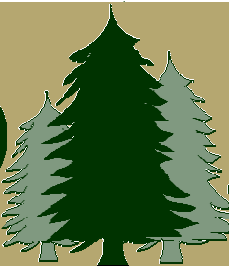


The **CEDAR**  **R** *Review*  
 Associates

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

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**Judy Scheel will be presenting at Four Winds Hospital**

Conference Center Katonah, NY  
on Friday, May 2, 2008  
from 9:30 am - 11 am

Title of presentation: **Eating Disorders and Co-Morbidity**

The focus is on Eating Disorders and concurrent Axis I and Axis II diagnoses; plus eating disorders as primary or secondary diagnoses with Trauma and Abuse, Substance Abuse and the relationship with OCD. This event is open to professionals. Please contact Four Winds at 914-763-8151 for info and reservations.

Additional info to follow in upcoming CEDAR newsletters

**Kristin Lore will be presenting at Westchester Community College**

March 10, 2008  
On eating disorders in young adults. This conference is open to WCC staff and students.

**News & Announcements:**

Judy Scheel will be co-presenting at the International Addictions Conference in Cape Cod in September 2008 on eating disorders and experiential treatment. More information will follow in upcoming newsletters

**Groups at CEDAR:**

**FREE MONTHLY SUPPORT GROUP FOR**

family members, friends and partners of eating disorder sufferers

**Next Meeting: Feb 16, 2008**

[Support Group Info & Meeting Dates](#)

**Quote of the Month:**

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.”  
- Nelson Mandela

**Sexual Trauma and Eating Disorders**

By: Kristin Lore, LCSW

There has been much written in the past twenty years about the connection between sexual trauma and the development of eating disorders. Researchers have presented evidence both supporting and refuting the idea that sexual trauma is causal in those with eating disorders. Some early studies including one by H.G. Pope Jr. and J.I. Hudson, (1992) expressed that the evidence did not support sexual trauma as a causal factor in the development of eating disorders. Their data was later questioned and felt highly selective, (Wooley, 1994). Many researchers who refuted the relationship between sexual trauma and eating disorders based it on a direct cause-and-effect link. There are too many variables involved and it cannot be concluded that because sexual trauma is not the only factor that it is not a factor at all.

With a myriad of studies it remains unclear as to a definite statistical relationship. Exact data about the incidence of sexual trauma affecting women with body image and eating disorders is impossible to attain because such violence is underreported, (Maine, 2004). At times the literature has favored a strong link between the two while other studies seem to indicate that the incidence of sexual trauma is as high in non eating disordered populations as in eating disordered populations. What

seems to be more accepted is not the generalization that those with eating disorders have likely been sexually abused but rather that those with sexual trauma are vulnerable to developing an eating disorder. The eating disorder symptoms have a metaphoric meaning to the person who has suffered sexual trauma.

While researchers argue about sexual trauma being a risk factor to developing an eating disorder, it is important for clinicians to explore any abuse history and to understand how the symptoms serve the patient. To this end, it is vital in treating one with an eating disorder to understand that the symptoms serve many purposes. Specifically with those who have been sexually traumatized we can look at the functions of the eating disorder as serving different purposes:

- self-punishment
- expression of anger
- exerting control over what goes in and out of the body
- purification
- escape into a world without the abuse
- numbing
- avoidance of intimacy

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