



Wiley Series in Clinical Psychology



Eating and its Disorders

Edited by John Fox and Ken Goss

 **WILEY-BLACKWELL**

Table of Contents

[COVER](#)

[SERIES PAGE](#)

[TITLE PAGE](#)

[COPYRIGHT PAGE](#)

[ABOUT THE EDITORS](#)

[ABOUT THE CONTRIBUTORS](#)

[PREFACE](#)

[ACKNOWLEDGEMENTS](#)

[Section 1: CLINICAL ASSESSMENT](#)

[Chapter 1 INTRODUCTION TO CLINICAL
ASSESSMENT FOR EATING DISORDERS](#)

[EATING DISORDER DIAGNOSES](#)

[THE DISTRIBUTION AND COURSE OF EATING
DISORDERS](#)

[SUMMARY](#)

[CLINICAL ASSESSMENT OF EATING DISORDERS](#)

[APPENDIX 1.1 CURRENT AND PROPOSED EATING
DISORDER DIAGNOSES](#)

Chapter 2 THE ASSESSMENT OF MENTAL STATE, PSYCHIATRIC RISK AND CO-MORBIDITY IN EATING DISORDERS

THE MENTAL STATE EXAMINATION (MSE).
COMMON CO-MORBID MENTAL HEALTH
PROBLEMS FOR PEOPLE WITH AN EATING
DISORDER

MENTAL HEALTH RISK ASSESSMENT IN EATING
DISORDERS
CONCLUSION

Chapter 3 PSYCHOLOGICAL ASSESSMENT IN EATING DISORDERS

INTRODUCTION

THE FUNCTIONS OF PSYCHOLOGICAL
ASSESSMENT IN EATING DISORDERS

INITIAL DISCLOSURE OF EATING DISORDER
SYMPTOMS

THE CLIENT'S STANCE WHEN ATTENDING A
SPECIALIST EATING DISORDER ASSESSMENT
INFORMATION GATHERING PRIOR TO SPECIALIST
ASSESSMENT

INITIAL ENGAGEMENT AND OPENING QUESTIONS

ASSESSMENT OF EATING DISORDERS

PSYCHOPATHOLOGY

PSYCHOMETRIC ASSESSMENTS OF EATING
DISORDER PSYCHOPATHOLOGY

INTEGRATING AND FEEDING BACK

PSYCHOLOGICAL AND OTHER ASSESSMENTS

SUMMARY

Chapter 4 PHYSIOLOGICAL ASSESSMENT OF EATING DISORDERS

DETECTION AND EVALUATION - THE ROLE OF THE
PRIMARY CARE CLINICIAN

MEDICAL COMPLICATIONS

CARDIOVASCULAR COMPLICATIONS

DERMATOLOGICAL COMPLICATIONS

SIGNS ASSOCIATED WITH PURGING BEHAVIOUR

SKELETAL COMPLICATIONS

ENDOCRINE

FACTORS INFLUENCING INPATIENT TREATMENT

DIABETES MELLITUS AND EATING DISORDERS

OUTPATIENT MANAGEMENT

PREGNANCY AND EATING DISORDERS

PRINCIPLES OF MANAGEMENT

SUMMARY

Chapter 5 ASSESSMENT OF OCCUPATION AND SOCIAL PERFORMANCE

BACKGROUND

VALUE OF OCCUPATIONAL THERAPY

THERAPEUTIC MODEL AND ASSESSMENT

CLASSICAL OCCUPATION AND SOCIAL

PERFORMANCE DIFFICULTIES

FOCUS OF THERAPEUTIC INTERVENTION

CONCLUSION

Chapter 6 MOTIVATION TO CHANGE

INTRODUCTION

MOTIVATIONAL ENHANCEMENT THERAPY (MET)

THERAPEUTIC TECHNIQUES

ADDRESSING PROS OF THE EATING DISORDER
AND FEARS ABOUT CHANGE

COGNITIVE-INTERPERSONAL MAINTENANCE

MODEL (Schmidt and Treasure, 2006)

OUTCOME STUDIES FOR MOTIVATIONAL
ENHANCEMENT THERAPY (MET)

RECOGNIZING WHEN THE TIME IS NOT RIGHT FOR
PSYCHOLOGICAL THERAPY

FUTURE DIRECTIONS

APPENDIX 6.1

APPENDIX 6.2

Chapter 7 TREATING EATING DISORDERS: SOME LEGAL AND ETHICAL ISSUES

INTRODUCTION

EATING DISORDERS: SOME FACTS

VOLUNTARY AND INVOLUNTARY TREATMENTS:
SOME REFLECTIONS

PROS AND CONS OF COERCIVE TREATMENT

ASSESSMENT AND TREATMENT FOR MENTAL
DISORDERS

ANOREXIA AND THE MHA

RIGHT TO CONSENT TO MEDICAL TREATMENT
UNDER THE MHA

RIGHT TO CONSENT TO MEDICAL TREATMENT
FOR OTHER DISORDERS
SOME PROBLEMS
THE INTERNATIONAL SCENE
MENTAL CAPACITY
PRESUMPTION OF COMPETENCE FOR ALL
CONCLUSIONS

Chapter 8 PERSPECTIVES ON LIVING WITH AN EATING DISORDER: LESSONS FOR CLINICIANS

INTRODUCTION
LIVING WITH AN ED – THE EXPERIENCES OF
THOSE WHO KNOW
ACTING AS A CARER FOR SOMEONE WITH AN ED
– INSIDERS’ PERSPECTIVES
AREAS FOR FURTHER RESEARCH
CONCLUSIONS

Section 2: PSYCHOLOGICAL PROCESSES IN EATING DISORDERS

Chapter 9 PSYCHOLOGICAL PROCESSES IN EATING DISORDERS

Chapter 10 TRAUMA AND EATING DISORDER

INTRODUCTION

THE CLINICAL EXPERIENCE
THE ASSOCIATION BETWEEN EATING DISORDERS
AND TRAUMA
PERSONALITY DEVELOPMENT AND EATING
DISORDERS
TREATMENT OF TRAUMA IN PEOPLE WITH EATING
DISORDERS
CONCLUSION

Chapter 11 SHAME AND PRIDE IN EATING DISORDERS

SHAME, PRIDE AND EATING DISORDERS

Chapter 12 EMOTIONS AND EATING DISORDERS

INTRODUCTION
EMOTIONS: THEORETICAL POINTERS
THEORETICAL MODELS OF EMOTION: THE SPAARS
MODEL
THE ROLE OF EMOTIONS IN EATING DISORDERS
CORE PSYCHOLOGICAL NEEDS AND EMOTION
(PRIMARY EMOTIONAL PROCESSING)
FEELING AND THINKING ABOUT FEELING: A
SECONDARY LEVEL PROCESSING OF EMOTIONS
SUMMARY
CONCLUSIONS

Chapter 13 NEUROPSYCHOLOGICAL INEFFICIENCIES IN ANOREXIA NERVOSA

TARGETED IN CLINICAL PRACTICE: THE DEVELOPMENT OF A MODULE OF COGNITIVE REMEDIATION THERAPY

INTRODUCTION

THE NEED FOR AETIOLOGICAL AND EVIDENCE- BASED TREATMENTS

TRANSLATING FINDINGS FROM NEUROPSYCHOLOGICAL STUDIES INTO TREATMENT: COGNITIVE REMEDIATION THERAPY (CRT) FOR ANOREXIA NERVOSA

QUANTITATIVE AND QUALITATIVE OUTCOMES AFTER CRT

IMPLICATIONS OF CRT FOR FUTURE DEVELOPMENT AND RESEARCH

Section 3: PSYCHOLOGICAL THERAPIES FOR EATING DISORDERS

Chapter 14 INTRODUCTION TO PSYCHOLOGICAL THERAPIES FOR EATING DISORDERS

Chapter 15 COGNITIVE BEHAVIOURAL MODELS IN EATING DISORDERS

INTRODUCTION

EARLY COGNITIVE BEHAVIOURAL MODELS FOR EATING DISORDERS

BULIMIA NERVOSA

DEVELOPMENTS IN CBT MODELS
THE TRANSDIAGNOSTIC MODEL
WHAT ARE THE LIMITATIONS OF EXISTING
COGNITIVE THEORIES OF EATING DISORDERS?
A REVISED COGNITIVE THEORY OF BULIMIA
NERVOSA
A REVISED MODEL OF ANOREXIA NERVOSA
EMPIRICAL EVIDENCE
SUMMARY AND CONCLUSIONS

Chapter 16 COGNITIVE BEHAVIOURAL THERAPY FOR THE EATING DISORDERS: GETTING OFF TO A FLYING START

INTRODUCTION
THERAPEUTIC STANCE
OVERVIEW OF THE FIRST SIX SESSIONS OF CBT
FOR THE EATING DISORDERS
WHAT ABOUT THE REST OF THERAPY?

Chapter 17 PSYCHODYNAMIC APPROACHES TO EATING DISORDERS

INTRODUCTION
ANOREXIA NERVOSA
WORKING WITH ANOREXIC CLIENTS
BULIMIA NERVOSA
BINGE EATING DISORDER
WORKING IN AN INPATIENT ENVIRONMENT
THE EVIDENCE
CONCLUSION

Chapter 18 FAMILY AND MULTIFAMILY THERAPY

EVIDENCE FOR THE EFFECTIVENESS OF FAMILY THERAPY FOR EATING DISORDERS

DEVELOPMENT OF FAMILY THERAPY FOR ADOLESCENT ANOREXIA NERVOSA

MAUDSLEY APPROACH TO FAMILY THERAPY FOR ADOLESCENT ANOREXIA NERVOSA

FAMILIES/ADOLESCENTS WHO NEED ADDITIONAL THERAPEUTIC INTERVENTIONS

MULTIFAMILY THERAPY (MFT) FOR CHILD AND ADOLESCENT ANOREXIA NERVOSA

CONCLUSION

Chapter 19 USING COGNITIVE ANALYTIC THERAPY TO UNDERSTAND AND TREAT PEOPLE WITH EATING DISORDERS

INTRODUCTION

THE CAT APPROACH: A SUMMARY

CAT PSYCHOTHERAPY

DEVELOPMENT OF A CAT MODEL OF ANOREXIA NERVOSA AND ITS EXTENSION TO RELATED CONDITIONS

A CAT MODEL OF EATING DISORDERS

COMPARISON WITH OTHER MODELS

CONDUCTING CAT THERAPY WITH EATING DISORDERS: THE PRINCIPLES AND PRACTICE

CONCLUSIONS

APPENDIX 19.1 MEGAN'S REFORMULATION
LETTER

APPENDIX 19.2

APPENDIX 19.3

Chapter 20 AN INTRODUCTION TO COMPASSION-FOCUSED THERAPY FOR EATING DISORDERS (CFT-E).

INTRODUCTION

CURRENT THERAPIES FOR EATING DISORDERS

TRANSDIAGNOSTIC APPROACHES TO EATING
DISORDERS

CFT, SHAME, SELF-CRITICISM AND SELF-
DIRECTED HOSTILITY IN EATING DISORDERS

SELF-COMPASSION IN EATING DISORDERS

THE CFT-E MODEL: BACKGROUND AND OVERVIEW

CORE ASSUMPTIONS OF CFT-E

TREATMENT COMPONENTS IN CFT-E

THE CFT-E TREATMENT PROGRAMME

THE IMPACT OF CFT-E?

Chapter 21 EMOTIONS AND EATING DISORDERS: TREATMENT IMPLICATIONS

OVERVIEW

MODEL 1: THE SPAARS-ED MODEL OF EATING
DISORDERS

CLINICAL IMPLICATIONS OF THE SPAARS-ED
MODEL

MODEL 2: THE APPLICATION OF DIALECTICAL
BEHAVIOUR THERAPY (DBT) TO THE TREATMENT
OF EATING DISORDERS

MODEL 3: THE APPLICATION OF EMOTION-
FOCUSED THERAPY (EFT) TO THE TREATMENT OF
EATING DISORDERS

CONCLUSIONS

Acknowledgements

Section 4: WORKING WITH SPECIAL POPULATIONS AND SERVICE- RELATED ISSUES

Chapter 22 WORKING WITH SPECIAL
POPULATIONS AND SERVICE-RELATED
ISSUES

Chapter 23 WORKING WITH ANOREXIA
NERVOSA ON AN EATING DISORDERS
INPATIENT UNIT: CONSIDERATION OF THE
ISSUES

INTRODUCTION

THE ROLE OF INPATIENT TREATMENT IN THE
CLIENT'S CARE PATHWAY

THE BIOPSYCHOSOCIAL MODEL AND ANOREXIA
NERVOSA – IMPLICATIONS FOR THE INPATIENT
TREATMENT OF ANOREXIA NERVOSA

SUMMARY

STAFF INTERPRETATIONS AND THE CHALLENGES
OF COPING
ORGANIZATIONAL ANXIETY
THE NEED FOR ANSWERS: THE CLINICAL TEAM'S
SEARCH FOR SAFETY AND CERTAINTY
CONSIDERATION OF THE SAFE-CERTAINTY
MODEL: ROLE OF CONFLICTING NARRATIVES
A ROLE FOR PSYCHOLOGICAL APPROACHES
OFFERING ONE-TO-ONE THERAPY TO INPATIENTS:
THE CHALLENGES
SUMMARY

Chapter 24 THE TREATMENT SETTING FOR EATING DISORDERS: DAY PATIENT TREATMENT

INTRODUCTION
DAY PATIENT TREATMENT FOR EATING
DISORDERS
CONTINUUM OF CARE TREATMENT MODEL FOR
EATING DISORDERS
SHORTCOMINGS OF THE DICHOTOMOUS MEDICAL
MODEL OF TREATMENT
A DESCRIPTION OF THE STRUCTURE OF
PUBLISHED DAY PATIENT PROGRAMMES
RESEARCH ON THE EFFECTIVENESS OF
PUBLISHED DAY PATIENT PROGRAMMES
THE PETER BEUMONT CENTRE FOR EATING
DISORDERS
STRUCTURE OF PBCED: COMPONENTS FOR
SETTING UP A DAY PROGRAMME

EVALUATION OF OUTCOME OF THE PBCED DAY
PATIENT PROGRAMME
QUESTIONS THAT REMAIN
CONCLUSION

Chapter 25 PERSONALITY DISORDER AND EATING DISORDER: THE MANAGEMENT OF EATING DISORDERS IN PEOPLE WITH CO- MORBID PERSONALITY DISORDER

INTRODUCTION
SECTION 1: THEORETICAL DISCUSSION
SECTION 2: CLINICAL ISSUES
GENERAL RECOMMENDATIONS
SUMMARY AND CONCLUSIONS

Chapter 26 WORKING WITH SEVERE AND ENDURING EATING DISORDERS: ENHANCING ENGAGEMENT AND MATCHING TREATMENT TO CLIENT READINESS

INTRODUCTION
A CASE FOR READINESS AND MOTIVATION IN THE
EATING DISORDERS
AN ALTERNATIVE MODEL OF CARE: QUALITY OF
LIFE VS. RECOVERY
FOUR THERAPEUTIC STYLES AND ASSOCIATED
PITFALLS
CAPITALIZING ON THE STRENGTHS OF THE FOUR
THERAPEUTIC STYLES

FINAL REFLECTIONS ON WORKING WITH ENDURING EATING DISORDERS

Chapter 27 EATING DISORDERS IN MALES

WHERE ARE THE MALES IN THE LITERATURE AND
SERVICE GUIDELINES?

WHAT CAN BE LEARNED FROM THE EXISTING
LITERATURE - LESSONS FROM A SYSTEMATIC
REVIEW

A CLOSER LOOK AT THE MALE EXPERIENCE OF
EATING DISORDER

RECOMMENDATIONS FOR WORKING WITH MEN

BEING MALE WITH AN EATING DISORDER

CHOICE AND MOTIVATION IN TREATMENT

SEXUALITY AND GENDER

THE ROLE OF PHYSICAL ACTIVITY

IMPORTANCE OF WEIGHT LOSS

INDICATIONS FOR FUTURE RESEARCH

Chapter 28 EATING DISORDERS IN CHILDHOOD AND ADOLESCENCE: ASSESSMENT AND TREATMENT ISSUES

INTRODUCTION

CLASSIFICATION AND DIAGNOSIS

EPIDEMIOLOGY

IDENTIFYING EATING DISORDERS

MANAGEMENT OF EATING DISORDERS IN

GENERIC OUTPATIENT SERVICES FOR CHILDREN
AND ADOLESCENTS

ASSESSMENT
FORMULATION
INTERVENTION
CONCLUSION

Chapter 29 EATING DISORDERS IN CHILDHOOD AND ADOLESCENCE: SERVICE-RELATED ISSUES

INTRODUCTION
NON-MENTAL HEALTH SERVICE INTERVENTIONS
MENTAL HEALTH SERVICE INTERVENTIONS ('LOW
INTENSITY')
MENTAL HEALTH SERVICE PROVISION ('HIGH
INTENSITY'/SPECIALIST SERVICES)
EVIDENCE FROM STUDIES COMPARING
DIFFERENT TREATMENT SETTINGS
SERVICE USER PERCEPTION OF SERVICES AND
SATISFACTION
TRANSITIONS AND SERVICE INTERFACES
CONCLUSION
EATING DISORDERS IN CHILDHOOD AND
ADOLESCENCE: A SUMMARY

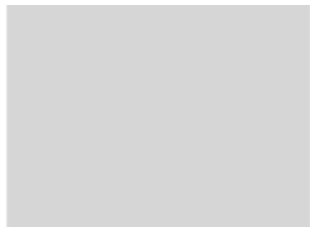
INDEX

Wiley Series in CLINICAL PSYCHOLOGY

**Adrian Wells (Series
Advisor)**

*School of Psychological Sciences, University of
Manchester, UK*

For other titles in this series please visit
www.wiley.com/go/cs



EATING AND ITS DISORDERS

Edited by

John R.E. Fox and Ken P. Goss



 **WILEY-BLACKWELL**

A John Wiley & Sons, Ltd., Publication

This edition first published 2012

© 2012 John Wiley & Sons, Ltd.

Wiley-Blackwell is an imprint of John Wiley & Sons, formed by the merger of Wiley's global Scientific, Technical and Medical business with Blackwell Publishing.

Registered Office

John Wiley & Sons Ltd, The Atrium, Southern Gate,
Chichester, West Sussex, PO19 8SQ, UK

Editorial Offices

350 Main Street, Malden, MA 02148-5020, USA

9600 Garsington Road, Oxford, OX4 2DQ, UK

The Atrium, Southern Gate, Chichester, West Sussex, PO19
8SQ, UK

For details of our global editorial offices, for customer services, and for information about how to apply for permission to reuse the copyright material in this book please see our website at www.wiley.com/wiley-blackwell.

The right of John R.E. Fox and Ken P. Goss to be identified as the authors of the editorial material in this work has been asserted in accordance with the UK Copyright, Designs and Patents Act 1988.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, except as permitted by the UK Copyright, Designs and Patents Act 1988, without the prior permission of the publisher.

Wiley also publishes its books in a variety of electronic formats. Some content that appears in print may not be available in electronic books.

Designations used by companies to distinguish their products are often claimed as trademarks. All brand names and product names used in this book are trade names, service marks, trademarks or registered trademarks of their respective owners. The publisher is not associated with any product or vendor mentioned in this book. This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold on the understanding that the publisher is not engaged in rendering professional services. If professional advice or other expert assistance is required, the services of a competent professional should be sought.

Library of Congress Cataloging-in-Publication Data

Eating and its disorders / edited by John R.E. Fox and Ken P. Goss.

p. ; cm. – (Wiley series in clinical psychology)

Includes bibliographical references and index.

ISBN 978-0-470-68354-5 (cloth) – ISBN 978-0-470-68353-8 (paper)

I. Fox, John R. E. II. Goss, Ken. III. Series: Wiley series in clinical psychology.

[DNLM: 1. Eating Disorders–psychology. 2. Eating Disorders–therapy. 3. Needs Assessment. 4. Psychotherapy–methods. WM 175]

616.85'26–dc23

2012017998

A catalogue record for this book is available from the British Library.

Cover image Rope knot © BZH22 / Shutterstock

Cover design by Design Deluxe

ABOUT THE EDITORS

John Fox works as a lecturer in clinical psychology in the Division of Clinical Psychology at the University of Manchester where he is involved in training the next generation of clinical psychologists, and as a Consultant Clinical Psychologist at the Eating Disorders Clinic at Cheadle Royal Hospital. He has published extensively on eating disorders, with a particular research interest in emotional factors and eating disorders.

Ken Goss is a Consultant Clinical Psychologist and Head of Coventry Eating Disorders Service in the United Kingdom. Dr Goss has more than 20 years' experience working with people with eating difficulties. He has supervised and trained numerous trainee clinical psychologists in the field of eating disorders.

ABOUT THE CONTRIBUTORS

Steven Allan is a Clinical Lecturer at the University of Leicester based with the Leicester Clinical Psychology Training Course. He is a Chartered Clinical Psychologist with a particular interest in adult mental health including eating disorders. Dr Allan's research has focused on models of social status, attachment, shame and other aspects of cognition and emotion as they impact on clinical problems.

Hannah Andrews is a Clinical Nurse Specialist at the Coventry Eating Disorder Service (CEDS). She qualified as a registered mental health nurse in 2001 and since then has worked within many challenging settings including acute inpatient, psychiatric intensive care and community settings. She has always had an interest in eating disorders, which has grown throughout her career and has led her to working solely within this specialty. Within her current role, Hannah is also very interested in psychiatric risk research, neuroleptic medication and compassion-focused therapy.

Myra Cooper is Senior Research Tutor on the Oxford Clinical Psychology Training Course and Senior Research Fellow, Harris Manchester College, University of Oxford. She received an MA from the University of Edinburgh and a DPhil from the University of Oxford. Her clinical training was completed at the University of Edinburgh where she received an MPhil in Clinical Psychology. Dr Cooper's research focuses on cognition and emotion in clinical and subclinical eating disorders. She is interested in the cognitions and cognitive and emotional processes involved in the development and maintenance of eating disorders, and in refining cognitive and metacognitive models. Her

current research has focused particularly on negative self- or core beliefs related to eating disorders. Recently, she has also been working on the integration of psychological and neurobiological factors in relation to vulnerability and the maintenance of eating distress and eating disorders. This has involved a series of psychopharmacological and neuroscience studies, in collaboration with colleagues in Oxford.

Bhavisha Dave completed her clinical psychology doctoral training at the Universities of Coventry and Warwick. Dr Dave's interest in eating disorders was enhanced by her placement at Coventry Eating Disorders Service as well as her research titled 'Eating disorders in South Asian and Caucasian women: A comparative analysis of underlying reasons, needs and service implications'. Following completion of her doctoral training she worked in primary care in Nottinghamshire and then returned to work at the Coventry Eating Disorders Service until moving to a CMHT in Hertfordshire where she is currently working as a Clinical Psychologist.

Helen Davies is a researcher working at the Institute of Psychiatry, King's College London where she has worked for the past seven years in the Eating Disorders Unit. Helen has been involved in translational research, contributing to the development of a cognitive remediation programme for people with anorexia nervosa. More recently her research has focused on emotion processing and she has completed a PhD on emotion expression in eating disorders.

Zach de Beer trained as a clinical psychologist in South Africa during the mid-1990s before moving to the United Kingdom. He initially worked in community adult mental health before specializing in eating disorders. Zach is

currently Consultant Clinical Psychologist at the North Essex Partnership Foundation Trust where he is the clinical lead and service manager of the Eating Disorders Service and a visiting fellow to the University of Essex where he is closely involved with the training of clinical psychologists. He is a former chair of the British Psychological Society's Faculty for Eating Disorders and remains an active member. He has clinical and research interests in eating disorders in males.

Ivan Eisler is Professor of Family Psychology/Family Therapy and Head of Section of Family Therapy at the Institute of Psychiatry, King's College London. He is also the joint head of the Child and Adolescent Eating Disorders Service at the South London and Maudsley NHS Foundation Trust. He trained as a clinical psychologist in Prague and since 1982, when he moved to London, he has been part of a clinical research team investigating psychotherapies for anorexia and bulimia nervosa and has published extensively on this subject. He has also contributed to research on treatments in depression, substance abuse, adolescent self-harm and chronic pain. He has chaired training courses in family therapy both at the Institute of Psychiatry and the Institute of Family Therapy in London. He is a past chair of the Institute of Family Therapy and is past Editor of the *Journal of Family Therapy*. He is a member of the Academy for the Social Sciences.

Jane Evans is a Clinical Psychologist working at the Vincent Square Eating Disorders Service, Central and North West London NHS Foundation Trust. Her clinical training was completed in 2006 at University College London. Since qualifying she has specialized in providing cognitive behavioural therapy to individuals with eating disorders.

Anita Federici is a Clinical Psychologist in the Eating Disorders Program at Credit Valley Hospital in Ontario Canada. Her main research interests focus on developing and evaluating innovative treatments for multidagnostic patients with chronic eating disorder symptoms (e.g. those with co-morbid BPD, recurrent suicidal/self-injurious behaviours). Specifically, her research focuses on (i) investigating the effectiveness of integrated DBT-CBT models for adults and adolescents with complex eating disorder presentations, (ii) evaluating DBT mechanisms of change, and (iii) studying the role of motivation and commitment strategies related to treatment outcome.

Lisa Galsworthy-Francis is a trainee Clinical Psychologist at the University of Leicester (2009-2012 cohort). She obtained her BSc (Hons) in Psychology at the University of Birmingham in 2004 and a Postgraduate Certificate in Clinical Applications of Psychology in 2009. She has worked in various mental health posts and has a particular interest in eating disorders, which began during her undergraduate research on restrained eating. She is currently on placement at the Coventry Eating Disorders Service.

Josie Geller is an Associate Professor in the Department of Psychiatry at the University of British Columbia, Director of Research in the Eating Disorders Program at St Paul's Hospital, and practising psychologist in Vancouver, British Columbia. Her clinical and research interests focus on applications of readiness and motivation models to the assessment and treatment of eating disorders, and she has expanded her work to other populations, including individuals living with HIV. She is supported by numerous grants including the Canadian Institute for Health Research and the Social Sciences and Humanities Research Council of Canada, has published extensively and is an internationally

renowned speaker.

Simona Giordano is Reader of Bioethics at the Centre for Social Ethics and Policy and Institute for Science Ethics and Innovation, School of Law, the University of Manchester. She is the author of *Understanding Eating Disorders, Conceptual and Ethical Issues in the Treatment of Anorexia and Bulimia Nervosa* (Oxford University Press, 2005), and of *Exercise and Eating Disorders: An Ethical and Legal Analysis* (Routledge, 2010). She has published extensively on eating disorders and psychiatric ethics more generally, as well as on other bioethical and biomedical ethics issues.

Ty Glover is the lead Consultant Psychiatrist at the Eating Disorders Unit, Cheadle Royal Hospital. This is a 30-bed unit and Dr Glover has extensive years of experience of working with and treating people with eating disorders. He is often called to lead debates on eating disorders on regional and national radio and TV programmes.

Christopher Holman is a Consultant Psychiatrist and Group Analyst, and Medical Director of The Retreat at York. His clinical work has mainly been with Eating Disorders and Personality Disorders. He has been instrumental in the development of the services for Eating Disorders and Trauma at The Retreat, and is particularly interested in the integration of an attachment model of personality development with a trauma model of psychiatric disorder.

Catherine Kitson is a Chartered Clinical Psychologist working at Liverpool and Sefton Eating Disorder Service (Mersey Care NHS Trust). She did her undergraduate degree at the University of Newcastle upon Tyne, before working for three years in a number of assistant psychologist and research assistant posts as well as a nursing assistant post

at Huntercombe Manor Adolescent Eating Disorders Unit. Dr Kitson completed her Clinical Psychology Doctorate at the University of Manchester. Since qualification in 2004 she has worked almost exclusively in adult eating disorders services; an outpatient eating disorder service at Mersey Care NHS Trust and an inpatient eating disorder unit at Cheadle Royal Hospital.

Kate Leonard is a Principal Clinical Psychologist at the Specialist Psychological Therapies Service, Hazelmere Unit, Leigh Infirmary, Leigh, Greater Manchester. Kate qualified from the University of Manchester Clinical Psychology training programme in 2007 after completing a specialist placement and research in eating disorders. Since that time, she has worked for the 5 Boroughs Partnership NHS Foundation Trust. She now works with adults with learning disabilities who also have a mental health diagnosis. In the past, she has also worked within low secure inpatient units providing one-to-one therapeutic intervention, as well as working indirectly through staff teams.

Carolina Lopez is an Assistant Professor in the Department of Pediatrics and Surgery in the Faculty of Medicine at the University of Chile. She is also a Clinical Psychologist Specialist in adolescent eating disorders. She has developed her clinical and academic work in the Centre for Adolescent Health 'SERJOVEN' and Clínica Las Condes in Santiago, Chile. She finished her PhD in 2008 in the Eating Disorders Research Unit at the Institute of Psychiatry, King's College London, working under the supervision of Professor Janet Treasure and Dr Kate Tchanturia. Her main interests in research have been neuropsychological functioning in eating disorders and its clinical implications.

Rebecca Morris (née Roberts) is a first class honours graduate in Occupational Therapy from the University of Coventry. Since qualifying in 2001, Rebecca has worked primarily in adult psychiatry with experience of inpatient and community-based services both in the public and private sector. Rebecca's interest in eating disorders began during her student training and has continued throughout her career.

Adrian Newell trained as a Clinical Psychologist at the University of Newcastle on Tyne later obtaining a doctorate at Birmingham University. He has also trained as a CAT Psychotherapist (ACAT – Association for Cognitive Analytic Therapy). In the past he has managed clinical psychology services and as a clinician worked with patients experiencing a wide range of psychological difficulties including depression, anxiety and longstanding interpersonal problems including self-harm. For 10 years he was employed as Consultant Clinical Psychologist at the Eating Disorders Service at St George's Hospital in Stafford. In this post he specialized in providing CAT psychotherapy to patients with anorexia nervosa and bulimia nervosa. Recently he left the NHS and currently works independently as a CAT Psychotherapist and Clinical Psychologist in Leamington Spa. He also teaches CAT to clinical psychologists and to trainees on CAT practitioner training courses organized by ACAT.

Mick J. Power is a Professor of Clinical Psychology at the University of Edinburgh. Over his career he has developed models of cognition and emotion and considered their relation to emotional disorders. Following the development of the SPAARS model with Tim Dalgleish (Power and Dalgleish, 1997, 2008), Mick is currently developing measures of emotion states in normal and clinical groups

and examining controlled and automatic processes in emotion. He has also worked for many years with the World Health Organization to develop their measure of quality of life, the WHOQOL.

Debra Quine is a Chartered Clinical Psychologist based at the Eating Disorders Service for St Helens and Knowsley, 5 Boroughs Partnership NHS Foundation Trust. She specializes in working with children, adolescents and adults with eating disorders and provides a service within both CAMHS and adult services.

Magdalene Sampson is a Clinical Psychologist working in the Greater Manchester West Eating Disorder Service. She has worked in this service since completing her Doctorate of Clinical Psychology in 2001. She obtained a diploma in cognitive therapy in 2004 and specializes in applying cognitive therapy for eating disorders.

Mark J. Sampson is a Consultant Clinical Psychologist and lead clinician in personality disorder for 5 Boroughs Partnership Foundation Trust Personality Disorder Hub Service. He has edited a book on personality and community mental health teams. He has also worked for NICE as a guideline development group member on the NICE guideline for borderline personality disorder.

Sonu Sharma is a Consultant Psychiatrist and trained at the Royal Free Hospital and the Tavistock Clinic London, specializing in the treatment of eating disorders. Dr Sharma is the North West Representative for the Royal College of Psychiatrists in both Eating Disorders and Public Education, and teaches the Eating Disorders part of the curriculum at the University of Manchester for post-graduate students.