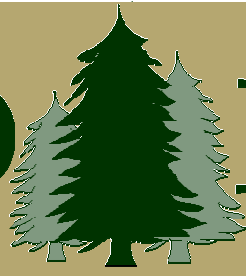


The CEDAR Review

Associates



Eating disorders, general psychotherapy, medication management, nutrition and recovery

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The Eating Disorder Foundation, Inc. 2008 Clinical Conference

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[Etiologies of Eating Disorders](#)
[A Deeper Understanding of Cause & Treatment: What Works and for Whom](#)

Friday, September 19, 2008



News & Announcements:

The 18th Annual Renfrew Center Foundation Conference For Professionals
Feminist Perspectives and Beyond: The Power of Therapeutic Relationships in the Treatment of Eating Disorders
November 13-16, 2008
Philadelphia Airport Marriott
Philadelphia, PA

For more information, please visit our websites:
<http://www.renfrew.org/news-events/event.asp?id=108> or <http://www.renfrewcenter.com/news-events/event.asp?id=108>

Groups at CEDAR:

FREE MONTHLY SUPPORT GROUP FOR
family members, friends and partners of eating disorder sufferers

Next Meeting: September 2008

[Support Group Info & Meeting Dates](#)

Quote of the Month:

"I think most artists create out of despair. The very nature of creation is not a performing glory on the outside, it's a painful, difficult search within."
Louis Nevelson (sculptor)

How Group Therapy is an Effective Tool for Treating Eating Disorders

By: Jenny Kramer, LCSW

Eating Disorders are usually best treated through a finely balanced combination of modalities and techniques. We know, for instance, that integrating individual therapy, family therapy, work with a dietician or nutritionist as well as the use of medication when appropriate, can be quite effective as a multidisciplinary approach. Research has also shown that integrating group therapy is also a vital part of treatment.

Various types of group therapy are used with eating disorder patients; each with a different purpose, focus, style and format. These include cognitive/behavioral, psycho-educational, psychodynamic/interpersonal and some which may combine components of all of these.

Cognitive/Behavioral Therapy encourages patients to recognize connections between beliefs and their behaviors, including the use of eating disorder symptoms. Patients learn how thoughts affect or influence feelings and vice versa and also how to monitor thought patterns and beliefs about food, body shape, and weight. In a very practical way, alternate coping skills are discussed and demonstrated in an effort to "short circuit" one's automatic reflex to use ED symptoms

when triggered. These may include self-monitoring via journaling, relaxation and stress management techniques, affirmations and nutritional management techniques to name a few.

But is it enough to simply change behaviors or habits by creating new ones? Most often, it is also necessary to explore the underlying issues and what are called "intra-psychic processes" that drive these behaviors on a much deeper level. **Psychodynamic/Interpersonal Therapy**, both individually and in a group setting, can help explore core issues such as self-esteem, anxiety responses, body image issues, depression, etc. Some other techniques within this framework may also include the use of psychodrama, role play, family sculpting or creative arts to explore and express underlying or defended feelings.

Lastly, **Psycho-education** may also be a key component to eating disorder groups. The purpose here is to teach specific skills or information regarding nutrition, coping behaviors, etc.

Please click [here](#) to read more of this letter from Susan on our web site.

