

# The CEDaR Review

Associates

## Eating disorders, general psychotherapy, nutrition, and recovery

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### Organizational Openings:

Westchester County (Mt. Kisco, Scarsdale), New York -

#### Licensed Therapist (LCSW, Ph.D., or Psy.D.):

Seeking a licensed therapist to coordinate our program and provide individual, family, and group treatment for MALES with eating disorders. Applicants must have experience with eating disorders and not belong to "in network" managed care panels. This position offers flexible hours, generous fee for service, room for growth and opportunity in a private, established group practice.

Fax vitae to: CEDaR Associates, Attention: Judy Scheel, Ph.D. Fax: 914-238-9800 or email to [jscheel@cedarassociates.org](mailto:jscheel@cedarassociates.org)

Please no telephone calls.

### Next Issue:

📧 Clinical & Research Prevention and Political Bills before Congress

📧 Article: Eating Disorder Prevention

### Upcoming Workshops or Events:

1/31/06:

[Parent Workshop: How to Empower Your Child to Be Themselves](#)

2/15/06:

[Attachment: Raising healthy, emotionally whole children](#)

### Groups at CEDaR:

**FREE MONTHLY SUPPORT GROUP FOR**

family members, friends and partners of eating disorder sufferers.

Next Meeting: Sat, 2/18/06

[Support Group Info & Meeting Dates](#)

### Reminders:

**National Eating Disorder Awareness is coming up!**

February 26-March 4, 2006

\* Look for more information in our next issue or on our web site @ [www.cedarassociates.org](http://www.cedarassociates.org)

### Dear Colleagues:

In years past we sent our a newsletter via snail mail. Though we were delighted with the fact that we could share information with you about eating disorder issues and other mental health issues, the time and coordination necessary to send out even a quarterly newsletter became difficult. We have finally embraced technology and with the support of a marvelously creative and knowledgeable computer consultant, we are now able to send out our newsletter, [The CEDaR Associates Review](#) via email monthly. *The Review* will feature an article plus give you information about what is going on at CEDaR Associates. We welcome comments and suggestions and if you know of anyone who you think would benefit from our newsletter please email us at [newsletter@cedarassociates.org](mailto:newsletter@cedarassociates.org) and we shall add them to our list.

With warm regards,

## Women And Body Obsession: A Feminist And Cultural Perspective

By: Judy Scheel,

PhD, Director



*"I look at Elle (Magazine) or Elsa (Magazine) and I think, that is the kind of woman men want. I flip through Shape (Magazine) and I think, bikini abs, perfect thighs, that is the route to desirability, oh s---t, I ate too much lunch."* (Caroline Knapp, *Appetities*)

Given what we know about the ill and ineffective consequences of dieting—that diets don't work, that food restriction slows down the body's metabolism, and when an increase in food intake occurs after dieting, weight gain is rapid—why do women, healthy women continue to drive themselves toward achieving bodies that are unrealistic at best, and more than likely impossible to attain? Why is the voice that lives within many women's minds one of the self-criticism, inadequacy and

never quite feeling good enough? Why do women continue to ridicule one body part or another—or worse denounce their entire body?

These women are not suffering from anorexia nervosa, bulimia, or binge eating disorder. They are women who are living in the world with healthy relationships, careers, and children, but who maintain the belief that their bodies are fatally flawed, imperfect and therefore they can never rest, or ever feel satisfied. The fact is that this attitude represents the norm among many women.

Knapp continues, "But it's worth recalling that all of this—the ratcheted-up emphasis on thinness, the aesthetic shift from Marilyn Monroe to Kate Moss, the concomitant rise in eating disorders—is relatively recent, that the emphasis on diminishing one's size, on miniaturizing the very self, didn't really heat up until women began making gains in other areas of their lives."

From a feminist perspective, the increase in dieting, obsession over body size and shape, and the skyrocketing episodes of eating disorders is the consequence of patriarchal control and domination of women. Whereas women have been traditionally oppressed through discrimination in the work force, less pay for equal work, and pressure to remain at home, the more recent focus over the last thirty years has been to control women by controlling women's body size and shape. Fashion magazines tell women constantly how to lose weight, why they should want to look like a fashion model, what is the "perfect" body size or shape and more importantly, why they should want a particular body shape as the means to please their man.

To read more of this article, click on this [link](#).