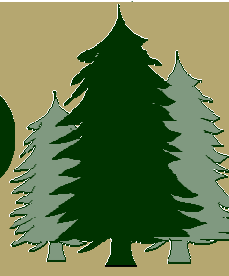


# The CEDAR Review

Associates



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

**OFFICES:**

67 South Bedford Road • Route 172  
Mt. Kisco, NY 10549  
Phone: 914-244-1904

1075 Central Park Ave • Suite 412  
Scarsdale, NY 10583  
Phone: 914-472-4019

**INTERNET:**

<http://www.cedarassociates.com>

Email: [newsletter@cedarassociates.com](mailto:newsletter@cedarassociates.com)

© Copyright 2006, CEDAR Associates

## The Eating Disorder Foundation, Inc. 2008 Clinical Conference

Sponsored by CEDAR Associates

[Etiologies of Eating Disorders](#)  
[A Deeper Understanding of Cause & Treatment: What Works and for Whom](#)

**Friday, September 19, 2008**



**News & Announcements:**

The 18th Annual Renfrew Center Foundation Conference For Professionals  
*Feminist Perspectives and Beyond: The Power of Therapeutic Relationships in the Treatment of Eating Disorders*  
November 13-16, 2008  
Philadelphia Airport Marriott  
Philadelphia, PA

For more information, please visit our websites:  
<http://www.renfrew.org/news-events/event.asp?id=108> or <http://www.renfrewcenter.com/news-events/event.asp?id=108>

**Groups at CEDAR:**

**FREE MONTHLY SUPPORT GROUP FOR**

family members, friends and partners of eating disorder sufferers

**Next Meeting: September 2008**

[Support Group Info & Meeting Dates](#)

**Quote of the Month:**

"I think most artists create out of despair. The very nature of creation is not a performing glory on the outside, it's a painful, difficult search within.."

Louis Nevelson (sculptor)

## The Benefits of a Comprehensive Team Approach to the Treatment of Eating Disorders

By: Susan Schrott LMSW

faceted approach

Eating disorders are a serious and complex mental illness that requires a full range of treatment modalities. It is imperative that eating disorder patients receive thorough and often intensive psychotherapy, and that their medical, nutritional and psychiatrist needs are simultaneously addressed. Anorexia, Bulimia, Binge Eating Disorder, Exercise Bulimia and other non-Specific eating disorders affect over five million Americans. The diagnosis of an eating disorder is a psychiatric one yet it requires the attention of numerous other health professionals to address the medical, nutritional and psychiatric problems frequently associated with eating disorders. Therefore, the most comprehensive treatment approach involves a team of professionals, all with expertise in the treatment of eating disorders. It is of utmost importance that all involved in the care and treatment of patients diagnosed with an eating disorder, understand that professional ongoing communication, maintaining appropriate boundaries, and an interdisciplinary approach are an essential part of providing the safest and most effective treatment for patients suffering with eating disorders.

Unlike other mental illnesses, patients diagnosed with an eating disorder frequently have a whole host of medical and nutritional problems that are a direct result of their eating disorder. Patients and their families need to be informed and understand from the beginning of treatment that all aspects of the patients care must be addressed simultaneously to ensure the greatest potential for recovery while addressing the underlying factors that have contributed to the development of this complicated illness.

A Core team of professionals should include a physician, psychotherapist//psychologist/social worker, nutritionist (registered dietitian) and psychiatrist/psycho pharmacologist. It is absolutely crucial that there is a consistent treatment plan among all treating professionals and that regular communication and patient updates are routinely exchanged among the team. Furthermore, the more each member of the team understands his/her role in the treatment plan, the less confusion there is for the patient

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

Treating eating disorders requires a multi-





