



Save the Dates

Friday May 5, 2017

Quarterly Educational Event

Thursday, June 1, 2017

Members Only Educational
Event & Networking

Friday, October 20, 2017

Quarterly Educational Event

Saturday, December 9, 2017

Winter Gala

Dates and topics subject to change.

President's Update



Mittsi Crossman,
MD, CEDS
iaedpNY President



Jessica Aronson,
LCSW-R, ACSW, CGP, CEDS
iaedpNY Vice President

Hello Dear Friends,

We hope that everyone's 2017 is off to a good start! We're solidifying plans for 2017 educational and members only events and are even starting to make plans for 2018! Please email Education@iaedpny.com if you would like to submit a speaker proposal for 2018. Please see our calendar for the upcoming dates for iaedpNY Chapter's events.

This year's Symposium is across the country in Las Vegas and we hope to see some of you there. We are really excited that they've arranged for NYS approved CEs for social workers and LCATs. For

those who can't attend this year in Las Vegas, we anticipate that 2018's Symposium will be back on the East Coast.

We are continuing to grow in membership as well as in certified members. Please contact our Membership Chair Tabitha Limotte at Membership@iaedpny.com if you would like the chapter discount code to join or renew. Please contact our Certification Chair Laura Cipullo at Certification@iaedpny.com for assistance in certification.

We look forward to seeing you at our next educational event in May!

Sincerely,

Mittsi Crossman,
MD, CEDS,
iaedpNY President

Jessica Aronson,
LCSW-R, ACSW, CGP, CEDS,
iaedpNY Vice President

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Dietary Restraint and Attitudes Towards Weight Gain on Weight Gain During Pregnancy

Pregnancy can be a difficult time for women struggling with or in recovery from eating disorders, disordered eating, and body image concerns. There is a lot of focus around weight, specifically gaining the “right” amount of weight. There is no international consensus on how much weight a woman should gain during pregnancy but in the US, the Institute of Medicine (IOM) sets guidelines based on a woman’s pre-pregnancy BMI. Many pregnant women gain weight outside of the IOM’s recommended range, which has been associated with negative maternal and child outcomes (although few studies parse out the effect of weight gain from nutrition and physical activity). Many healthcare providers feel pressure to monitor and limit their patients’ weight gain during pregnancy, which in turn may increase a pregnant woman’s own concerns about weight gain during pregnancy. Could these very concerns and restriction of food intake lead to overeating and increased weight gain during pregnancy?

A study by Heery et al (2016) set out to determine if pre-pregnancy restrained eating behaviors (defined as the conscious effort to restrict food intake to control body weight) and early pregnancy attitudes to weight gain were associated with weight gain during pregnancy outside the IOM guidelines. The boundary model of eating behavior suggests that restrained eating leads to overeating in disinhibited states; pregnancy may trigger

disinhibited eating. The authors hypothesized that a history of dietary restraint (restrained eating, weight cycling, and dieting) would be associated with higher absolute gestational weight gain (GWG) and weight gain in excess of the IOM recommendations. It was also hypothesized that increased food intake would mediate the relationship and that greater worry about pregnancy weight gain and worry about changes in shape and size would be associated with higher absolute GWG and excessive GWG.

Participants included 799 pregnant women in Dublin, Ireland. The Prenatal Distress questionnaire was used to assess attitudes to pregnancy weight gain, a modified version of the Restraint Scale was used to assess restrained eating behaviors prior to pregnancy, and change in food intake was assessed using self-report.

Results indicated that 34% of women were at least moderately worried about weight gain and 28% were at least moderately worried about changes in body shape and size during pregnancy. An additional 38% of women were ‘a little’ worried about weight gain and 36% were ‘a little’ worried about changes in shape and size. Increased levels of concern about weight gain and concern about changes in body shape and size were associated

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Co-Social Media Chair Update

JENNIFER MCGURK RDN, CDN, CDE, CEDRD AND VALLERY KALLEN, MS, RD



Connect With Us!

The iaedpNY website has been updated!! Check out our updates at <http://iaedpny.com>. We always have our calendar of events available for you to schedule us into your calendar, as well as information about our meetings. We have 2 sections on finding treatment for your clients: The Find An Expert section, and the Group Treatment Finder.

Don't forget to review your "Find An Expert" listing at <http://iaedpny.com/find-expert> and let me know if you have any changes to your profile. Our group treatment page is "Ongoing Groups for Recovery" (<http://iaedpny.com/tristate-treatment-groups>). Please use this page as a reference to find treatment groups (free groups, support groups, meal support, IOP programs, day treatment programs, and supervision). Please send me any new groups that you are running and/or updates about your group. All changes should be sent to iaedpny-socialmedia@gmail.com.

Follow us on Facebook:

<https://www.facebook.com/iaedpNY>

Follow us on Twitter:

<https://twitter.com/iaedpny>

Follow us on Instagram:

<https://www.instagram.com/iaedpny/>

Feel free to send me articles, blog posts, and news and events from you or your organization. I will happily spread the word on our social media pages.

With so many emails clogging our collective inboxes these days, we decided to give your inbox a break and change our email blasts from bimonthly to simply once a month. Don't worry—you will still get all of the same great content like our monthly research articles, event announcements, special promotions, and everything else you've come to know and love about these emails. We are also planning on adding some new and exciting content and even hosting some giveaways! In an effort to streamline, we have also created a dedicated email address for this platform. If you would like to post advertisements for groups, office space, treatment centers, or other promotional material, please email Valery at iaedpny-monthly@gmail.com. The new Monthly Email will go out mid-month, so please have any content to Valery by the 10th of the month if you would like it posted in that month's issue.



Marketing/Sponsorship Chair Update SARAH CHIPPS, PsyD

Our well attended educational and networking events aren't possible without the generosity of our sponsors. There are still opportunities to sponsor iaedpNY events in 2017. If you would like to learn more about iaedpNY event sponsorship or would like to collaborate on an outreach event, please email me at iaedpny-sponsorship@gmail.com.

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with higher total GWG and higher odds of excessive weight gain. Increased food intake partially explained these relationships. The authors suggest that women's concerns about weight gain and changes in body shape and size during pregnancy may partly arise from recognition of increased food intake in early pregnancy. Consistent with prior research, women who were restrained eaters had higher pre-pregnancy BMI. Restrained eating, weight cycling, and dieting were each independently associated with higher absolute GWG. Weight cycling, but not restrained eating or dieting, was associated with weight gain in excess of the IOM guidelines. Contrary to hypotheses, restrained eaters did not report increased food intake since becoming pregnant when compared to non-restrained eaters. The authors postulate that this may be because restrained eaters overeat in periods of disin-

hibition and they may fail to account for their additional food intake when asked about it. Dietary restraint and concerns about weight gain were associated with GWG irrespective of BMI, suggesting that these issues affect women across the weight spectrum.

The authors conclude that concerns about weight gain, concerns about changes in body shape and size, and a history of weight cycling predicts weight gain during pregnancy in excess of IOM recommendations. As eating disorder professionals, it is important to work with our patients throughout the pregnancy process to support them in becoming more comfortable with their changing bodies and encourage eating in ways that are attuned to their bodies' changing needs.

Reference: Heery E, Wall P, Kelleher C, & McAuliffe F. (2016). Effects of Dietary Restraint and Weight Gain Attitudes on Gestational Weight Gain. *Appetite*, 107: 501-510.



Student Membership Chair Update

LISA BARGELLINI, LMHC

- aedpNY is thrilled to connect with students! Valery Kallen and Lisa Bargellini presented **I** “There’s No I in Team: The Multidisciplinary Approach to the Treatment of Eating Disorders” on February 17, 2017 Fordham University. We look forward to hosting more events specifically for our student members.

Student membership is an excellent opportunity for those currently enrolled in school and are looking to expand their knowledge of eating disorders and other relevant topics in the field. It is a fantastic way to connect to and network with other professionals in the community. For more information on becoming a student member please email Lisa Bargellini at iaedp.students@gmail.com.

Eating disorders
really have
very little
to do
with
food.

Discover why

INTIMATE SETTINGS

We treat a limited number of clients at a time because individualized attention is critical when it comes to providing effective and efficient treatment.

NATIONWIDE LOCATIONS

Center For Discovery offers Joint Commission accredited and state licensed locations nationwide because we believe in bringing local treatment to clients and families.

INTENSIVE FAMILY TREATMENT

Families are integral to recovery and successful outcomes, which is why we bring treatment to clients and their loved ones. We keep family members involved every step of the way through multifamily group, weekly family therapy, individualized therapeutic family meals, offsite passes, and online access to psychoeducational courses and treatment progress.

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Membership Chair Update

TABITHA LIMOTTE LMFT, CEDS

If you haven't checked recently, please take a moment to log in to your new profile on the national website www.iaedp.com under Member Login to make sure your information is still current. You can upload a new picture to your profile and add information about your practice! While you are logged in, you can also register for the Annual Symposium which will be March 23-26, 2017 in Las Vegas. Chapter Members interested in attending can enter a chapter discount

code for an additional \$25 off the rate.

Any questions about the membership profiles on the national website iaedp.com, please email rebecca@iaedp.com. For questions about New York Chapter affiliation, or for the New York Chapter's discount code for new members or renewing members, please email Tabitha Limotte, LMFT, CEDS at membership@iaedpNY.com.

Certification Chair Update

TAMMY BEASLEY, RDN, CEDRD, CSSD, LD and LAURA CIPULLO RD, CDE, CEDRD, RYT



Get CEDSed!

Come to our 2017 Annual Symposium to get your certification process started! There will be pre-symposium core course workshops for chapter members on Wednesday, March 22 and Thursday, March 23 and you can earn up to 12 CEUs for attending (on-site). The Certification Committee has worked hard to update all four core courses, expanded the content and synchronized the course outlines so that each course provides a thorough review of specialized treatment for eating disorder clients at each level of care, based on each discipline's unique role as part of the treatment team.

We are very excited to announce expert leaders in our field will be the guest presenters. You will have the unique experience to train under those who have been frontrunners and pioneers:

- Core Course 1:** Overview of Eating Disorders — Dr. Craig Johnson, CEDS, FAED
- Core Course 2:** Therapeutic Modalities — Dr.

Margo Maine, CEDS, FAED and Dr Beth McGilley, CEDS, FAED

Core Course 3: Nutrition Therapy for Eating Disorders — Sondra Kronberg, MS, RD, CEDRD

Core Course 4: Medical Treatment of Eating Disorders — Dr. Phillip Mehler, FAED

Keep in mind, the courses are designed for those seeking the Traditional Certification for all disciplines, but all iaedp members including those already certified are welcome to register and attend. This is a wonderful opportunity to hear from the trailblazers in the field of eating disorders regardless of your level of experience.

With Excitement,

Tammy Beasley, RDN, CEDRD, CSSD, LD, Director, iaedp Certification Committee, Tammy@iaedp.com

Laura Cipullo, RD, CDE, CEDRD, RYT, Certification Chair iaedpNY

iaedp MISSION STATEMENT

To promote a high level of professionalism among practitioners who treat those suffering from eating disorders by promoting ethical and professional standards, offering education and training in the field, certifying those who have met prescribed requirements, promoting public and professional awareness of eating disorders and assisting in prevention efforts.

The International Association of Eating Disorders Professionals Foundation (iaedp) is well-recognized today for its excellence in providing the highest standards of education, training, and certification to a multidisciplinary group of professionals who treat the full spectrum of eating disorders. The mission of the New York Chapter of iaedp reflects that of the iaedp national mission. iaedpNY is focused on providing education and raising awareness, as well as the prevention and treatment of eating disorders through the establishment of the iaedpNY chapter website, E-newsletters, and social media, as well as offering educational presentations. iaedpNY provides a place for professionals in the field of eating disorders to network, exchange ideas and be educated on all things related to eating disorders. iaedpNY encourages members and qualified professionals to complete the certification process to receive specialized credentials such as Certified Eating Disorder Specialist (CEDS) and Certified Eating Disorder Registered Dietitian (CEDRD). iaedpNY helps to promote standards of care and is dedicated to helping professionals navigate the process towards becoming certified eating disorder specialists.

iaedp ETHICS STATEMENT

iaedp is committed to excellence in the ethical practice of those professionals who treat eating disorders. Given the psychological, behavioral, social, cultural, medical, biological, familial, and legal complexities of eating disorders, iaedp strives to ensure all members have the appropriate training and competencies to function with the highest level of integrity in all interactions with clients, families, colleagues, ancillary professionals, and the general community. iaedp expects that members will act in accordance with their respective disciplines and/or the APA code of ethics. Ethical concerns brought to the attention of iaedp are reviewed by the Ethics Committee whose recommendations are submitted to the Board of Directors for resolution.

2017 iaedpNY BOARD MEMBERS

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