We hope that everyone had wonderful holidays and everyone is finding time for themselves to rest, reset, and reflect on what is important to YOU in 2019!

iaedp NY brought 2018 to a close with our Annual Winter Celebration/Gala. We hope that everyone enjoyed the occasion! Thank you from the bottom of our hearts to all of our supporters of this special night. It was so lovely to see everyone come together for a few hours; some of us who have been together since the beginning of our chapter in 2011 as well as many new members that we look forward to getting to know!

Special THANK YOUs to ...
- iaedp NY Marketing/Sponsorship Chair, Sarah Chipps, PsyD and Hospitality Chair, Iris Epstein, RDN, CDN, CEDRD – your hard work made this night a great success!
- DJ Elle P. Davenport (Leslie Davenport) for the tunes

Our generous Gala sponsors:

Silver
- Center for Discovery
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- BALANCE Eating Disorder Treatment Center
- Eating Recovery Center
- FEED/Eating Disorder Treatment Collaborative
- Fusion Academy
- Monte Nido & Affiliates
- My3square Virtual Meal Support
- Renfrew

And the 2018 iaedp NY Board for your hard work:
- Karen Rosewater, MD, CEDS, Secretary
President/VP Update

Continued from page 1

- Alizah Lowell, LCSW-R, CEDS, Treasurer
- Laura Cipullo, RD, CDN, CDE, CEDRD, Education Chair
- Iris Epstein, RDN, CDN, CEDRD, Hospitality Chair
- Sarah Chipps, PsyD, Marketing Chair
- Julia Vukicevic, MS, RD, CDN, Membership Chair
- Christina Carrad, LPC, LCAT, ATR-BC, Certification Chair
- Valery Kallen, MS, RD, Social Media Chair
- Doris Pastore, MD, Medical Liaison
- Alexis Conason, PsyD, Research Chair
- Lisa Bargellini, LMHC, Student Liaison

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.

We are continuing to grow in membership as well as in certified members. We are proud of our contributions as a chapter and as individual professionals to the treatment of eating disorders and support of iaedp NY’s mission to educate professionals about eating disorders! We are all so fortunate to be working in the New York area where we have so many talented professionals to learn from, share with, lean on, and grow together. We hope to all continue this growth towards the betterment of the lives of those we work with. Please contact our Membership Chair Julia Vukicevic at Membership@iaedpny.com if you would like the chapter discount code to join or re-new. We are working to verify our chapter members’ contact info for your Find An Expert profile on our website www.iaedpny.com and update them for 2019. Please contact our Certification Chair Christina Carrad at Certification@iaedpny.com for assistance in certification.

We are solidifying plans for our 2019 educational and members only events and are even starting to make plans for 2020! If you would like to be considered for speaking at an iaedp NY 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 iaedp NY events.

Our Symposium is just around the corner, on February 6-10, 2019, in Palm Desert, CA. Registration is 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. Opportunities for certification are available by attending the Core Courses on Feb 6-7.

Finally, we are always collecting cover letters and resumes for those interested in becoming more involved in iaedp NY. 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 iaedp NY events and quarterly chapter board meetings.

Happy and Healthy 2019!
Connect With Us!

The iaedp NY website has been updated!! Check out our updates at [http://iaedpny.com](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](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](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 [iaedpynsocialmedia@gmail.com](mailto:iaedpynsocialmedia@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 [iaedpynmonthly@gmail.com](mailto:iaedpynmonthly@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://membershare.iaedp.com/](http://membershare.iaedp.com/). MemberShare is a resource available to all members of iaedp, not only the NY chapter. For example, MemberSALUTE, MemberSPOTLIGHT, MemberPUBLISH, MemberLOCAL, 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](mailto:blanche@iaedp.com)

Feel free to send [iaedpynsocialmedia@gmail.com](mailto:iaedpynsocialmedia@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: [www.facebook.com/iaedpNY](http://www.facebook.com/iaedpNY)

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Membership Chair Update

JULIA VUKICEVIC, RD

If you haven’t checked recently, please take a moment to log in to your new profile on the national website [www.iaedp.com](http://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](mailto:membership@iaedpNY.com).

Any questions about the membership profiles on the national website iaedp.com, please email Rebecca Albertini at [rebecca@iaedp.com](mailto:rebecca@iaedp.com).

Social Media Chair Update

VALERY KALLEN, MS, RD
(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

Continued on page 5
the “Weight Loss Group” and 16 participants joined the “Wellbeing Group”. Of this group, 27 participants completed the study, with 14 participants finishing with the “Weight Loss Group” and 13 participants finishing with the “Wellbeing 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 significant issue for all participants, and resolving these conflicts resulted in a more positive experience for participants. Overall, 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.


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.
Certification Chair Update
CHRISTINA CARRAD, LPC, LCAT, ATR-BC

Hooray & Congrats!

iaedp NY 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™ CoreCourses 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 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.

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. IAEDP New York is grateful and proud to support a community of so many certified professionals! Congratulations to our iaedp NY members on their recent certifications!
When it comes to putting patients first, our medical team is second to none.

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Adult & Adolescent IOP

Adolescent PHP

New Haven, CT

Adolescent PHP | IOP

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Hamptons, NY

Adolescent/Community Residence For Eating Disorder Integrated Treatment (CREDT)

Paramus, NJ

Adult & Adolescent PHP | IOP

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Adolescent PHP | IOP

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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.