

Eating Disorders Fellowship

Name of the fellowship program:

Douglas Mental Health University Institute Eating Disorders Fellowship

Type of Fellowship:

Research and/or Clinical Fellowship in Eating Disorders

Name of the Fellowship Program Director: Mimi Israel M.D.

Status:

Available.

Supervisory, clinical and physical resources in place to support fellowship as described.

Program Information (see APPENDIX):

- Number of fellowship positions: One
- Academic affiliation: McGill Department of Psychiatry
- Name of hospitals involved in training: Douglas Mental Health University Institute
 - 100% of the time spent at the Douglas
- The Eating Disorders Program (EDP) is a tertiary-care program for the assessment and treatment of adults suffering from eating disorders. The program is dedicated to a tripartite clinical/research/teaching mission. The fellowship will be aimed at developing expertise in the evaluation and treatment of the full spectrum of eating disorders (Anorexia Nervosa, Bulimia Nervosa, Eating Disorders Not Otherwise Specified and Binge Eating Disorder), and comorbid conditions (Depressive, Anxiety, Obsessive-Compulsive, Personality and Substance Use Disorders). The fellow will be fully integrated into EDP clinical services including outpatient (200 new cases per year), day hospital (15 places) and inpatient treatment (6 bed unit; average stay 2 months).

Name of the Fellowship Program Director: Mimi Israel M.D.

Names of the Teaching Faculty:

- Roles: Dr. Israel, a psychiatrist whose main clinical practice is in the field of eating disorders, will be the primary clinical and academic supervisor. She will ensure adequate exposure to all aspects of the treatment program, guide reading and assist in the conceptualization and implementation of research or academic projects. Dr. Steiger, a psychologist and director of the EDP, will also offer clinical supervision and assistance with the development and implementation of research. Dr. Dominique Beliste, a psychiatrist who works mainly in the inpatient unit of the EDP will be the principal supervisor on the inpatient unit. The fellow will also benefit from working in close collaboration with a highly specialized team consisting of psychiatrists, psychologists, social workers, nurses, nutritionist and occupational therapists.
- Major Strengths: Working in a highly specialized interdisciplinary program with an excellent clinical, teaching, research and outreach record.

Academic Facilities:

- The EDP is situated at the Douglas Mental Health University Institute a large facility dedicated to treating the full gamut of mental health problems across the life span. Researchers at the EDP are affiliated with the institute's well-know and highly-regarded research centre. The EDP research lab is well-equipped with dedicated space, administrative and secretarial support, and onsite computing and technological services.
- The Douglas Mental Health University Institute has an extensive library with dedicated and qualified library staff onsite. The Douglas is connected to the McGill Life Sciences Library and access to all McGill databases and electronic journals and references, is available through the intranet. Library staff also provides training in the use of databases and search engines. In addition, the EDP has its own library of specialized books, journals and workbooks on eating disorders that are made available to all trainees.
- The Douglas Mental Health University Institute is equipped with teleconferencing equipment and has an audiovisual department that provides assistance in the production and utilization of teaching tools (videos, smart boards, power points, photographs...).

Fellow Duties and Responsibilities:

- The fellow will have no call responsibilities and will not be expected to provide clinical supervision for residents.
- The fellow will have access to secretarial, nursing and program coordinator assistance. Research assistants will also be available to assist the fellow in the execution of research projects (data collection, scheduling of participant, database management and data analysis)
- The fellow will attend weekly interdisciplinary team rounds on inpatient and outpatient unit and weekly research lab meeting.
- The fellow will be expected to present at least twice during the academic year (once at the EDP in-service and once at grand rounds).
- The fellow will be expected to complete an academic project such as a review paper or a small-scale research project that can generate results to be presented at a national or international conference. The fellow will also be supported in carrying out larger projects or in collaborating in ongoing EDP research projects.

Curriculum

- Outpatient clinic responsibilities will include performing 3-5 evaluations per week, following a caseload of approximately 10 patients at one time and co-leading an outpatient group. Clinical work in inpatient and day hospital will be done alongside the clinical supervisors. The fellow will participate in most assessments (approximately 200 per year) and therefore have the opportunity to encounter a heterogeneous group of patients with differing patterns of ED and

- comorbid symptoms. In addition, the fellow will participate in the assessment of atypical cases for diagnostic clarification.
- An introductory reading package given to all trainees will be made available to the fellow. Additional reading materials will be assigned on an as-needed basis.
 - The fellow will attend in-service teaching rounds held once a month at the EDP. The fellow will also have the opportunity to attend rounds organized by different research axes of the Douglas Research Center, Grand Rounds, case-conferences and journal clubs.
 - The fellow will also receive training and mentoring in teaching. The objective being to prepare the fellow to teach the basics of eating disorders evaluation, treatment and management to medical students, residents, and community partners.

Specific Learning objectives:

- 1) The fellow will develop the ability to carry out detailed biopsychosocial assessments of the full range of eating disorders and comorbid disorders.
- 2) The fellow will learn to assess the medical complications associated with eating disorders and their management.
- 3) The fellow will acquire the capacity to determine the optimum treatment setting (inpatient, outpatient day program or day hospital) for individual patients.
- 4) The fellow will learn to develop and implement detailed treatment plans for individual patients (including individual therapy, group therapy, nutritional counselling and pharmacotherapy.)
- 5) The fellow will have the opportunity to develop skills in various psychotherapeutic modalities with particular emphasis on their application to eating disorders (including psychoeducation, motivational, cognitive-behavioural, behavioural, couple, family therapy and group psychotherapy.)
- 6) The fellow will learn the role of pharmacotherapy in the treatment of eating disorders and related conditions.
- 7) The fellow will be exposed to the ethical issues specific to the treatment of eating disorders and will face the challenge of developing a therapeutic alliance with difficult patients.
- 8) The fellow will be exposed to ongoing clinical research being carried out at the EDP

Learning modalities:

- 1) Carrying out initial assessments under direct observation and participation in assessment with other team members.
- 2) Participation in outpatient and inpatient multidisciplinary clinical rounds.
- 3) Follow-up of individual patients with clinical supervision by different supervisors.
- 4) Participation in Day Hospital and In-Patient contracting sessions.
- 5) Participation in group psychotherapy as a co-therapist.
- 6) Participation in monthly in-service teaching rounds.
- 7) Participation in weekly research meetings.

- 8) Participation in ongoing research projects and possibility of developing a smaller research project under the supervision of research team members.

DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE EATING DISORDERS FELLOWSHIP

The Eating Disorders Program (EDP) is the only large-scale Ultraspecialized (tertiary-care) program for the assessment and treatment of adults suffering Eating Disorders (EDs) in the Province of Quebec. Services are offered supraregionally, in French or in English, to individuals residing anywhere in the Province (and exceptionally, to those from other geographical areas). The EDP is also the main base of research and academic work on EDs in the McGill University system. The EDP is dedicated to a tripartite clinical/research/teaching mission, and aims for the fullest possible integration of activities within these 3 spheres. More recently the EDP has assumed leadership of the RUIS-McGill ED program. The EDP has also spearheaded the development of a RUIS-centred organization involving regional child, adolescent and adult ED treatment centres and specialists. Several RUIS-related projects (including teaching to community clinicians and tele-health) have taken place.

The EDP offers “state-of-the-art”, multimodal services for individuals with EDs inspired by a multidimensional (Biopsychosocial) concept, and offered by a multidisciplinary team of specialists. The EDP also maintains an active program of clinical research into causes, comorbidity, treatment outcome, and prognostic indices, and tapping biological, psychological and social aspects of the EDs. Research at the Eating Disorders Program aims to understand the ways in which social pressures (to diet and to perform), psychological traits (like perfectionism or impulsivity), and genetic factors (influencing various brain systems) add up to create risk of developing the eating disorders Anorexia and Bulimia Nervosa. The research also aims to guide the development of more-effective, more-individualized, and more-specialized treatments for people suffering eating disorders. Some studies examine risk for eating disorders out in the community, and some address patient characteristics that influence response—including genetic variations, motivation for change, personality traits, and other factors.

In addition, clinical/ research training is offered to trainees from various disciplines. EDP staff also consults to professional and non-professional groups in the community, providing clinical consultations and teaching to staff in first- and second-line settings and promotes self-help, public education, and other activities in support of ED sufferers and their relatives in the community.

The fellowship will take place at the EDP, and will be aimed at developing expertise in the evaluation and treatment of the full spectrum of eating disorders (Anorexia Nervosa, Bulimia Nervosa, Eating Disorders Not Otherwise Specified and Binge Eating Disorder), and comorbid conditions (Depressive, Anxiety, Obsessive-Compulsive, Personality and Substance Use Disorders). The fellow will be fully integrated into EDP clinical services including outpatient, day hospital and inpatient treatment in a 6 bed unit. The fellow will also participate in teaching, research and outreach activities.

Yearly Publications and Abstracts (from 2007-2008 Annual Report)

Papers & Chapters Published or "in press"

1. Steiger, H., Jooper, R., Gauvin, L., Bruce, K.R., Richardson, J., Israel, M., Anestin, A. & Groleau, P. (in press). Serotonin-system polymorphisms (5HTTLPR and -1438G/A) and responses of patients with bulimic syndromes to multimodal treatments. Journal of Clinical Psychiatry.
2. Engelberg, M.J., Steiger, H., Gauvin, L., Wonderlich, S.A. (in press). Binge antecedents in bulimic syndromes: An examination of dissociation and negative affect. International Journal of Eating Disorders.
3. Fedorowicz VJ, Fombonne E (2007), Suicidal behaviours in a population-based sample of French youths, Canadian Journal of Psychiatry, 52(12), 772-9
4. Fedorowicz VJ, Falissard B, Foulon C, Dardennes R, Divac SM, Guelfi JD, Rouillon F (2007), Factors associated with suicidal behaviors in a large French sample of inpatients with eating disorders, International Journal of Eating Disorders, 40(7), 589-95
5. Richardson, J., Steiger, H., Schmitz, N., Jooper, N., Bruce, K.R., Israel, M., Gauvin, L., Anestin, A., Dandurand, Howard, H., deGuzman, R. (in press). Relevance of the 5HTTLPR polymorphism and childhood abuse to increased psychiatric comorbidity in women with bulimia-spectrum disorders. Journal of Clinical Psychiatry.
6. Steiger, H. & Bruce, K. (2008). Eating Disorders: Anorexia Nervosa and Bulimia Nervosa. In T. Millon, P.H. Blaney, & R.D. Davis (Eds.). Oxford Textbook of Psychopathology. (2nd edition). New York: Oxford University Press.
7. Steiger, H., Richardson, J., Jooper, R., Israel, M., Bruce, K.R., Ng Ying Kin, N.M.K., Howard, H., Anestin, A., Dandurand, C., Gauvin, L. (2008). Dissocial behavior, the 5HTTLPR polymorphism and maltreatment in women with bulimic syndromes. American Journal of Medical Genetics, Part B, 147B, 128-130. (advanced e-publication on 22 August 2007, www.interscience.wiley.com).
8. Steiger, H. (2007). Eating disorder paradigms for the new millennium: Do "attachment" and "culture" appear on brain and genome scans? Canadian Journal of Psychiatry, 52, 209-210.
9. Steiger, H. & Bruce, K.R. (2007). Phenotypes, endophenotypes, and genotypes in bulimia-spectrum eating disorders. Canadian Journal of Psychiatry, 52, 220-227.
10. Engel, S.G., Boseck, J.J., Crosby, R.D., Wonderlich, S.A., Mitchell, J.E., Smyth, J., Miltenberger, R., Steiger, H. (2007). The relationship of momentary anger and impulsivity to bulimic behavior. Behaviour Research and Therapy, 45, 437-447.
11. Steiger, H., Richardson, J., Jooper, R., Gauvin, L., Israel, M., Bruce, K.R., Ng Ying Kin, N.M.K., Howard, H., & Young, S.N. (2007). The 5HTTLPR polymorphism, prior maltreatment, and dramatic-erratic personality manifestations in women with bulimic syndromes. Journal of Psychiatry & Neuroscience, 32, 354-362.

12. Wonderlich, S.A., Mitchell, J.E., de Zwaan, M., & Steiger, H. (Eds.). (2007) Annual Review of Eating Disorders, Part 1. Radcliffe Publishing Ltd: Oxford.
13. Wonderlich, S.A., Mitchell, J.E., de Zwaan, M., & Steiger, H. (Eds.). (2008) Annual Review of Eating Disorders, Part 2. Radcliffe Publishing Ltd: Oxford.

ABSTRACTS:

1. Banker, J., Fallon, P., & Steiger, H. The therapeutic relationship in the treatment of eating disorders: An integrated approach. Teaching Day, Academy for Eating Disorders International Conference on Eating Disorders, Baltimore MD, May 1, 2007.
2. Bruce KR, Steiger H, Israel M, Ng Ying Kin NMK (2007, May). Reduced platelet [3H]-paroxetine binding in first-degree relatives of women with anorexia nervosa. Paper presented at the International Conference on Eating Disorders, Baltimore, MD.
3. Bruce KR (2007, Oct 5). Are there parallels between alcohol use disorders and bulimia nervosa in women? Invited talk at the CSBN Workshop: Eating and Addiction, Center for Studies in Behavioral Neurobiology, Concordia University, Montreal, QC.
4. Bruce KR, Steiger H (2008, Feb 28). Clinical-Research-Teaching Integration at the Eating Disorders Program of the Douglas Mental Health University Institute. Oral Presentation at the First Bi-Annual Conference of the Eating Disorders Association of Canada, Calgary, AB.
5. Bruce K, Steiger H, Israel M, & Ng Ying Kin NMK, Richardson J. (2007 Oct 26). Intrafamilial correspondence on platelet [3H] paroxetine binding in women with anorexia nervosa and their first-degree relatives. Paper presented at the Eating Disorders Research Society, annual meeting, Pittsburgh, PA.
6. Bruce K, Steiger H, Israel M, & Ng Ying Kin NMK, Richardson J. (2008 Oct 26). Intrafamilial correspondence on platelet [3H]paroxetine binding in women with anorexia nervosa and their first-degree relatives. Paper presented at the Eating Disorders Research Society, annual meeting, Pittsburgh, PA.
7. Cimon M.J. Israel, M., Les enjeux de la maternité autour de l'anorexie et de la boulimie. 41ième congrès annuel de l'Association des Médecins Psychiatres du Québec. Hull, Québec, June 14th, 2007
8. Israel M, Steiger H, Gauvin L, Bruce KR, Richardson J, Anestin A, Ng Ying Kin NMK (2007, May). Bearing of the 5HTTLPR s-allele upon outcome after specialized multimodal treatments in women with bulimic eating syndromes. Paper presented at the International Conference on Eating Disorders, Baltimore, MD.
9. Israel, M., Steiger, H., Gauvin, L., Bruce, K., Joober, R., Richardson, J., Anestin, A. & Ng Ying Kin, N.M.K. Bearing of the 5HTTLPR s allele upon outcome after specialized multimodal treatments in women with bulimic eating syndromes. Poster presentation: Eating Disorders Research Society, October 2007, Pittsburgh, USA.

10. Israel, M., Steiger, H., Gauvin, L., Bruce, K., Joober, R., Richardson, J., Anestin, A. & Ng Ying Kin, N.M.K. Eating Disorders Program, Douglas Hospital Bearing of the 5HTTLPR s allele upon outcome after specialized multimodal treatments in women with bulimic eating syndromes. Oral presentation International Conference on Eating Disorders, May 2007, Baltimore USA.
11. Israël M. What to Do about EDNOS? A Dimensional Approach to the Pharmacological Treatment of Eating Disorders and Co-morbid Conditions. Workshop; International Conference on Eating Disorders, May 2007, Baltimore USA.
12. Mansour S, Horowitz S, Steiger H, Bruce K, Anestin A, & Zuroff DC. (2008 Oct 26). Predicting treatment outcome in bulimia nervosa: autonomous versus controlled motivation. Poster presented at the Eating Disorders Research Society, annual meeting, Pittsburgh, PA. Racine S, Bruce K, Steiger H, Israel M, Young SN, & Joober R (2008 Oct 26).-1438G/A promoter polymorphism of the 5-HT_{2A} receptor gene moderates subjective mood lowering following acute tryptophan depletion in women with bulimia nervosa. Poster presented at the Eating Disorders Research Society, annual meeting, Pittsburgh, PA.
13. Richardson J, Steiger H, Joober R, Israel M, Bruce KR, Schmitz N, Aubut M, Anestin A, Dandurand C, (2007, May). Relevance of the 5HTTLPR polymorphism to increased psychiatric comorbidity in women with bulimia-spectrum disorders. Paper presented at the International Conference on Eating Disorders, Baltimore, MD.
14. Richardson J, Steiger H, Schmitz N, Joober R, Bruce K, Israel M, Gauvin L, Anestin A, Dandurand C, & Howard H. (2008 Oct 26). Relevance of the 5-HTTLPR polymorphism and childhood maltreatment to increased psychiatric comorbidity in women with bulimia-spectrum disorders. Poster presented at the Eating Disorders Research Society, annual meeting, Pittsburgh, PA.
15. Richardson, J., Steiger, H., Schmitz, N., Joober, R., Bruce, K., Israel, M., Anestin, A., Dandurand, C., Howard, H., de Guzman, R. (October 2007). Relevance of the 5HTTLPR polymorphism and childhood maltreatment to increased psychiatric comorbidity in women with bulimia-spectrum disorders. Poster presented at the Eating Disorders Research Society, Pittsburgh, Pennsylvania.
16. Steiger H, Richardson J, Joober R, Israel M, Gauvin L, Bruce KR, Anestin A, Dandurand C, Ng Ying Kin NMK (2007, May). Relationship of 5HTTLPR genotypes and childhood abuse to empirically-derived personality factors in women suffering bulimic syndromes Paper presented at the International Conference on Eating Disorders, Baltimore, MD.
17. Steiger, H. An evidence-based guide to working with personality traits (and disorders) in people with eating disorders: A trait-focused, interpersonally centred approach. Workshop presented at the Academy for Eating Disorders International Conference on Eating Disorders, Baltimore MD, May 2, 2007. Dr.