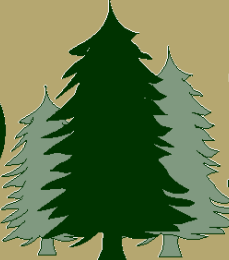


The **CEDAR**  **R** *Review*
 Associates

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

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[The 17th Annual Renfrew
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for Professionals](#)

Feminist Perspectives and Beyond:

Exploring Eating
Disorders Recovery

November 8-11, 2007

**Philadelphia Airport Marriott
Philadelphia, PA**

News & Announcements:

Coming this Fall

[Eating Disorder Foundation's
2nd Annual Conference:](#)

*Etiologies of Eating Disorders:
A Deeper Understanding*

[Intensive Outpatient Program](#)

Groups at CEDAR:

**FREE MONTHLY SUPPORT GROUP
FOR**

family members, friends and
partners of eating disorder sufferers

Next Meeting: Sept 8, 2007

[Support Group Info & Meeting Dates](#)

Quote of the Month:

“Beauty is the moment of
transition, as if the form
were just ready to flow into
other forms.”

- Ralph Waldo Emerson

Eating Disorder Etiology & Treatment Modality

By: Judy Scheel, Ph.D., LCSW

The end of the summer marks a transition for many. The transition from high school to college for individuals with eating disorders brings with it a unique set of circumstances and challenges. Usually this means that there will be a transition from the therapist at home to a new therapist at school. Loss and separation, fear of change, enthusiasm and concern about settling into treatment with a new person are the issues that surround the treatment during the summer before college. For the eating disorder therapist who is assisting in the process of transition to a new therapist there is a check list of items to address: logistical concerns (proximity of the therapist to the campus,) coordination of care (is the therapist working with a nutritionist and physician?) and clinical issues (type of treatment and theoretical approach of the new clinician – are they suitable to the patient?) The type of treatment and therapist is the choice of the patient. What most likely will be a strong determinant regarding who the patient chooses as the new therapist is how well is the fit. In other words, does the patient feel comfortable, feel like the therapist is knowledgeable, feel like she can be honest and authentic and feel like the therapist has something to offer. Helping patients become “educated consumers” about the differing types of treatment and theoretical orientations available is generally good

practice and can provide support to someone in the midst of this process.

Assisting a patient in this process requires the therapist to be knowledgeable about the various eating disorder treatment approaches and the various etiological theories. How does the potential new therapist view the etiology of eating disorders? Genetically based, culturally caused or influenced, resulting from intra-psychic, interpersonal or familial issues, rooted in faulty cognition? All of the above? I generally instruct parents or patients to ask these questions when ‘shopping’ for a new therapist: How does the therapist view the cause of eating disorders? What is treatment like? Do you work with a team i.e. physician, nutritionist, psychiatrist if needed? Often, families are confused and overwhelmed, however, helping them understand and navigate through the myriad of treatment modalities when faced with the transition from one therapist to another, is a necessary component of care.

How well do therapists understand the range of etiologies and treatment modalities when it comes to eating disorders?

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