

International Federation of Eating Disorder Dietitians

November 2012



The sole purpose of IFEDD is to **improve the quality of care** of individuals with eating disorders by **improving their access** to eating disorder dietitians. We accomplish this through our **Four Core Missions**:

Mission 1: Advocacy – Equal Rights and Insurance Coverage for Our Services

IFEDD Educates Dear Abby!

Dear Abby received a letter from “Obsessed,” wondering what to do about overthinking about food and eating and possibly orthorexia. Abby recommended a doctor’s appointment and a request for a psychologist referral. IFEDD members responded with a barrage of email explaining to Abby the value of an EDD in this situation. To read IFEDD responses, [click here](#).

IFEDD’s Founding Membership Drive

We have decided that anyone who joins IFEDD in the first 12 months of its existence (February 1, 2012 – February 1, 2013) will be given the designation “IFEDD Founding Member.” That includes everyone who has already joined and anyone who joins by January 31st. So if you know any EDDs or students with an interest area in eating disorders, please point them our way ASAP so that they can be included in this special founding group.

Remember IFEDD members do not have to specialize or only work in the ED field – membership is for any dietitian or student who has this as a goal or as a part of their work. Only specialists in ED can be considered for the CEDRD credential. But CEDRD is not required for membership in IFEDD.

If you would like to send an email to your colleagues with a link to join IFEDD, you are welcome to forward this e-newsletter which contains the link at the very bottom. Or if you prefer to cut and paste the link directly into an email you send, here it is: <http://eddietitians.com/join-ifedd/>

Finally, if you know someone who you think should join but for any reason aren’t able to send an email yourself, let us know and we will be happy to send an email to them. Just notify us at info@EDDietitians.com.

Mission 2: Education & Awareness – Demonstrating the Value of Our Work

Featured EDD of the Month



This month IFEDD Founding Member Marci Anderson answers questions posed by IFEDD intern extraordinaire Courtney Miller, such as “What are the biggest issues facing the profession?” “What keeps you motivated?” and “What’s the best advice you’ve been given?” Read Marci’s expert answers at <http://eddietitians.com/expert-advice/>.

IFEDD Members Get Around! Part 1

12 IFEDD members attending FNCE enjoyed a spectacular dinner hosted by Ranch 2300 Eating Disorder Treatment Center. The conversation ranged from profession-wide issues to personal goals, and the camaraderie was tangible to all. It was clear that we EDDs are far too isolated in our regular days and thrive on belonging to a group with like-minded colleagues. In that vein, we would like to assist in gathering IFEDD members wherever you may roam. Please let us know what conferences or events you will be attending so that we can link you up with other IFEDD members that are there! It can be so refreshing to be with others who totally “get” what you mean!

IFEDD Members Get Around! Part 2

IFEDD Founding Member Barbara Birsinger will be presenting at IAEDP 2013 and IFEDD Founding Member Marcia Herrin will be presenting at AED 2013! IFEDD Founding Members Marci Anderson (also this month’s Featured EDD!) and Ellen Govsky are both speaking as part of Harvard Medical School’s Eating Disorders event in December. **Congratulations!** We are always proud of our members and your work! Please let us know of your accomplishments if you are presenting, quoted or published! We would like to spread the word!

IFEDD’s “Dietitians Change Lives Campaign” Update

This month we received a submission about how IFEDD Founding Member Laura May-Roelse helped a patient recover and thrive. How about you? Your patients can contribute to the campaign with almost no effort at <http://www.eddietitians.com/a-dietitian-changed-my-life/>.

Mission 3: Research – Advancing the Evidence Base for Our Work

Book Review: Family Eating Disorders Manual: Guiding Families Through the Maze of Eating Disorders. Editor: Susan Altan. Contributing Authors: Laura Hill, David Dagg, Michael Levine, Linda Smolak, Sara Johnson, Songa A. Stotz, Nancy Little. Published by The Center for Balanced Living, August 2012. ISBN 978-0-9883088-1-7

Reviewed by Jessica Setnick

The **Family Eating Disorders Manual** is obviously intended for family members of an individual with an eating disorder. However it also contains a wealth of concise, helpful information for the new or experienced EDD. I wish this book had been available 15 years ago, or any time between now and then, as I would have recommended it to every one of my patients' families. Before I had even finished reading it, I had already recommended it to a colleague who asked me how to help her sister, whose daughter is in treatment.

The credentials of the many authors are impeccable. Even before the publication of this manual, their combined contributions to the eating disorders field have impacted much of our current knowledge and practice. Unlike other books written by multiple authors, The Family Eating Disorders Manual is cohesive and structured. Although each chapter lists its individual author(s), the topics flow and the format is standardized, unlike many compilations that are simply a hodge-podge of chapters each written by someone else.

The overarching theme of the book is that family members did not cause their loved one's eating disorder, but if they are willing to choose the path of education and compassion, they can support and enhance their loved one's recovery. The preface states that the book is based on the Center for Balanced Living's family education program, developed in 2006 and then refined based on input from participants and data analysis.

Five of the first six chapters are set up as the response to questions we have all been asked innumerable times, such as "What's happening to my loved one?" and "What can I do?". The answers start out broad ("The neurobiology of decision-making and eating disorders") and hone in on practical tools and suggested responses. The latter chapters and appendices cover behavior change theory as it applies to eating disorders, nutrition basics, caring for the caregiver, and an explanation of the treatment team approach and levels of care. Each chapter ends with "Questions for Reflection," providing space for the reader to write his or her own answers and notes and enhancing the collaborative tone of the book.

Naturally, I took special interest in Chapter 8: Food as Medicine, ably written by EDD Sonja Stotz. (Note to self: Recruit for IFEDD and CEDRD.) I was initially skeptical, expecting to hear from that family-oriented faction that discounts the role

of the EDD because nutritional restoration is a do-it-yourself project, and wondering if I would have to rip out this chapter before giving anyone the book. So please appreciate the significance of my conclusion: I wouldn't change a thing.

Sonja articulately conveys the role of each member of the refeeding triumvirate – EDD, family member, patient – while emphasizing the absolute necessity of both communication and structure. I especially appreciated her description of the many factors the EDD takes into account when developing the recovery meal plan, something that might give those do-it-yourselfers pause. My favorite part of the chapter was everything – the way it encompasses so many positive messages while emphasizing appropriate boundaries.

In other words, everything I like about the manual as a whole. The Family Eating Disorders Manual fills a gaping void in the eating disorders field, and is not just for individual family members. It could be used as a leader's guide in multi-family support groups, and a quick refresher for a professional who needs to catch up on the latest in the field. Offering a combination of education as well as strategy, the latest in research plus the voice of experience, empowerment along with respect, this book will be recommended daily by ED professionals who will be thrilled that they didn't have to write it themselves. Available currently in print or in pdf form, the book is expected to be published eventually for Kindle. Links for both versions appear below.

Printed version \$45 Available through Gurze Books

<http://www.bulimia.com/productdetails.cfm?PC=2063>

PDF Downloadable version \$19.99 Available through The Center for Balanced Living

<http://www.centerforeatingdisorders.org/main/index.php?page=121&module=263>

Free Books in Exchange for Your Opinion!

So you just finished reading IFEDD's first book review! We receive many free copies of books and would love to share in return for you writing a brief review. We have several books currently available and also will request a review copy of a book you are interested in. No experience necessary, we have guidelines for what and how to write your review. All that is needed is your interest and an email to info@EDDietitians.com. P.S. If you have written a book and would like to see it reviewed here, just let us know and we will match you with an IFEDD reviewer!

Mission 4: Resources – To Support IFEDD Members and Our Patients

Support IFEDD and Your Business at the Same Time!

Do you have a product, resource or book to sell? We are adding a shopping cart to the IFEDD website inside the Members Only section. There is no cost for IFEDD members to post their product, we simply request a small discount for members (your choice how much) and your choice of donation to IFEDD for each purchase made through the site. We will notify you when your product is ordered, and send you a check at the end of each quarter. If you'd like to participate, just email info@EDDietitians.com and we will follow up to work out the details.

EDD Treatment Finder is a Hit!

IFEDD is receiving requests every week for EDDs who are taking new patients. This month we received requests from Utah and Indiana, but didn't have anyone to recommend. If you are in Utah or Indiana, or anywhere else for that matter, you are in demand! There is no charge, all that is required is IFEDD membership. Courtney updates the [Treatment Finder](#) each month, so if you have already joined but are not listed, email info@EDDietitians.com and we will rectify our error.

Upcoming Educational Events:

Continuing Education from Home- No Cost:

- [Taste What You're Missing - Thursday, November 8, 8:00 pm](#)
- [How Can I Grow My Speaking Business with NSA? – Wednesday, November 14, 6:00 pm](#)
- [Mindful Eating When Time is Short and Treats Are Everywhere - Thursday, November 29, 7:00](#)

Anytime Webinars:

- [Eating Disorders Assessment for Men: Exploring Gender Differences and Introducing the First Male Specific Diagnostic Instrument](#)
- [Bridging the Good Fat Gap – November 6- November 30](#)

In-person Workshops:

- [November 7 – St. Louis - Complex Treatment for the Complex Client: Integrating Innovative Eating](#)

- [November 30-December 1 – Atlanta - Molly Kellogg's* Counseling Intensive](#)

And more at <http://eddietitians.com/members-only/edd-continuing-education/>

IFEDD Members To-Do List:

1. Forward this email to other EDDs so that they can join IFEDD in time to be a Founding Member!
2. Email info@EDDietitians.com with:
 - The name of your book that you would like reviewed
 - Your interest in having your book or other product for sale on the IFEDD website
 - Conferences where you will be presenting or attending
 - The name of a book you have been wanting to read and your willingness to write a book review

We are so proud of all the amazing work that EDDs are doing around the globe! Email us about what's happening in your corner and how we can support you! We are currently 109 members strong. If you haven't joined us yet, what are you waiting for? Join today at www.EDDietitians.com!

Food For Thought, Provided by IFEDD Founding Member Caryn Honig

*"We lose ourselves in the things we love. We find ourselves there, too."
-Kristin Martz*