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Dear Colleagues and Friends:

It is with great pleasure that I inform you of a number of changes, projects and programs being offered at CEDAR.

- CEDAR Associates has changed and updated our website and the format of our newsletter. ([www.cedarassociates.com](http://www.cedarassociates.com))
- Our not-for-profit entity, Eating Disorder Foundation, Inc., is undergoing a name change to the CEDAR Foundation.
- CEDAR is continuing its collaboration with Fordham University in conducting qualitative research on the use and benefit of Attachment Theory in the treatment of eating disorders.
- CEDAR Foundation is planning a fundraiser to support our 2010 clinical conference. Look for more information in future newsletters.

In line with CEDAR's creative process, our newsletter featured article this month is on the use of Art Therapy as an adjunct to psychotherapy.

Regards always,  
Judy Scheel, Ph.D., LCSW

**Monthly Support Group for Persons with Eating Disorders**, Scarsdale Office. \$10 Call for details and reservation - 914 472-4019 For information about the group([click for details](#))

**Monthly Support Group for Families of Eating Disorder Sufferers**, Mt. Kisco Office. \$10 (\$15 per couple) Call for details and reservations - 914 244-1904, mailbox 2 For information about the group([click for details](#))

19<sup>th</sup> Annual Renfrew Center Foundation Conference for Professionals,  
***Feminist Perspectives and Beyond: The Art and Science of Eating Disorders Treatment.***

Philadelphia Airport Marriott, Philadelphia, PA from November 12 - 15, 2009. For more information, please visit: [www.renfrew.org](http://www.renfrew.org)

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**COMPULSIVE  
OVEREATERS  
EMOTIONAL EATING  
GROUP**

CEDAR Associates is proud to offer a Compulsive Overeaters Emotional Eating Group.

For women ages 30 –65  
Thursday nights from 7:45-9pm  
1075 Central Avenue,  
Scarsdale, NY. Call 914-472-4019 for more information.

**Art Therapy: When Words Are Not Enough**

Susan Schrott, LCSW

It is not uncommon for those struggling with an eating disorder, anxiety, depression, post-traumatic stress disorder or serious trauma to have significant difficulty connecting with their feelings. In fact, many patients with eating disorders report that restricting, binging or purging helps them **disconnect** from their feelings, feelings that may otherwise be to terrifying or uncomfortable for them to tolerate and in contrast to use the eating disorder as the vehicle to **express**, through symptoms, what cannot be expressed. Talking about these feelings can be frightening and access to one's emotional life becomes off limits. In psychotherapy, it is the goal of the therapist to establish a safe, non-judgmental, consistent and trusting relationship with patients in order to help them connect with feelings that have been distorted by symptoms and chaotic emotional affect. For some, it takes significant time to build this trust and the use of art therapy provides an alternative process to help patients safely access feelings and experiences through the medium of art.

The American Art Therapy Association defines art therapy as “a mental health profession that uses the creative process of art making to improve and enhance the physical, mental and emotional well-being of individuals of all ages. It is based on the belief that the creative process involved in artistic self-expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness, and achieve insight.”

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