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**EDReferral.com Newsletter -- March 2009: Table of Contents**

Current Research and the latest news in the field [click here](#)  
For Professionals: Conferences/Seminars/Online Courses/Study Groups [click here](#)  
Advocacy [click here](#)  
Treatment Center Spotlight [click here](#)  
Support Groups and Online Help [click here](#)  
Employment Opportunities [click here](#)  
Ongoing Research Studies on Eating Disorders [click here](#)  
Books, Journals, Videos, Media [click here](#)  
Marketing Ideas [click here](#)  
Newsletter Protocol [click here](#)  
Instructions on how to unsubscribe to the newsletter [click here](#)

\* Want something included in the newsletter? -- see the protocol listed at the end of this newsletter.

**Current Research and News:**

**Motivational change in an inpatient anorexia nervosa population and implications for treatment.**

Objective: The relationship between motivation and recovery in anorexia nervosa has received increased attention in the research literature although few controlled investigations of increasing motivation in this population exist. Three questions were therefore examined in an inpatient anorexia nervosa population: (i) does baseline motivation predict change in eating pathology; (ii) does change in motivation predict change in eating pathology; and (iii) can we increase motivation to recover in this group? Method: Inpatients (n=47) in a specialist weight disorder unit with a mean age of 21.85 years (SD=5.37) were randomly allocated to receive four sessions of motivational interviewing with a novice therapist in addition to treatment as usual (n=22) or treatment as usual alone (n=25). Assessment of eating pathology and motivation to recover was conducted on three occasions: at admission (baseline), and at 2 and 6 week follow up. Eating pathology was assessed using the Eating Disorder Examination and self-reported motivation was assessed using the Anorexia Nervosa Stages of Change Questionnaire and six Likert scales. Results: Higher baseline motivation across five of the seven measures predicted significant decreases in eating pathology, and increased Anorexia Nervosa Stages of Change Questionnaire scores between baseline and 2 week follow up predicted significant improvement in eating pathology between baseline and 6 week follow up. Significantly more patients were lost to follow up from the treatment as usual compared to the motivational interviewing group. More patients in the motivational interviewing condition moved from low readiness to change at baseline to high readiness to change at 2 and 6 week follow up. Conclusions: Motivation is an important predictor of change in anorexia nervosa and preliminary evidence is provided that motivation can be improved in

this population. Further investigations, however, of ways of improving motivation in this population need to be conducted, along with the impact of motivational changes on treatment outcome. Source: Aust N Z J Psychiatry. 2009 Mar;43(3):235-43.

#### **Understanding women's experiences of developing an eating disorder and recovering: a life-history approach.**

Qualitative inquiry into eating disorders is burgeoning, offering valuable and innovative insights into various aspects of the condition. This study used life-history interviews with 20 women who had recovered from anorexia nervosa, bulimia nervosa or both and who had remained healthy. The interviews focused on the women's narratives and experience rather than a diagnostic therapeutic model. Three themes of control, connectedness and conflict emerged as significant in the development, experience of, and recovery from an eating disorder. The development of the condition was attributed to a lack of control, a sense of non-connectedness to family and peers and extreme conflict with significant others. Recovery occurred when the women re-engaged with life, developed skills necessary for conflict resolution and rediscovered their sense of self. Rather than viewing the development of, and recovery from an eating disorder as separate and discrete events, the data from the life-history interviews suggest they are better viewed as one entity - that is, the journey of an individual attempting to discover and develop their sense of self. This perspective challenges some current constructs of eating disorders; it is not a condition in and of itself but a symptom of deeper issues that if addressed, when the individual is 'ready' to make that choice, will lead to recovery. Source: Nurs Inq. 2009 Mar;16(1):10-21.

**Influence of parent's eating attitudes on eating disorders in school adolescents.** Objective: To investigate the relationship between parents' cognitive and behavioural dimensions and the risk of eating disorders (ED) in non-clinical adolescents. Methods: From an initial sample of 1,336 boys and girls with a mean age of 11.37, a total of 258 subjects were selected either as being at risk of ED or as controls. These subjects and their parents comprised the sample at T1 and were followed-up 2 years later (T2). We examined disordered eating attitudes, body dissatisfaction (BD), body mass index (BMI) and ED diagnoses in the adolescents at two points in time. We also used the Eating Disorder Inventory-2 to examine the disordered eating attitudes of their parents at T1. Results: The mother's BD, drive for thinness (DT), ineffectiveness and interoceptive awareness, and the father's DT and perfectionism were related to long-term ED. Logistic regression showed that predictors of ED were being female, mother's DT and social insecurity, and adolescent's BD. The BMI was not a predictor in this model. Father's perfectionism was a risk factor of ED. Conclusion: Specific cognitive and behavioural dimensions of ED in both parents can influence the development of an ED in early adolescents. This should be taken into account in the prevention and family oriented treatment of ED. Source: Eur Child Adolesc Psychiatry. 2009 Feb 16. [Epub ahead of print].

**Largest-ever Bulimia Study Seeks Participants - Stanford, Packard Hospitals to Seek Answers Regarding Eating Disorders.** The largest study in the nation of adolescents with bulimia nervosa is seeking volunteers. An eating disorder characterized by bingeing and purging, bulimia starts out slowly. But doctors have never pinpointed how best to heal the disease before its destructive cycle gains years of momentum. The study is significant because only two small randomized trials have previously been done for adolescents. Psychiatrists at the Stanford University School of Medicine and the University of Chicago received a five-year, \$2 million grant from the National Institute of Mental Health to compare bulimia treatments for young people, a vastly understudied group, but often a demographic in which the disease takes root. Full-blown bulimia affects 1 to 2 percent of adolescents and another 2 to 3 percent display significant bulimic behaviors, according to James Lock, M.D., professor of psychiatry and behavioral sciences at Stanford and the study's senior investigator. Female patients outnumber males 5 to 1, he said. "We desperately need more information. There are a lot of kids with these problems and we don't know how to help them," Lock, who is also director of psychiatric services at the Comprehensive Eating Disorders Program at Lucile Packard Children's Hospital. Bulimia stems from poor body image and an unhealthy focus on rigid dieting. Strict dieting sets up patients for lapses of control -- binge-eating episodes. After binge eating on thousands of calories, patients purge with vomiting, laxatives or excessive exercise. They then feel guilty over their loss of control, fueling further negative thoughts and deepening the downward spiral, he said. The team will study three treatments that may help adolescent bulimics. Study subjects will be randomly assigned to receive 20 outpatient consultations using cognitive behavioral therapy, family therapy or individual psychotherapy. Cognitive behavioral therapy works to change patients' behaviors and thinking patterns related to food and body image. The therapist aims to help the patient stop thoughts that overemphasize the importance of weight and shape and end severe, destructive dieting. Family therapy focuses on eating behaviors. The patient's parents are involved in every therapy

session, and changes in the home environment reinforce healthy eating and discourage dieting. Individualized psychotherapy examines underlying life problems that contribute to negative self-image, Lock said. Cognitive behavioral therapy is widely recognized as the preferred bulimia treatment for adults, whereas family therapy is used in teens with anorexia nervosa. Individual psychotherapy has succeeded as an alternate treatment for bulimic adults and adolescents, he said. The research team plans to enroll 158 adolescents, 79 at each study site. Prospective participants must be boys or girls ages 12 to 18 with bulimia nervosa or significant bulimic behaviors. Participants and their families must be willing to be assigned to any of the three treatments, and agree to participate in six months of regular treatments and one year of follow-up. "We hope early intervention will become a chronic, long-lasting strategy," Lock said. Instead of treating bulimia in adulthood, "after the horse is out of the barn," early treatment has a better shot at achieving a lasting cure, he added. Interested individuals should contact research assistant Brittany Alvy at 650-723-9182.

#### **For Professionals - Conferences/Seminars/Online Courses/Study Groups:**

##### **The Renfrew Center Foundation Presents The 2009 Spring Seminar Series For Professionals (offering 6 CEUs).**

This year, The Renfrew Center Foundation has planned a series of two advanced, day-long training seminars addressing core issues in the treatment of eating disorders. Refer to the schedule below to determine which eating disorder expert will be in your city and what specific topic will be covered. **State of the Art Treatment for Eating Disorders: Clinical Applications.** Presented by Jennifer Nardozi, PsyD, National Training Manager, The Renfrew Center Foundation. Dates and Locations: Houston, TX – March 20; New Haven, CT – April 17; Saddle Brook, NJ – May 15; Nashville, TN – June 5. **Insatiable Hungers: Eating Disorders, Chemical Dependency and Depression in Women.** Presented by Adrienne Ressler, MA, LMSW, CEDS, National Training Director, The Renfrew Center Foundation. Dates and locations: Jacksonville, FL – March 13; Bethesda, MD – April 17; Grand Rapids, MI – May 1; West Palm Beach, FL – May 8. For more information or to register, visit <http://www.renfrew.org> or contact Debbie Lucker at 1-877-367-3383.

**Needham, MA: MEDA's 14th National Conference "Discovery and Recovery" April 3-4, 2009:** Keynote: Richard Schwartz, PhD. CEU Hours: MD, PhD, PsyD, LICSW, LMHC, RD and RN. Friday April 3, 2009 will feature 8 workshops, lunch on your own. Saturday April 4, 2009 will feature 12 workshops and one keynote, breakfast and lunch included. Topics include: IFS, DBT, Hypnosis, LGBT and ED, OCD, Treatment Team, Bone Density, Integration of Obesity and ED Prevention. For a complete list of topics and speakers and to sign up online visit <http://www.medainc.org/events/conference.asp>. For more information contact Kristin Tyman at 617-558-1881 ext. 12 or [kristin.tyman@medainc.org](mailto:kristin.tyman@medainc.org).

**Jessica Setnick's Eating Disorders Boot Camp (for all professions) and Molly Kellogg's Counseling Intensive (for nutrition therapists).** Upcoming locations: Boston, MA on April 24-26 and Charlotte, NC on July 24-26. If you need more tools for treating patients with eating disorders, these are the skill-building workshops you have been looking for. 9 CEUs each. Details and online registration at [www.mollykellogg.com](http://www.mollykellogg.com) and [www.understandingnutrition.com](http://www.understandingnutrition.com) or call 214-503-7100. Register for both and receive a discount and 18 CEUs.

##### **National Eating Disorder Information Centre's 2009 Conference: Body Image and Self Esteem: Shades of Grey.**

**Date: May 11 - 12, 2009, Toronto, Ontario.** Topics include: boys and men, youth engagement, physical activity, new media and self representation and obesity. Keynote speakers: Niva Piran, Ph.D.; Dianne Neumark-Sztainer, Ph.D., M.P.H., R.D.; Michael Kaufman, Ph.D. and Shari Graydon. For more information and to register go to [www.nedic.ca](http://www.nedic.ca).

**Southern California: Professional Study Groups:** Carolyn Costin, MFT invites all treating professionals to her study groups. These groups cover case reviews, treatment strategies, new literature, research, and other areas related to the

treatment of eating disorders. CEU's are given to MFT's and LCSW's. For more information call 310-457-9958. Group #1 takes place the first Tuesday of every month from 12:00 - 1:00pm at the Eating Disorder Center of CA, [www.edcca.com](http://www.edcca.com). Group #2 takes place the first Wednesday of every month from 12:00-1:30pm at the Monte Nido Treatment Center, [www.montenido.com](http://www.montenido.com).

**Online Survey for Professionals:** Dear Colleagues, Friends, and Members of the Professional Community, We are conducting a brief survey on attitudes about obesity. The survey will take approximately 20 minutes, and includes consent, a brief vignette, and 3 questionnaires. If you are interested, please follow the link below to connect. This survey is confidential and will not require your name or any contact information. This study is approved by the Rutgers University Institutional Review Board (IRB). We appreciate your time and hope that you will take part in our survey. [https://www.surveymonkey.com/s.aspx?sm=1APEhTJ4UIMdm58sP2XmAw\\_3d\\_3d](https://www.surveymonkey.com/s.aspx?sm=1APEhTJ4UIMdm58sP2XmAw_3d_3d) Best Wishes, The Research Team, Katie Bannon (PI), M.S., Doctoral Student; Terry Wilson, Ph.D.; and Dorian Hunter Reel, M.S., Doctoral Student.

### **Advocacy:**

**Advocacy - The Eating Disorders Coalition for Research, Policy and Action.** The EDC, a Washington, D.C. advocacy organization, for more information about their organization visit <http://eatingdisorderscoalition.org/involved/involved.html>.

### **Treatment Center Spotlight:**

#### **Arizona:**

**Tucson, AZ: Tucson, AZ: Mirasol's popular Visiting Therapist Program returns Friday-Saturday, April 3-4, 2009.** Guided tours, gourmet meals prepared by Mirasol's chefs, a case presentation by Mirasol clinicians, and complementary acupuncture and neurofeedback "mini-treatments". Guests will stay at La Joya de Mirasol, a 120-year-old former guest ranch in the foothills of the Catalina Mountains. Mirasol covers accommodations, meals and shuttle service. Open to all licensed and practicing eating disorder therapists, dietitians and nutritionists and limited to 10 participants. Ask about their "Green Revolution." In the spirit of helping their clients learn to live healthy lives, Mirasol has committed to improving the health of the earth by growing more of their own food, increasing the use of recycled materials and reducing water and energy consumption. For more information call 888-520-1700 or visit [www.mirasol.net](http://www.mirasol.net).

**Wickenburg, AZ: Remuda Ranch:** *Several programs treat eating and anxiety disorders. They may be inpatient or outpatient, long-term or short-term. But far more important than level of care, or length of stay, is this: does their treatment actually work? At Remuda Ranch, we have treated more than 9,000 patients since 1990. Does our treatment work? The answer is easily summed up in one word: yes. A full 95% of our patients remain in recovery after leaving Remuda. What does successful recovery really mean? It means ... life. Women, adolescents, boys and girls come to Remuda because a disorder has stolen their lives. Their health is ruined and the future looks extremely bleak. By the time they return home, they have discovered the skills and tools required to regain ownership of their own lives. Successful recovery means attending school, dating, raising children, enjoying friends and family. In other words, living life as God had always intended. If you know someone who has forfeited their life to either an eating or anxiety disorder, please encourage them to contact Remuda today. Contact: 1-800-445-1900, email [info@remudaranch.com](mailto:info@remudaranch.com) or visit [www.remudaranch.com](http://www.remudaranch.com).*

## California:

**Calabasas, CA: Treatment Center News - Monte Nido Residential Treatment Center:** Monte Nido combines a beautiful natural healing environment with the expertise of the renowned national expert and author, Carolyn Costin, and the treatment professionals from her company, Community Counseling for Individuals and Families, Inc. Monte Nido is a very small, intimate facility. Monte Nido only takes six clients at a time. Clients treated at Monte Nido are all women suffering from anorexia, bulimia or exercise addiction. The facility has a family-like environment; their unique level system allows each client to gain increasing freedom and responsibility for her own recovery. By the end of her stay, each client is shopping for and preparing her own food and monitoring her own exercise. This will help prepare her for handling these activities upon discharge from Monte Nido. They also have a unique transition program, Bella Mar, which offers various levels of transitional and independent living situations. For more information call 310-457-9958, visit [www.montenido.com](http://www.montenido.com) or email [mntc@montenido.com](mailto:mntc@montenido.com).

**Carlsbad, CA: Montecatini, a member of CRC Health Group, offers a Residential level of care for both their six bed adolescent girl's treatment program as well as their six bed adult women's treatment program.** Montecatini is also very excited to announce the March 1st, 2009 opening of their partial hospitalization and intensive outpatient treatment programs designed to treat adolescent girls ages 12-18 and adult women, ages 18 and older struggling with anorexia, bulimia, binge eating and associated disorders. Montecatini is a state licensed and CARF accredited facility. The staff at Montecatini understands that each individual is unique; therefore, they work to design a detailed treatment program for every patient. To learn more about the program at Montecatini or to schedule a tour, call 760-436-8930 or visit their website at [www.montecatini-eatingdisorder.com](http://www.montecatini-eatingdisorder.com). Montecatini is a member of CRC Health Group. [www.crchealth.com](http://www.crchealth.com).

**Malibu, CA: Treatment Center News - Monte Nido Vista:** Carolyn Costin and the Monte Nido Treatment Center are pleased to announce a new 6 bed residential facility for anorexia, bulimia and exercise addiction. Monte Nido Vista is located in the foothills of Malibu, CA. The residential program is designed to meet the individual needs of clients and their families in a way that gives them an increasingly higher level of responsibility and "teaches" them how to recover and sustain it. The atmosphere is professional and structured, but is also warm, friendly and family-like. The staff members are highly dedicated professionals, many of who are recovered themselves, thus serving as excellent role models. For more information on The Monte Nido Treatment Center or its affiliates visit [www.montenido.com](http://www.montenido.com), call 310-457-9956, or email [mntc@montenido.com](mailto:mntc@montenido.com).

**Northern and Southern California: Discovery Practice Management – Discovery Practice offers excellent eating disorder treatment at both Center for Discovery a premier adolescent residential eating disorders program and Oceanaire a young adult program for women.** Center for Discovery is a residential program dedicated exclusively to adolescent males and females between the ages of 10 and 19 who are struggling with anorexia, bulimia, and binge eating disorder. Discovery's home-like settings are located in Whittier, Downey, Lakewood, and Menlo Park, CA. Discovery offers a very individualized and intense treatment program, under 24-hour supervision, with weekly family involvement including the Discovery Therapeutic Family Meal. Oceanaire is a young adult program dedicated to the treatment of women struggling with anorexia, bulimia and binge eating disorder. Nestled above one of the greens of the Los Verdes Country Club Golf Course, on the Los Verdes Peninsula in Los Angeles, CA, Oceanaire provides ocean vistas and Pacific Coast sunsets, creating a peaceful and healing environment for the mind and body. The space at Oceanaire provides a peaceful setting for healing where young adult women can safely and effectively address their issues and begin their path to recovery. Discovery Practice Management contracts with many major insurance providers and will provide a complimentary benefits check. For more information, call 800-760-3934 or visit [www.centerfordiscovery.com](http://www.centerfordiscovery.com) or [www.oceanaireinc.com](http://www.oceanaireinc.com).

**Ventura County, CA: Treatment Center News - Rader Programs.** Pacific Shores Hospital is a 30-bed facility completely dedicated to Rader Programs Eating Disorders Treatment. The facility was specifically designed to provide a warm and nurturing environment. It is located five minutes from the ocean in picturesque Ventura County just North of Los Angeles and South of Santa Barbara in Southern California. Rader Programs at Pacific Shores Hospital maintains an outstanding

treatment team with extensive experience and training in Rader Program's proven treatment philosophy. The Rader Program is a national treatment center with multiple locations; they accept patients from all across the United States. For more information visit [www.raderprograms.com](http://www.raderprograms.com), call 800-841-1515 or email [rader@raderprograms.com](mailto:rader@raderprograms.com).

## Colorado:

**Denver, CO: Eating Recovery Center created by Doctors Ken Weiner and Rick Bishop is a new world-class resource built from the ground up with eating disordered clients in mind.** The Eating Recovery Center's mission is to provide treatment that is medically and behaviorally sound in order to facilitate long-term recovery of eating disorders. The Center aims to ensure each patient's healthy transition by honoring individual strengths and social support so that nourishing healthy behavior will be sustained. All services are provided in the center's tranquil environment complete with massage, individual and family therapy, art therapy, educational groups, a spa bath and chef prepared meals. The medical care and expertise of their full-time staff combined with the tranquil environment, provides a balance between therapeutic relaxation and the hard work required for recovery. Their full continuum of care includes Inpatient, Residential, Partial Hospitalization and Outpatient services for adults 17 and older. Eating Recovery Center is licensed as a Behavioral Hospital with 24-hour nursing and medical professionals, individual and family counselors, full-time psychiatrists and internists on staff. Collaboration is a key component found in their weekly team meetings. What sets them apart from other treatment centers is that the patient and the referring professional attend the meetings along with the patient's entire treatment team. This level of collaboration is vital to achieving long-term positive outcomes and preparing patients to transfer their new, healthier habits to their everyday realities. Toll free: 877-825-8584; Direct: 303-825-8584; email [info@eatingdisorders.md](mailto:info@eatingdisorders.md); Website: [www.EatingRecoveryCenter.com](http://www.EatingRecoveryCenter.com).

**Colorado Treatment Center News - The Eating Disorder Center of Denver (EDC-Denver):** The EDC-Denver offers a full spectrum of care from partial hospitalization through outpatient to males and females age 16 and older. The Partial Hospitalization Program operates 11 hours per day, 7 days per week and includes supervised meals and snacks. Lodging is provided at a nearby apartment building for PHP patients from out of town. The Evening Intensive Outpatient Program operates 4 hours per evening, three days per week and includes one meal. Most of the Eating Disorder Center of Denver's group/program components are available on an outpatient basis. Services include individual and family/couples therapy; DBT; aftercare; psychiatric evaluation; therapy and medication monitoring; and nutritional counseling by a registered dietitian. EDC-Denver accepts most insurances. Treatment providers are welcome to utilize EDC-Denver's outpatient services as adjunct therapies to their own treatment. Visit [www.edcdenver.com](http://www.edcdenver.com) for details, schedules and listings for support groups.

**Eating Disorder Center of Denver's Support Groups:** Call 303-771-0861 to register for any of the groups, except for the Family & Friends Support Group.

**Family & Friends Support Group:** First and third Thursday of each month 6:00-8:30pm - A group for families and friends of individuals suffering with eating disorders to discuss their problems, concerns and successes. RSVP & questions to Eating Disorder Foundation at 303-322-3373. Meetings are held at The Eating Disorder Foundation, 3003 East Third Ave, Suite 110, basement level, Denver, CO 80206.

## Nevada:

**Las Vegas, NV: New Eating Disorder Program in Las Vegas. Center for Change is proud to announce the opening of their new eating disorder treatment program, Center for Change Las Vegas.** Center for Change Las Vegas is the only facility of its kind in Southern Nevada, offering specialized treatment for eating disorders in the form of a Day Treatment Program (Partial Hospitalization Program, PHP, Intensive Outpatient (IOP) and Outpatient Services. Day Treatment Program (PHP) - The Center for Change Las Vegas Day Program focuses on actively treating the illness, preventing relapse, setting goals, facing fears, and accomplishing specific social, vocational, and educational tasks. Practical application of learned skills is a primary emphasis. Patients attend 5 days/week and participate in individual psychotherapy, family sessions, dietary counseling, experiential groups, psycho-educational groups, and therapeutic

meals and snacks. Patients have weekly visits with a psychiatrist and medical doctor, as well as regular monitoring by a registered nurse. Intensive Outpatient Program (IOP) - Their Intensive Outpatient Program (IOP) is designed to help the patient transition into more “real world” experiences and hone relapse prevention skills. Patients attend 3 evenings a week, allowing for reintegration into weekday activities such as school or employment. Patients participate in individual and group therapy, as well as dietary counseling and therapeutic meals and snacks. Ongoing psychiatric and medical monitoring will take place, as well as RN support. The IOP program, in some cases, allows the patient to receive treatment while still engaging in work, school, and family activities. Outpatient Services - Individual sessions are available with their therapists, physician or dietitian. Outpatient therapy for eating disorders at Center for Change Las Vegas is a team approach. For more information call 702-252-8255 visit [www.cfclasvegas.com](http://www.cfclasvegas.com) or email Mike Garone at [mgarone@centerforchange.com](mailto:mgarone@centerforchange.com).

**Reno, NV: Center for Hope of the Sierras - NOW OFFERS PHP.** Center for Hope of the Sierras (CHS) is very excited to announce their newest level of care; Partial Hospital Program or better known as PHP. This is an added level of treatment, which they now offer in addition to their existing Residential Treatment. Their PHP program differentiates itself from other partial programs, as their patients will reside in their gorgeous residential homes and have the opportunity during the day to go to their PHP Off-site Exposure Apartment with assigned tasks and have the chance to challenge them selves with the care and support of the Center close at hand. To learn more about their Partial Hospital Program and/or to learn more about Center for Hope of the Sierras contact Maria E. Dias at [medias@crchealth.com](mailto:medias@crchealth.com), call direct 775-828-4949 ext. 103, or visit [www.CenterforHopeoftheSierras.com](http://www.CenterforHopeoftheSierras.com). Center for Hope of the Sierras is a member of CRC Health Group – to learn more about CRC Health, visit [www.crchealth.com](http://www.crchealth.com).

#### **North Carolina:**

**Durham, NC: Family Program at Carolina House.** Family consultation is a vitally important part of the Carolina House treatment model. Their family-systems approach model firmly believes that healing can only occur when the whole person and her contexts are considered in their fullness. They recognize that the definition of “family” is fluid for many persons and we welcome participation of those persons most closely connected to the patient, most often spouses, partners, or significant others, parents or guardians, and occasionally siblings as appropriate. Family therapy sessions are part of their daily programming and they offer an intensive group family weekend once per month. For more information on the Family Program at Carolina House and the services offered, visit [www.carolinaeatingdisorders.com](http://www.carolinaeatingdisorders.com) or call 919-372-7951.

#### **Oregon:**

**Oregon Treatment Center News - RainRock: A Residential Treatment Facility for Women, A Monte Nido Affiliate. Executive Director: Carolyn Costin, LMFT.** RainRock is located in a former bed and breakfast along the McKenzie River on 3.5 acres of lush lawn, gardens and riverfront. RainRock lives up to its name, evoking the healing properties of both earth and water combined. The secluded park-like setting is private yet expansive with abundant manicured grounds and the constant energy and flow of the river. This facility is an important addition to the Pacific Northwest where there are no residential treatment facilities. Carolyn Costin's 30 years of eating disorder experience and the uniqueness of this property promises the clients a rare opportunity to deal with and find recovery from these very difficult disorders. Carolyn serves as Executive Director of RainRock and The Eating Disorder Center of California and as Clinical Director of the original program, Monte Nido Treatment Center, located in Malibu, California. For additional information on RainRock and The Monte Nido Treatment philosophy, visit their websites at [www.rainrock.org](http://www.rainrock.org) or [www.montenido.com](http://www.montenido.com) or call 310-457-9958.

#### **Texas:**

**Dallas, TX: New Treatment Facility - The Renfrew Center, the first and largest eating disorder treatment network in the country, since 1985, is pleased to announce the opening of a new facility in Dallas, Texas.** Programs and services include: Day Treatment; Intensive Outpatient; Group Therapy; Individual, Family, and Couples Therapy; Nutrition Therapy and Psychiatric Consultation. The Renfrew Center has treated over 50,000 women and accepts most insurance.

Renfrew also provides residential treatment and a comprehensive range of services in Pennsylvania, Florida, New York, New Jersey, Connecticut, North Carolina, Tennessee and Texas. Please call 1-800-RENFREW or visit [www.renfrewcenter.com](http://www.renfrewcenter.com) for more information about Renfrew or the Dallas location.

**Houston and Austin, TX: The Walker Wellness Clinic is pleased to announce the opening of their new clinic in Houston, Texas on March 2, 2009 and Austin, Texas in the fall of 2009.** The corporate headquarters and clinic is in Dallas, Texas and has been open for 15 years. They provide four comprehensive programs: Day Program, Intensive Outpatient Program, (IOP), Standard Outpatient Program, (SOP), and Basic Outpatient Program, (BOP). They provide clinical services for four diagnoses: eating disorders, depression, anxiety disorders, and obsessive-compulsive disorders. For more information visit the website at [www.Walkerwellness.com](http://www.Walkerwellness.com) or call 1-877 899 7254. They are pleased that their colleagues, referral sources, and patients have endorsed their clinic services and allowed their dream and vision of these two new openings to become possible.

### **Support Groups and Online Help:**

**Cincinnati, OH: Twelve week groups for women struggling with eating disorders led by Ann Kearney-Cooke, PhD.** This group begins Monday, April 6, 2009. Anorexia/Bulimia group [5-6:30pm], Emotional overeaters group [7-8:30pm]. Participants will be taught practical strategies to identify and intervene into the binge/starve or purge cycle to create a healthy body image, interpersonal effectiveness and emotional regulation skills. Cost: \$90 per group. For more information contact Ann Kearney-Cooke at 513-588-9431.

### **Canadian Support Groups: Anorexics, Bulimics, Overeaters, Anonymous- ABOA Support Group.**

Wednesday Night ABOA Support Group (open meeting, women only), from 7:00 - 8:00pm at St. Gerard's Roman Catholic Church Annex. 1111 Miller Rd. Bowen Island, BC, V0N 1G0, Canada / Located 20 minutes from Downtown Vancouver. ABOA has no dues or fees for membership; one becomes a member simply by having a desire to stop destructive eating behavior. ABOA follows a twelve-step program patterned after that of Alcoholics Anonymous. ABOA is not affiliated with any public or private organization, political movement, ideology or religious doctrine. For more information about this special meeting call Jennifer 604-983-9399.

For more Support Groups, [click here](#)

### **Employment Opportunities:**

**Dallas, TX: Medical Director for a highly respected eating disorders program in an ideal location.** As Medical Director of the Eating Disorders Program at Presbyterian Hospital of Dallas, you will lead a very successful multidisciplinary program. You will oversee the care of patients in the 16-bed, free-standing day hospital and patients who are admitted to the inpatient unit. If you wish, you may also follow outpatients who have completed the treatment program. Cutting edge research opportunities are available, but not a requirement of the position. Located just north of downtown Dallas, Presbyterian Hospital of Dallas is the flagship of the Presbyterian system and part of Texas Health Resources. THR is one of the largest faith-based, nonprofit, health care delivery systems in the United States and has been recognized for their outstanding work environment. In March 2007, the Dallas Business Journal named THR one of the Dallas-Fort Worth's "Best Places to Work." Hospital & Health Networks, the journal of the American Hospital Association, commended THR for being among nation's "100 Most Wired" companies for the seventh time in eight years in their July 2006 issue. And in 2005, THR was included in a listing of the largest and most innovative uses of information technology on the InformationWeek 500. Contact Kelly Struckhoff at 800-678-7858, ext. 64507 or email

[kstruckhoff@cejkasearch.com](mailto:kstruckhoff@cejkasearch.com). ID#30627D32. For additional opportunities, career advice, or up-to-date compensation information, visit [www.cejkasearch.com](http://www.cejkasearch.com).

## Research Studies on Eating Disorders:

**Online Survey - Participants Needed:** Seeking participants age 18 years of age or older to complete an online survey examining eating disorders. Survey answers are anonymous. Participants will have the chance to be entered into a drawing to win a \$10 gift certificate to Amazon.com. Survey approval from the IRB board of the University of North Dakota. Click here to take the survey: [https://www.surveymonkey.com/s.aspx?sm=cb8mmE6oacNBr2MpS1WQxA\\_3d\\_3d](https://www.surveymonkey.com/s.aspx?sm=cb8mmE6oacNBr2MpS1WQxA_3d_3d). Contact: Naomi Peyerl, Doctoral Clinical Psychology Student, University of North Dakota, send questions to [naomi.hovendick@und.nodak.edu](mailto:naomi.hovendick@und.nodak.edu).

**Pittsburgh, PA: Volunteers Needed for Anorexia Nervosa Treatment Study:** Researchers at the Center for Overcoming Problem Eating at Western Psychiatric Institute and Clinic, University of Pittsburgh Medical Center are conducting a study to test the efficacy of a new outpatient psychotherapy for older adolescents and adults with anorexia nervosa. Eligible participants will be offered 9-12 months of individual psychotherapy, medical monitoring, and nutrition counseling. All treatment will be provided at no cost. Participants must be 17 years of age or older, have anorexia nervosa, and able to attend treatment in Pittsburgh. For more information contact Jennifer E. Wildes, Ph.D., Assistant Professor of Psychiatry Western Psychiatric Institute and Clinic, University of Pittsburgh Medical Center. 3811 O'Hara Street, Pittsburgh, PA 15213. Phone: 412-246-5841, email [wildesje@upmc.edu](mailto:wildesje@upmc.edu).

**San Diego, CA: UCSD Researchers Seek Males and Females with Anorexia Nervosa:** The UCSD researchers are currently seeking adolescents and adults currently suffering from Anorexia Nervosa to participate in one of their three current studies. To qualify for any of the studies one must be at least 15% below ideal body weight and be fearful of weight gain, despite being underweight. Both adults and adolescents between the ages of 14-45 are needed to participate in a taste study and would be compensated for up to \$70 for completing the assessments, taste tests and interview. Adults 18 years of age and older are needed to participate in a randomized control trial of the medication Quetiapine, in which they will receive either the study medication or a placebo. Subjects will be compensated up to \$360 for completing study related assessments and the medication treatment. In addition, they are offering several months of family therapy treatment for families with adolescents between the ages of 12 and 18 at no cost. The adolescents in this study will also be randomly assigned to receive either the medication Fluoxetine or a placebo. For more information, contact UCSD Eating Disorder Treatment and Research Program at 858-366-2525 or email [edresearch@ucsd.edu](mailto:edresearch@ucsd.edu).

**San Diego, CA: UCSD Researchers Seek Women Recovered From an Eating Disorder: Help UCSD researchers understand what causes eating disorders.** They are seeking female participants between 18 and 45 years of age who are recovered from Anorexia or Bulimia Nervosa. By participating in the study, subjects will be assisting physicians and researchers in developing new treatments for these complex and serious disorders. Subjects will be compensated for your participation in this study. For more information contact the UCSD Eating Disorder Research and Treatment Program at 858-366-2525 or email [edresearch@ucsd.edu](mailto:edresearch@ucsd.edu).

**Maryland - Bulimia Research Study** - The Johns Hopkins Eating Disorders Program is seeking women 18-40 years old with bulimia nervosa interested in a research study funded by the Klarman Family Foundation. The study includes a health assessment, blood testing and pictures of the brain taken using a medical scanner. Eligible women will be paid up to \$400 for their participation and will be offered 6 weeks of outpatient treatment. Call 410-955-3863 for more information.

[www.hopkinsmedicine.org/Psychiatry/eating\\_disorders/](http://www.hopkinsmedicine.org/Psychiatry/eating_disorders/)

**Massachusetts Research Study - Massachusetts General Hospital Study of Therapy for Bone Loss in Anorexia Nervosa:** The Neuroendocrine Unit of Massachusetts General Hospital is conducting research studies on anorexia-induced bone loss. Their screening study is for men and women age 12-50 with anorexia nervosa. They are investigating causes of osteopenia (or bone loss) in the spine, hip, wrist and total body. The study involves one visit of approximately 3 hours. Their treatment study is for women aged 18-45 with anorexia nervosa and absent or irregular menstrual periods. They are investigating the combined use of a natural hormone and a medication that is effective for bone loss in postmenopausal women as a novel treatment for the bone loss seen in women with anorexia nervosa. They hope that the combination of these two investigational medications will help rebuild depleted bone and prevent further bone breakdown in women with anorexia nervosa. The study consists of 6 visits over 12 months. A stipend of up to \$675 is awarded throughout the course of the study. If interested, call Erinne Meenaghan, NP at 617-724-7393 or email [nedresearchstudies@partners.org](mailto:nedresearchstudies@partners.org).

**Massachusetts: Bulimia Nervosa Study:** Free confidential treatment is available to those who are eligible. Do you or someone you know binge eat? Do you or someone you know compensate by vomiting or other extremes? Do you or someone you know have severe moodiness or relationship problems? Researchers are now enrolling participants (ages 18-65) in a free treatment study investigating two active treatments, including education and counseling, for bulimia nervosa. If interested call 617-353-9610 or visit [www.bu.edu/anxiety](http://www.bu.edu/anxiety).

**New York, NY: NIMH-funded, IRB-Approved Study of Adolescents with Bulimia Nervosa (ages 12 - 21 years).** This study takes place at NYSPI/Columbia University and compensation is provided for participation (\$100). For more information, contact Laura Berner at 212-543-5316. P.I.: Rachel Marsh, Ph.D., Assistant Professor of Clinical Psychology, Columbia University/New York State Psychiatric Institute, phone 212-543-5384, email [marshr@childpsych.columbia.edu](mailto:marshr@childpsych.columbia.edu).

**New York, NY: The National Institute of Mental Health is sponsoring a multi-center international study to compare two types of family therapy as well as Fluoxetine or placebo (an inactive medication) in the treatment of adolescents with Anorexia Nervosa.** They are looking for families with an adolescent with Anorexia Nervosa between the ages of 12-18 years. Participation involves completing assessment interviews, questionnaires, and engaging in 16 family therapy sessions over the course of nine months with medication continuing for another six months. The study is being held at the Eating Disorders Research Program, The Westchester Division of New York-Presbyterian Hospital, Weill Medical College of Cornell University. Contact the Research Coordinator, Samantha Berthod, MA at 914-997-4395.

**North Carolina: The University of North Carolina's Eating Disorders Program announces a new clinical psychotherapy trial for bulimia nervosa.** This study is comparing two different ways to deliver cognitive-behavioral therapy. (CBT) which is the treatment of choice for bulimia. Patients will be randomized (like a flip of a coin) to either face to face group CBT or internet-delivered CBT with a therapist-moderated chat group. There is no cost for participating in this trial. Eligibility Requirements: Male or Female, at least 18 years old, have a home computer with Internet access. Contact the Research Coordinator at 919-966-2882 or [cbt4bn@unc.edu](mailto:cbt4bn@unc.edu) for more information.

#### **Books, Resources, and Media:**

To purchase books at discounted rates visit <http://www.edreferral.com/books.htm> and click on the Gurze Books

**banner.**

**Surviving and Eating Disorder: Strategies for Family and Friends.** This book became an instant success when it was first published in 1988. It was among the first books to alert America to the serious dangers of a silent but widespread disease, offering effective solutions and support for family and friends of those with eating disorders. Now, years after its publication, the book continues to be a best-seller in its field, generating continued and ongoing interest from readers. This revised edition is updated with the latest information on what methods and practices work best for families, helping readers take new actions that will encourage the recovery process. Illustrated with case examples, the book explains what can be expected from the eating-disordered individual--and from family and friends who care. The authors discuss the psychological components of eating disorders, offer guidance for the latest treatments, and show how everyone involved can immediately be of help. With its combination of information, insight, and practical strategies *Surviving an Eating Disorder* allows family and friends, in the best ways possible, to set the stage for recovery now. for more information or to order go to (please mention EDReferral.com when ordering):

[http://www.harpercollins.com/books/9780061698958/Surviving\\_an\\_Eating\\_Disorder\\_Third\\_Edition/index.aspx](http://www.harpercollins.com/books/9780061698958/Surviving_an_Eating_Disorder_Third_Edition/index.aspx).

**Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back - Book Giveaway Campaign:**

Author: Shannon Cutts. The first five individuals that respond to the EDReferral.com newsletter (send response via email to [edreferral@aol.com](mailto:edreferral@aol.com) with "Beating Ana" in Subject Line) will be presented with a free copy of "*Beating Ana*". In order to receive the copy we must be provided with: complete name and address to which the book should be sent and email address. For more information about "*Beating Ana*" and the author Shannon Cutts visit [www.key-to-life.com/book](http://www.key-to-life.com/book).

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Take Care, Christine.  
Christine A. Hartline, M.A., Executive Director  
Eating Disorder Referral and Information Center  
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