Exhibition and Sponsorship
The Exhibition will form an integral part of the conference and wide variety of sponsorship opportunities have been created for participation in the programme. Some sponsorship opportunities are still available. For further information, please contact:

EDIC 2012 Exhibition & Sponsorship
Congrex UK Limited,
26-28 Hammersmith Grove
London W6 7BA
T: +44 (0) 208 834 1014
F: +44 (0) 208 834 1151
E: edic2012.industry@congrex.com

Conference Venue:
Institute of Education
20 Bedford Way
London WC1H 0AL
United Kingdom
T: +44 (0) 207 612 6000
E: S.Fisher@ioe.ac.uk
W: www.ioe.ac.uk

Conference Website  www.edic.org.uk
EDIC 2012 is rapidly taking shape, and it will offer a remarkable range of learning experiences for professionals, service users and carers. Apart from a fascinating array of submitted workshops, oral and poster presentations, we have commissioned a series of Masterclasses. These will amount to significant chunks of education which will provide a deeper understanding of the topic than you will get in just one workshop. The subjects for these sets of 3 Masterclasses are 1. Family work, organised by Ivan Eisler, 2. Child and adolescent eating disorders, (Dasha Nicholls), and 3. Medical and nutritional approaches to severe anorexia nervosa (Sylvia Dahabra). In addition we are very excited to have a single Masterclass on CBT-E provided by Chris Fairburn.

The keynote speakers are Terry Wilson and Andy Hill, and plenary topics are 1. Development and Neuroscience with Sara-Jane Blakemore and Angela Favaro, 2. First Line approaches to Eating Disorders with Carolyn Becker and Jim Mitchell, 3. Sport and Exercise with Caroline Meyer and Jorunn Sundgot-Borgen and 4. Co-morbidities with Eunice Chen. Just Google those names and you will begin to appreciate the treats in store. I wish I had room to name everyone - apologies to those I missed.

The host organisation, Beat will be presenting the Beat awards and welcoming Beat Carer Champions and finally you will have a chance to bombard some of the exhausted presenters with questions before the end of the conference.

Could this be the Eating Disorders Research Olympics?
See you there!

Dr Paul Robinson
Chair, Organising Committee, EDIC 2012

EDIC 2012 COMMITTEE

Ms Susan Ringwood, Chief Executive, Beat
Professor Ulrike Schmidt, Professor of Eating Disorders, King’s College London
Ms Fiona Bromelow, Carers’ Ambassador, Beat; Chair, F.E.A.S.T. UK
Dr Paul Robinson, Eating Disorders Psychiatrist, St Ann’s Hospital, London
Professor Glenn Waller, Consultant Clinical Psychologist, Vincent Square Eating Disorders Service, Central and North West London NHS Foundation Trust, and Institute of Psychiatry, King’s College London
Dr Rachel Bryant-Waugh, Consultant Clinical Psychologist and Joint Head Feeding and Eating Disorders Service, Great Ormond Street Hospital NHS Trust
Dr Ciarán Newell, Consultant Nurse, Dorset Healthcare University NHS Foundation Trust
Dr Sylvia Dahabra, Consultant Psychiatrist, Richardson Eating Disorders Service, Northumberland, Tyne and Wear NHS Foundation Trust
Professor Andrew J Hill, Professor of Medical Psychology, Leeds University School of Medicine
Dr Anthony Winston, Consultant in Eating Disorders, Warwick Hospital Eating Disorders Unit, Coventry and Warwickshire Partnership NHS Trust

Conference Website www.edic.org.uk
PLENARY SPEAKERS

Dr Caroline Becker
is Associate Professor of psychology at Trinity University, Texas; research includes the study and treatment of eating disorders including programmes that encourage a healthy body image; has also researched treatments for post traumatic stress disorder; former director of Eating Disorders Programme at Dartmouth Medical School.

Professor Sarah-Jayne Blakemore
is a Royal Society University Research Fellow and Professor of Cognitive Neuroscience at UCL. Her group’s research focuses on the development of social cognition and executive function in the typically developing adolescent brain. Sarah-Jayne studied Experimental Psychology at Oxford University (1993-1996) and then did her PhD (1996-2000) at the Functional Imaging Lab (FIL) investigating the self-monitoring of action in healthy individuals and people with schizophrenia. She had a Welcome Trust International Research Fellowship (2001-2003) to work in France, on the perception of causality in the human brain. This was followed by a Royal Society Dorothy Hodgkin Fellowship (2004-2007) and then a Royal Society University Research Fellowship (2007-2013) at the Institute of Cognitive Neuroscience.

Eunice Chen, PhD
is an Assistant Professor in Psychiatry and Behavioural Neuroscience at the University of Chicago. She runs the Adult Eating and Weight Disorders programme. This work so far has included developing Dialectical Behaviour Therapy for binge-eating disorder/bulimia nervosa and borderline personality disorder, for bulimia nervosa and major depression, for eating disorders that do not respond quickly to standard treatments and for chronic adult anorexia nervosa. She received her PhD from the University of Sydney Australia and completed two postdoctoral fellowships, one with Kelly Brownell, PhD at Yale University and another with Marsha Linehan, PhD at the University of Washington, Seattle. She is the co-author of “Dialectical Behaviour Therapy for Binge Eating and Bulimia”, Guilford Press, 2009.

Dr Julia Coakes
is a Chartered Clinical Psychologist working within a CBT informed Eating Disorder inpatient team at The Retreat York. Dr. Coakes completed her first degree at Durham University and her doctorate in Clinical Psychology at Leeds University in 2005. She has received specialist training in CBT, Family Therapy, Clinical Supervision, Personality Disorder Diagnosis and EMDR. She is also DBT trained. Dr. Coakes has also given regional and national BABCP workshops on Complex PTSD, Eating Disorders and using CBT in inpatient environments and has also widely published on these topics. She is particularly interested in dissociation, eating disorders and trauma, and how they interact.

Dr Alan Currie MB ChB, MPhil, FRCPsych
is a Beat Trustee, a former athlete and has been a consultant psychiatrist in Newcastle since 1997. He is a board member of the International Society for Sports Psychiatry and has published and presented on topics such as illness behaviours in athletes, eating disorders in sport and the rehabilitation of doping offenders. He has advised a number of national sports organisations including UK Athletics, UK Sport and the national institutes of sport in Scotland, England and Wales. He edited and co-authored the UK Sport guidelines on eating disorders.
PLENARY SPEAKERS

Dr Angela Favaro, MD, PhD
graduated in Medicine (1989), specialisation in Psychiatry (honors) (1993), PhD in Psychiatric Sciences (1998), Master of Science in Genetic Epidemiology (2003), Researcher at the Department of Neurosciences, University of Padua (2004), Aggregate Professor at the Faculty of Medicine, University of Padua, teaching at the School of Medicine, School of Dietetics, Interfaculty School of Preventive and Adapted Physical Activity, and in the Postgraduate (Specialisation) Schools of Psychiatry and Clinical Psychology. She is particularly interested in the long-term effects of severe trauma and in the effects of stress and trauma during pregnancy.

Dr Ian Frampton
is a Consultant in Paediatric Neuropsychology based in Cornwall UK. He is a member of the Centre for Clinical Neuropsychology Research, University of Exeter, Honorary Consultant Neuropsychologist at Great Ormond St. Hospital for Children NHS Trust and visiting Research Consultant at Oslo University Hospital, Norway. His main research interests concerns the potential neurobiological basis of early onset anorexia nervosa and the neuropsychological consequences of childhood brain injury. Ian has served as an Associate Editor of the journal Child and Adolescent Mental Health and as a Neuropsychology Advisor at the UK Department of Health.

Professor Andrew Hill
joined what was the Department of Psychiatry at Leeds University in 1988 as Lecturer in Behavioural Sciences. He developed and co-ordinated the teaching of psychology and sociology to medical students until stepping down as course organiser in 2010. He is still a major contributor to both undergraduate and post-graduate teaching. In 1997 (8 months) and 2002 (1 month) Andrew was a Visiting Scholar at the Human Nutrition Unit, University of Sydney. Andrew is currently Director of Student Progression in the School of Medicine and chairs the Progress Committee that is responsible for monitoring the progress of all students on taught programmes during their academic career and acting on behalf of the School in making recommendations to the University. He also chairs the Assessments and Standards Board which directs the development and co-ordination of assessment strategy with regard to the School of Medicine’s undergraduate (MBChB & intercalated) and taught postgraduate programmes.

Khalida Ismail
qualified in 1989 from the University of Oxford and is currently Clinical Reader at the Institute of Psychiatry, King’s College London and Consultant Liaison Psychiatrist at King’s College Hospital NHS Foundation Trust. She specialises in diabetes and mental health, running a multidisciplinary clinic integrated within the Diabetes Centre at King’s College Hospital. Her research interests are in the epidemiology of psychiatric disorders and psychological problems in diabetes and developing and evaluating psychological treatments to improve diabetes control and depression.

Conference Website  www.edic.org.uk
**Professor Caroline Meyer**

is a Professor of Psychology in the School of Sport, Exercise and Health Sciences, Loughborough University and is Director of the Loughborough University Centre for Research into Eating Disorders (LU-CRED). Caroline has authored 137 journal and conference papers in the field of eating disorders. She is a member of the Eating Disorders Research Society. She is also a member of the Academy for Eating Disorders, the European Council on Eating Disorders and the British Association of Behavioural and Cognitive Psychotherapies. Caroline is Associate and Guest Editor of the European Eating Disorders Review and holds honorary posts at both the Birmingham and the Leicester NHS Eating Disorders Services. She is Director of the new National Centre for Eating Disorders in Sport.

**James E. Mitchell, M.D.**

is the NRI/Lee A. Christoferson M.D. Professor and Chairman of the Department of Clinical Neuroscience at the University of North Dakota School of Medicine and Health Sciences. He is also the Chester Fritz Distinguished University Professor at the University of North Dakota and President and Scientific Director of the Neuropsychiatric Research Institute. He has been an author on over 450 scientific articles and has authored, co-authored or edited 18 books.

**Professor Jorunn Sundgot-Borgen**

is currently working as a professor in physical activity and health at The Norwegian School of Sport Sciences. Since 1995 she was a consultant at The Norwegian Olympic Training center and acted as Head of the Nutrition department for the last 5 years. Jorunn is one of the leading researchers in the field of eating disorders, nutrition and osteoporosis in sports in general and in female athletes in particular. She has coauthored the International Olympic Committee Medical Commission Position Stand on the Female Athlete Triad. In her athletic career, she used to be a member of the Norwegian national team in gymnastics and rhythmical gymnastics.

**Dr Kate Tchanturia**

has focused on research and clinical work in eating disorders for the last fifteen years. She is founder of the Neuropsychology Special Interest group at the Academy of Eating Disorders and has chaired the group since 2005. Dr. Tchanturia is module leader for the Women’s Mental Health module and supervises clinical Psychology doctorate trainees on their research projects and clinical placements.

**Professor Terence Wilson**

has been a member of the Rutgers faculty since 1971. In 1985 he was appointed Oscar K. Buros Professor of Psychology. A former president of the Association for Advancement of Behavior Therapy (1980-81), his other honours include receipt of the Award for Distinguished Scientific Contributions to Clinical Psychology from the Division of Clinical Psychology of the APA (1994); the Distinguished Contributions to Applied Scientific Psychology Award from the American Association of Applied and Preventative Psychology (1995); and election to the National Academy of Practice in Psychology. He is Director of the Rutgers Eating Disorders Clinic, and is editor of the International Journal Behavior Research and Therapy.
Location and Venue
London has again been chosen as the location of the conference due to the excellent transport links, both within the UK and internationally, and also for the vibrant and dynamic atmosphere of the city.
EDIC 2012 will take place at the Institute of Education, 20 Bedford Way, London WC1H 0AL. The Institute of Education is located in Central London, just 5 minutes from Russell Square Tube Station and easily accessible from all of London’s airports and rail stations.

Travelling to EDIC 2012
By Air

London Heathrow Airport
Heathrow Airport is located 32 km (20 miles) to the west of Central London and there are excellent transport links. The most convenient rail route to the conference venue is by London Underground. The Piccadilly Line trains run from all terminals directly to Russell Square, journey time is 50 - 60 minutes.

London Gatwick
Gatwick is located 45km (28 miles) south of London. The Gatwick Express is the fastest way into Central London. There are trains every 15 minutes between Gatwick Airport’s South Terminal and London Victoria Station. Journey time is 30 minutes and the service is non-stop to Victoria station. Once at Victoria you can travel to the venue on London Underground by taking the Victoria line to Green Park and then changing to the Piccadilly Line to Russell Square station.

London City Airport
London City Airport is situated approximately 9.5km (6 miles) east of Central London. Catch the Docklands Light Railway (DLR) to Bank and then continue to Russell Square on the Tube by taking the Central line to Holborn and changing to the Piccadilly Line to Russell Square station.

London Stansted
Stansted Airport is located 64km (40 miles) to the north-east of London. The Stansted Express is the quickest way into Central London (Liverpool Street station). Trains leave Stansted Airport every 15 minutes, journey time is 45 minutes. From Liverpool St, take the London Underground Central Line to Holborn and change to the Piccadilly Line to Russell Square station.

London Luton
London Luton is located 51km (32 miles) north-west of London. A regular shuttle bus links the airport to Luton Airport Parkway train station in around eight minutes. There are regular rail services into Central London and take as little as 21 minutes with East Midlands Trains and 25 minutes with First Capital Connect. Once in Central London you can then catch the Tube to Russell Square.

By Rail
London’s principal railway stations are all within a 30-minute journey, by bus or tube, to the Institute of Education. The closest station to the venue is Euston.

By Tube (underground)
Tube stations within a 5 to 15-minute walk of the venue include:
Russell Square - Piccadilly Line
Euston - Northern and Victoria Lines
Euston Square - Circle, Hammersmith & City and Metropolitan Lines

By Bus
Bus number 59 stops in Tavistock Square which is a 5 minute walk from the venue.
Hotel Accommodation
There are numerous hotels and budget accommodation within walking distance of the venue. The hotels below can be booked online as you register.

_Hilton London Euston_
17–18 Upper Woburn Place, Bloomsbury, London WC1H 0HT, England
T: +44 (0) 207 943 4500
Distance from the Conference Venue: 7 mins walk approx
Chic and central, the Hilton London Euston hotel is only 5 minutes from Euston Station and within a mile of The City. Set in a stunning Victorian building, the hotel boasts wireless internet access in all guest rooms, a gym and a sauna. Enjoy fine dining in the smart conservatory of Woburn Place Dining Room or host a banquet on its terrace, all within a short walk of the conference venue.

_Hotel Russell_
1–8 Russell Square, Bloomsbury, London WC1H 0DG
T: +44 (0) 844 915 0027
Distance from the Conference Venue: 3 mins walk approx
Hotel Russell is your ideal location when visiting the capital of the United Kingdom. Situated in the heart of Bloomsbury in the very centre of London, the historic Hotel Russell dominates the east side of Russell Square so you can enjoy the peaceful, tranquil greenery of Russell Square Gardens whilst being close to the conference venue and all major London attractions.

_Royal National Hotel_
Bedford Way, London WC1B 5BE
T: +44 (0) 203 397 1882
Distance from the Conference Venue: 1 min walk
Situated directly across the road from the Institute of Education, the Royal National hotel has a buzz and bustle reflecting the liveliness of London. The Royal National is a destination in itself with bars, restaurants, health club and even a bowling alley!

Website
The website will be continuously updated with information on The Eating Disorders International Conference 2012. The website can be found at [www.edic.org.uk](http://www.edic.org.uk).
## PROGRAMME AT A GLANCE

<table>
<thead>
<tr>
<th>Time</th>
<th>Thursday 15 March</th>
<th>Friday 16 March</th>
<th>Saturday 17 March</th>
</tr>
</thead>
<tbody>
<tr>
<td>08.00</td>
<td>Registration</td>
<td>Registration</td>
<td>Registration</td>
</tr>
<tr>
<td>08.15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>08.30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>08.45</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>09.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>09.15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>09.30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>09.45</td>
<td>Welcome</td>
<td>Plenary Session</td>
<td>Families Welcome</td>
</tr>
<tr>
<td>10.00</td>
<td></td>
<td>Sport and Exercise</td>
<td></td>
</tr>
<tr>
<td>10.15</td>
<td></td>
<td>Chair: Dr Ciaran Newell</td>
<td></td>
</tr>
<tr>
<td>10.30</td>
<td>Keynote Lecture</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.45</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.45</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.45</td>
<td>Lunch and Exhibition</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13.15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13.30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13.45</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14.15</td>
<td>Plenary Session</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14.30</td>
<td>Development and Neuroscience</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14.45</td>
<td>Chair: Dr Rachel Bryant-Waugh</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15.15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15.30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15.45</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16.15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16.30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16.45</td>
<td>Workshops and Masterclass Session One</td>
<td>Workshops and Masterclass Session Three</td>
<td></td>
</tr>
<tr>
<td>17.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17.15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17.30</td>
<td>Drinks reception</td>
<td>Free evening</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Keynote Lecture

**Dissemination and implementation of evidence-based treatments for eating disorders**

*Professor Terry Wilson, Rutger State University of New Jersey*

### Plenary Session

**Sport and Exercise**

Chair: Dr Ciaran Newell

### Plenary Session

**What has food got to do with it?**

*Professor Andrew J Hill, Leeds University School of Medicine*

### Workshops and Masterclass Session One

### Workshops and Masterclass Session Two

### Workshops and Masterclass Session Three

### Workshops and Masterclass Session Four

### Lunch and Exhibition Viewing

### Lunch and Exhibition Viewing

### Lunch and Exhibition Viewing

### Beat Awards

### First line approaches

Chair: Professor Glenn Waller

### Panel Q&A

### Farewell tea
## WORKSHOPS

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Session 2</th>
<th>Session 3</th>
<th>Session 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 15 March</td>
<td>Friday 16 March</td>
<td>Friday 16 March</td>
<td>Saturday 17 March</td>
</tr>
<tr>
<td>1.1 Through the looking glass: Using mirror exposure to treat body image disturbance as part of cognitive behavioural therapy for eating disorders. <em>Professor Glenn Waller</em></td>
<td>2.1 Group based cognitive analytic therapy across the spectrum of eating disorders. <em>Kumari Abeydeera</em></td>
<td>3.1 Food for thought: Addressing nutritional needs of cognitive behaviour therapy for eating disorders. <em>Professor Glenn Waller</em></td>
<td>4.1 Intensive home treatment as an alternative to hospitalisation for severe adolescent Anorexia Nervosa. <em>Sam Clark-Stone</em></td>
</tr>
<tr>
<td>1.2 Working with trauma and eating disorders: A cognitive behavioural approach. <em>Dr Jane Evans</em></td>
<td>2.2 Feedback Informed Treatment: The practical management of eating disorders through group based mindful eating experiences with SEED. <em>Ursula Philpot and Dr Suzanne Heywood - Everett</em></td>
<td>3.2 Mentalisation-based treatment for eating disorders (MBT-ED). <em>Professor Finn Skårderud</em></td>
<td>4.2 Promoting service user and carer participation in an eating disorders service: Challenges and good practice. <em>Dr Ciaran Newell</em></td>
</tr>
<tr>
<td>1.3 Medical aspects of treatment of Anorexia Nervosa - Masterclass 1. <em>Dr Sylvia Dahabra and Dr Nick Thompson</em></td>
<td>2.3 CBT(E) Masterclass. <em>Professor Chris Fairburn</em></td>
<td>3.3 Family interventions - Masterclass 2. <em>Professor Ivan Eisler</em></td>
<td>4.3 Empowering families: Skills based workshops for carers. <em>Louise Dunne</em></td>
</tr>
<tr>
<td>1.4 Family Interventions - Masterclass 1. <em>Professor Ivan Eisler</em></td>
<td>2.4 The prevalence of eating disorders in young athletes is high - is it possible to prevent? <em>Marianne Martinsen and Professor Jorunn Sundgot-Borgen</em></td>
<td>3.4 Debating inpatient admissions - when to admit and when to discharge? <em>Dr Bryony Bamford</em></td>
<td>4.4 Beat mentors: Supporting recovery, preventing relapse. <em>Leila Lahfa</em></td>
</tr>
<tr>
<td>Time</td>
<td>Event Description</td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------</td>
<td>-------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>09.45</td>
<td>Welcome</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.00</td>
<td>Keynote 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.00</td>
<td>Coffee</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.45</td>
<td>Scientific Papers (Parallel Sessions)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Parallel Session 1: Aetiology</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.45 - 12.00</td>
<td>Van Durme, Kim; Goossens, L; Braet, C Ghent University, Ghent, Belgium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.00 - 12.15</td>
<td>Martinsen, Marianne¹; Sundgot-Borgen, JSB²</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Oslo Sports Trauma Research Center, Norwegian School of Sport Sciences, Oslo, Norway; Department of Sports Medicine, Norwegian School of Sport Sciences, Oslo, Norway</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.45 - 12.30</td>
<td>Westerberg-Jacobson, Josefin¹; Edlund, B.²</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>University of Gävle, Gävle, Sweden; Department of Public Health and Caring Sciences, Uppsala, Sweden</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.30 - 12.45</td>
<td>Tahboub-Schulte, S J American University of Sharjah, Sharjah, U.A.E</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Parallel Session 2: Prevention</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.45 - 12.00</td>
<td>Knightsmith, Jodi; Schmidt, U; Treasure, J Institute of Psychiatry, London, UK</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.00 - 12.15</td>
<td>Diedrichs, Phillippa; Halliwell, E; Paraskeva, N; New, A University of the West of England, Bristol, UK</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.15 - 12.30</td>
<td>Halliwell, Emma¹; Diedrichs, P²</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>University of the West of England, Bristol, UK; Centre for Appearance Research, University of the West of England, Bristol, UK</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Conference Website**  [www.edic.org.uk](http://www.edic.org.uk)
12.30 – 12.45 Attachment as predictor of eating pathology and weight gain in preadolescent boys and girls.

Goossens, Lien1; Braet, C1; Van Durme, K1; Decaluwé, V2; Bosmans, G3
1Ghent University, Gent, Belgium; 2Lessius University College, Antwerp, Belgium; 3Leuven University, Leuven, Belgium

Parallel Session 3: Treatment
Chair: TBC

11.45 – 12.00 Early discharge at the expense of readmission: A five year review of admissions in an Eating Disorder Unit.

Aref-Adib, Golnar; Stone, V; Kyrtatos, P; Johnson-Sabine, E TBA, TBA, UK

12.00 – 12.15 Guidelines for the inpatient treatment of adults with eating disorders.

Ward, Warren; Painter, E
Royal Brisbane & Women’s Hospital, Brisbane, Australia

12.15 – 12.30 Combining group and individual interventions to encourage positive body awareness and decrease intense body image distress during treatment.

Low, M; Chapman, Karen; Wagstaff, L; Hart, P; Hart, P; Titley, M; Titley, M
Haldon Eating Disorders Service, Exeter, UK


Gale, C; Gilbert, P Derbyshire Healthcare NHS Foundation Trust, Derby, UK

Parallel Session 4: Clinical Features
Chair: Dr Paul Robinson, Eating Disorders Psychiatrist, St Ann’s Hospital, London

11.45 – 12.00 Severe and Enduring Eating Disorders (SEED): A pilot qualitative study of SEED in patients with Anorexia Nervosa.

Kukuscka, R1; Robinson, P H1; Leavey, G2
1Barnet Enfield and Haringey Mental Health Trust, London, UK; 2Compass, Belfast, UK

12.00 – 12.15 Can restrained eating predict depression in young women?

Kontic, Olga
Institute of Psychiatry, University of Belgrade, Belgrade, Serbia

12.15 – 12.30 The role of set shifting and central coherence in differentiating bingeing/purging and restrictive eating disorder subtypes.

Van Autreve, S1; De Baene, W2; Vervaet, M1
1Ghent University, Department of Psychiatry and Medical Psychology, Ghent, Belgium; 2Ghent University, Department of Experimental Psychology, Ghent, Belgium

12.30 – 12.45 Co-occurrence of disordered eating and alcohol misuse in young adults in higher education.

Sherlock, R C; Bewick, B M; Hill, A J
Leeds University School of Medicine, Leeds, UK

Parallel Session 5: Experience of eating disorders
Chair: Susan Ringwood, Chief Executive, Beat

11.45 – 12.00 The Concept of Self in Pro-Ana Social Networking Sites.

Figueras, Carolina
University of Barcelona, Barcelona, Spain

12.00 – 12.15 Users’ experience of pro-ana web sites: An interpretative phenomenological analysis.

Edwards, Stephen; Telford, E. H. Swansea University, Swansea, Wales
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 12.15 – 12.30 | The wellbeing of carers of people with severe and enduring eating disorders. (SEED).  
Linacre, Stephen; Hill, A.J.; Heywood-Everett, S  
1University of Leeds, Leeds, UK; 2Bradford District Care NHS Trust, Bradford, UK |
Satir, Dana; Solomon, M; Hagman, J  
Childrens Hospital Colorado, Aurora, US |
| 12.45       | Lunch, Exhibition and Poster Viewing                                                             |
| 14.00       | **Plenary Session 1**                                                                            |
|             | **Development and Neuroscience**                                                                  |
|             | Chair: Dr Rachel Bryant-Waugh, Consultant Clinical Psychologist and Joint Head of Feeding and Eating Disorders Service, Great Ormond Street Hospital NHS Trust |
|             | Discussant: Dr Kate Tchanturia, Institute of Psychiatry, Kings College London                    |
|             | Professor Sarah-Jayne Blakemore, University College London, UK                                    |
|             | The Adolescent Brain: Implications for Understanding Eating Disorders.                             |
|             | Dr Angela Favaro, University of Padua, Italy                                                     |
|             | Are impairments in neurodevelopment implicated in the pathogenesis of eating disorders?: An update. |
|             | Dr Ian Frampton, University of Exeter and University of Oslo                                      |
|             | Thoughts, feelings and behaviours: Viewing eating disorders through the lens of developmental neuropsychology. |
| 15.30       | Tea                                                                                               |
| 16.00       | **Workshops and Masterclasses Session 1**                                                         |
| 1.1         | Through the looking glass: Using mirror exposure to treat body image disturbance as part of cognitive behaviour therapy for eating disorders.  
Professor Glenn Waller, Consultant Clinical Psychologist, Vincent Square Eating Disorders Service, Central and North West London NHS Foundation Trust, and Institute of Psychiatry, King’s College London |
| 1.2         | Working with trauma and eating disorders: A cognitive behavioural approach.  
Dr Jane Evans |
| 1.3         | Medical aspects of treatment of Anorexia Nervosa - Masterclasss 1.  
Dr Sylvia Dahabra, Consultant Psychiatrist, Richardson Eating Disorders Service, Northumberland, Tyne and Wear NHS Foundation Trust and Dr Paul Robinson, Eating Disorders Psychiatrist, St Ann’s Hospital, London  
Dr Nick Thompson, Consultant Gastroenterologist Chair, Northern Nutrition Network Lead, The North East Home Parenteral Nutrition, Newcastle upon Tyne Hospitals NHS Foundation Trust Newcastle upon Tyne, UK |
| 1.4         | Family Interventions Masterclass 1.  
Professor Ivan Eisler, Professor of Family Psychology and Family Therapy and Head of Section of Family Therapy at the Institute of Psychiatry, Kings College, London |
| 1.6         | Eating Disorders in Children Masterclass 1.  
Dr Dasha Nicolls, Consultant Child and Adolescent Psychiatrist and Joint Head of the Feeding and Eating Disorders service (FEDS) at Great Ormond Street Hospital |
| 17.30       | Conference Drinks Reception and Poster Viewing                                                    |
## PROGRAMME

### Friday 16 March

Registration from 08.00

Coffee

<table>
<thead>
<tr>
<th>09.00</th>
<th>Plenary Session 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sport and Exercise</strong>&lt;br&gt;Chair: Dr Ciaran Newell, Consultant Nurse, Dorset Healthcare University NHS Foundation Trust</td>
<td><strong>Professor Caroline Meyer,</strong> School of Sport, Exercise and Health Sciences, Loughborough University&lt;br&gt;Patient understanding of compulsive exercise and management within eating disorder units. <strong>Professor Jorunn Sundgot-Borgen,</strong> Division of Sports Medicine at the Norwegian School of Sports Science, Oslo&lt;br&gt;Dieting to win-Eating disorders among elite athletes; Prevalence and prevention. <strong>Dr Alan Currie,</strong> Consultant Psychiatrist, Newcastle General Hospital&lt;br&gt;Sport and Eating Disorders understanding the risks.</td>
</tr>
</tbody>
</table>

10.30 Coffee

<table>
<thead>
<tr>
<th>11.00</th>
<th>Workshops and Masterclasses Session 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.2</td>
<td>Group based cognitive analytic therapy across the spectrum of eating disorders. <strong>Kumari Abeydeera</strong></td>
</tr>
<tr>
<td>2.2</td>
<td>Feedback Informed Treatment: the practical management of eating disorders through Group Based Mindful Eating experiences with SEED. <strong>Ursula Philpot,</strong> Dietician and <strong>Dr Suzanne Heywood-Everett,</strong> Consultant Clinical Psychologist (Bradford District Care Trust)</td>
</tr>
<tr>
<td>2.3</td>
<td>CBT(E) Masterclass. <strong>Professor Chris Fairburn,</strong> Welcome Trust Principal Research Fellow, Professor of Psychiatry and Head of the Centre for Research on Eating Disorders at the University of Oxford</td>
</tr>
<tr>
<td>2.4</td>
<td>The prevalence of eating disorders in young athletes is high - is it possible to prevent? <strong>Marianne Martinsen MSc,</strong> Norwegian School of Sport Sciences, Oslo Sport Trauma research Center, Department of Sport medicine <strong>Professor Jorunn Sundgot-Borgen,</strong> Norwegian School of Sport Sciences, Department of Sport Medicine</td>
</tr>
<tr>
<td>2.5</td>
<td>Medical Aspects of treatment of Anorexia Nervosa Masterclass 2. <strong>Dr Tony Winston,</strong> Consultant in Eating Disorders, The Aspen Centre, Coventry and Warwickshire Partnership Trust Warwick, UK</td>
</tr>
<tr>
<td>2.6</td>
<td>Mentalisation Based and standard therapy for patients with eating disorders and borderline symptoms: experience of a controlled trial <strong>Alex Milne</strong> and <strong>Dr Paul Robinson</strong></td>
</tr>
</tbody>
</table>

12.30 Lunch
## PROGRAMME

### 14.00 Plenary Session 3

**Co-Morbidities**

*Chairs:* Fiona Bromelow, Carers' Ambassador, Beat & Chair, FEAST UK  
Dr Sylvia Dahabra, Consultant Psychiatrist, Richardson Eating Disorders Service, Northumberland, Tyne and Wear NHS Foundation Trust  
Dr Eunice Chen, Assistant Professor of Psychiatry, University of Chicago Medical Centre

Extreme emotion dysregulation and eating disorders.

Dr Khalida Ismail, Reader in Psychiatry and Physical illness, Kings College London

Diabetes and eating disorders: double, double, toil and trouble.

Dr Julia Coakes, Clinical Psychologist, The Retreat, York

The Body In Mind: Trauma and Severe Eating Disorders.

### 15.30 Tea

### 16.00 Workshops and Masterclasses Session 3

3.1 Food for thought: Addressing nutritional needs of cognitive behaviour therapy for eating disorders.  
**Professor Glenn Waller,** Consultant Clinical Psychologist, Vincent Square Eating Disorders Service, Central and North West London NHS Foundation Trust, and Institute of Psychiatry, King’s College London

3.2 Mentalisation-based treatment for eating disorders (MBT-ED).  
**Professor Finn Skårderud**

3.3 Family Interventions Masterclass 2.  
**Professor Ivan Eisler,** Professor of Family Psychology and Family Therapy, Head of Section of Family Therapy and Head of Child and Adolescent Eating Disorder Service SL&M

3.4 Debating Inpatient admissions - when to admit and when to discharge?  
**Dr Bryony Bamford**

3.5 Medical Aspects of treatment of Anorexia Nervosa Masterclass 3.  
**Dr Tony Winston,** Consultant in Eating Disorders, The Aspen Centre, Coventry and Warwickshire Partnership Trust Warwick, UK

3.6 Eating Disorders in Children Masterclass 2.  
**Dr Dasha Nicholls,** Consultant Child and Adolescent Psychiatrist and Joint Head of the Feeding and Eating Disorders service (FEDS) at Great Ormond Street Hospital

### 17.30 Evening free
Saturday 17 March

Registration 08.00

09.45 Welcome

10.00 Keynote 2
   Professor Andrew J Hill, Leeds University School of Medicine
   What has food got to do with it?

11.00 Coffee

11.30 Workshops and Masterclasses Session 4
   4.1 Intensive home treatment as an alternative to hospitalisation for severe adolescent
      anorexia nervosa.
      **Sam Clark-Stone**
   4.2 Promoting Service user and carer participation in an eating disorders service: Challenges
      and good practice.
      **Dr Ciaran Newell, Consultant Nurse, Dorset Healthcare University NHS Foundation Trust**
   4.3 Empowering Families: Skills based workshops for carers.
      **Louise Dunne, Network Development Officer, Beat**
   4.4 Beat Mentors: supporting recovery, preventing relapse.
      **Leila Lahfa, Project Officer, Beat**
   4.5 Family Interventions Masterclass 3.
      **Professor Ivan Eisler, Professor of Family Psychology and Family Therapy and Head of
      Section of Family Therapy at the Institute of Psychiatry, Kings College, London**
   4.6 Eating Disorders in Children Masterclass 3.
      **Dr Dasha Nicholls, Consultant Child and Adolescent Psychiatrist and Joint Head of the
      Feeding and Eating Disorders service (FEDS) at Great Ormond Street Hospital**

13.00 Lunch

13.30 Beat Awards

14.15 Plenary 4
   First line approaches
   **Chair: Professor Glen Waller** Consultant Clinical Psychologist, Vincent Square Eating
   Disorders Service, Central and North West London NHS Foundation Trust, and
   Institute of Psychiatry, King’s College London
   **Professor Carolyn Becker, Trinity University, Texas**
   Prevention
   **Dr Jim Mitchell**
   Self Help
   **Beat Carer Champions**
   Mr Harris and daughter Annabelle Harris

15.45 Panel Q & A

16.30 Farewell (tea served)
**REGISTRATION**

**On-line**  
Register on-line for The Eating Disorders International Conference 2012 at www.edic.org.uk through our secure registration link.

**Social Events**  
The Welcome Reception in the Institute of Education is included in the full delegate registration fee. However, please ensure that you confirm your attendance for these events on the registration form, in order to guarantee your place.

**Standard Full Delegate Registration**  
Applies to all registrations received from 31st January 2012.

<table>
<thead>
<tr>
<th>Standard Registration Fee (after 31st January 2012)</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professors, GPs and consultant psychiatrists</td>
<td>£650.00</td>
</tr>
<tr>
<td>Allied Health Professionals: junior doctors, social workers, nurses, dieticians, psychologists, psychiatrists, psychotherapists, counsellors, researchers and other non medics.</td>
<td>£545.00</td>
</tr>
<tr>
<td>Beat Professional Network Member</td>
<td>£520.00</td>
</tr>
</tbody>
</table>

The **Registration fee includes:**
- Access to all sessions from Thursday 15th - Saturday 17th March 2012
- Entry to the exhibition area
- Morning coffee, lunch and afternoon tea
- Welcome Drinks Reception

VAT at the prevailing UK rate (currently 20%)

<table>
<thead>
<tr>
<th>Day Delegate Registration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professors, GPs and consultant psychiatrists</td>
<td>£220.00</td>
</tr>
<tr>
<td>Allied Health Professionals: junior doctors, social workers, nurses, dieticians, psychologists, psychiatrists, psychotherapists, counsellors, researchers, other non medics.</td>
<td>£200.00</td>
</tr>
<tr>
<td>Beat Professional Network Members</td>
<td>£170.00</td>
</tr>
</tbody>
</table>

The **Day Registration fee includes:**
- Access to all sessions on your day of choice
- Entry to the exhibition area on your day of choice
- Morning coffee, lunch and afternoon tea

VAT at the prevailing UK rate (currently 20%)

**Student/Carer Fee**  
A special fee of £210 for the full conference and £100 for a one-day pass is available for students and carers. For students, proof of status (valid student card etc) should be e-mailed to edic2012.reg@congrex.com to avail of this fee. Carers should contact professionalservices@beat.co.uk to obtain a carer’s ID code before registering.

**Additional Social Package for the Accompanying Persons of Full Delegates**  
The Accompanying Persons Programme costs £60 per person and includes the following:
- Ticket to the Conference Welcome Reception on March 15th 2012
- Panoramic Tour of London on Friday March 16th 2012

Please note that accompanying guests will not be entitled to attend any conference sessions and will not gain entrance to the exhibition area.

Conference Website  www.edic.org.uk
Payment must be made in advance of the conference by one of the following methods:

- MasterCard/Visa/Amex. Please note that all fees paid by credit card will be charged in pounds sterling at the actual exchange rate at the time of the transaction. No other credit cards can be accepted. For your security, we will not accept credit card details by email, post, fax or phone. Delegates registering via the online form, will be prompted to insert their card details in a secure payment link. Should you register via the hard copy form, you will receive an email with a link to the secure payment gateway (DIBS) provided by Congrex. The email will be sent from edic2012.reg@congrex.com which will detail your account overview and include the secure link for payment.

- Cheque or banker’s draft, in pounds sterling only, drawn on a UK bank account made payable to Congrex UK Ltd/EDIC 2012.

- Bank transfer in pounds sterling only, to:
  Royal Bank of Scotland Plc
  1st Floor, 130 Jermyn Street
  London SW1Y 4UR
  Account name: CONGREX UK LTD/EDIC 2012
  Account number: 10131262
  Sort code: 160015

A copy of the bank transfer remittance advice should be provided with the completed registration form if paying by this method. All bank charges must be paid by the remitter. Registration fees must be paid in full without deduction of charges before registration for the Conference can be confirmed. Congrex can provide you with an invoice if required.

Please e-mail edic2012.reg@congrex.com.

Confirmation and Further Instructions
Confirmation of registration will be sent to delegates whose payment has been received. In addition, further instructions will be sent out in February 2012 by email to assist you with your visit to London. Please ensure you submit your email address when registering.

Cancellation
Notification of cancellations must be sent, in writing, to the Conference Organisers. Cancellations will be accepted up to and including 31st January 2012 with a refund of all fees less a 20% cancellation charge. No refunds will be made for cancellations received after this date. Substitutions of attendees may be made at any time.

Insurance
The registration fees do not include the insurance of participants against personal accidents, sickness, cancellations by any party, theft, loss or damage to personal possessions. Participants are advised to take out adequate personal insurance to cover travel, accommodation, cancellation and personal effects.

Letters of Invitation
Delegates requiring a letter of invitation to attend the Conference should write to the Conference Secretariat. Please note that a letter of invitation will be provided to assist delegates in obtaining a visa or permission to attend the Conference and should not be considered as an official invitation covering fees and other expenses. Invitation letters will only be provided to delegates, who have fully paid their registration fee.

Passports and Visas
A valid passport is required for entry into the United Kingdom. Please consult the British Consulate nearest to you for specific details and visa requirements.

Data Protection
Your name and address will be contained in the full list of participants, available to all delegates and exhibitors. If you do not wish to have your name included, please indicate this on the registration form. We may be supplying names and addresses of participants to sponsors/exhibitors of the event to enable them to contact you with regard to their marketing objectives and/or satellite programme. If you do not wish to have your name included, please indicate this on the registration form.

Secure Payments
For your security, we do not accept credit card details by email, fax, post or phone. Please refer to the payment section above for further details on credit card security.

Disclaimer
All best endeavours will be made to present the programme as printed. However, Eating Disorders International Conference Organisers and its agents reserve the right to alter or cancel, without prior notice, any arrangements, timetables, plans or other items relating directly or indirectly to Eating Disorders International Conference 2012, for any cause beyond its reasonable control. Eating Disorders International Conference Organisers and its agents are not liable for any loss or inconvenience caused as a result of such alteration. In the event of cancellation of Eating Disorders International Conference all pre-paid fees will be refunded in full. However, the organisers and its agents are not liable for any loss or inconvenience caused as a result of such cancellation. Delegates are advised to take out their own travel insurance and to extend their policy to cover personal possessions as the Conference does not cover individuals against cancellation of bookings or theft or damage to belongings.

Conference Website  www.edic.org.uk
Hosted by:
Beat
Beat is the leading UK charity for people with eating disorders and their families. Beat is the working name of the Eating Disorders Association, and we continue to build on the strong foundations of the past 20 years of work.

www.b-eat.co.uk

Conference Secretariat:
Congrex UK
Congrex is the official organiser of EDIC 2012. We are a leading international management company offering comprehensive services for meetings, events, conferences, association management, travel and accommodation.

Let's meet visit www.congrex.com