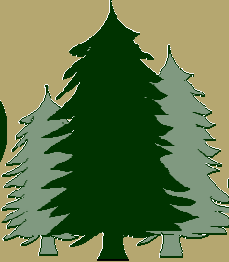


The **CEDAR**  **R** *Review*
 Associates

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

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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:
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News & Announcements:

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

Groups at CEDAR:

FREE MONTHLY SUPPORT GROUP FOR

family members, friends and partners of eating disorder sufferers

Next Meeting: June 21, 2008

[Support Group Info & Meeting Dates](#)

Quote of the Month:

“Don't compromise yourself. You are all you've got.”

Janis Joplin

**A Food Healthy Household:
Avoiding the Pitfalls of Power Relationships and Food Within**

By: Jacqueline A. Reilly, MS, LMSW

Professionals are encountering a growing number of families concerned that their children are not receiving proper nutrition. Parents are also expressing anxiety about the national statistics recording skyrocketing obesity among young people. In response to these emerging dynamics CEDaR's registered dietician, Elyse Falk, MS, RD, CDN, and I have developed a lecture titled "A Food Healthy Household". Our talks are mostly attended by parents of school age kids, who want to facilitate a healthy eating environment at home and avoid setting the groundwork for future eating disorders. These families also tend to live in school districts that are introducing wellness policy changes in their school lunch menus. With increasing awareness about healthy eating and fear of obesity, parents have become more involved in the food choices their kids are making all the way from preschool to high school. Although we agree that parents are well within their right to craft a food healthy household, Elyse and I are dedicated to spreading the word about appropriate learning styles correlating with different ages particularly regarding learning about food. Well meaning and loving parents anxious to support healthy eating among their children often increase areas of

control regarding food in their homes. The result can be devastating. Power dynamics that may be played out around food usually have to do with unresolved emotional and relational conflict and should be dealt with outside the realm of food.

There are three areas I will be addressing here. First, I will discuss how to foster a normal relationship to food in the home. Secondly, drawing from concerns parents express at our area talks, I will illuminate some of the pitfalls that commonly occur with generally well meaning parents. Finally I will discuss why we do not want the relationship to food to be laced with feeling states and power dynamics that do not belong in the arena of food. In essence, we seek to protect our food related behaviors within a category of nurturing that can be relatively separate from emotions such as shame, anger and possible associated self destructive impulses. We want to move the experience of food off the list of possible sites where psychological power dynamics might be played out.

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

