



Save the Dates

March 22-25, 2018

Symposium at Orlando Omni at
Championsgate

Friday, May 11, 2018

Quarterly Educational Event - ARFID

Thursday, June 7, 2018

Members Only Event

Friday, September 28, 2018

Quarterly Educational Event -
Collaboration of the
ED Treatment Team

Saturday, December 2018

Winter Gala

Dates and topics subject to change.

President/VP Update



Mittsi Crossman
MD, CEDS
iaedpNY President



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

Hello Dear Friends,

We hope that everyone your 2018 is off to a fresh start! It was so nice to see so many of you at our Winter Gala and at our February educational event.

We are solidifying plans for our 2018 educational and members only events and are even starting to make plans for 2019! If you would like to be considered for speaking at an iaedpNY educational event, please email Education@iaedpny.com to submit a speaker proposal. We prioritize event topics based on the community's votes via survey monkey surveys so please make sure to respond when we send them out! Please see our

calendar for the upcoming dates of iaedpNY events.

This 2018 Symposium is just down the coast in Orlando, FL in March and we hope to see you there! At the 2016 Symposium, also in Florida, we really enjoyed spending time with the many NY members in attendance. Remember that Symposium attendance is required to maintain Certification, so take advantage of the easier East Coast travel this year.

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.

Finally, we are always collecting cov-

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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!

As a reminder, members of the NYC chapter receive a discounted rate on their annual iaedp membership. iaedpNY members are welcome to email Tabitha Limotte, LMFT, CEDS at membership@iaedpNY.com for their discount code.

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.



Student Membership Chair Update

LISA BARGELLINI, LMHC

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.



Marketing/Sponsorship Chair Update

SARAH CHIPPS, PsyD

Thank You For Your Support

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



Certification Chair Update

LAURA CIPULLO, RD, CDE, CEDRD, RYT

Hooray & Congrats!

iaedpNY members: Keep working towards your certification applications!

Individuals with iaedp Certification designations (CEDS, CEDRD, CEDCAT, or CEDRN) are health care professionals who have met rigorous educational and skill requirements, have accumulated a minimum number of hours of qualifying work experience, have made a commitment to stay abreast of current developments in the field through continuing education, and have agreed to comply with the Association's ethical principles.

Certification is considered a measure of professional excellence in the eating disorder community. iaedpNY is grateful and proud to support a community of so many certified professionals!

President/VP Update *Continued from page 1*

er letters and resumes for those interested in becoming more involved in iaedpNY. If any of you are interested to be considered for a Chapter officeholder position, please send your cover letter and resume or any questions to President@iaedpNY.com. NY Chapter officeholders are expected to attend all iaedpNY events and quarterly chapter board meetings.

And lastly, a big thank you and heartfelt best wishes to our Membership Co-Chair Jenny Weinstein McPhee as she steps down from her iaedpNY

board position to step into the big position of motherhood! We wish you all the very best!

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

Sincerely,

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

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 iaedpnysocialmedia@gmail.com.

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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.

Our Monthly Email is a great place to post advertisements for groups, office space, treatment centers, or other promotional material. To post, please email Valery at iaedpnymonthly@gmail.com. Please have any content to Valery by the 10th of the month if you would like it posted in that month's issue.

Research Chair Update

SUMMARIZED BY ALEXIS CONASON, PSY.D

Physical and Psychological Morbidity in Adolescents with Atypical Anorexia Nervosa

We often think of low body weight as a defining criterion of anorexia nervosa (AN). However, many patients struggling with restrictive eating disorders remain at higher weights. Atypical anorexia nervosa is defined by the DSM-V as an eating disorder wherein “all of the criteria for AN are met, except that despite significant weight loss, the individual’s weight is within or above the normal range.” A research study by Sawyer et al (2016) examined adolescents with atypical AN and compared them to adolescents with full-threshold AN to assess how the physical and psychological complications of these two illnesses compare.

The researchers evaluated 256 adolescents presenting to an eating disorder treatment program (providing both in-patient and out-patient services) for a first course of treatment. Participants were assessed using the Eating Disorder Examination (EDE), anthropometric measurement, and measures of eating and weight concerns, bingeing, purging, compulsive exercise, and psychiatric comorbidity. Forty-two (16%) participants were diagnosed with atypical AN and 118 (46%) had full-threshold AN.

Results indicated that, when compared with full-threshold AN, adolescents diagnosed with atypical AN were more likely to have a history of meeting BMI criteria for “overweight” or “obese,” had lost more weight over a longer

period of time (mean weight loss was 17.6 kg over 13.3 months vs. 11.0 kg over 10.2 months), and were less likely to experience amenorrhea. There were no significant differences between participants diagnosed with AN and atypical AN on resting pulse rate, frequency of bradycardia, marked orthostatic changes, hypothermia, or requiring hospital admission. Adolescents with atypical AN reported more severe eating disorder symptoms and lower self-esteem. There were no significant differences between the AN and atypical AN groups on measures of binge eating, purging, psychiatric comorbidity, use of psychotropic medications, self-harm, suicidal ideation, severity of depressive symptomology, or obsessive compulsiveness.

The authors conclude that atypical AN in adolescents is a major psychiatric illness with physical and psychological complications similar to full-threshold AN, except with more severe distress related to eating and body image. Despite not being underweight, nearly 1 in 4 adolescents in this study with atypical AN had bradycardia, 1 in 3 had amenorrhea, and more than 40% required inpatient hospitalization. Thirty-eight percent had a psychiatric comorbidity (depressive disorders were most common at 31% followed by anxiety disorders at 17% and obsessive-compulsive disorder at 5%) and 43% experienced self-harm or suicidal ideation.

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This study emphasizes that we must look beyond body weight when diagnosing eating disorders. Substantial and/or rapid weight loss may be detrimental to physical health even when patients are not underweight. Clinicians should screen for eating disorder symptoms in all patients who experience weight loss, regardless of their size or BMI. Patients with restrictive eating disorders at higher weights are more likely to experience delayed diagnosis, sometimes not being diagnosed until they meet full criteria for AN, or not be diagnosed at all. In our weight-loss focused culture, people at

higher weights are often praised for losing weight, with caretakers and providers turning a blind eye to or even encouraging eating disorder symptoms. The authors underscore the importance of assessing all adolescents who have lost weight, even those who appear to be at a “healthy” weight, and that even small amounts of weight loss may signal an underlying eating disorder.

Reference: Sawyer SM, Whitelaw M, Le Grange D, et al. Physical and Psychological Morbidity in Adolescents With Atypical Anorexia Nervosa. *Pediatrics*. 2016; 137 (4).

Education Update LAURA CIPULLO, RD, CDE, CEDRD, RYT



On February 2, 2018 iaedpNY was privileged to host Dr. Stacy Hunt, and Dr. Heidi J. Dalzell, PsyD, CEDS, CO -Directors along with Kayti Protos, LCSW of the Bucks Eating Support Collaborative and Bucks LGBTQ Center. iaedpNY guests were educated on the biological differences of biological sex and gender identification.

A great tool to use in understand the gender spectrum is the “Gender Unicorn.” The presentation shed light on body image dysphoria versus body image distortion as it relates to individuals with non-binary identifications. Finally, this amazing team shared current research on gender identity and eating disorders. For more information, please visit <http://bucksesc.com> and <http://buckslgbtq.com>.

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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.

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