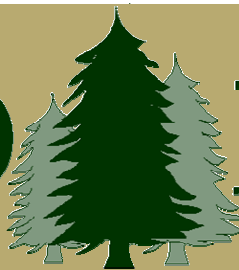


The CEDAR Review

Associates



Eating disorders, general psychotherapy, nutrition, and recovery

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Upcoming Workshops or Events:

4/18/06:
[Peer Leader Training](#)

4/19/06:
[Women and Nutrition](#)

4/26/06:
[WCC Health Fair](#)

Groups at CEDaR:

FREE MONTHLY SUPPORT GROUP FOR

family members, friends and partners of eating disorder sufferers

Next Meeting: Sat, 4/22/06

[Support Group Info & Meeting Dates](#)

Reminders:

[TOWN HALL MEETING](#)

[EATING DISORDERS:](#)

[Clinical Research, Public Policy, Research, Education & Prevention](#)

May 5, 2006
Purchase College, SUNY



EATING DISORDER FOUNDATION, INC. (EDF)

TOWN HALL MEETING

EATING DISORDERS:

Clinical Research, Public Policy, Research, Education & Prevention

SAVE THE DATE & [Click here for the REGISTRATION Form!](#)

TOWN HALL MEETING

Event Synopsis:

This is a half day of intensive learning about issues that affect us as practitioners, educators and people. We invite you to come and learn from national figures and distinguished guests in the field of Eating Disorders, network with peers, gather resource materials, and help in the effort to support the advancement of eating disorder prevention and recovery.

Who should attend?

Health and Mental Health Practitioners, Educators (Health teachers, Guidance staff, Psychologists, Social Workers, School Nurses, and Principals) & those affected personally.

The Unique Role of the Eating Disorders Therapist in the Multi-Disciplinary Team

By: Elissa K. Zelman, Psy.D.

Eating Disorders are complex and affect a person medically, emotionally, spiritually, psychologically, and interpersonally. For this reason, it is essential to use a team approach when treating people with eating disorders. This team generally consists of a therapist (social worker, psychologist, or psychiatrist), a nutritionist, and a medical doctor. Other team members may include a psychiatrist, other treatment provider (i.e. someone else doing the family work), or specialty doctor (OB/GYN, gastroenterologist etc.).

It is the role of the primary therapist to coordinate care amongst the team. Thus, s/he provides the individual, family and/or group therapy and is in continual contact with all members of the team to assure everyone is working towards the same goals. Especially with people who struggle with severe eating disorders, this becomes important, as all team members need to know the person's medical and psychological status to ensure the individual's safety and well-being.

The other unique role that the primary therapist has is to create a safe treatment environment for the person to

explore the reasons behind his/her eating disorder and to begin the healing process. For this to occur, a trusting relationship needs to be established. Only within a safe, consistent and trusting relationship can a person begin to look at their internal strengths and struggles, both as a person and in relation to others.

To read more of this article, click on this [link](#).