

The

CEDAR

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working with motivation in the treatment of eating and addictive disorders

with Judy Scheel, PhD, LCSW /
Jeff Foote, PhD

Training for Professionals

Presented by: Cedar
Associates & the Center for
Motivation and Change

Date: Friday, May 8,
11:00 am – 2:00 pm

Cost: \$25

Location: CMC Westchester –
235 Main Street, Suite 540,
White Plains

Click [here](#) for more information

COMPULSIVE OVEREATERS
EMOTIONAL EATING GROUP
CEDAR Associates is proud to
offer a Compulsive Overeaters
Emotional Eating Group.

For women ages 30 –65
Thursday nights from 7:45-9pm
1075 Central Avenue, Scars-
dale, NY. Call 914-472-4019
for more information

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

The Renfrew Center Foundation and the Orthodox Union present **Food, Body Image and Eating Disorders in the Jewish Community**, Sunday, June 7, 2009 at The Ramaz Middle School in New York, NY. For more information, please visit: www.renfrew.org
19th Annual Renfrew Center Foundation Conference for Professionals, **Feminist Perspectives and Beyond: The Art and Science of Eating Disorders Treatment**. Philadelphia Airport Marriott, Philadelphia, PA from November 12 - 15, 2009. For more information, please visit: www.renfrew.org

Monthly Support Group for Persons with Eating Disorders, Scarsdale Office. \$10

Call for details and reservation - 914 472-4019 For information about the group([click for details](#))

Monthly Support Group for Families of Eating Disorder Sufferers, Mt. Kisco Office. \$10 (\$15 per couple)

Call for details and reservations - 914 244-1904, mailbox 2 For information about the group([click for details](#))

The Treating Psychotherapist and the Nutritional Therapist: Roles and the Importance of a Division of Labor By Jacqueline Reily, LMSW

Eating disorders serve a purpose. They are a cultivated set of internal and external processes that protect, remove and distract the patient from intolerable feelings. The eating disorder carries the patient away as it offers a safe haven and peace in an otherwise tumultuous and unskilled inner world. The patient often has elaborate systems of thought and rituals surrounding food that takes up time and that is in some maladaptive way, soothing as well as punitive. The internal language and words around the eating disorder are often simplistic, formulaic, predictable and punishing. They are an internalized framework the individual has come to trust and in some ways to love as well as to loathe. This world is characterized by counting calories, checking one's weight and body shape, planning perfect eating, researching weight loss strategies, and nutritional facts. Often a patient is quite well versed in the details of nutrition and weight loss. They may be emotionally regressed, given to shame and utterly lacking in ability to accept any other mode, outside of the distorting filter of the eating disorder, for experiencing emotions. The eating disorder also reinforces a sense of being separate and undeserving of a normal life, while keeping the patient fearful that their secret will be discovered.

At times, a person suffering with anorexia nervosa, bulimia nervosa, disordered eating or binge eating disorder may use a team approach for their recovery. This article addresses a bit of why an experienced nutritional therapist and a psychotherapist work so well together. Especially with regard to the distorted belief that emotional suffering can be relieved if only one could achieve a perfect body shape or perfect eating plan.

A person suffering with an eating disorder will often carry an enduring fantasy that all troubled feelings will slip away when they find the right eating plan, achieve the right body shape, or desired number on the scale. The nutritional therapist helps them get the right answers about food and this correct information challenges the distortions of the eating disorder. These answers, however, are never perfect and do not engage enough

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