

The CEDAR Review

Associates



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

News & Announcements:

Find Your Healthy Voice through ART:
[An Eating Disorder Recovery Workshop](#)

Coming this Fall:
[Intensive Outpatient Program](#)

Groups at CEDAR:

FREE MONTHLY SUPPORT GROUP FOR

family members, friends and partners of eating disorder sufferers

Next Meeting: Fall 2007

[Support Group Info & Meeting Dates](#)

Quote of the Month:

“Outside show is a poor substitute for inner worth”
- Aesop

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Informative Summer Reading

BODY WARS:

Making Peace with Women's Bodies in the New Millenium

By: Margo Maine, Ph.D.

BODY LOVE:

Learning to Like our looks and ourselves

by Rita Freedman

101 Ways to Help your Daughter Love her Body

by B. Lane Richardson & E. Rehr

Pre-adolescent girls, body dissatisfaction and eating disorders

By: Kristin Lore, LCSW

A disturbing phenomenon is occurring among young girls in our society. Pre-adolescent girls are experiencing increasing body dissatisfaction and developing eating disorders. While body dissatisfaction or distorted body image alone does not cause an eating disorder, it is often a precursor and makes one more vulnerable to developing anorexia nervosa, bulimia nervosa or binge eating disorder. Researchers and clinicians are finding the age of their youngest anorexic patients decline from age 13 to age 9, (Newsweek, 2005).

Eating disorders are complex emotional disorders often with serious medical complications. Many girls experiencing body dissatisfaction may not develop full blown eating disorders, but will likely develop disordered eating, begin a lifetime of dieting and experience periods of low self-esteem. What is causing this extreme focus on one's body at younger ages and how can we help these young girls

Eating disorders develop due to a variety of factors; psychological, familial, and socio-cultural. This article will focus primarily on the socio-cultural factors that are influencing young girls to judge themselves so harshly. In today's culture, there is a greater pressure on girls to be thin, sexy, beautiful... perfect. This has been the case for young and older women in society for some time, but now it has

extended to children. One thinks of childhood as a carefree time without the burdens of social pressure to look a certain way. That is no longer the case. More often one hears a young girl saying things like, "I can't wear that, my tummy sticks out...Do I look fat?" Girls are bombarded by media images of increasing anorexic models, movie stars and entertainers. Coupled with this is a fashion industry that caters to the very young a pseudo sophisticated look. Parents often feel "roped in" to making their kids feel "good about themselves" so they buy them clothes and accessories, often feeling like these things are too grown up for them. What is happening is that it is not making them feel good about themselves, but rather confirming the message that these things are important to feeling good. What was once important to later middle school and high school age girls is now increasingly important to very young girls.

Another factor is the pressure that many mothers feel not only about their own bodies, but also about their daughters' bodies. A study by Smolder, Levine, and Scheimer (1999) emerged due to concern about the rates of dieting and body dissatisfaction among elementary school age girls.

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