



Body Image and Related Disorders Conference

Friday 6th December 2019

Swinburne University of Technology, Melbourne

Swinburne University of Technology, and St Vincent's and Austin Hospitals, are delighted to be hosting the 2nd biennial Body Image & Related Disorders (BIRD) one-day conference, bringing together leading local and interstate experts in the fields of body image and eating disorders. Themed presentations will address a range of topics including the phenomenology, neurobiology and treatment of body image disturbance, body dysmorphic disorder, and eating disorders, such as anorexia nervosa and bulimia nervosa.

Individuals with an interest in research in these areas are strongly encouraged to attend. Researchers, particularly early career researchers and students, are also strongly encouraged to submit an abstract for a poster presentation.

An array of leading experts will present recent research findings, including our keynote speaker, Professor Tracey Wade, who will present on the role of perfectionism in body image and eating disorders.

To register for this event, please follow the link below:

<https://birdconference2019.eventbrite.com.au>

Friday 6th December 2019

Level 3, Advanced Manufacturing & Design Centre (AMDC)

Swinburne University of Technology

469-477 Burwood Rd

Hawthorn, VIC 3122



Keynote Speaker



Professor Tracey Wade, Matthew Flinders Distinguished Professor of Psychology, Flinders University

Tracey Wade, Matthew Flinders Distinguished Professor of Psychology, completed a Masters of Clinical Psychology at the Australian National University in 1992, a PhD at Flinders University in 1998, and a post-doctoral fellowship in the USA in 1999 at the Virginia Institute for Psychiatric and Behavioural Genetics, under the supervision of Professors Cynthia Bulik and Kenneth Kendler. She was awarded the Australian Psychological Society (APS) Ian M Campbell memorial prize for outstanding contribution to the scientific or professional status of Clinical Psychology in Australia in 2000, and in 2003, she was awarded the APS Early Career Award. She is currently serving as Associate Editor for the International Journal of Eating Disorders. Dr Wade has worked as a clinician in the area of eating disorders for almost 30 years. She is on the management committee responsible for the oversight and development of the new Statewide Eating Disorders Service in South Australia, and is a member of the steering committee of the National Eating Disorder Collaboration. Her current research interests are in the aetiology (including genetic epidemiology), prevention and treatment of eating disorders and perfectionism. She has co-written two books on the treatment of perfectionism, and one on a new 10-session cognitive behaviour therapy for non-underweight eating disorders. She has over 200 publications in peer-reviewed journals. In 2015, she was elected a Fellow of the Academy of the Social Sciences in Australia, and in 2016, she was made an Inaugural Honorary Fellow of the Australian Association for Cognitive and Behaviour Therapy.



Professor David Castle, Chair, Department of Psychiatry, St Vincent's Hospital and The University of Melbourne

Prof Castle is a Professor of Psychiatry at St Vincent's Health and The University of Melbourne. He has wide clinical and research interests, encompassing schizophrenia and related disorders, bipolar disorder, OCD spectrum disorders and disorders of body image. He has published widely in the scientific literature and is a frequent speaker at scientific meetings.



Associate Professor Leah Brennan, School of Psychology, Australian Catholic University (ACU)

A/Prof Brennan is an Associate Professor of Clinical Psychology at ACU, where she leads the Body Image, Eating and Weight Clinical Research Team and the Clinic for Healthy Eating and Weight. She is an endorsed clinical, health, and educational and developmental psychologist. Her research focuses on the role of psychology in understanding and treating feeding, eating, weight, and body image disorders and their biopsychosocial comorbidities.



Doctor Andrea Phillipou, Centre for Mental Health, Swinburne University of Technology

Dr Phillipou is a Research Fellow at Swinburne University, and holds honorary Research Fellow positions at St Vincent's & Austin Hospitals. She leads the Eating Disorders research agenda at Swinburne University as well as the Body Image Disorders research portfolio at St Vincent's Hospital. Dr Phillipou's research is focused on understanding the neurobiopsychosocial mechanisms involved in anorexia nervosa, as well as the implementation of novel treatments for anorexia nervosa.



Professor Susan Rossell, Centre for Mental Health, Swinburne University of Technology

Prof Rossell is a Professor of Cognitive Neuropsychiatry and an NHMRC Senior Research Fellow at Swinburne University. Her research has focused on understanding the cognitive and neurobiological mechanisms involved in psychosis and body-image related disorders, with the aim to develop new interventions for debilitating related cognitive symptoms.



Doctor Suzy Redston, Department of Mental Health, Austin Health

Dr Redston is a Consultant Psychiatrist, and the Medical Director of the Division of Mental Health at Austin Health. She is also the Clinical Director and inpatient consultant for BETRS, a collaborative eating disorder assessment and treatment service, which has outpatients at St Vincent's hospital and inpatients at Austin Health. Her interests are understanding the difficulties and successes of translating research into real world treatment of people with eating disorders. She is also interested in the overlap of trauma and eating disorders from a biopsychosocial approach.

Doctor Siân McLean, Institute for Health and Sport, Victoria University: Dr McLean is a Research Fellow in the Institute for Health and Sport and Lecturer in Psychology at Victoria University. Her research focuses on understanding factors that create risk for or protect against body dissatisfaction. Her work specifically looks at how viewing and using social media leads to body dissatisfaction and other problematic outcomes, and the best way to prevent and intervene in relation to these negative effects. This has led to development of social media literacy interventions to enhance critical thinking about social media to reduce its influence on body image and eating.

Associate Professor Zali Yager, Institute for Health and Sport, Victoria University: A/Prof Yager is an Associate Professor in Health and Physical Education in the Institute of Health and Sport at Victoria University. Dr Yager's expertise centres around the development and evaluation of interventions to enhance body image and prevent eating disorders among children, adolescents, and adults.

Doctor Isabel Krug, School of Psychological Sciences, The University of Melbourne: Dr Krug is a Senior Lecturer in Clinical Psychology at The University of Melbourne, with a main research focus on eating disorders, body image and eating pathology. Dr Krug's research focuses on a range of genetic, environmental, and psychological risk factors for eating pathology and the classification of eating disorders. She is also interested in the effectiveness of new treatment modalities for individuals with eating pathology, including mindfulness, oxytocin, TMS and virtual reality. More recently, Dr Krug and her team are using ecological momentary assessment (EMA) to assess risk factors for eating pathology, including the effects of social media and fitbits on body image and eating behaviours.

Doctor Laura Hart, School of Psychology and Public Health, La Trobe University & Melbourne School of Population and Global Health, The University of Melbourne: Dr Hart's work focuses on developing and evaluating training programs for the public to improve prevention, awareness and help-seeking for mental illness. She is the lead author and investigator of the teen Mental Health First Aid program, a training course for secondary students, and of the Confident Body, Confident Child program to help parents prevent eating disorders and body image problems in their pre-schoolers.

Doctor Tetyana Rocks, Food & Mood Centre, IMPACT SRC, School of Medicine, Deakin University: Dr Rocks is a Postdoctoral Research Fellow and Head of Translational and Educational stream at the Food & Mood Centre, Deakin University. Her main role within the centre is to support the translation of the current evidence in the field of Nutritional Psychiatry into policy and clinical practice. Dr Rocks is an Accredited Practising Dietitian with extensive experience in tertiary and professional education. Her research has focused on eating attitudes and eating disorders.

Speakers

Doctor Jennifer Bibb, National Creative Arts and Music Therapy Research Unit (CAMTRU), University of Melbourne & BETRS: Dr Bibb is a Senior Music Therapist, Postdoctoral Researcher in music therapy at the University of Melbourne and an Eating Disorders Clinician at BETRS, the specialist eating disorder service for the North East region of Victoria. Her research focuses on the role of music therapy in improving treatment outcomes for people with eating disorders, as well as the use of music listening during recovery. She is committed to conducting research that translates into practice and that honours consumer perspectives.

Doctor Douglas Blomeley, School of Medicine, Deakin University: Dr Blomeley is a consultant psychiatrist in rural private practice, and also oversees mental health teaching at Deakin University School of Medicine. He has strong clinical interests in eating and body image disorders across the spectrum, with particular expertise in muscle dysmorphia, in addition to medical comorbidity in the eating disorders.

Doctor Gemma Sharp, Monash Alfred Psychiatry Research Centre, Monash University: Dr Sharp is an NHMRC Early Career Fellow and Clinical Psychologist. She leads the Body Image Research Group at the Monash Alfred Psychiatry research centre (MAPrc). Her research broadly focuses on the impacts of media on body image concerns, which can lead to body image related disorders and the pursuit of cosmetic surgery. She also runs her own private clinical psychology practice, where she specialises in the treatment of body image concerns, body dysmorphic disorder and eating disorders.

Amy Malcolm, Cognition and Emotion Research Centre, Australian Catholic University: Ms Malcolm is a PhD candidate at the Cognition and Emotion Research Centre at the Australian Catholic University. Her doctoral research has examined the phenomenology, cognition, and neurobiology of body dysmorphic disorder as compared to obsessive-compulsive disorder and non-clinical controls.

Francesca Beilharz, Centre for Mental Health, Swinburne University of Technology: Ms Beilharz is a DPsych (Clinical) candidate at the Centre for Mental Health at Swinburne University. Her doctoral thesis has explored abnormalities in visual perception in body dysmorphic disorder, and she piloted a visual training program as a novel intervention for body dysmorphic disorder. Her research specifically focuses on perceptual distortions in body image disorders, with the view to explore potential treatment options.

Toni Pikoos, Centre for Mental Health, Swinburne University of Technology: Ms Pikoos is a PhD candidate in Clinical Psychology at the Centre for Mental Health at Swinburne University. Her research has focused on understanding the neurobiology and clinical features of body dysmorphic disorder, as well as investigating the experience of individuals with body dysmorphic disorder when seeking out cosmetic procedures and surgeries. She is currently working with the Cosmetic Professional Development Institute of Australia on developing an assessment tool to identify clients who may be unsuitable for cosmetic treatment.

8:00-9:00am	CONFERENCE REGISTRATION	
8:40-9:00am	WELCOME ADDRESS: Prof David Castle	
9:00-10:00am	KEYNOTE [Chair: Prof David Castle]	
	Prof Tracey Wade	Perfectionism: Evidence supporting a causal role in body image and eating disorders
10:00-10:40am	MORNING TEA	
10:40am-12:00pm	SESSION 1: Mixed Session - Body Image & Eating Disorders [Chair: A/Prof Leah Brennan]	
10:40am	Dr Siân McLean	Appearance-focused social media use in adolescent boys and girls: Relationships with body image, body change strategies, and disordered eating
11:00am	Dr Zali Yager	Body Confident Mums - Exploring and supporting body image among mothers
11:20am	Dr Isabel Krug	Should purging disorder be included as a separate eating disorder in the DSM-6?
11:40am	Dr Laura Hart	Collaboration not Competition: Some recent examples of collaborative research informing the eating disorders field
12:00-1:00pm	LUNCH & POSTER SESSION	
1:00-2:00pm	SESSION 2: Anorexia Nervosa [Chair: Dr Andrea Phillipou]	
1:00pm	Dr Tetyana Rocks	The gut microbiome in anorexia nervosa: Relevance for nutritional rehabilitation
1:20pm	Dr Jennifer Bibb	Music therapy in treatment for anorexia nervosa
1:40pm	Dr Douglas Blomeley	Anorexia and muscle dysmorphia - A tale of two disorders
2:00-2:40pm	AFTERNOON TEA	
2:40-4:00pm	SESSION 3: Body Dysmorphic Disorder [Chair: Prof Susan Rossell]	
2:40pm	Dr Gemma Sharp	Snapchat Dysmorphia: The role of social media in young people's body image concerns
3:00pm	Amy Malcolm	Identity disturbances and internalised shame in body dysmorphic disorder: Important differences from obsessive-compulsive disorder
3:20pm	Francesca Beilharz	A visual training program for body dysmorphic disorder: Initial feasibility and efficacy findings
3:40pm	Toni Pikoos	The importance of psychosocial assessment for clients undergoing cosmetic procedures
4:00-4:20pm	CLOSING ADDRESS: Dr Suzy Redston	

***The program is subject to change without notice**

LOCATION:

The conference will be held on Level 3 of the Advanced Manufacturing & Design Centre (AMDC) at Swinburne University, located at 469-477 Burwood Rd, Hawthorn.

LOCAL PARKING:

Swinburne University has very limited day parking available on-site. Unfortunately, no parking vouchers or validation is available.

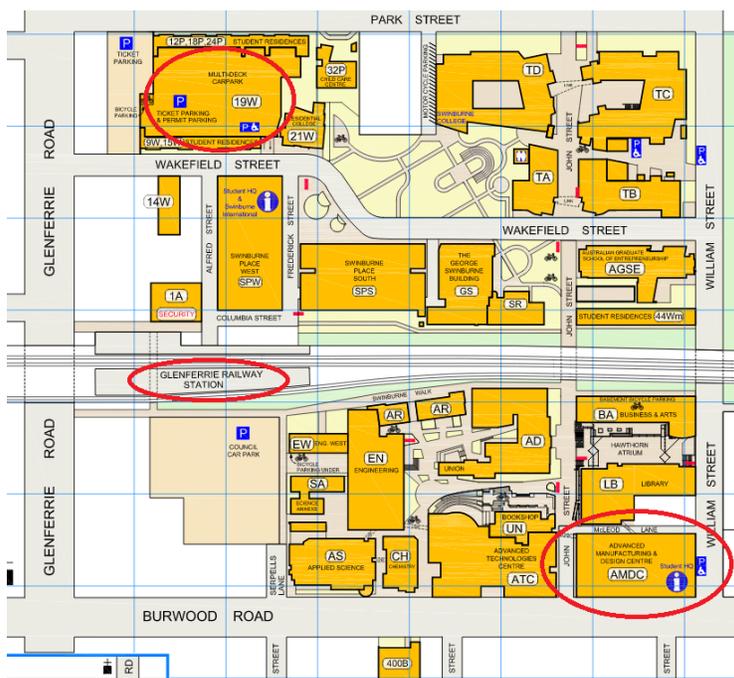
Parking is available at the multi-level car park on Wakefield St (see map below). Street parking is also available, but please note that Council parking officers are vigilant, so do note parking restrictions.

Given the limited parking available, it is highly recommended that delegates take public transport to the conference.

PUBLIC TRANSPORT:

Glenferrie Station is located a very short distance from Swinburne University (see map below), and can be accessed via the Lilydale, Belgrave and Alamein train lines.

The University can also be accessed via the Route 16 tram (Melbourne University – Kew) – stop 73-Burwood Rd/Glenferrie Rd.



CONFERENCE REGISTRATION

Students/Consumers	\$80 + \$8 GST
Early Career Researchers/Trainees	\$115 + \$11.50 GST
Full Registration	\$175 + \$17.50 GST

**BOOK EARLY!
PLACES ARE
STRICTLY
LIMITED!**

All abstracts will be submitted to peer review, coordinated by the BIRD Scientific Committee, prior to acceptance. Notification of acceptance will be emailed to the corresponding author in early November, along with more detailed information and poster guidelines. If you have any questions about abstract submission, please contact us at birdconference@swin.edu.au.

Abstract submission guidelines:

1. The presenting author is required to ensure that all co-authors are aware of and have agreed to the contents of the abstract prior to submission.
2. The presenting author (or representative) must also register for the conference and commit to being on-site to speak with attendees during the poster session.
3. The presenting/corresponding author's details must be provided, including full name, institutional affiliation(s), email address, and contact number. Co-authors' full names and institutional affiliation(s) must also be listed.
4. The abstract title is limited to 20 words, and the abstract body is limited to 200 words.
5. The abstract must be presented in a structured format, including sections for Background, Method, Results, and Conclusions.
6. The abstract deadline is Friday 1st November 2019, and no further changes will be accepted once abstracts have been submitted.
7. Submission represents your acknowledgement for the abstract to be printed on the BIRD website, conference program and any other promotional material.
8. If accepted, posters must be mounted by 9am and removed by 5:30pm on the day of the conference. Posters that are not removed by 5:30pm will not be the responsibility of the BIRD committee, and may be destroyed.
9. Please email your abstract to birdconference@swin.edu.au

TERMS & CONDITIONS

The conference fee is inclusive of GST and is in AUD. The conference fee includes attendance at the respective conference sessions, morning tea, lunch and afternoon tea. The registration fee covers the full day event.

Cancellation Policy: Must be in writing and directed to the conference organisers at birdconference@swin.edu.au. A small cancellation fee may apply.

Liability: The organisers will make every effort to ensure the event and the program will take place as advertised, however organisers do not take responsibility for changes or disruptions that may occur resulting from events beyond their control. The program is subject to change without notice.

Privacy: The information you provide on this form is being collected for the purpose of processing your registration or inquiry. This information will not be provided to anyone other than contractors who provide services for the conference and who, in the completion of these services, require access to such details, or unless compelled or permitted by law. Please note, that as a condition of registration, you may be photographed or videotaped during the conference, and these images may be published online or in print material. If you do not wish for your image to be captured, please contact the BIRD committee at birdconference@swin.edu.au.

Dietary Requirements: All dietary requirements must be emailed to birdconference@swin.edu.au at least 30 days prior to the conference.