

## Organisers:

*Fernando Fernandez-Aranda*

Full Professor University of Barcelona, Director of Eating Disorders Unit, Department of Clinical Psychology, University Hospital Bellvitge-IDIBELL, Barcelona (Spain).

*Susana Jimenez-Murcia*

Professor University of Barcelona, Director of the Clinical Psychology Department, University Hospital Bellvitge-IDIBELL, Barcelona (Spain).

## Organized by:

- Department of Clinical Psychology, University Hospital of Bellvitge, Hospitalet del Llobregat (Barcelona), Spain
- Department of Clinical Sciences, School of Medicine and Health Sciences, University of (Barcelona), Spain
- Centro de Investigación Biomédica en Red-Fisiopatología de la Obesidad y Nutrición (CIBEROBN), Institut of Health Carlos III-ISCIII, Spain
- Centre de Serveis Psicològics de la Universitat de Barcelona, Spain
- Sagrat-Cor Psychiatric Hospital, Hermanas Hospitalarias, Martorell (Barcelona, Spain)
- Sumament+, Pla Territorial Salut Mental MS, Generalitat de Catalunya
- Bellvitge Biomedical Research Institute (IDIBELL), Hospitalet del Llobregat (Barcelona), Spain
- World Psychiatric Association (WPA)- Eating Disorders Section

## Free admission

Booking required due to limited capacity.

Interested persons to attend please contact:

Miss. M<sup>a</sup> Luz Segura López

E-mail: [msegura@bellvitgehospital.cat](mailto:msegura@bellvitgehospital.cat)

No translation available

# Clinical Psychology International Update Seminars - 2024

## Topic: Eating Disorders

University of Barcelona

Paraninfo, Historical Building University of Barcelona

25th September 2024

Sumament+

 **Generalitat de Catalunya**

**Salut/**  **Bellvitge**  
Hospital Universitari

 **IDI BELL**  
Institut d'Investigació Biomèdica de Bellvitge

 **UNIVERSITAT DE BARCELONA**

 **Germanes Hospitalàries**  
HOSPITAL SAGRAT COR

**ciber** | **OBN**

 **WORLD PSYCHIATRIC ASSOCIATION**  
Advance Psychiatry and Mental Health Across the World

Eating disorders (ED) are serious and long-lasting mental disorders that mainly affect women. They begin in adolescence or early adulthood and are multi-causal, involving psychological, biological, and socio-cultural factors. Their incidence has increased in recent years, particularly as a result of lockdown, as has their clinical complexity. Because of all this and the limited results of current therapeutic approaches, there is a tendency towards chronicity in patients who are more resistant to usual treatment. This conference will bring together some of the most relevant international speakers in the field, who will provide updates on clinical and therapeutic aspects and the factors involved in ED. We will also discuss the management of enduring ED patients.

## Program

- 8:30 h** Opening.
- 9:00 h** **Symposium 1/ Risk factors and clinical-diagnostic features:**  
**Chair: Susana Jimenez-Murcia**  
Department of Clinical Psychology,  
University Hospital Bellvitge-IDIBELL and  
University of Barcelona (Spain).
- Genetic and intergenerational risks in Eating Disorders.**  
**Nadia Micali**  
Copenhagen University (Denmark).
- Severe enduring AN and models of maintenance.**  
**Janet Treasure**  
King's College University London (UK).
- Diagnostic and Severity Criteria in Adult Eating Disorders.**  
**Angela Favaro**  
Padova University (Italy).
- How we manage comorbidity with autism in ED.**  
**Kate Tchanturia**  
King's College University London (UK).

**10:30 h** Break

**11:00 h** **Symposium 2/ State of the Art on Management of ED and Predictors.**

**Chair: Mimi Israel**

McGill University, Montreal (Canada).

**Updates on the Management of Adult Eating Disorders and limitations.**

**Alessio M Monteleone**

Naples University (Italy).

**Predictors of therapy outcome in Eating Disorders.**

**Stephan Zipfel**

University of Tübingen (Germany).

**Novel Approaches in Children and Adolescents with Eating Disorders.**

**Daniel Le Grange**

The University of California at San Francisco (USA).

**Viennese Model of Treating Adolescent Anorexia nervosa along the New Maudsley Model**

**Andreas Karwautz**

Medical University of Vienna (Austria).

**12:30 h** **Round Table. Chronicity and long-lasting eating disorders.**

**Chair: Fernando Fernandez-Aranda**

Department of Clinical Psychology, University  
Hospital Bellvitge-IDIBELL and  
University of Barcelona (Spain).

**Panelists:**

**Stephen Touyz**

University of Sydney (Australia).

**Steven Wonderlich**

University of Michigan (USA).

**Ulrich Voderholzer**

University of Munich (Germany).

**Howard Steiger**

University McGill, Montreal (Canada).