

The CEDAR Review

Associates

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

OFFICES:

67 South Bedford Road • Route 172
Mt. Kisco, NY 10549
Phone: 914-244-1904

1075 Central Park Ave • Suite 412
Scarsdale, NY 10583
Phone: 914-472-4019

INTERNET:

<http://www.cedarassociates.com>

Email: newsletter@cedarassociates.com

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Dedicated to the prevention,
education & research
of eating disorders



**The Eating Disorder Foundation, Inc. (EDF)
2008 Clinical Conference**

Sponsored by CEDAR Associates – www.cedarassociates.com

*Etiologies of Eating Disorders
A Deeper Understanding of Cause & Treatment: What
Works and for Whom*

Friday, September 19, 2008 - 8:30 AM – 4:00 PM at:

The Women's Club of White Plains - 305 Ridgeway (off Mamaroneck Ave), White Plains, NY

**The Eating Disorder
Foundation, Inc.
2008 Clinical Conference**

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Eating Disorder etiology is complex and treatment options vary widely. Seasoned clinicians continue to face challenges in the treatment of patients. Food, weight and body obsession mask shame and guilt, and maintain disconnection from feelings and being with others. The ability of the therapist to be with a patient, understand the metaphoric use of the eating disorder and the capacity to empathize allows a patient to attach to a person outside of the relationship she has developed with her eating disorder. A combination of insight oriented, experiential and behavioral treatment grounded in an understanding of the role attachment and loss play in the life of an eating disorder sufferer provide opportunities for recovery and healing of relationships.

This Conference will explore:

- A deeper understanding of Attachment Theory, its relationship to causation and its use in the treatment process
- Cognitive Behavioral Therapy as a necessary component in the treatment process
- The symbolic and real relationship between patient and therapist and how recovery occurs within and because of the therapeutic relationship
- How to determine appropriate level of care for patients

Updates in the fields of psychiatry, medicine and nutrition; current practice recommendations for different levels of care

Join the EDF for a full day of clinical presentation and professional dialogue in a relaxed and beautiful restored mansion. In addition, we shall nourish you with a continental breakfast, full lunch and great snacks and end our day with a guided meditation useful for you to use in your work.