

NAE report: International Conference on Eating Disorders (ICED) 2025

With support from the Nederlandse Academie voor Eetstoornissen, I recently had the privilege of attending the International Conference on Eating Disorders (ICED) in San Antonio, Texas. The conference had a three-day intensive agenda of plenary sessions, workshops, panel presentations, and networking events. On the final day of the conference, I had the opportunity to present my PhD research on combined treatment for anorexia nervosa and post-traumatic stress disorder (PTSD).

The sessions I attended discussed the latest developments in understanding and treating eating disorders. Of particular interest, there was a biology plenary on deep brain stimulation for those with severe and enduring anorexia, many of whom had PTSD. The presenters shared the stark changes after brain stimulation, with patients suddenly expressing the desire to eat foods they had been restricting for >10 years. At the one-year follow-up, patients had a 20% increase in BMI and reduction in bingeing and purging.

Another highlight for me was participating in a workshop on CBT-T, a brief, ten-session treatment for those with non-underweight eating disorders. This treatment interests me as research is increasingly suggesting that shorter and less-intensive treatments may be equally effective to standard care, while reducing patient burden and promoting autonomy in recovery. During this workshop I connected with other researchers from the USA, Canada, England, and Ukraine to discuss implementing CBT-T, and establishing it as standard care.

Following my own presentation, I had several researchers ask follow-up questions and express interest my work. I also received constructive feedback which I will incorporate into my future work, such as expanding the type of trauma treatment we are offering clients with anorexia. I hope to in contact with these researchers, as they could be great collaborators in the future.

I would like to conclude this report by expressing my sincere gratitude for the support provided by the NAE, which made this experience possible. Attending ICED provided me the opportunity to present my work to an international audience, be inspired by global leaders in the field of eating disorders and support my career development as both a researcher and clinician.

Sincerely,

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