



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

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**CEDAR events & Outreach:**

Upcoming & Recent Presentations:  
Westchester Medical Center Bariatric Surgery Program  
Westchester County Psych Association  
Temple Sharray Tefila  
Family University at John Jay Middle School  
Mt. St. Vincent's College & Purchase College  
Harrison School District

If your organization would like a speaker please contact  
Dr. Judy Scheel 914 244-1901

SUPPORT GROUP FOR People with Eating Disorders, Monday, December 20, 2008 - Scarsdale Office - 11:00 AM ([click for details](#))

SUPPORT GROUP FOR Family Members of Eating Disorder Sufferers, Saturday, December 15, 2008 - Mt. Kisco Office - 7:00 PM ([click for details](#))

**What Does Recovery from an Eating Disorder Mean?**

Judy Scheel, Ph.D., LCSW

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

WHO: For women ages 30 –65

WHAT: This group is for those who have tried everything! It includes open discussion as well as CBT techniques, peer support and alternative coping skills building.

WHEN:The group meets on Thursday nights from 7:45-9pm

WHERE: 1075 Central Avenue, Scarsdale, NY. Call 914-472-4019 for more information

FEE: The fee is \$75 per weekly session with an initial minimum commitment of 10 sessions. An initial full bio-psychosocial assessment/screening is necessary to enter the group at a one-time fee of \$200. We do not participate in managed care plans but would be happy to provide a monthly receipt for to submit for out-of-network benefits if applicable. Location: 1075 Central Avenue, Scarsdale, NY. Call 914-472-4019 for more information

Most outcome studies for eating disorders focus on symptom reduction as the indicator of recovery. In a recent article in the "Eating Disorder Review (Gurze: March/April 08, Vol 19, No 2), Dr. Scott Crow, MD, Professor of Psychiatry at the University of Minnesota stated in a speech made at the 2007 Renfrew Conference that focusing solely on weight restoration in Anorexia Nervosa is "perilous" when it is considered the only variable to measure recovery. Most behavioral inpatient and outpatient treatment programs consider weight restoration as the prime indicator for recovery for Anorexia Nervosa and cessation or significant reduction in purge episodes as a measure for recovery for Bulimia. As such, they are generally able to claim success in the short-term. Insurance companies routinely dictate reimbursement for care based on weight and purge activity for Anorexia and Bulimia respectively. These concrete variables (weight increase and decrease in purging) enable the insurance company to grant or decline continued care. Needless to say, weight restoration is the most cost effective means for insurance companies to cease payment of benefits; once weight has increased to the point that the patient is out of medical danger, benefits are quickly cutback or terminated. This is part of the issue why so many excellent in and outpatient eating disorder programs do not have contracts with insurance companies.

What drives the likelihood that a patient will maintain or continue to increase weight or continue on the path of decreasing purge activity is the improvement in the issues that underlie the eating disorder. Dr. Crow in his presentation stated that Quality of Life and Functional States need to be considered as well when assessing recovery in a patient.

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