



# Body Image and Related Disorders Conference 2017

**Friday 3rd November 2017**

**Swinburne University of Technology, Melbourne**

Swinburne University of Technology and St Vincent's Hospital, Melbourne are delighted to be hosting the inaugural 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, including anorexia nervosa, bulimia nervosa and binge eating disorder.

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 local and interstate experts in the field will present recent research findings on body image and related disorders, including our two keynote speakers, Professors Phillipa Hay and Stephen Touyz.

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

**<https://birdconference2017.eventbrite.com.au>**

Friday 3rd November 2017

Level 3, Advanced Manufacturing & Design Centre (AMDC)

Swinburne University of Technology

469-477 Burwood Rd

Hawthorn, VIC 3122





**Professor Phillipa Hay, Foundation Chair of Mental Health Western Sydney University and Senior Consultant Campbelltown Hospital**

Prof Hay has extensive expertise in longitudinal and epidemiological studies as well as randomised controlled trials in eating disorders and related mental health problems of young people. She has a unique body of work reporting the point prevalence of eating disorders and their burden on the Australian general population, the only representative population data on eating disorders and eating features in Aboriginal and Torres Strait Islander peoples, as well as the growth of these problems, concomitant with increases in obesity. Her studies have provided key information to guide jurisdictions in planning health care services for eating disorders across Australia. In 2015, she received the Lifetime Leadership Award from the Australian & New Zealand Academy for Eating Disorders, and in 2013, she was elected Fellow of the (international) Academy for Eating Disorders. In 2014, she was awarded a Science Without Borders Visiting Professorship from the CAPES research foundation in Brazil. Her work has also been funded by NHMRC, ARC and Rotary Health. She has over 180 peer-reviewed scientific publications. Prof Hay has led the introduction of the first online journal in her research areas, namely the Journal of Eating Disorders. She has extensive community engagement and in addition to service on committees for the International and Australian & New Zealand Academy for Eating Disorders, she is Deputy Chair of the National Collaboration for Eating Disorders.



**Professor Stephen Touyz, Professor of Clinical Psychology, University of Sydney**

Prof Touyz is the Chair of the Executive Committee of the Centre for Eating and Dieting Disorders at the Boden Institute of Obesity, Nutrition, Exercise and Eating Disorders at the University of Sydney and a Mental Health Advisor to the Commonwealth Department of Veterans Affairs Health Program (since 1994). Prof Touyz was the inaugural treasurer of the Australian and New Zealand Academy of Eating Disorders and a past president of the Eating Disorders Research Society (USA). He is the founding co-editor in chief of the Journal of Eating Disorders and a member of the Editorial Advisory Boards of the International Journal of Eating Disorders and European Eating Disorders Review. He is also a member of the Steering Committee of the National Collaboration on Eating Disorders (funded by the Commonwealth of Australia) and co-chair of the Professional Development Sub-committee. Prof Touyz is the chair of the Shire Australasian Binge Eating Disorder advisory committee. He has been the recipient of numerous research grants from Australia's leading research funding bodies. He has written 7 books (one of which has been translated into both Italian and Japanese), over 340 papers/book chapters and 400 conference abstracts. In 2012, he was given the prestigious Leadership in Research Award by the Academy of Eating Disorders (USA) in recognition of his pioneering research in the field of eating disorders. In 2014, he was awarded the first Lifetime Achievement Award by the Australian and New Zealand Academy of Eating Disorders and the Ian Campbell Memorial Prize by the Clinical College of the Australian Psychological Society for his outstanding contribution to the profession.



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

Prof Rossell is a cognitive neuropsychologist and Professorial Research Fellow at the Centre for Mental Health at Swinburne University. She also holds adjunct positions at Monash Alfred Psychiatry Research Centre and at St Vincent's Health. Professor Rossell's research focuses on understanding the cognitive and neurobiological processes involved in body dysmorphic disorder, psychosis and other mental illnesses.



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

Prof Castle is currently Chair 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, cannabis abuse, OCD spectrum disorders and disorders of body image, notably body dysmorphic disorder, in which he is a recognised international expert.



**Associate Professor Richard Newton, Medical Director, Peninsula Health**

A/Prof Newton is a Consultant Psychiatrist and currently the Medical Director for Mental Health at Peninsula Health. He was until recently the Medical Director of the Austin Mental Health Service and the Clinical Director of BETRS, a specialist body image & eating disorder treatment & recovery service. He is a Board Member of the Butterfly Foundation and an alumnus of the Williamson Community Leadership program.



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

A/Prof Brennan is 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.

**Professor Susan Paxton, School of Psychology and Public Health, La Trobe University:** Prof Paxton is a Professor in the School of Psychology and Public Health, La Trobe University. Her research focuses on understanding risk factors for the development of body image and eating problems, and the development and evaluation of prevention and therapy interventions. She is a Director of the Butterfly Foundation and past President of the Academy for Eating Disorders. In 2013, she was awarded the Academy for Eating Disorders Leadership in Research Award.

**Philippa Harrison, The Body Image and Eating Disorders Treatment and Recovery Service (BETRS), St Vincent's Health & Austin Health:** Ms Harrison is Team Leader and a Senior Clinician at BETRS, the specialist eating disorder service for the North East region of Victoria. She is an Occupational Therapist and also holds a Masters in Clinical Family Therapy. Ms Harrison has 14 years' clinical experience in mental health settings, eight of which have been working in specialist eating disorder services in both the public and private sector in Victoria.

**Krissy Hilton, Eating Disorders Victoria (EDV):** Ms Hilton is the Program Coordinator for the pilot Peer Mentoring Program at EDV and also works as the Education Coordinator there. Ms Hilton holds a Masters in Social Work degree, and has extensive experience providing education and training focused on eating disorders interventions and treatment. Ms Hilton has also worked as a community engagement youth worker at Headspace Collingwood, where she held the eating disorders portfolio, and more recently, was the Program Manager for the child, youth and family mental health service 'ROAR' at Intereach in country NSW.

**Jake Linardon, School of Psychology, Australian Catholic University (ACU):** Mr Linardon is a PhD candidate from ACU. His research interests involve understanding, treating, and preventing eating disorders. His PhD thesis involves understanding the mechanisms of action during cognitive behaviour therapy for eating disorders.

**Professor Susan Sawyer, Centre for Adolescent Health, Royal Children's Hospital and The University of Melbourne:** Prof Sawyer holds the Geoff and Helen Handbury Chair of Adolescent Health at The University of Melbourne, where she is the Director of the Centre for Adolescent Health at the Royal Children's Hospital. A practising paediatrician and global leader in adolescent health, she has worked with adolescents with eating disorders and their families for the past two decades. Ten years ago, she led the development of the Specialist Eating Disorder program at the Royal Children's Hospital.

**Dr Elizabeth Hughes, Centre for Adolescent Health, Royal Children's Hospital and The University of Melbourne:** Dr Hughes is a Research Fellow at the Centre for Adolescent Health and University of Melbourne. Since 2010, she has coordinated the research and evaluation program at the Royal Children's Hospital Eating Disorders Service. This has included coordinating the largest single-site clinical trial of family-based treatment for adolescents with anorexia nervosa. Her research interests include the development and implementation of treatments for eating disorders during adolescence, psychiatric comorbidity in eating disorders, emotion regulation, and family systems.

**Dr Andrea Phillipou, Centre for Mental Health, Swinburne University of Technology:** Dr Phillipou is a Postdoctoral Research Fellow at the Centre for Mental Health at Swinburne University, and leads the Body Image portfolio at St Vincent's Hospital. Her research focuses on uncovering the neurobiological underpinnings of anorexia nervosa and other body image disorders, to aid the development of more effective treatments in the future.

**Dr Wei Lin Toh, Centre for Mental Health, Swinburne University of Technology:** Dr Toh is a Research Fellow at the Centre for Mental Health at Swinburne University. Her doctoral thesis was focused on examining perception and cognition in body dysmorphic disorder versus obsessive compulsive disorder with the aid of eye-tracking technology. In her postdoctoral work, her current research spans the phenomenology and cognitive underpinnings of auditory verbal hallucinations across psychotic and mood disorders, but she maintains a strong interest in body image and related disorders, and is also continuing her research efforts in this area.

**Sally Grace, Centre for Mental Health, Swinburne University of Technology:** Ms Grace is a PhD candidate at the Centre for Mental Health at Swinburne University. She is currently running a large-scale cognitive and neurobiological study of body dysmorphic disorder, as well as a clinical trial investigating the impact of intranasal oxytocin on brain function in body dysmorphic disorder.

**Dr Scott Griffiths, Department of Psychological Sciences, The University of Melbourne:** Dr Griffiths leads an NHMRC-funded research program on body image and eating disorders, including muscle dysmorphia, at The University of Melbourne. Current projects include a cross-sectional examination of some 2,800 gay men living in Australia and New Zealand, and a set of parallel longitudinal studies examining adolescents, steroid users, and individuals with body image and eating disorders.

**Dr Ryan Kaplan, Centre for Mental Health, Swinburne University and Sydney Body Dysmorphic Disorder & Body Image Clinic:** Dr Kaplan is a clinical psychologist and early career researcher specialising in body dysmorphic disorder and related conditions. His research focuses on psychological processes in the development and maintenance of body image disturbances, as well as interventional studies. He is also the Director of the Sydney Body Dysmorphic Disorder & Body Image Clinic.



8:00-9:00am	<b>CONFERENCE REGISTRATION</b>	
8:40-9:00am	<b>WELCOME ADDRESS: Prof David Castle</b>	
9:00-10:00am	<b>KEYNOTE 1 [Chair: Prof David Castle]</b>	
	Prof Phillipa Hay	Is body image a key concern for people with eating disorders? Perspectives on the conceptualisation of eating and body image disorders and their treatments
10:00-10:20am	<b>BREAK</b>	
10:20am-11:40am	<b>SESSION 1: Mixed Session - Body Image &amp; Eating Disorders [Chair: A/Prof Leah Brennan]</b>	
10:20am	Prof Susan Paxton	Social media literacy in the prevention of body dissatisfaction and disordered eating
10:40am	Philippa Harrison & Krissy Hilton	Reflections on an eating disorders peer mentor program
11:00am	Jake Linardon	Psychosocial correlates of shape and weight over-evaluation across the eating disorders: A meta-analysis
11:20am	A/Prof Leah Brennan	Body image in the treatment of bulimia nervosa and binge eating disorder
11:40am-1:20pm	<b>LUNCH &amp; POSTER SESSION</b>	
1:20-2:20pm	<b>SESSION 2: Anorexia Nervosa [Chair: A/Prof Richard Newton]</b>	
1:20pm	Prof Susan Sawyer	The growing challenge of atypical anorexia nervosa
1:40pm	Dr Elizabeth Hughes	Variants of family-based treatment for adolescent anorexia nervosa
2:00pm	Dr Andrea Phillipou	Neurobiology of anorexia nervosa vs. starvation; has the bird flown?
2:20-2:40pm	<b>BREAK</b>	
2:40-4pm	<b>SESSION 3: Body Dysmorphic Disorder [Chair: Prof Susan Rossell]</b>	
2:40pm	Dr Wei Lin Toh	Phenomenology and cognition in body dysmorphic disorder
3:00pm	Sally Grace	The neurobiology of body dysmorphic disorder: What do we know?
3:20pm	Dr Scott Griffiths	Muscle dysmorphia and anabolic steroids
3:40pm	Dr Ryan Kaplan	Beyond ERP: New directions for body dysmorphic disorder treatment
4:00-4:20pm	<b>BREAK</b>	
4:20-5:20pm	<b>KEYNOTE 2 [Chair: A/Prof Richard Newton]</b>	
	Prof Stephen Touyz	Facing the unthinkable: What do we do when anorexia nervosa does not respond to evidence-based treatments?
5:20-5:40pm	<b>CLOSING ADDRESS: Prof Susan Rossell</b>	

\*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 take care to 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	\$75 + \$7.50 GST
Early Career Researchers/Trainees	\$105 + \$10.50 GST
Full Registration	\$155 + \$15.50 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 October, along with more detailed information and poster guidelines. If you have any questions about abstract submission, please contact us at [birdconference2017@gmail.com](mailto:birdconference2017@gmail.com).

## 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 15 September 2017, 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 6pm on the day of the conference. Posters that are not removed by 6pm will not be the responsibility of the BIRD committee, and may be destroyed.
9. Please email your abstract to [birdconference2017@gmail.com](mailto:birdconference2017@gmail.com)

## TERMS & CONDITIONS

The conference fee is inclusive of GST and 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 [birdconference2017@gmail.com](mailto:birdconference2017@gmail.com).

**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 videoed during the conference, and these images published online or in print material. If you do not wish for your image to be captured, please contact the BIRD committee at [birdconference2017@gmail.com](mailto:birdconference2017@gmail.com).

**Dietary Requirements:** All dietary requirements must be emailed to [birdconference2017@gmail.com](mailto:birdconference2017@gmail.com) at least 30 days prior to the conference.