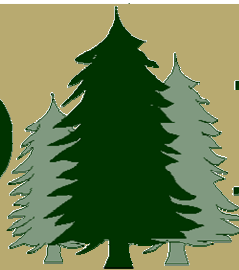


The CEDaR Review

Associates



Eating disorders, general psychotherapy, nutrition, and recovery

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Smart Summer Snacks



Fruit and Cottage Cheese

Hummus and Sliced Fresh Veggies

Homemade Fresh Fruit Ice Pops

Baked Chips with
Guacamole & Salsa

Vanilla Ice Cream with Fresh Berries

* Remember to use internal cues to
determine portion sizes

News & Information:

New Support Group Added:

[Cognitive Behavioral
Therapy Group for
Bulimia Recovery](#)

Groups at CEDaR:

FREE MONTHLY SUPPORT GROUP FOR

family members, friends and
partners of eating disorder sufferers

Next Meeting: Fall 2006

[Support Group Info & Meeting Dates](#)

Tip of the Month:

Identify your hunger:

Is it emotional,
behavioral or
physical?

Meals and Meal Time Support Therapy

By Elyse Falkies, R.D.

In addition to psychotherapy groups, CEDaR Associates has taken one more step to provide their clients with optimal care for recovery from their eating disorder.

CEDaR Associates helps clients further develop a healthy relationship with food and body image through a nutrition group offering meals and meal time support therapy. Clients now have the option to select a well balanced meal and eat with a Registered Dietitian in a safe and supportive group environment.

Meal and meal time support therapy is designed to give support and guidance to our clients who are pursuing recovery from an eating disorder. Meal and meal time support therapy is also designed to encourage our clients to minimize the need to use their eating disorder symptoms whether it be using food rituals, restricting

their food intake and/or purging their meal. It is an effective hands-on approach to normalize one's eating in a safe and relaxed atmosphere where role modeling is being emphasized.

CEDaR clients have the option of joining two meals per week. This meal is lead by a CEDaR Registered Dietitian (RD). Each person is responsible for bringing a nutritionally balanced meal from a restaurant establishment which is discussed with the RD in their individual nutrition session. As the client becomes more comfortable with their food intake and eating behaviors, she is encouraged to challenge herself by eating "risk" foods or foods she may have once omitted.

After the meal time is completed and clients have finished 100% of their meals, a processing group takes place. All group members discuss how their meal was

for them in regards to comfort level; assessing their hunger/fullness cues and separating foods and feelings. The RD and members give support and feedback throughout the discussion. Members may be at different stages of recovery and thus help each other to progress.

Clients report that the meals and meal time support group facilitated by the registered dietitian is extremely helpful to learn portioning and self care. They said it is extremely helpful and they would not be trying certain foods if it were not for the supportive group and environment. CEDaR Associates offers Meal and Meal time Support Therapy in the Scarsdale and Mt. Kisco offices on Tuesdays and Fridays. For more information, Please call 914-472-4019 x3 or visit our web site @:

<http://www.CedarAssociates.org>