

ANZAED ANNUAL CONFERENCE



Chris Thornton, President

Around this time of year the central activity of ANZAED is organising our Annual Conference. This year will be our 8th meeting and the first time the ANZAED conference has been held in New Zealand. Binational organisations are often dominated by Australian interests and I see holding the conference in New Zealand as a way for our New Zealand members (and potential members) to feel more of a part of the ANZAED community.

I am excited at how the conference is looking and congratulations go to our Conference chair Roger Mysliwec for organising such an exciting program. The program starts with our clinical training day to be held on Thursday 26th August 2010.

This year we have two exceptional workshops that will be of great clinical utility to anyone working in the field of eating disorders. The first workshop will feature Dr Kate Tchanturia, Consultant Clinical Psychologist, from Kings College, London who will present on Cognitive Remediation in the Treatment for Anorexia Nervosa. Drawing from the latest data from neuroscience indicating specific neurological deficits regarding the potential relevance of cognitive rigidity in patients with Anorexia Nervosa, Dr Tchanturia will be discussing how Cognitive Remediation Therapy (CRT) can bring direct cognitive benefits to patients with severe AN and how CRT may facilitate the benefits of more other psychological interventions. CRT is an important component of the MANTRA treatment program as recently described by Professor Janet Treasure.

Our second workshop has a particularly local flavour with international appeal. Dr Virginia McIntosh and Dr Jennifer Jordan from the Research Department of Psychological Medicine, University of Otago, Christchurch will provide training in Supportive Clinical Management of Anorexia Nervosa (SSCM). SSCM has been shown to be superior to IPT and CBT in the treatment of Anorexia Nervosa. I suspect that SSCM is often misrepresented and misunderstood. This workshop provides us with a wonderful opportunity to hear about the treatment from the team which developed it for anorexia nervosa. The focus of the workshop will be conducting SSCM, including case examples.

Given the lack of evidence for the treatment of adults with anorexia nervosa, these workshops provide us with two new ways of conceptualising and understanding the disorder. They are not to be missed.

Our keynote speakers this year are Dr Tchanturia and Professor Peter Joyce. Professor Joyce is Dean of the University of Otago, Christchurch, and Director of the

Psychological Medicine Research Unit. Professor Joyce is one of New Zealand's eminent investigators into eating disorders and he will reflect on what we have learnt from clinical trials into eating disorders.

The conference will offer a diverse range of presentations from a variety of national and international clinicians working in the area of eating disorders. For the first time the conference programme will also include workshops on new therapeutic approaches. By creating three parallel tracks it has been also possible to increase the number of oral presentations. There will also be debates and the opportunity for roundtable discussions.

Of course there will be opportunities to meet and speak with other professionals working in this field and to discuss new directions and developments in the treatment of Eating Disorders. I am always impressed at ANZAED conferences at the collegiality between members of our field. This is an important part of the ANZAED conference and helps our community to continue growing.

Having the conference in Auckland provides a wonderful opportunity to combine the conference with a holiday. All of us working in this field need an extended break from time to time and this is the perfect opportunity for you. Auckland has a diverse mix of contemporary lifestyle, cultural heritage, sporting achievement, economic vibrancy and colourful multicultural uniqueness, set in a pristine marine-based environment.

Wherever you stay in Auckland you are never far away from breathtaking scenery, beautiful beaches, invigorating walks, idyllic holiday islands, outstanding food and wine, great shopping and exciting nightlife.

I look forward to seeing you in Auckland.

I am pleased to announce that registration for the conference is NOW OPEN. The executive and secretariat have worked hard in developing and implementing a new more streamlined registration system. You can register for the conference and RENEW your MEMBERSHIP online at the same time.

For the first time in seven years ANZAED membership fees have been increased slightly. In order to expand the organisation, particularly in terms of member benefits and increased commitment to training, the executive have found it necessary to increase fees. However, if you renew your membership before JUNE 30th 2010 you can still join for the old price. The new fee structure is available on the website at www.anzaed.org.au. It is also worth noting that AED members receive a discount to membership of ANZAED as a sister benefit.