Upcoming events

Melbourne Workshop

Ms Kylie McKenzie will present a workshop at the Treacy Centre in Melbourne on Saturday 5 May titled Introduction to Motivational Interviewing (MI) – An introductory workshop for clinicians working with clients with weight, eating and body image issues.

Kylie McKenzie is a clinical psychologist with more than 10 years experience working in health care, who has a particular interest working with clients with eating, weight and body image issues. Kylie is a member of the APS College of Clinical Psychologists and works both in private practice and as a Senior Psychologist at Ballarat Health Services. She is also a member of the international Motivational Interviewing Network of Trainers (MINT) and has a particular interest in the clinical application of motivational interviewing in health care.

Workshop outline

Motivational interviewing (MI) is "...a client-centred directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence." (Miller & Rollnick, 2002, p.25).

Workshop participants will be introduced to:
- the spirit and principles of MI
- the fundamental skills of MI
- strategies for working with ambivalence and resistance
- information and resources to facilitate and support further skill development in MI beyond the initial workshop

This is an interactive workshop for psychologists and other allied health professionals working with clients who experience difficulties with weight, eating and body image.

When: Sat 5 May, 9am-5pm (8.45am reg)
Where: The Treacy Conference Centre, 126 The Avenue, Parkville, Vic
Cost: PEWBIG members: $215; APS Member (Non-PEWBIG): $245; Non-member; $270; Student PEWBIG member: $170; Student APS member (Non-PEWBIG): $185; Student Non-member: $200

To register: [link]

Vic Pub Discussion Summaries

Helen Bauzon and Dr Rick Kausman have both presented at pub discussions held at Coopers Inn in Melbourne. Read on for summaries of these events, written by Natasha Hepworth and Sarah Mitchell.

SA Pub Discussion Summary

The SA committee held their inaugural pub discussion at the Wright Street Hotel in Adelaide on the 14th February. Thanks to Amanda Taylor for providing a summary of the event.
**Vic Pub Discussion Summaries**

**Helen Bauzon**
by Dr Natasha Hepworth and Ms Sarah Mitchell

Helen Bauzon kicked off the first pub discussion of the year giving an engaging and informative presentation about the complexities patients face when having lap banding procedures. Using visual aids and prompts, Helen outlined the common issues patients experience when having a lap band including the myth that liquids will “fill me up” more so than solid foods and explaining the mechanics of a lap band. Helen also discussed portion sizes to be eaten that will allow patients to have the most success at achieving and maintaining weight loss. Helen also provided tips about managing emotional eating and delaying urges to eat when the individual may be eating for reasons other than hunger. Many interesting questions were asked to provoke lively conversation about this controversial topic. See below for a summary of the feedback received from attendees.

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**Dr Rick Kausman**
by Dr Natasha Hepworth

A variety of health professionals attended this interactive pub discussion that provided a snapshot into Rick’s successful and popular “If not dieting” approach to weight management. Rick outlined the seven steps to attaining healthy weight for an individual including managing non-hungry eating, abandoning rules and labels around food and mindful eating. Participants completed a mindful eating exercise that enabled them to personally experience the considerable difference slow and mindful eating can make to not only managing eating but also enjoying the experience of food more. Rick’s non-judgemental and thoughtful approach was well received by all who attended. For those unable to attend, read on for details of Dr Rick’s 2 day workshop.

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**If not dieting® Health Professional 2-day Training Program**

The If not dieting® health professional 2-day training program is full of practical information and is delivered through a variety of innovative formats. The program is designed to give participants an understanding of how patients feel about this health issue, and provide the best possible information on how to assist patients to make achievable and sustainable changes. There will be plenty of time for discussion, patient quotes, and patient stories. Handouts of key materials and a training manual containing important references and copies of some journal articles will be given to participants.

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**Melbourne workshop details:**

**Presenters:** Dr Rick Kausman and Louise Adams (psychologist)

**When:** Thursday 13 and Friday 14 Sep

**Where:** The Treacy Conference Centre

**To register online or for more information:** [www.ifnotdieting.com](http://www.ifnotdieting.com)
SAVE THE DATE!

SA upcoming event
For those SA members interested in attending the next SA event, please save the date for Wed 2 May. This will involve a panel discussion around providing Psychological and nutrition services in the area of bariatric surgery, followed by general discussion. Venue and panel members to be confirmed. If you are interested in attending please send your email address to: aamandataylorr@gmail.com in order to receive further details once confirmed.

SA Inaugural Pub Discussion
by Ms Amanda Taylor

The first event for the SA local group of PEWBIG was held on Wednesday 14 February at the Wright St Hotel. This was held as an informal event, to provide participants to network and contribute to the direction for future PEWBIG SA events in 2012.

Attendees came from a range of backgrounds, including Masters/PhD students in the areas of Psychology and Nutrition/Dietetics, along with Health Psychologists, Clinical Psychologists, and researchers in the areas of eating behaviours, body image, food cognition, and dieting. We were lucky enough to have Professors Janet Polivy and Peter Herman from the University of Toronto, Canada, who have contributed important research to the field of eating restraint, also in attendance. Professors Polivy and Herman had been in Adelaide visiting with Professor Marika Tiggesmann and Dr Eva Kemps of Flinders University, who were also in attendance at the PEWBIG discussion group.

The night involved lots of lively discussion about a range of areas of research and clinical work, and useful feedback in relation to the event was received by participants. Many participants suggested that future events involve speakers on a topic of expertise (with a number of participants volunteering as speakers), followed by a group discussion. Interest was also expressed in attending workshops, and the opportunity for peer supervision for clinicians. This first event has shown that there is strong interest for the opportunity for researchers and clinicians in South Australia to meet, share knowledge and learn more about issues related to eating, weight and body image.

VIC pub discussion
Dr Nola Rushford will present the next pub discussion at Coopers Inn in Melbourne on Tues 8 May, titled ‘Healthy women and psychological patterns related to eating disorders’. Nola has taught in the medical and post-graduate psychology courses at the University of Melbourne and worked in the Eating Disorders Unit at the Royal Melbourne Hospital. She supervises psychologists and students on clinical placement and for research. Nola has worked with many individuals with health problems and/or psychological disorders.

Abstract: While there are strong interactions between factors of interest to anorexia nervosa, such as diagnostic criteria, anorexia-related measures such as the drive to be thinner and weight and shape concerns, mood, personality and metacognition, what happens for women free of eating disorders? Even though the above measures should be within the normal range do they still show similar interconnections? And what, then, might it mean? This and more will be discussed.

STATE ORGANISING COMMITTEES

Interested in organising PEWBig events in your local area? Contact PEWBig convenor Dr Leah Brennan for more information: pewbig@gmail.com
News from our members

What is Fed Up?
by Dr Naomi Crafti

Fed Up? is an activist, education and health promotion agency established by Dr Naomi Crafti, a Counselling Psychologist and member of PEWBIG.

Fed Up? takes a feminist and positive psychology approach to describing, critically analyzing and preventing eating and body image difficulties in the general community.

Fed Up? Provides education workshops, seminars and presentations for health professionals (GPs, nurses, psychologists, social workers, pharmacists, dentists, counselors, etc.), educators and youth workers, fitness professionals, parents and community members.

Fed Up? Develops and provides information sessions in a number of areas including:

- Understanding and Managing Eating Disorders
- Promoting Positive Body Image and Mindful Eating
- Health at Every Size: An alternative to yo-yo dieting
- Running Group Therapy programs for Disordered Eating
- Feminist approaches to Disordered Eating
- How to be a Body Image Activist

Fed Up? runs small group programs for people who want to learn to enjoy food without guilt, enjoy their body, regardless of shape and size and focus on being healthy, not being skinny.

Fed Up? conducts research that evaluates the ‘lived experience’ of people dealing with appearance based discrimination.

Fed Up? engages in Body Image activism and runs campaigns to demonstrate the role of social and political structures in the development and maintenance of eating disorders and disordered eating.

The first event for Fed Up? in 2012 will be a film screening and discussion of the film “Killing Us Softly (4)”; a film critiquing advertising’s image of women.

The event will be held on Monday May 7th, in celebration of International No Diet Day, 6.30pm at a CBD venue to be determined. Please contact Naomi (email below) for more information about this event or for more information about joining the revolution against weight-based discrimination.

FOR MORE INFORMATION
Dr Naomi Crafti
Coordinator FED UP?
naomicrafti@fedup.net.au

Evidence based psychological approaches in the treatment of adult obesity
(APS Health College Workshop)

presenter Dr Leah Brennan

Dr Leah Brennan is a clinical and health psychologist and a Senior Research Fellow at the Centre for Obesity Research and Education at Monash University. Her research explores the application of psychological approaches to understand, prevent and treat obesity, eating disorders and their psychosocial comorbidities in children, adolescents and adults. She is particularly interested in the development, evaluation and dissemination of evidence-based interventions. Leah has worked in a range of clinical settings including community based family intervention services, an outpatient clinic for the treatment of morbid obesity, and an inpatient service for the treatment of eating disorders. She currently has a small private practice specialising in the treatment of eating and weight disorders and their psychosocial comorbidities.

Workshop Description: The role of evidence based psychological approaches in the treatment of adult obesity will be the focus of this workshop. Relevant background information including the prevalence, causes and consequences of obesity will be reviewed. Participants will also be introduced to lifestyle, medical and surgical approaches to weight management and data relating to their efficacy. The role of psychological weight loss interventions in enhancing the outcomes of lifestyle, medical and surgical approaches will be reviewed. Behavioural and cognitive behavioural weight loss interventions will be outlined in detail and key intervention strategies will be reviewed in detail. This component of the workshop will be very interactive with opportunities for demonstration, practice, feedback and discussion.

EVENT DETAILS

Dates: Melbourne – Saturday 16 June; Sydney – Friday 3 Aug (10am – 5pm)
Venue: The University of Melbourne (Hawthorn campus)
Cost: TBC; PEWBig members will be eligible for APS member fees
Doctoral Research Summary

Adrian Schembri

Research Project Title: Eating Disorders and Obsessive-Compulsive Disorder: An Examination of Overlapping Symptoms, Obsessive Beliefs, and Associated Cognitive Dimensions

Researcher: Doctor Adrian Schembri

Supervisors: Associate Professor David Smith, Professor Susan Paxton, and Doctor Trish Altieri

Research Summary

Background and Aims
The aim of the current research was to extend current literature and examine the overlapping and distinguishable features of eating disorders and OCD, placing particular emphasis on cognitions. Obsessive beliefs identified by the Obsessive Compulsive Cognitions Working Group (OCCWG) were compared across diagnostic groups (e.g., eating disorders, OCD, depression) and a community control group. In addressing whether obsessive beliefs among women with eating disorders are specific to the domains of eating, shape, and weight, a new measure was developed. This measure was based on self-report assessments developed by the OCCWG, however in the newly developed measure, items were tailored specifically to the domains of eating, body shape, and weight.

Participants
A sample of 1207 Australian women, aged between 18 and 69 years, was recruited to participate. Participants incorporated both a community and clinical sample, with the clinical sample consisting of 100 women with an eating disorder, 21 with OCD, and 49 with depression. Each participant completed a questionnaire package containing a series of self-report measures of eating disorder and OCD symptomatology, obsessive beliefs, self-esteem, body checking behaviours and cognitions, and general symptoms of depression and anxiety.

Summary of Findings
Findings of this research were presented across four studies:

- Results of the first study indicated that higher scores on the EDE-Q were associated with elevated obsessive-compulsive symptoms, particularly on the checking, ordering, obsession, hoarding and mental neutralisation symptom domains of OCD. Findings also revealed that the higher the frequency of disordered eating behaviour, the greater the likelihood of obtaining scores of OCD in the clinical range.
- Study 2 revealed moderate to strong associations between eating disorder symptoms and general obsessive beliefs. Consistent with previous research, scores on a general measure obsessive beliefs were consistent across clinical groups. Analysis of covariance revealed that a greater proportion of variance in obsessive beliefs was accounted for by obsessive-compulsive symptoms for those women with OCD when compared with their counterparts with an eating disorder or depression.
- The aim of Study 3 was to introduce a new measure of obsessive beliefs. The Obsessive Beliefs Questionnaire – Eating Disorder Version (OBQ-EDV) was designed to provide a measure of obsessive beliefs that was specific to the domains of eating, shape, and weight, given the breadth of research documenting that concerns over shape and weight constitute the core symptomatology underlying eating disorders. The factor structure of the OBQ-EDV was found to be largely consistent with that of the original OBQ-44. Item analysis and internal consistency coefficients yielded encouraging results, whilst preliminary investigation of the face, content, criterion-related, and construct validity of the OBQ-EDV was also promising.
- Results of Study 4 indicated that women with an eating disorder obtained higher scores on the OBQ-EDV total score than the OCD, depression, and community control groups. Eating, shape, and weight specific obsessive beliefs were found to mediate the relationship between general obsessive beliefs (as measured by the OBQ-44) and eating disorder symptoms.

Conclusions
This research reported on the incidence and severity of obsessive beliefs among women with eating disorders. Whilst initial investigation of domain specific obsessive beliefs has yielded some promising findings, further research is necessary. Greater acknowledgment of the overlapping features of eating disorders and OCD, whilst remaining cognisant of the distinguishable factors, is likely to be constructive for mental health clinicians working with individuals with eating disorders, with the long-term goal being to improve treatment outcomes for this clinical population.
Research update

Thanks to Beth Miller, Irina Moroshko, Katrina Parker, Kylie Murphy, Kymberlie Preiss, Lisa Hochberg, Sarah Mitchell


NEWSLETTER CONTRIBUTIONS

HIGHLIGHTING MEMBER’S RESEARCH

Please let us know about your research and we can include a summary in future editions of the newsletter.

BOOK REVIEWS

Read a good psychology of eating, weight and body image book lately? Please email a 500 word summary for inclusion in the newsletter.

UPCOMING PD

Please let us know of any upcoming psychology of eating, weight and body image professional development opportunities.

SEEKING RESEARCH PARTICIPANTS

If you have any psychology of eating, weight and body image related research you would like to promote, please email the details.

POSITIONS VACANT

If you: (1) have a psychology of eating, weight and body image position you would like to promote, or (2) are looking for a psychology of eating, weight and body image position, please email the details.

PRACTICUUM PLACEMENT OPPORTUNITIES

If you: (1) have a psychology of eating, weight and body image student practicum placement opportunities you would like to promote, or (2) are a student looking for a psychology of eating, weight and body image student practicum placement opportunity, please email the details.

ITEMS FOR NEXT NEWSLETTER

We aim to distribute this as a bi-monthly newsletter. Please email through anything for inclusion in the next edition of the newsletter by the 31 of May, 2012 to pewbig@gmail.com