

From: Insel, Thomas (NIH/NIMH) [E]

Sent: Sunday, November 07, 2010 4:51 PM

To: M.B. Krohel

Cc: Laura Collins

Subject: Re: Current status on the field of Eating Disorders

Dear Ms. Krohel,

It is indeed frustrating that so many professionals continue to promote a “blame and shame” approach to people with mental disorders. This is especially unfortunate in the treatment of eating disorders, in which the “experts” have long blamed parents, while recent evidence demonstrates the effectiveness of parent-centered treatment ([see attached from Locke et al](#)), suggesting that parents may be the solution not the problem. Families and people challenged with mental disorders increasingly find reassurance in the emerging research that addresses these as brain circuit disorders ([see attached from Scientific American](#)) but many professionals, who have no training in neuroscience, still find a neurobiological approach to mental disorders as misguided and frankly alien to all of their experience. You may want to watch Good Morning America tomorrow. Congressman Patrick Kennedy is scheduled to be interviewed about his campaign to reduce stigma of mental disorders by framing these illnesses as brain disorders. Perhaps, as you quote in your e-mail, this effort will fail, but in an earlier decade, focusing on the medical basis of cancer and AIDS helped us out of the blame and shame phases of these disorders.

Sincerely,

Tom Insel

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