

Italian Society Holds its Annual Congress in Rome, and Publishes its First Manual on the Treatment of Eating Disorders

By Umberto Nizzoli

More than 300 professionals met for three days in Rome to participate in the Italian congress of SISDCA, the Italian society on eating disorders. The theme of the 2017 Congress was [Developing Competencies for the treatment of ED](#).
<http://www.sisdca.it/html/pag/Evento.asp?id=79>

After welcomed delegates to the Conference, and introduced Eugenio Gaudio, Rector of the University of Rome "Sapienza", Andrea Lenzi, President CUN SIE, and Giuseppe Ruocco, Director General for Food Safety, Hygiene, and Nutrition at the Ministry of Health, who extended greetings and warm wishes for a successful conference, Timothy Brewerton offered a keynote address on Food Addiction: A Proxy for Trauma, PTSD and Psychiatric Comorbidity

The opening was followed by a full program of intense seminars and workshops on many themes as well as specific sessions presented in collaboration with other scientific societies representing practitioners, family doctors, endocrinologists, and obesity professionals.

Highlights were a workshop on national guidelines for the treatment of ED; a session on child development presented by Professor Fava Vizziello, former president of the European Society of Childhood and Adolescent Psychopathology; a wonderful lecture by neuroscientist Benedetti author of Placebo volume, Oxford Press, on Subjective Pain Modulation and the Effects of a Therapeutic Relationship; a Symposium on the Effectiveness of Psychotherapy.

There was also a presentation of the series of research projects managed by SISDCA: a) Severe AN; b) Stigma, and c) Body Image.

The Conference included a meeting on the analysis provenance of Eating and Weight Disorders led by Springer, publisher of the SISDCA's journal.

Umberto Nizzoli and Francesca Brambilla presented the Italian version of the [AED Medical Care Standards Guidelines, Guide LinesThird edition](#).

There were 55 posters presented, and the first award was presented to Faccio for work on networking tools.

Lorenzo Donini, SISDCA president, introduced the new [SISDCA Manual on the Treatment and Care of ED](#) -- the first Italian manual on this subject, designed to help professionals and students to learn how to recognize and treat ED.

SISDCA introduce is record data cards. It is a tool insert in the society's web. The Italian data bank shall be used to develop research also in collaboration with others societies.

A meeting with the Family associations on developing advocacy.

At the end the president Donini told his great satisfaction and announce the national conference of June 2th to participate at second World Action Day on ED.