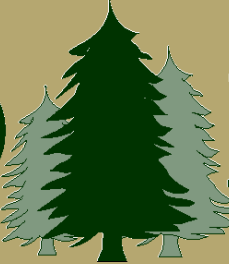


The **CEDAR**  **R** *Review*
 Associates

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

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**Explore the Possibilities
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The 17th Annual Renfrew
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Feminist Perspectives and Beyond

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News & Announcements:

*Eating Disorders
in the News...*

Groups at CEDAR:

**FREE MONTHLY SUPPORT GROUP
FOR**

family members, friends and
partners of eating disorder sufferers

Next Meeting: Nov 17, 2007

[Support Group Info & Meeting Dates](#)

Quote of the Month:

"Look before or you'll
find yourself behind."

-Benjamin Franklin

Developing Patience in Our Patients

By: Elissa Zelman, Psy.D., Director,
Scarsdale Center

Experts in the eating disorders field often say the treatment focus is not on the food, but on the underlying issues within the individual, family, and cultural system. Two of the common such issues that exist are expectation of immediate gratification and being ill-equipped to emotionally handle a situation where this does not happen and frustration arises. It is my belief that this is one of the cornerstone problems with many eating disorder patients, as well as with people suffering from a multitude of other issues. This includes, but is not limited to violent behavior, depression/suicidality, and identity instability.

From our experience at CEDaR, these problems seem to be on the rise in today's society. What explains for such an increase in these issues? One of the main contributors to this problem is the lack of parental availability to children. This exists along all socio-economic strata – from the low-income mother who works several jobs to feed and clothe her children, to the upper-income families with two working parents. In no way is this to blame families for trying to make ends meet. In my opinion, it is rather a societal issue where

programs are not in place to truly support the family environment.

Subsequently, parents are often left with a difficult reality. They do not have the time, or often the energy to teach children how to cope with life. That sounds simplistic, but as most of us know, it takes a tremendous amount of time, energy, patience, and comfort with our own feelings to walk through the emotional minefields of childhood with our children. Because parents are so overextended, they often speak of looking for the "quick fix", even when they do not theoretically believe this is what the child needs. This explains how children are often taught, from a young age, to expect things to come easily to them. It also starts to paint a picture of children learning how to use their anger and frustration in a manipulative manner, rather than being able to sit with frustration, while a supportive adult helps them cry, scream, journal, relax or otherwise cope. With eating disorders in particular, one often sees the food metaphor play out through binge eating and purging, where the child does not have internal limits to soothe themselves and looks for an immediate escape from difficult emotional situations.

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