



Save the Dates

Saturday, December 1, 2018
4pm-7pm
Winter Gala - Yale Club, NYC

iaedp 2019 Symposium, February 7 - 10, 2019
JW Marriott Desert Springs Resort & Spa, Palm Desert, CA

Friday, March 29, 2019
Quarterly Educational Event

Friday, May, 17 2019
Quarterly Educational Event

Friday, June 7, 2019 (tentative)
Members Only Event

Friday, September 27, 2019
Quarterly Educational Event

Saturday, Dec 7, 2019
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

Fall is in full swing now and so is the iaedpNY 2018-2019 year! We had Sondra Kronberg, an iaedp influencer in the field, share her decades of experience and knowledge with us. It was an extra special day as it happened to be Sondra's birthday as well!

Sarah Chipps, our Sponsorship Chair, is very busy gathering sponsors for our 8th Annual Winter Gala on December 1. By popular demand, we are again eagerly anticipating our celebration at NYC's Yale Club Roof Dining Room and Terrace. We can't wait to see you then! Then, right around the corner in early February 2019, our Symposium will be held in Palm Desert, CA. Registration is now open at <https://iaedp.site-ym.com/event/iaedp-symposium-2019>.

And members get an additional \$25

discount on **member registration** by using our chapter code NewYork on the checkout page after first logging in to your membership profile.

Also, we want to let you know that our new Membership Chair, Julia Vu-kicevic, is joining the board. She will be reaching out to all of our chapter members to verify your information for your Find An Expert profile on our website www.iaedpny.com.

Lastly, we would like to express our heartfelt thanks to Social Media Chair Jennifer McGurk for her service as a member of our Chapter Board. As all of the chapter board positions are volunteer, we especially acknowledge and appreciate the time, dedication, commitment, and passion of every board member toward furthering iaedp's mission: To promote a high level of professionalism among practitioners who treat individuals with eating disorders by promoting ethical and professional standards, offering education and training in the field, certifying those who have met prescribed requirements, promoting professional awareness of eating disorders and assisting in prevention efforts.

In this Issue

- 2 Social Media Chair Update
- 3 Education Update
- 3 Membership Chair Update
- 4 Research Chair Update
- 5 Student Membership Chair Update
- 6 Certification Chair Update

Social Media Co-Chair Update

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



Connect with Us!

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 Ex-pert 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.

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.

We are proud of our New York Chapter members. We have such a strong community. Please take advantage of MemberShare at <http://member-share.iaedp.com/>. Member-Share is a resource available to all members of iaedp, not only the NY chapter. For example, MemberSALUTE, MemberSPOTLIGHT, MemberPUBLISH, MemberLOCAL,

Goodbye from Jennifer:

It has been such a pleasure to serve on the iaedpNY board for the past 5 years. iaedpNY has been such an amazing place to grow as a professional, and also a place to make lasting friendships. It is with so much sadness that I have to step down as the co-social media chair, only because I am just too busy for the rest of the year to make it work right now. I will still be an active member and attend meetings and can't wait to reconnect with you all in 2019!

MemberLEAD are opportunities for the New York community to share with our National and International peers, what we are doing! For additional continuing education, links to the iaedp Institute Webinar or events with other chapters are listed. For MemberSHARE questions, comments and/or submissions, please send an email to Blanche Williams, the Assistant Managing Director & Media Relations Director for the International Board: blanche@iaedp.com

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

Follow us on Facebook:

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

Follow us on Twitter:

<https://twitter.com/iaedpny>

Follow us on Instagram:

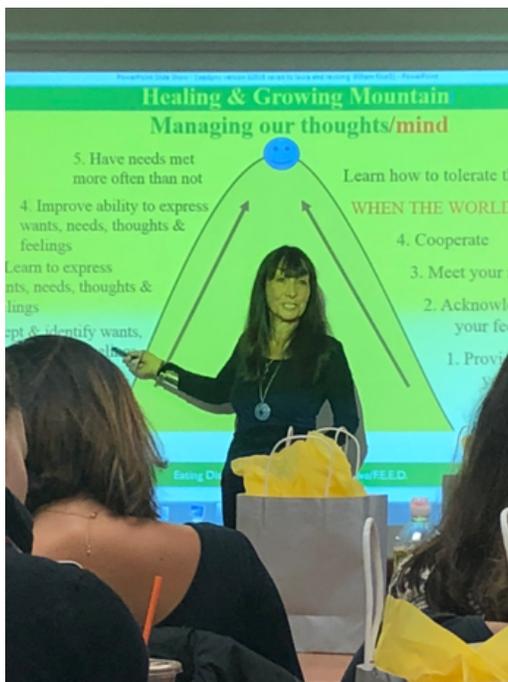
<https://www.instagram.com/iaedpny/>



Education Update

LAURA CIPULLO, RD, CDE, CEDRD, RYT

On September 28, 2018, iaedpNY hosted its third quarterly educational event with an iaedp “Influencer” and Certification Core Course instructor, Sondra Kronberg, MS, RD, CEDRD-S. Sondra presented Then and Now: Collaborative Strategies and Practical Tools That Create Change educating the audience on the specialized treatment of eating disorders between certified eating disorder professionals who collaborate at all levels of care (more specifically the therapist and registered dietitian). The collaborative approach is designed to address the emotional, behavioral and physiological complexity of eating disorders. The way in which the team functions can either foster healing or exacerbate illness. Seasoned certified treatment collaborators can use their relationship to create balance, set boundaries and provide a



safe space for change to occur. Sondra emphasized that there is and will be overlap in the team’s applications of philosophy and tools used when treating an individual and their family.

Eating disorders are often reinforced and perpetuated by mind traps of perfectionism, obsessiveness, stubbornness and constant comparisons. “These traits bolster disordered behavior and cement eating disorders in place. A healthy connected team is essential to

moving the patient forward,” said Sondra. All professionals can use the same strategies and tools to create more flexibility, movement, growth and change in order to foster recovery of the client. It is of utmost importance for professionals in their field to seek advanced training and certification in order to work together fluidly.



Membership Chair Update

JULIA VUKICEVIC, MS, RD, CDN

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 by renewal as a chapter member. For questions about New York Chapter affiliation, or for the New York Chapter’s discount code for new members or renewing members, please email me at membership@iaedpNY.com.

Any questions about the membership profiles on the national website iaedp.com, please email Rebecca Albertini at rebecca@iaedp.com.

Research Chair Update

SUMMARY BY DR. ALEXIS CONASON, PsyD, IAEDP NY RESEARCH CHAIR

Physical and Psychological Morbidity in Adolescents with Atypical Anorexia Nervosa

(Dis-)solving the Weight Problem in Binge-Eating Disorder: Systemic Insights From Three Treatment Contexts With Weight Stability, Weight Loss, and Weight Acceptance

Treatment for binge eating disorder (BED) is frequently accompanied by weight loss interventions, with a focus on changing the body and achieving an “ideal weight,” as decided by an individual’s treatment team. Many believe that shame associated with body size is a method by which individuals can be motivated to lose weight. However, the evidence does not back up this theory.

There is little research that has explored how different attitudes towards our bodies affect treatment outcomes, including weight. In the study that we are highlighting this month by Meyer et. al (2018), the researchers examined the relationship between weight in participants with BED, their attitudes towards weight, and how that affected their weight outcome. They sought to better understand how effective it is to promote weight loss for individuals struggling with BED.

Meyer et. al (2018) designed a multimethod study with two phases, the first of which focused on 20 weekly sessions of systemic and narrative therapy and five sessions of dietetic counselling. The therapeutic process within this phase focused on externalizing the eating-disorder voice from the self,

required participants to keep a food journal and to monitor their weight, and to investigate and process any weight gain that occurred. All participants had the option of terminating treatment at any time.

Phase two of the study asked participants who wanted to continue with treatment to choose one of two tracks: the “Weight Loss Group” or the “Wellbeing/Weight Acceptance Group.” Participants followed treatment protocol within Phase 2 for 6 months. The “Weight Loss Group” met weekly and followed a weight-centric protocol in which their weights were recorded, binge-eating behavior was prohibited, and dietetic guidance was given along with therapeutic guidance. Participants had the goal of losing 1.1 pounds per week.

The “Wellbeing Group” met bi-weekly and focused less on weight loss and more on the relationships that participants had with their bodies, following the Health at Every Size(R) model. Participants were weighed, but no weight loss requirements were prescribed. Treatment encouraged a joyful relationship with food and movement, and supplemental therapeutic treatment was given to process BED behaviors. This group also explored mindful eating and meditation.

Participants for the study were 111 participants entering the study in Phase 1, 82 participants completing Phase 1, and 35 participants going on to Phase 2. Within Phase 2, 19 participants joined the “Weight Loss Group” and 16 participants joined the “Well-being Group”. Of this group, 27 participants

Continued on page 5

Continued from page 4

completed the study, with 14 participants finishing with the “Weight Loss Group” and 13 participants finishing with the “Well-being Group.”

Patients (n=22) who completed Phase 1 or 2 during a 6-month observation period were asked to do in-depth interviews. Of those 22 participants, 20 accepted. Participants who accepted were three men and 17 women, aged 22 to 58 (M = 34.8), and BMI ranged from 28 to 55 (M = 39). During the interviews, participants were asked to assess how their BED and weight concerns developed, how they felt about the demand of weight stability during treatment, why they decided to continue on to Phase 2 (for those that did), and what reflections they had about the multiple treatment modes.

Findings from these interviews indicated that shifting the perspective from weight loss to weight stability had an overall calming effect, and acceptance for self and others was a more effective pathway for change. Profoundly, those in the “Wellbeing Group” were able refocus their central identity from a weight-based one to one that focused more on the inner self. Relational weight problems (discussion by family and friends about the participants’ weight) emerged as a signifi-

cant issue for all participants, and resolving these conflicts resulted in a more positive experience for participants. Over-all, regardless of which group the participants entered in the second phase of the trial, removing weight loss as a goal was more effective than continuing to pursue weight loss.

This study underscores the importance of moving away from a weight-based model and towards a weight-inclusive model that emphasizes acceptance in the treatment of BED.

It seems that the best way to support patients diagnosed with BED and encourage behavioral change is to minimize (or ideally eliminate) a focus on weight and instead encourage more mindful and joyful connections with food and body at any size. There are limitations to this study, mainly the lack of integration of weight stigma into the findings and study design.

What do you think? Should weight loss be included in treatment of binge eating disorder? Join the conversation in our [Facebook community](#) and let us know what you think.

Reference: Meyer, L. B., Tjørnhøj-Thomsen, T., Waadegaard, M., & Lau, M. E. (n.d.). (Dis-)solving the Weight Problem in Binge-Eating Disorder: Systemic Insights From Three Treatment Contexts With Weight Stability, Weight Loss, and Weight Acceptance. *Qualitative Health Research*. <https://doi.org.avoserv2.library.fordham.edu/10.1177/1049732318764874>

Student Membership Chair Update LISA BARGELLINI, LMHC

Thank You For Your Support

 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 fan-

tastic 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.

Certification Chair Update

CHRISTINA CARRAD, LPC, LCAT, ATR-BC

Hooray & Congrats!

iaedpNY members: Keep working towards your certification applications!

Are you considering Certification and don't know where to start?

If you have been considering certification and are an experienced professional specializing in eating disorders (five years post licensure), the process is likely simpler than you think if you qualify for the Equivalency route to certification.

For newer professionals, you are in good hands with your iaedp™-approved supervisor to guide you through your cases and with the iaedp™ Core-Courses conducted by leading experts using the Traditional route to certification. The core courses are available online as a home study or you can register at a discount for the live core courses offered during the annual presymposium.

For experienced or newer professionals who treat some eating disorders but also have a broad base of clients without eating disorders, consider the Associate Educational Designation. Although this is not a route to certification, you will gain important knowledge to increase confidence when working with eating disorders or disordered eating and to understand when to refer to specialists and/or higher level of care.

Individuals with iaedp Certification designations (CEDs, CEDRD, CEDCAT, or CEDRN) are health care professionals who have met rigorous educa-

tional 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.

The iaedp™-approved supervisor is responsible for providing expert guidance to our future eating disorder specialists ensuring the varied experiences, practice hours and skill level meets the iaedp™ standard of excellence. **Leading by Example: A "How To" Workshop for iaedp™ Certification Supervisors.** This recording of 2018 Symposium Workshop will be available soon. It is geared towards the advanced clinician (therapists, registered dietitians and medical providers) with the process of iaedp™ supervision. Please watch for updates from certification@iaedp.com, the Director of Certification of iaedp™.

You can also email our New York Chapter Certification Chair certification@iaedpny.com for more personalized help if you have any questions about becoming certified or an approved supervisor!

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! Congratulations to our iaedpNY members on their recent certifications!

NEW YORK: Kayla Jessop, RD, CEDRD

NEW JERSEY: Keep working on your certification applications!



Our name means total health.

Our team brings total heart.

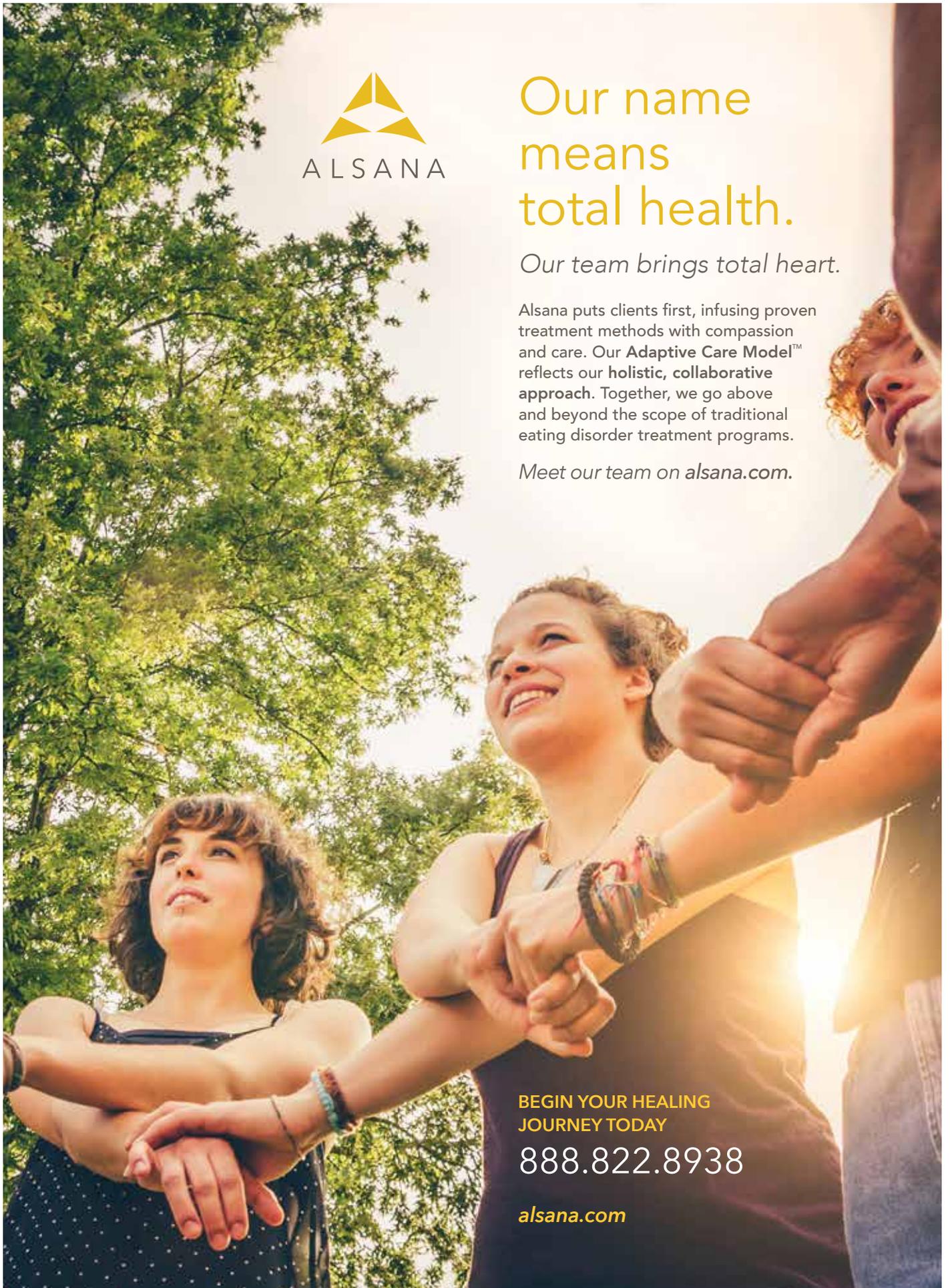
Alsana puts clients first, infusing proven treatment methods with compassion and care. Our **Adaptive Care Model™** reflects our **holistic, collaborative approach**. Together, we go above and beyond the scope of traditional eating disorder treatment programs.

Meet our team on alsana.com.

**BEGIN YOUR HEALING
JOURNEY TODAY**

888.822.8938

alsana.com



iaedp MISSION STATEMENT

To promote a high level of professionalism among practitioners who treat individuals with eating disorders by promoting ethical and professional standards, offering education and training in the field, certifying those who have met prescribed requirements, promoting 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.

2018 iaedpNY BOARD MEMBERS

President:

Mitsi Crossman, MD, CEDS

Vice President:

Jessica Aronson,
LCSW-R, ACSW, CGP, CEDS

Secretary:

Karen Rosewater, MD, CEDS

Treasurer:

Alizah Lowell, LCSW-R, CEDS

Education Chair:

Laura Cipullo, RD, CDE, CEDRD

Hospitality Chair:

Iris Epstein, RD, CDE, CEDRD-S

Marketing/Sponsorship Chair:

Sarah Chipps, PSY.D

Membership Chair:

Julia Vukicevic, MS, RD, CDN

Certification Chair:

Christina Carrad,
LPC, LCAT, ATR-BC

Social Media Chair:

Jennifer McGurk,
RDN, CDE, CEDRD, CDN

Social Media Co-Chair:

Valery Kallen, MS, RD

Medical Liaison:

Doris Pastore, MD

Research Chair:

Alexis Conason, PSY.D

Student Liaison:

Lisa Bargellini, LMHC

