current board members, Kelly Bhatnagar, Jenny Thomas, and Lesley Williams, the AED Board has approved a robust five-year strategic plan.

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Message from the President *continued*



Officers

President

Jennifer Lundgren, PhD, FAED
Kansas City, MO, USA

President-Elect

Jennifer J. Thomas, PhD, FAED
Boston, MA, USA

Immediate Past-President

Ursula Bailer, MD, FAED
Vienna, Austria

Secretary

Unna Danner, PhD
Zeist, The Netherlands

Treasurer

Rachel Bachner-Melman, PhD, FAED
Jerusalem, Israel

Diversity, Equity, & Inclusion Officer

Lesley L. Williams, MD, CEDS
Scottsdale, AZ, USA

Board Members

Director for Annual Meetings

Ross Crosby, PhD, FAED
Fargo, ND, USA

Director for Experts by Experience Relations

Suzanne Dooley-Hash, MD, FAED
Chelsea, MI, USA

Director for Membership

Kelly Bhatnagar, PhD, FAED
Beachwood, OH, USA

Director for Online & Social Media

Millie Plotkin, MLS
Silver Spring, MD, USA

Director for Outreach

Gry Kjaersdam Telleus, PhD
Aalborg, Denmark

Director for Research-Practice Integration

Karen Jennings-Mathis, PhD, RN, APRN, FAED
Providence, RI, USA

Director for Standards of Excellence

Jerel Calzo, PhD, MPH, FAED
San Diego, CA, USA

It will position the AED to focus on its mission, grow membership, and remain relevant in a changing world with aims to enhance the value of AED membership, cultivate a global and diverse community of professionals, and build a sustainable financial model to ensure the future of the AED.

With regard to representation, relevance, and access, the AED Board has continued to forge ahead on the recommendations of Diversity Science by developing the Diversity, Equity, and Inclusion (DEI) Officer Board Portfolio, providing DEI training to AED volunteer leaders, and extending our educational and professional networking reach through virtual programming at the ICED. Over the past few years, we have learned so much about how to implement a hybrid conference that will allow better access to those who cannot attend due to distance or resources. There is much more work to be done to become a more inclusive organization and, critically, to improve the experiences of minoritized and marginalized populations through our research and clinical work.

As I conclude this final presidential *Forum* column, I want to thank some key groups and individuals who kept us moving forward through historically difficult times. First, I want to thank our volunteer committees and committee co-chairs. Your dedication and flexibility during a period of transition have been greatly appreciated. Second, I want to offer a huge thank you to the AED Finance Committee -- you are champions of fiscal stewardship! Third, the dedication and resilience of the Scientific Program Committee, its co-chairs Kendra Becker and Eva Trujillo, and our annual meeting board liaison, Ross Crosby, have been outstanding. You made pivot after pivot, remaining positive and committed to a successful ICED. I also want to thank our amazing AED Board of Directors -- everyone stepped up, engaged, and made very difficult decisions, all while balancing incredibly busy personal and professional lives! I have incredible confidence that our AED President Elect, Jenny Thomas, will continue to lead the AED Board and our organization in the right direction over the next year. Lastly, I want to thank our management team, Virtual, Inc. They have been "all hands-on deck" trying to right our ship through rough waters. I feel good about the future of the AED, and hope that everyone enjoys the 2022 ICED!

VIRTUAL
ICED 2022
JUNE 9-10

Embracing Change
and Extending Reach
in a Transformed World

AED

Botschaft der Präsidentin

Jennifer Lundgren (translated into German by Karin Waldherr)

Herzliche Grüße, liebe Kolleginnen und Kollegen, und vielen Dank, dass Sie sich die Zeit nehmen, meine letzte Forumskolumne als AED-Präsidentin zu lesen. Als ich im Juni 2021 die AED-Präsidentschaft übernahm, war ich voller Vorfriede und Hoffnung auf ein physisches Wiedersehen mit unserer AED-Gemeinschaft auf der ICED 2022 in Monterrey, Mexiko, und ich ließ mich vom Konferenzthema "Embracing Change and Extending Reach in a Transformed World" leiten. Wenn ich ganz ehrlich bin, hatte ich jedoch auch ein etwas beklemmendes Gefühl, da ich wusste, dass wir uns an einem einzigartigen Wendepunkt befanden (und befinden) - einem Punkt in der Geschichte, der nicht neu für die Menschheit, aber neu für unsere Generation ist. Ich brauche hier nicht zu wiederholen, wie die COVID-19-Pandemie unser Leben und unsere Arbeit verändert hat, aber für die AED hat sie uns gezwungen, unsere Prioritäten, unser finanzielles Wohlergehen und unsere Strategien für die Zukunft genau zu überprüfen.

Meine Ziele für die Präsidentschaft lassen sich grob in zwei Kategorien einteilen: 1) Stabilität und Infrastruktur und 2) Image, Bedeutung und Zugang. Was die Stabilität und Infrastruktur betrifft, so hat das AED Board of Directors im vergangenen Jahr einiges erreicht, auch wenn vieles davon hinter den Kulissen stattfand. Wir haben alle Aspekte der Abläufe innerhalb der AED untersucht und bewertet und mit unserer Managementgesellschaft Virtual Inc. zusammengearbeitet, um einen datengestützten und zielorientierten Managementansatz zu entwickeln. Auf diese Weise konnten wir effiziente Prozesse finden, unsere jährlichen Verwaltungskosten senken und eine neue und engere Beziehung zu Virtual Inc. aufbauen. Gleichzeitig waren wir transparent darin, dass es an der Zeit war, ein wettbewerbsorientiertes Ausschreibungsverfahren durchzuführen, um sicherzustellen, dass wir das bestmögliche Management für die anfallenden Kosten erhalten. Ich möchte Rachel Bachner-Melman, Ross Crosby, Rebecka Peebles, Marisol Perez und Glenn Waller für ihre Mitarbeit in einem Ad-hoc-Suchausschuss für das Management danken und freue mich, sagen zu können, dass wir als Ergebnis des Prozesses beschlossen haben, die Zusammenarbeit mit Virtual, Inc. fortzusetzen. Viele der Änderungen, die wir im vergangenen Jahr in unserer Verwaltung vorgenommen haben, haben uns die Voraussetzungen für bessere strategieorientierte Ergebnisse und mehr Transparenz zwischen Virtual Inc. und dem AED-Board geschaffen.

Die Verwaltung war aber nicht unser einziger Fokus und ich freue mich sehr, berichten zu können, dass das AED-Board unter der hervorragenden Leitung eines vom Board eingesetzten Ad-hoc-Strategieplanungsausschusses, der sich aus den ehemaligen Präsident*innen Debbie Katzman, Ruth Striegel Weissman und Eric van Furth sowie den derzeitigen Board-Mitgliedern Kelly Bhatnagar, Jenny Thomas und Lesley Williams zusammensetzt, einen soliden Fünfjahres-Strategieplan verabschiedet hat. Er wird die AED in die Lage versetzen, sich auf ihren Auftrag zu konzentrieren, die Mitgliederzahl zu erhöhen und in einer sich wandelnden Welt weiterhin als wichtig wahrgenommen zu werden. Ziel ist es, den Wert der AED-Mitgliedschaft zu steigern, eine globale und vielfältige Gemeinschaft von Fachleuten zu pflegen, und ein nachhaltiges Finanzmodell aufzubauen, um die Zukunft der AED zu sichern.

Bezüglich Image, Bedeutung und Zugang hat das AED-Board die Empfehlungen von Diversity Science weiter vorangetrieben, indem das Portfolio der Beauftragten für Vielfalt, Chancengleichheit und Inklusion (Diversity, Equity, and Inclusion, DEI) weiterentwickelt, DEI-Schulungen für die ehrenamtlichen Mitglieder der AED-Gremien und -Ausschüsse angeboten und die Reichweite unserer Bildungs- und beruflichen Netzwerke durch virtuelle Programme auf der ICED erweitert wurden. In den letzten Jahren haben wir viel darüber gelernt, wie wir eine hybride Konferenz einrichten können, die denjenigen einen besseren Zugang ermöglicht, die aufgrund ihrer Entfernung oder ihrer Ressourcen sonst nicht teilnehmen könnten. Es gibt jedoch noch viel zu tun, um eine inklusivere Organisation zu werden und vor allem die Erfahrungen von Minderheiten und marginalisierten Bevölkerungsgruppen durch unsere Forschung und klinische Arbeit zu verbessern.

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Botschaft der Präsidentin *continued*

Zum Abschluss dieser letzten Forumskolumne als Präsidentin der AED möchte ich einigen wichtigen Gruppen und Personen danken, die uns in historisch schwierigen Zeiten vorangebracht haben. Zunächst möchte ich unseren ehrenamtlichen Ausschüssen und den Ko-Vorsitzenden der Ausschüsse danken. Wir wissen Ihr Engagement und Ihre Flexibilität in einer Zeit des Übergangs sehr zu schätzen. Zweitens möchte ich dem Finanzausschuss ein großes Dankeschön aussprechen - Sie sind Meister der Haushaltsführung! Drittens waren das Engagement und die Belastbarkeit des wissenschaftlichen Programmausschusses der ICED 2022, seiner Co-Chairs Kendra Becker und Eva Trujillo sowie unseres Verbindungsmannes zum AED-Board, Ross Crosby, hervorragend. Sie haben einen Schwenk nach dem anderen gemacht, sind positiv geblieben und haben sich für eine erfolgreiche ICED eingesetzt. Ich möchte auch unserem fantastischen AED-Board danken - alle haben sich engagiert und schwierige Entscheidungen getroffen, während sie gleichzeitig ein unglaublich intensives Privat- und Berufsleben hatten! Ich bin sehr zuversichtlich, dass unsere gewählte AED-Präsidentin, Jenny Thomas, das AED-Board und unsere Organisation auch im nächsten Jahr in die richtige Richtung führen wird. Abschließend möchte ich unserem Managementteam, Virtual, Inc., danken. Sie haben "alle Hände voll zu tun", um unser Schiff durch raue Gewässer zu steuern. Ich habe ein gutes Gefühl, was die Zukunft der AED angeht, und hoffe, dass Sie alle die ICED 2022 genießen werden!

Message from the President-Elect



Jennifer J. Thomas

When I was in graduate school, my fellow students and I referred to the annual ICED as “the Academy Awards of eating disorders” because it provided such an inspiring opportunity to meet the colleagues whose work we admired. Having been a member of the AED for nearly 20 years, it is an honor to serve as your 2022-2023 President. As I have grown up in the organization, one of the things I have come to value most is how the AED provides a professional home for a rich diversity of groups -- from researchers, to clinicians, to experts by experience. Given that I currently work as a clinician and researcher in the field and recovered from an eating disorder as an adolescent, I consider myself a member of all three groups, and look forward to connecting with each over the next year.

I realize that I am coming to this role at a very challenging time in the history of the AED. We have now gone three years without an in-person meeting due to the COVID-19 pandemic. This has afforded us exciting opportunities to leverage virtual technology to expand the global reach of the annual ICED. However, it has also resulted in significant financial loss and attrition of membership. To that end, I was fortunate to join forces with the 2021-2022 AED Strategic Planning Committee, composed of Kelly Bhatnagar, Debra Katzman, Ruth Striegel Weissman, Eric van Furth, and Lesley Williams, to develop a detailed plan to enable the AED to emerge stronger on the other side of the pandemic. We identified three critical areas of strategic focus for the next five years. First, we will enhance the value of membership by offering additional non-conference benefits throughout the year. Second, we will cultivate a diverse and global community of professionals by being more inclusive of under-represented groups and creating a conference code of conduct to support collegial discourse and enhance psychological safety. Third, we will streamline operations to help us build a more sustainable financial model for the future.

I may be the President, but the AED is your organization. I welcome your feedback throughout the year on how the AED can better serve you, its members. To that end, please feel free to reach out to me at jthomas@mgh.harvard.edu. Meanwhile, here’s hoping we will finally get to see one another in person on the dance floor at the ICED 2023 in Washington, DC!

Message from the Editor



Abigail Matthews
Hamberg

Hello fellow AED members! Please enjoy this annual ICED edition of the *Forum*. We look forward to seeing you at the 2022 Virtual ICED on June 9-10, themed *Embracing Change and Extending Reach in a Transformed World*. Information about the conference can be found [here](#).

This issue opens with Jennifer Lundgren's farewell column as she prepares to finish her term as the AED President and is followed by Jennifer Thomas, the AED President-Elect's, introductory column. This *Forum* also features Ursula Bailer, sharing her journey from AED member to a number of leadership roles on the AED Board, including AED President. In *Book Review Corner*, Bertha Winterman Hemilson reviews the Spanish-written book, *Eating Disorders: A Practical Approach*. You will also find the first Member's Spotlight column, featuring Carolina Bejarano, a junior AED member and researcher in the fields of nutrition and eating disorders. Many thanks, Carolina, for being the first participant in this column, which strives to highlight the diversity of our unique and ever-growing membership. Please e-mail Forum@aedweb.org if you are willing to be featured in a future *Member's Spotlight*. Interested members will be randomly selected to participate.

For the next *Forum* issue, please submit your articles, letters, announcements, and suggestions (no more than 250 words per entry) by **July 15, 2022**, to me, Abigail Matthews Hamberg, at Forum@aedweb.org.

Greetings from an AED Board Member



Ursula Bailer

As its second contributor, I am very excited to author this *Greetings from an AED Board Member*, a wonderful new *Forum* column that provides a glimpse of the responsibilities and projects overseen by AED Board members. It is also time for me to say goodbye to the AED Board, as this has been my final year as the Immediate Past President, Board Liaison, and the AED Nominations Committee Chair.

Wow! This has been a long but so exciting and rewarding journey, starting out as the AED Director for Research Practice Integration in 2016, then Secretary in 2018-2019, President-Elect in 2019-2020, President in 2020-2021, and finally, Past-President in 2021-2022. Honestly, I never thought this journey would happen. About 12 years ago, at the 2010 ICED in Alpbach, Austria, we celebrated the 10th anniversary of the Austrian Society on Eating Disorders (ASED), an organization that I have been a member of since 2000. In 2011, the ASED partnered with the AED and has since been actively involved in the Partners, Chapters, and Affiliates Committee (PCAC). I was honored to be an ASED representative on the PCAC from 2011-2016 and PCAC Co-Chair from 2013-2016. My work on the PCAC was so inspiring. It gave me the opportunity to gain leadership experience within the AED and formed the groundwork to be nominated to serve on the AED Board.

Why am I telling you this story? Wherever you live, whatever your background, and even if serving on the AED Board seems far-reaching, please take the opportunity to volunteer on one of the AED's many committees and get exposed to wonderful colleagues. A similar journey could happen to you! It has been a pleasure to see how diverse and international the AED Board has become and continues to be.

I look forward to seeing you all at the ICED 2022 through the many opportunities offered by the virtual platform!

Special Interest Group and Committee Updates



Membership Retention/Recruitment *Committee Update*

Angela Derrick

As I prepare to step aside as co-chair of the Membership Recruitment and Retention Committee (MRRC), I am pleased to announce that Ashley Acle will take my place to co-lead the committee with existing co-chair, Megan Parker. Ashley has been a member of the AED since 2020 and active in the field of eating disorders since 2012. She is a healthcare consultant, clinical supervisor/therapist, and mental health advocate and has distinguished herself as a leader in supporting diversity and social justice initiatives. Ashley will bring strong leadership skills and a thoughtful presence to the MRRC. Welcome, Ashley!

As I reflect on my past several years of service, I am proud of the way that the MRRC has worked together to offer the ICED Mentor/Mentee Breakfast virtually, has established new opportunities to recognize student AED members (with the collaboration of other committees), has identified creative ways to engage professionals in the community, and has increased the accessibility of AED membership by reducing student membership fees. The MRRC also led efforts to modify the AED website to simplify the membership renewal process and to clarify the benefits of AED membership to current and potential members. Importantly, we have returned to and slightly surpassed pre-pandemic membership numbers (when comparing April 2020 to April 2022), which is a real testament to the strength of our community. I want to thank the AED for the support they have shown me and the MRRC members. I applaud the AED for everything they have done to remain viable during the global pandemic.

Online Social Media *Committee Update*

Britt Bohrer

We are pleased to announce the new AED Online and Social Media Committee (OSMC), which represents a merger of the former Electronic Media and Social Media Committees! The OSMC supports the AED through subject-area expertise in marketing and communications, assisting with AED website updates and redesign, and monitoring and managing communications in the AED online community. The OSMC also communicates mission-relevant information to the AED membership and the general public through online and social media posts.

Britt Bohrer and Danyale McCurdy-McKinnon will serve as OSMC Co-Chairs, and Millie Plotkin will act as the OSMC Portfolio Holder. The OSMC Membership and Terms can be found [here](#). Be sure to follow us on Facebook (AcademyforEatingDisorders), Instagram (@aed_iced), Twitter (@aed_iced), and LinkedIn.



Special Interest Group (SIG) Oversight *Committee Update*

Megan Parker

The SIG Oversight Committee (SOC) has been busy organizing the annual SIG Co-Chair elections. With the ICED comes the transitioning of many SIG co-chairs. We are delighted to announce that the Medical Care SIG will be reinstated following the ICED 2022. Unfortunately, due to a lack of co-chair volunteers, the Transcultural SIG will be placed on hiatus for the 2022-2023 year. If you are interested in volunteering as the Transcultural SIG Co-Chair and reinstating the group in 2023, please email the [SOC Co-Chairs](#).

The SOC is filled with gratitude for all that the outgoing co-chairs have accomplished during their 3-year terms. We are also full of excitement and anticipation for the newly elected co-chairs to assume their roles. Please take a moment to review the list of individuals who have been and will be instrumental in furthering the AED's mission.

SIG	Outgoing Co-Chair	Incoming Co-Chair(s)
Child and Adolescent Eating Disorders	Jessie Menzel	Alison Chase
Cognitive-Behavioral Therapy		Olivia Carter
Dialectical Behavior Therapy and Suicide	Anita Federici	Charlotte Thomas
Early Intervention	Karina Allen	Nicole Obeid
Genes and Environment	Katherine Schaumberg	Christopher Hubel
Medical Care and Standards	Brooks Brodrick	Nicole Cifra and Tammy Maginot
Neuroimaging	Ann Haynos	Kelsey Hagan
Neuropsychology	Lisa Anderson	Sophie Abber
Nutrition	Stephanie Brooks	Tammy Beasley
Professionals and Recovery	Andrea LaMarre	Caitlin Scafati
Psychodynamic and Integrated Psychotherapies	Douglas Bunnell	To Be Announced
Sport & Exercise	Sasha Gorrell	Madeline Palermo
Technology and Innovations	Brittany Lauro	Angela Celio Doyle
Transcultural	Tiffany Rush-Wilson	
Trauma and Eating Disorders	Karen Mitchell	Caitlin Martin-Wagar
Universities	Kathryn Huryk	Yue Huang
Weight Stigma and Social Justice	Erin Harrop	Stephanie Amundson

We wish everyone a cheerful ICED 2022. We hope to see you there!



Other News

Book Review Corner



Bertha Winterman Hemilson, AED Book Reviewer

Eating Disorders: A Practical Approach by Eva María Trujillo Chi Vacuán, José Ramón Arellano Cano, and José Ramón Comas Viñas (APM, 2021, 278 pages)



This book is a useful resource offering comprehensive information about eating disorders (EDs) through topics including the history of and education about EDs, individual and family treatment approaches, and evidence-based information related to current issues like the COVID-19 pandemic. Filling a long-needed gap, the book was written for Spanish-speaking readers.

A significant portion of the book focuses on the history of EDs. Whereas EDs have existed for many years, they are relatively new for science. For example, anorexia nervosa (AN) was recorded in ancient times and has evolved with sociocultural changes in standards of beauty and beliefs about food. Years ago, symptoms of bulimia nervosa (BN) were synonymous with wealth in families. Because accessing and consuming food was perceived as a privilege during that time, eating large amounts of food was followed by purging to allow for continued eating. Binge-eating disorder (BED) was recognized much later than AN and BN, probably because BED symptoms have long been both normalized and stigmatized.

The book also provides wide-ranging education about EDs, with separate chapters about AN, BN, BED, avoidant restrictive food intake disorder (ARFID), and other specified feeding or eating disorder (OSFED). A detailed overview of complications associated with AN and BN are provided, with a focus on symptom complexity and the importance of interdisciplinary and evidence-based treatments. A chapter about BED presents different neurobiological mechanisms, helping to reduce stigma about and possibly reduce diagnostic delays. Regarding ARFID, different symptom presentations are emphasized, and interdisciplinary treatment approaches are discussed for each. Notably, authors also discuss recommendations for individuals with subclinical ED symptoms to improve early detection efforts and reduce risks for developing full threshold EDs.

A particularly useful part of the book is its focus on practical strategies for providers without ED expertise, like red flags that alert to a possible ED, appropriate interventions, and when to provide specialty referrals. One chapter provides medical education for clinical practice, such as diagnostic indices, assessment tools, and treatment recommendations to guide identification and timely referrals for people with EDs. Helpful tables differentiate altered vital signs for ED diagnoses. Emphasis is also placed on breaking longstanding myths about EDs, like the belief that EDs only occur in white females of high socioeconomic status. The authors discuss how culturally bound stigma and beliefs that men are immune to EDs are associated with diagnostic delays and reduced treatment access in this group.

Treatment considerations are also provided, including the importance of providing psychoeducation to family members, how they can be our best allies in treatment, and the role of families in supporting patients. Additional topics include the use of exposure therapies to target body image and eating behaviors, the relation between negative body image and other mental health difficulties, and bariatric surgery in relation to different EDs. Finally, focus is placed on the negative impact of the COVID-19 pandemic on people with EDs.

Overall, *Eating Disorders: A Practical Approach* is a very comprehensive and easy-to-read book for Spanish-speaking readers. It includes up-to-date, evidence-based information about EDs and is a helpful and recommended resource.

Reseñas de Libros

Bertha Winterman Hemilson, revisora de libros de DEA

Trastornos de la conducta alimentaria: un abordaje práctico por Eva María Trujillo Chi Vacuán, José Ramón Arellano Cano y José Ramón Comas Viñas (APM, 2021, 278 páginas)

Este libro es un recurso útil que ofrece información completa sobre los TCA a través de temas que incluyen la historia y la educación sobre los TCA, enfoques de tratamiento individual y familiar e información basada en la evidencia relacionada con problemas actuales como la pandemia de COVID-19. El libro fue escrito para lectores de lengua española colmando una importante laguna existente.

Una parte significativa del libro se centra en la historia de los TCA. Aunque éstos existen desde hace muchos años, los TCA son relativamente recientes para la ciencia. Por ejemplo, la anorexia nerviosa (AN) se registró en la antigüedad y ha evolucionado con los cambios socioculturales de los estándares de belleza y las creencias sobre la comida. Hace años, los síntomas de la bulimia nerviosa (BN) eran sinónimos de riqueza en las familias. Debido a que el acceso y el consumo de alimentos se percibían como un privilegio en aquella época, comer grandes cantidades de alimentos era seguido de conductas purgativas para permitir que se continuara a comer. El trastorno por atracón (TpA) se reconoció mucho después que la AN y la BN, probablemente porque los síntomas del TpA se han normalizado y estigmatizado durante mucho tiempo.

El libro también proporciona una amplia educación sobre los TCA, con capítulos separados sobre AN, BN, TpA, trastorno de evitación/restricción de la ingesta de alimentos (TERIA) y trastornos de la alimentación especificados de otra forma (OSFED). Se proporciona una descripción detallada de las complicaciones asociadas con la AN y la BN, con un enfoque sobre la complejidad de los síntomas y la importancia de los tratamientos interdisciplinarios y basados en la evidencia. El capítulo sobre el TpA presenta diferentes mecanismos neurobiológicos, ayudando a reducir el estigma y posiblemente el retraso en el diagnóstico. Con respecto al TERIA, se enfatizan las distintas presentaciones clínicas de la enfermedad y se discuten los respectivos enfoques terapéuticos interdisciplinarios. En particular, los autores abordan consejos útiles para las personas con síntomas subclínicos de TCA al fin de mejorar los esfuerzos de detección precoz y reducir el riesgo de desarrollar un TCA completo.

Una sección particularmente útil del libro trata sobre estrategias prácticas para proveedores sin experiencia en el campo de los TCA, como señales de alerta que indican un posible TCA, intervenciones apropiadas y cuándo es necesario derivar al paciente a un equipo especializado en su tratamiento.

Un capítulo proporciona educación médica para la práctica clínica, incluyendo índices diagnósticos, herramientas de evaluación y recomendaciones de tratamiento para guiar la identificación y las derivaciones tempestivas de las personas con TCA. Las tablas son muy útiles porque diferencian los signos vitales alterados útiles para diagnosticar un TCA. También se hace hincapié en romper los mitos que han existido en torno a los TCA a lo largo del tiempo, como la creencia de que solo ocurren en mujeres blancas de nivel socioeconómico alto. Los autores discuten cómo el estigma cultural de que los hombres son inmunes a presentar un TCA se asocia con retrasos en el diagnóstico y un acceso reducido al tratamiento en este grupo.

Se proporcionan consideraciones sobre el tratamiento, incluida la importancia de proveer psicoeducación a los miembros de la familia, cómo éstos pueden ser nuestros mejores aliados en el tratamiento y el papel de las familias como apoyo para los pacientes. Otros temas incluyen el uso de las terapias de exposición para abordar la imagen corporal y los comportamientos alimentarios; la relación entre la imagen corporal negativa y otros problemas de salud mental, y la cirugía bariátrica en relación con diferentes TCA. Finalmente, se hace énfasis en el impacto negativo de la pandemia de COVID-19 en las personas con estos trastornos.

En general, *Trastornos de la conducta alimentaria: un abordaje práctico* es un libro muy completo y fácil de leer para lectores de habla hispana. Incluye información actualizada y basada en la evidencia sobre los TCA y es un recurso útil y recomendado.

Member's Spotlight: Carolina Bejarano



Carolina Bejarano

Abigail Matthews Hamberg

For the inaugural column of *Member's Spotlight*, I am excited to introduce Carolina Bejarano! Carolina lives in the United States, in Cincinnati, Ohio, and speaks English and Spanish. She is a postdoctoral fellow in pediatric psychology, specializing in the research of child behavior and nutrition at Cincinnati Children's Hospital Medical Center. Carolina answered some questions, below, to help us learn more about her.

- **How long have you been a member of the AED?**
I have been an AED member for about a year.

- **Why are you an AED member?**
I am an AED member because I strive to best support children and adolescents in areas relating to eating behavior. I have appreciated training and research experiences across eating disorders and weight-related health and envision a more integrated approach to these conditions. I really value the expertise of the AED community and am enthusiastic to continue learning.

- **What is one thing that you are passionate about in the field of eating disorders?**
I am passionate about continuing to improve culturally informed research and practice to prevent, detect, and treat disordered eating in Hispanic/Latinx, Black, and minoritized youth. I hope to pursue research that can inform preventive approaches to disordered eating and body image concerns earlier on.

- **In your region/country, what is one thing that is positive/working well in eating disorders treatment and/or research? What is one thing that can be improved?**
I am appreciative of the progress I have seen in expanding inclusion of a variety of presentations of eating disorders, including a focus on detecting and treating atypical anorexia nervosa. As a growth area, I am interested in working towards improved screening and intervention for disordered eating in clinical contexts in addition to primary care, such as in type 1 and type 2 diabetes.

- **How many countries and cities have you lived in, and which was your favorite?**
I have lived in 7 cities in the United States and one in Spain. I have grown from my experiences in a variety of communities. Each has been a home for me in different ways, but I really enjoyed my time living in New Orleans, Louisiana, where I attended Tulane University for my undergraduate degree and first became interested in pursuing a career in psychology.

If you would like to participate in the *Member's Spotlight* column, please e-mail the AED *Forum* editor at Forum@aedweb.org.

New Members Corner

Abigail Matthews Hamberg

Eighty new members joined the AED between January 2022 and April 2022. Members represent 13 countries, including Argentina, Cyprus, Latvia, and Saudi Arabia, highlighting the ever-growing diversity of our membership! Welcome to the AED!

New Member	Country	New Member	Country
Latika Ahuja	United Kingdom	Madison Hooper	United States
Erin Alexander	United States	Christopher Huebel	United Kingdom
Munirah Alshebali	Saudi Arabia	Jalisa Jackson	United States
Maria Del Mar Arango	Spain	Samantha Jacobson	United States
Amelia Austin	United Kingdom	Samantha Johnson	United States
Brittany Barnett	United States	Yvette Karvay	United States
Sam Benzing	United States	Aleece Katan	Canada
Marilyn Berney	United States	Erica Koe-Krompecher	United States
Margaret Berry	United States	Jacqueline Kosmas	United States
Erica Betts	United States	Katherine Laveway	United States
Marley Billman	United States	Matt Lerner	United States
Isabelle Blaber	United States	Sarah Levin	United States
Meredith Bowman	United States	Ethan Lindenbaum	United States
Edith Breton	Canada	Sherri Meyer	United States
Rose Bruce	Canada	Ilze Mezraupe	Latvia
Chelsea Buffum	United States	Cherie Mills	United States
Ella Cho	United States	Crystal Morrow	Canada
Olivia Clancy	United States	Muhammad (Amlish) Munir	Canada
Matthew Clista	United States	Lyza Norton	Australia
Hannah Cory	United States	Haley Nute	United States
Sara Courtis	Canada	Amanda Perez	Puerto Rico
Katherine Daley	United States	Laura R. Mondragon	Spain
Helena Davies	United Kingdom	Antonios Raftis	Cyprus
Daniel Devoe	Canada	Katherine Reed	United States
Lisa Dinkler	Sweden	Katie Richards	United Kingdom
Lynda Dolan	Australia	Paula Rodriguez	Argentina
Joy Dorsey	Canada	Benaaz Russell	United States
Brittany Dwyer	United States	Kendall Schmidt	Canada
Jody Finch	United States	Lauren Schmidt	United States
Michaela Flynn	United Kingdom	Rebecca Skrifvars	United States
Sharon Galvin	United States	Emil Smith	United States
Julia Gianneschi	United States	Sylvia Soto	United States
Louise Gibson	Ireland	Drisana Spratt	United States
Shelby Groff	United States	Annabel Susanin	United States
Abigail Gross	United States	Kate Sutton	United States
Julie Guild (Samitt)	United States	Arin Swerlick	United States
Inna Gutkina	Hungary	Marianna Thomeczek	United States
Kelsey Hagan	United States	Karin Timmers	Australia
Leah Hall	United States	Riley Wilkerson	United States
Lauren Hartman	United States	Jiayi Xu	United States

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