

Obesity and Eating Disorders

July 2013

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An Update From Your SIG President:

Hello OED SIG members! I have a number of announcements and updates regarding SIG on-goings. Many of us are getting prepared to attend the **47th annual ABCT convention to be held November 21-24 in Nashville, TN.** I know many of our member's submitted abstracts to present at the conference, and I anticipate that everyone has received notification regarding the status of submissions. As the conference gets closer, I will send out a document with all of the OED SIG related workshops, posters, and symposia to ensure that we can attend all relevant sessions.

We are also **now accepting abstracts for poster submissions for the OED SIG Cocktail Hour/Expo.** The deadline is August 1st, 2013. Interested parties should submit an abstract of 250 words or less

(including title) along with a cover letter detailing all corresponding author information (including names, affiliations, degree information, and ABCT-membership status) to cortney.warren@unlv.edu. Posters should reflect recent work on topics relevant to the obesity and eating disorder fields. A \$40 prize will be given to the best Graduate Student Poster.

In a related vein, we are accepting applications for the **Annual Graduate Student Research Award (GSRA)** from now until August 1st, 2013. Please submit an abstract of 500 words or less (including title) along with a cover letter detailing corresponding author information to cortney.warren@unlv.edu. The winner of the GSRA will give a presentation during the SIG meeting at ABCT and receive a \$100 prize. As decided by the Awards Committee and SIG membership last year, students may submit the abstracts from the same study to both the SIG expo and the research

award. Students may also submit more than one abstract to the cocktail hour. However, if a student wins the research award, the abstract will be removed from consideration for the SIG expo (as the student will already be presenting the research during the SIG meeting); and if we have more than 12 abstracts submitted for the SIG expo (as occurred last year), only one first-authored abstract will be accepted per student/presenter.

This year is also an **Election Year for OED-SIG Leadership!** As a SIG, we hold elections to change leadership roles every 3 years. Consequently, now is the time to nominate a full ABCT member for President and Treasurer! We also would love to have faculty or graduate student leadership in the positions of Newsletter Editor, Media Coordinator, Membership Coordinator, and Research Coordinator. Self-nominations are welcome! If you are interested, please email me!

Have a wonderful summer. Please contact

me (cortney.warren@unlv.edu) with suggestions, feedback, or comments. I hope you are planning to come to the upcoming 2013 conference.

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Students in the SIG:

This month's featured student is quite the busy bee!

This month, the ABCT OED SIG has chosen as its featured student **Stephanie Jacobs**, a rising fifth year in the Ph.D. in Clinical Psychology Program at **Fairleigh Dickinson University** in Hackensack, New Jersey. Originally from East Meadow, New York, Stephanie is a devoted East Coaster. She attended the State University of New York at Binghamton for her undergraduate studies, double majoring in Psychology and Philosophy. She then went on to the City University of New York at Brooklyn College to obtain her Master's in Mental Health Counseling. And nowadays, she works part-time at the **Mount Sinai Eating and Weight Disorders Program** as she works towards her Ph.D.

Working at Mount Sinai has been a learning adventure and passion for Stephanie since her days at the City University of New York. During her Master's program, Stephanie remarks that she was lucky enough to encounter a

great professor and mentor, Dr. Rachel Annunziato, who recommended that she contact **Dr. Tom Hildebrandt** at Mount Sinai for an internship that would cater to someone as curious, dedicated, and hard-working as she. In her interview with Dr. Hildebrandt and his team, Stephanie quickly realized she had found her **ideal internship** – one that challenged her to work with a new clinical population while also providing opportunities for growth outside of the eating and weight disorders world.

These days, Stephanie is well connected at Mount Sinai. Within the Eating and Weight Disorders Program, **she sees approximately 10-13 clients each week** across all eating disorder diagnoses, ages, and genders. She is also involved as a **study therapist on three randomized**



controlled trials. One examines the overlap between **anorexia nervosa and obsessive-compulsive disorder.**

Another is a comparison of cognitive-behavioral

therapy-enhanced (CBT-E) and guided self-help based upon cognitive behavioral principles (CBTgsh), as well as **mirror exposure and guided self-help for shape and weight concerns**, for people with binge eating problems. A third examines the utility of a **smartphone application** in the treatment of binge eating. Amazingly, while keeping busy at the Eating and Weight Disorders Clinic, Stephanie still finds the time to intern at two other clinics at Mount Sinai – its **Obsessive-Compulsive Disorders Treatment Center** and its **Adult Inpatient Unit.**

(She also finds the time to work on her dissertation, which is focused on increased adherence to self-monitoring using a smartphone application for weight loss.)

Stephanie hopes to capitalize on all of her varied experiences as she paves her future

career path. When asked what kind of career in clinical psychology she looks forward to, Stephanie states that she would love to maintain her current roles **conducting therapy in a hospital setting for a diverse client population** dealing with eating disorders, anxiety, and depression. She also hopes to focus more on research in the context of technology that may facilitate therapeutic interventions.

With her busy schedule, one wonders whether Stephanie has time for anything but work. Yet according to the source herself, she does. She attends **Zumba** classes whenever possible (and is always looking for a partner – any takers?) and capitalizes on all of the **cultural opportunities** the Big Apple has to offer whenever possible. But when she needs a good “**decompression day**”, you may just find Stephanie on her coach with some choice episodes of *Mad Men* and *The Good Wife*.

Convention 2013:

Don't miss out on our upcoming conference in Music City!



Apply to present at the SIG Cocktail Hour and Expo. Send a 250-word abstract to cortney.warren@unlv.edu by Thursday, August 1.

Graduate students -- get rewarded for all of your hard work. **Apply to become this year's Graduate Student Research Award recipient.** Send in a 500-word abstract to cortney.warren@unlv.edu by Thursday, August 1.