



Eating Disorders in Special Populations

Medical, Nutritional, and Psychological Treatments

Edited by

Jonna Fries, Psy.D.

Veronica Sullivan, Ph.D.



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Eating Disorders in Special Populations

Dedication

To our husbands, children, grandchildren, parents, friends, mentors, students, and colleagues, we thank you for your love and support and the delight you bring to our lives.

We dedicate this book to those who battle eating disorders every day and to the providers who support them in the fight. We stand beside you.

Jonna and Veronica

Editors

Dr. Jonna Fries is a psychologist and director of Counseling and Psychological Services at California State University, Los Angeles. She is an adjunct faculty at the Chicago School of Professional Psychology, a certified integrative body psychotherapist, a certified IBP instructor, an EMDR-approved consultant, and chair of the International Association of Eating Disorder Professionals (IAEDP) consultation group. She maintains a private practice in Los Angeles where she focuses on trauma and eating disorders. Dr. Fries is a recipient of the Cal State Los Angeles Distinguished Women Award and the IAEDP Member of the Year Award. Her doctoral project was the development of a multicultural group therapy treatment for those at the intersection of binge-eating disorder, obesity, and body image distress. Her doctoral concentration was on diversity, which she continues to teach at the graduate level.

Dr. Veronica Sullivan is a licensed psychologist and group therapist at Kaiser Permanente in Portland, Oregon. Prior to this, she was a tenure-track professor and staff psychologist at California State University, Northridge, where she served as a faculty advisor and group therapy coordinator for the Joint Advocates on Disordered Eating (JADE) peer education program. Dr. Sullivan has presented at national conferences on multiple topics and was a participant at the 2014 National Eating Disorders Association (NEDA) conference. She earned her PhD from the State University of New York at Albany, where her dissertation research examined the intersections of emotional eating, coping, and obesity. Her clinical specialties in private practice include body image and eating disorders, with a focus on the treatment of binge-eating disorder.

Contributors

Anna M. Bardone-Cone, PhD, is an associate professor in the Department of Psychology and Neuroscience at the University of North Carolina at Chapel Hill (UNC), Chapel Hill, North Carolina. She attended Williams College for her BA in mathematics and French and the University of Wisconsin-Madison for her doctoral degree in clinical psychology. Her research in the realm of eating disorders and body image focuses on race and ethnicity, with a particular interest in African American and Latina experiences; sociocultural factors, such as peers, family, and social media; perfectionism in relation to bulimic symptoms and its interactions with constructs such as self-efficacy and social comparison; and defining recovery and remission from eating disorders. At UNC, she teaches undergraduate courses on eating disorders and psychopathology as well as a graduate course on multiculturalism and clinical psychology.

Maggie Baumann, LMFT, CEDS, is a certified eating disorders specialist and trauma therapist who dedicates part of her Newport Beach, California, private practice to treating pregnant women and moms with eating disorders. Maggie has been a featured guest on nationwide talk shows, HuffPost Live, CNN.com, and TV segments profiling eating disorders in pregnant women and moms. Maggie is also a guest eating disorder video expert for KidsinTheHouse.com, a resource promoting over 9000 parenting videos. In 2014, Maggie cofounded, with Timberline Knolls Treatment Center, the first online support group for pregnant women and moms with eating disorders called “Lift the Shame.”

Kate Bennett, PsyD, is a clinical sport psychologist and the director of Athlete Insight, PC. She combines her experiences as an athlete, coach, and athletic trainer with her psychological expertise to meet the clinical and performance needs of athletes. As a coach, Dr. Bennett coached several national champions as well as earned two national championships herself. During her graduate and postdoctoral training, Dr. Bennett specialized in the treatment of eating disorders. She presented at both the American Psychological Association and Association for Applied Sport Psychology Annual Conferences on the treatment of athletes struggling with eating disorders.

Vicki Berkus, MD, PhD, CEDS, is currently the medical director for the first Joint Commission on the Accreditation of Healthcare Organizations (JCAHO) certified telemedicine intensive outpatient program (IOP) for eating disorders called Bright Heart Health. She is also a fellow for Remuda Ranch at the Meadows. She has been in the eating disorders field for over 20 years and has authored numerous articles as well as a book, titled *10 Commitments to Mental Fitness*. Dr. Berkus is the past president of the International Association of Eating Disorder Professionals (IAEDP) and currently a member of the IAEDP senior advisory board. She had been a featured presenter for multiple eating disorder organizations including the

IAEDP, Academy of Eating Disorders (AED), and NEDA. Dr. Berkus has been the medical director of the eating disorders programs at several treatment centers and has had a private outpatient practice. She is now a speaker for the US Journal Training seminars and continues to see patients with eating disorders.

Carolyn Costin, MA, MEd, LMFT, CEDS, is a renowned clinician, author, and speaker acclaimed for her expertise, passion, and accomplishments in eating disorders. Recovered herself, Carolyn recognized her calling while treating her first eating disorder client in 1979. She founded several inpatient programs until opening Monte Nido, the first home-like residential facility. Carolyn pioneered the notion that sufferers could be fully “recovered” and openly hired recovered staff. Monte Nido’s outcome study (Brewerton and Costin) and Carolyn’s five books helped Monte Nido grow into 14 facilities prior to her departure. Carolyn maintains a private practice and shares her insight and wisdom with the public and professionals, lecturing, teaching, and supervising.

Mandy Golman, PhD, MS, MCHES, is an assistant professor in the Health Studies Department at Texas Woman’s University (TWU), Denton, Texas, and is a multifaceted educator, researcher, trainer, and consultant whose work spans the health spectrum to include women’s wellness, eating disorder prevention, teen pregnancy, parenting, adolescent sexuality, nutrition, and the importance of positive body image. In addition, her expertise includes needs assessment, program planning, and evaluation. She routinely consults and conducts workshops for major school districts, private schools, and health-care providers. Dr. Golman is the principal investigator (PI) and evaluator on several grants, including a \$4.9 million grant from the Office of Adolescent Health.

M. K. Higgins Neyland, PhD, graduated with honors from the University of Virginia with a BA in psychology. She received her PhD in clinical psychology with a quantitative psychology minor from the University of North Carolina at Chapel Hill (UNC). Katy’s dissertation centered on Latina women and their experience of treatment and recovery from an eating disorder; she was supported in this work by a National Institute of Mental Health Diversity Supplement. She is currently completing a clinical postdoctoral fellowship in Arlington, Virginia, where she uses evidence-based practices to treat teenagers and adults with eating disorders. She is also working as a research postdoctoral fellow at UNC where she has published articles on racial/ethnic minorities’ eating disorder treatment, and recovery experiences, as well as mechanisms of binge eating.

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and wellness and loves helping others reach their personal health goals. She currently teaches at TWU, has a consulting business, and is opening a private practice as an RDN/wellness coach. Susan lives in Denton with her husband, two dogs, and a cat. They have three adult children who live in Austin, Texas and Toronto, Canada. When not studying, she loves to travel, exercise, and work in her organic garden.

Sondra Kronberg, MS, RD, CDN, CEDRD, is a nutrition therapist with 30 years of experience and a recognized leader in the field of eating disorders. She is the founder and the executive director of the Eating Disorder Treatment Collaborative, FEED, IOP, CONNECT, and CONCIERGE programs. Sondra specializes in treatment and training of the collaborative approach to eating disorders. She is the founding member and past Board Trustee of the National Eating Disorders Association (NEDA). She is the author of *Comprehensive Learning/Teaching Handout Series Manual for Eating Disorders* and is a contributing author to *Eating Disorders: Clinical Guide to Counseling and Treatment*. Sondra received the IAEDP's 2010 Certified Eating Disorder Specialists Award, the NEDA 2004 Excellence in Treatment Award, and the 2002 SCAN Excellence in Practice Award. She is currently a national speaker, treatment consultant, and media spokesperson. Sondra's greatest passion is helping people learn to nourish their minds and bodies in order to reclaim their lives and thrive.

Stacy L. Lin, MA, is a doctoral candidate in clinical psychology in the Department of Psychology and Neuroscience at the University of North Carolina (UNC) at Chapel Hill. She attended the University of Southern California where she earned her BA in health and humanity. Her research focuses on individual- and cultural-level psychosocial factors that affect eating disorder risk and body image, with emphases on perfectionism and culturally related risk and protective factors in racial/ethnic minorities. She has a strong interest in issues of diversity in clinical psychology training, practice, and research, and is active in the UNC clinical psychology department Diversity Training Committee.

Dr. Margo Maine is a founder and adviser of the NEDA and Founding Fellow of the Academy for Eating Disorders. She has authored the following books: *Pursuing Perfection: Eating Disorders, Body Myths, and Women at Midlife and Beyond*; *Treatment of Eating Disorders: Bridging the Research-Practice Gap*; *Effective Clinical Practice in the Treatment of Eating Disorders*; *The Body Myth*; *Father Hunger*; and *Body Wars*. In addition, she is senior editor of *Eating Disorders: The Journal of Treatment and Prevention*. She is the 2007 recipient of the Lori Irving Award for Excellence in Eating Disorders Awareness and Prevention and the 2015 recipient of the NEDA Lifetime Achievement Award. A member of the Renfrew Foundation Conference Committee, its Clinical Advisory Board, and the Walden Clinical Advisory Board, Dr. Maine lectures nationally and internationally on eating disorders and maintains a private practice, Maine & Weinstein Specialty Group, West Hartford, Connecticut.

Dr. Marilyn Massey-Stokes is an associate professor in the Department of Health Studies at Texas Woman's University, Denton, Texas. She is also a certified health education specialist and a certified health and wellness coach. Dr. Massey-Stokes has over 27 years of experience as a health educator at the university level and has published several book chapters concerning body image and eating disorder prevention. She has also published journal articles and book chapters on other health topics, and she has numerous years of experience presenting at state and national health education conferences. In addition to her role as a teacher-scholar at the university level, Dr. Massey-Stokes is focused on helping others achieve personal goals through her role as a health and wellness coach.

Jacque Mular, MS, RD, MFTI, has devoted the last two decades to specializing in the treatment of disordered eating using an intuitive eating, nondiet approach. She earned her MS in nutrition at California State University at Northridge and her MA in psychology at Antioch University. She has extensive experience working with people suffering from anorexia, bulimia, binge-eating disorder, compulsive exercise, and polycystic ovary syndrome (PCOS). She has worked as both director of nutrition as well as assistant clinical director in facilities that encompass residential, inpatient, partial hospitalization, and intensive outpatient eating disorder treatment. Jacque's passion for helping others heal is infectious, and she continues to find inspiration in her daily interactions with her clients. Jacque truly believes that relationships bridge the gap between "disordered" and "recovered" and transcend the isolating effects of disordered eating and compulsive exercise. Jacque originally hails from a small town in Northwestern Montana but she now lives in Portland, Oregon with her husband, twin boys, and two cats.

Helen B. Murray is a doctoral student in clinical psychology at Drexel University, Philadelphia, Pennsylvania. She received her BA in psychology from Georgetown University. Prior to entering graduate school, Helen worked with the Eating Disorders Clinical and Research Program at Massachusetts General Hospital and the Psychiatry Department at Children's National Medical Center. Her clinical work involves the treatment of eating disorders in a variety of populations including comorbid disordered feeding behavior such as symptoms of rumination disorder. Helen focuses her research on the identification of neurocognitive and neurobiological maintenance factors and examination of mechanisms of change in psychological treatment for eating disorders.

Gail Prosser, RD, CDE, is a registered dietitian and certified diabetes educator with nearly 30 years of experience working in the field of pediatric nutrition and dietetics. She lives in Northern California and works full time at Kaiser Permanente, Oakland, California specializing in pediatric eating disorders and diabetes. Following an internship at Touro Infirmary, New Orleans, Louisiana, Gail was employed at Texas Children's Hospital, becoming highly experienced in pediatric medical nutrition therapy. Later, she worked in private practice and also as a certified product trainer for Medtronic, training clients on the use of insulin pump therapy and continuous glucose monitoring systems for diabetes. In 2004, Gail became part of the Healthy

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Dr. Adelaide S. Robb is a professor of child and adolescent psychiatry at George Washington University and Children's National Health System. She is board certified in adult and child and adolescent psychiatry. She did her medical training and general psychiatry residency at Johns Hopkins, fellowship training at the National Institute of Mental Health (NIMH) in psychiatric genetics, and child and adolescent psychiatry fellowship at the Children's National Medical Center. She sees children and adolescents with a variety of psychiatric disorders in inpatient and outpatient settings. Her focus is on psychopharmacology including the study of new medications in children and adolescents with a variety of psychiatric disorders. She has served as PI on both National Institutes of Health (NIH) and industry registration trials. She ran an inpatient eating disorders unit for adolescents for over 15 years where they manualized treatment that incorporated the use of nocturnal nasogastric refeeding and served young men and women on a mixed disorder unit.

Karen Samuels, PhD, is a psychologist in Ormond Beach, Florida and Founder/Director of COPE: Community Outreach to Prevent Eating Disorders. She serves as a consultant for the Family Residency Program, Halifax Medical Center, and is affiliated with the Jean Baker Miller Training Institute as well as the Wellesley Centers for Women. A lifelong yogi, she is a guide and psychologist providing education and outreach for the continuum of disordered eating, body image disturbance, and utilizing yoga as an adjunct for treatment. She has developed middle school outreach media literacy programs, trains physicians in interprofessional eating disorder teams, and conducts eating disorder group therapy with midlife/aging women. She has published articles and been interviewed on HuffPost Live, lectures nationwide, and blogs and tweets about eating disorders and body image disturbance. Dr. Samuels received the 2014 NEDA Westin Family Award for Activism and Advocacy.

Jessica Setnick, MS, RD, CEDRD, envisions a world where no one is ashamed to talk about their eating issues. Her work includes *The Eating Disorders Clinical Pocket Guide*, *The American Dietetic Association Pocket Guide to Eating Disorders*, and *Eating Disorders Boot Camp: Training Workshop for Professionals*, each of which is known to professionals around the globe. In 2011, Jessica cofounded IFEDD, the International Federation of Eating Disorder Dietitians, with the mission of improving access to nutrition counseling and achieving insurance coverage for individuals with eating disorders. In 2013, Jessica created the first ever Certified Eating Disorder Registered Dietitian (CEDRD) prep class to prepare dietitians for certification as an Eating Disorder Specialist through the IAEDP. Based in Dallas, Texas, Jessica currently works as a Senior Fellow with Remuda Ranch Eating Disorder Treatment Center.

Cathey Soutter, PhD, LPC, is the director of counseling services in the Dr. Bob Smith Health Center at Southern Methodist University (SMU) in Dallas, Texas. She has a 27-year affiliation with SMU having served as associate director of the

Women's Center and then moving to counseling services in 1995 serving in various roles until assuming the position as director in 2010. She teaches Psychology of Women to undergraduates and administers the Elisa Ruth McCall Foundation at SMU that promotes healthy body image as well as awareness and prevention of eating disorders.

Therese Waterhous, PhD/RDN, CEDRD, an IAEDP-Approved Supervisor, is the owner of Willamette Nutrition Source, LLC, Corvallis, Oregon, a private outpatient practice devoted to eating disorders care. Therese has formal training in basic research, clinical nutrition, and multidisciplinary team treatment of pediatric disorders. Therese coauthored the American Dietetic Association (ADA) practice paper on nutrition intervention in treatment of eating disorders; she is immediate past director of the sports, cardiovascular, and wellness nutrition practice group's eating disorder subunit and she is a professional advisor for FEAST-ED.org. She is the credentialing chair for the Oregon IAEDP chapter, has served as cochair of the Family Based Treatment Special Interest Group within the AED, and currently serves on the Medical Care Standards committee for the AED. Therese enjoys conducting trainings for health-care professionals on eating disorder research and treatment and educating the general public about eating disorders.

Introduction

Medical providers, psychotherapists, dieticians and nutritionists, body workers, practitioners of eastern medicines, coaches and trainers, advisors, eating disorder sufferers, family members, and more will benefit from the depth and breadth of information within these pages.

Internationally respected leaders in the field of eating disorders have collaborated to present the latest information on eating disorders in special populations. Imagine a multifaceted diamond representing a person with an eating disorder, with each facet representing a different way to view the person, the problem, and a sophisticated method to restore the sufferer to mental, physical, and spiritual well-being. Now imagine treating a sufferer by shining light through only one facet; then, re-imagine treating someone with brilliant light entering through all the facets. Collectively, our trailblazing authors represent a highly valuable spectrum of cutting-edge perspectives.

The goal of this text is to demonstrate that there is no “typical” person who suffers from an eating disorder, to emphasize that this disease affects a broad diversity of subgroups, each with unique needs and challenges, and to lend guidance in the treatment of special populations. You may notice a consistent theme in that often there is a call for more research, which is needed to fully understand and provide informed treatment to these special populations. However, it is our hope that this text will bring a deeper understanding of a multidisciplinary approach to treatment planning in a culturally sensitive way.

Eating disorders are notoriously complex in terms of etiology, mind-body complications, and requirements in the healing process. We know that we cannot treat eating disorders from our professional silos. While it is impossible to be an expert in every discipline, when we understand various approaches to healing and open our minds to learn from one another, we can better develop effective interventions, develop relevant research protocols, and, most importantly, maintain our compassion for the suffering on the often long and arduous journey to healing.

Our hope is that readers will have a better capacity to shine the light through all facets in order to provide the most effective and best tailored treatment possible.

Jonna Fries and Veronica Sullivan

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Section I

*A Multidisciplinary
Approach to Treatment*

