

# Maudsley Parents Newsletter



[maudsleyparents.org](http://maudsleyparents.org)  
a site for parents of eating disordered children

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What's new at Maudsley Parents? We've added a new column to the site, with leading experts to answer your questions. In this issue, you'll also meet a mother who runs a support group and learn about a new institute for clinician training. As always, we'd love to hear from you. Write us at [contact@maudsleyparents.org](mailto:contact@maudsleyparents.org).

## Maudsley Parents Welcomes Katharine Loeb, PhD as Clinical Advisor



We're delighted to welcome Katharine Loeb, PhD as Clinical Advisor to Maudsley Parents. Dr. Loeb is the Director of Research at the Eating and Weight Disorders Program at Mount Sinai and Assistant Professor of Psychiatry at the Mount Sinai School of Medicine. She received her doctorate in Clinical Psychology from Rutgers University and completed a fellowship in Child and Adolescent Psychiatry at Columbia University. Her current research interests include the early identification and treatment of eating disorders; the Maudsley approach, a family-based intervention for adolescents with eating and weight disorders; and pediatric obesity.

## New on the Website

### Ask an Expert column

We're happy to announce a new feature on the website that we hope you'll find helpful. We often receive emails from worried parents. We've turned to leading experts eating disorders for answers in our first-ever [Ask an Expert column](#). Topics include:

FBT for Young Adults \* Hiding Ingredients \* Early Intervention \* Meal Plans

Many thanks to [Dr. Angela Celio Doyle](#), [Dr. Joy Jacobs](#), and [Dr. Renee Hoste](#) for fielding parent questions. If you have a question you'd like answered in a future column, please write us at [experts@maudsleyparents.org](mailto:experts@maudsleyparents.org)

## Clinician Page

Maudsley Parents is primarily a parent-to-parent resource, but we recently added a [page for clinicians](#) with a few key resources, including an updated bibliography, helpful links, and comprehensive full-text articles on FBT for anorexia nervosa and bulimia nervosa, along with information on training. It's a short and focused introduction to Family-Based Treatment.

## Parent Support Groups

When a child is ill with an eating disorder, parents can feel very frightened and alone. Family-based treatment asks a lot of parents. Even with the best clinical care, helping a child recover is tough. Eating disorders are often poorly understood; it can be difficult for those we rely on for support, even family and close friends, to grasp what it's like to have an eating disorder in the family.

Denise Reimer runs a support group in Madison, Wisconsin, that gets together once every 6 weeks. The group of mothers and fathers meet at a coffee house and talk for an hour or two. She stresses that the group is not a substitute for professional care, but it is a helpful add-on.

Parents find the group support helps them in important ways. They often discuss practical strategies for fitting enough calories into meals and snacks. Denise says, "We give advice when asked and listen when someone needs to talk or vent. We all know it's an open forum and no one will be judged or blamed. Mainly, it is an outlet for us to get together with others who are struggling with many of the same things we are." It is an opportunity to bounce around ideas on how to accomplish the difficult job of helping an ill child. Parents share ideas on managing problems from compulsive exercise to hiding food.

There's also plenty of emotional support. It can be a relief to feel like you're not the only family that's confronted anorexia. "On my way home from my first meeting, I cried all the way home. I was so thankful that other people really understood and cared, and that I had an outlet," Denise recalls. At that early stage of treatment she felt lost and scared. Her daughter is doing well now and Denise finds it gratifying to help other parents. One parent in the group talked about feeling re-fueled after each meeting and Denise says she feels renewed too. She says, "No matter how bad it is, we always end up laughing about something."

Denise is enthusiastic about parent-to-parent support and hopes more groups get started. She currently works with a local therapist to get the word out about the group. If you'd like to talk to her about starting a group or if you are near Madison and would like to join, we encourage you to get in touch with Denise--she's terrific! You can reach her at [reimer1@charter.net](mailto:reimer1@charter.net).

## NEDA's National Eating Disorder Awareness Week February 22-28, 2009

### Until Eating Disorders Are History

The theme of this year's awareness week is "Until Eating Disorders Are History." Looking at anorexia nervosa through the lens of history yields insights into the nature of the disorder. One terrific article, [Refusing Sustenance](#), offers an interesting look at eating disorders, emphasizing the genetic and neurobiological aspects. Researchers are making real progress and seem to be turning a corner in understanding eating disorders. The UCSD Eating Disorders [neurobiology page](#) is a wonderful resource for further reading. It's been recently updated and gives a good overview of current thinking.

### NEDAW Event at Johns Hopkins in Baltimore, MD

NEDAwareness Week of Baltimore will host an event at JHU's Shriver Auditorium on February 22 from 12-3 pm. Maudsley Parents will have a table at the event, so stop by and say hello if you are able to attend. We'd love to meet you! For more information see the [EDN website](#).

### Treatment

Among parents' first concerns when their child is diagnosed with an eating disorder is where to turn for help. A well-informed parent is a child's best ally in overcoming an eating disorder. The articles in our [treatment section](#) offer a good starting point as you begin your search. In addition, our [provider list](#) has been updated and includes a number of new clinicians.

One exciting new development is the establishment of the [Training Institute for Child and Adolescent Eating Disorders](#), founded to train and certify therapists in evidenced-based treatment. The Institute will offer a tiered training structure. Clinicians can attend a two-day training to familiarize themselves with FBT. Certification is available to therapists who undergo supervision and review of cases after completing the course. This very welcome development will increase the availability of FBT therapists, while certification will ensure that patients are getting true Maudsley approach treatment.



If you know other parents who are interested, please feel free to forward this newsletter and invite them to join our mailing list at [contact@maudsleyparents.org](mailto:contact@maudsleyparents.org). We respect your privacy and your contact information will not be shared.