

# Eating and its Disorders

Edited by John Fox and Ken Goss



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# EATING AND ITS DISORDERS

Edited by

John R.E. Fox and Ken P. Goss

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## 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

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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.

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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 multidiagnostic 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.

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**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.

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Mima Simic is Joint Head of the Child and Adolescent Eating Disorder Service at the South London and Maudsley NHS Foundation Trust as well as a Consultant Psychiatrist with the Dialectical Behaviour Therapy Service for young people with emerging borderline personality disorder. She is active in teaching, training and research in the United Kingdom and abroad on eating disorders and self-harm and was/is involved in a number of multicentric research studies on the efficacy of the multifamily therapy or family therapy in the treatment of eating disorders and self-harm. Dr Simic is currently involved in the development of the novel Intensive Treatment Programme (day care) for young people with anorexia nervosa and EDNOS.

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Chris Thornton is a Clinical Psychologist who consults to a number of eating disorders units in the public and private health sectors across Australia and New Zealand. His clinical and research interests centre on developing a continuum of care approach to the treatment of eating disorders. He is a Clinical Associate with the University of