

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

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[The 17th Annual Renfrew
Center Foundation Conference
for Professionals](#)

Feminist Perspectives and Beyond:

Exploring Eating
Disorders Recovery

November 8-11, 2007

**Philadelphia Airport Marriott
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News & Announcements:

2008 Sneak Peak

[Intensive Outpatient Program](#)

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2nd EDF Conference](#)

Groups at CEDAR:

**FREE MONTHLY SUPPORT GROUP
FOR**

family members, friends and
partners of eating disorder sufferers

Next Meeting: Oct 20, 2007

[Support Group Info & Meeting Dates](#)

Quote of the Month:

“ You need to make a
commitment, and once you
make it, then life will give
you some answers”
- Les Brown

How to Determine What Level of Care is Needed for an Eating Disorder

By: Jennie J. Kramer, LMSW

As in life's stages of development, eating disorders also have various stages. It is often difficult for the one suffering from symptoms or their loved ones to know what treatment is needed and where one falls in the vast continuum of eating disorders.

The universal first step is for one to make the emotional and mental commitment to at least find out more; to explore whether one in fact has an eating disorder, to what degree and what the treatment options are. Here is a preliminary guide to help in that decision making process:

Identifying an Eating Disorder:

The following guidelines are compiled from www.something-fishy.org, www.helpguide.org and www.renfrewcenter.com and may be quite useful in recognizing whether there is in fact cause for concern:

Signs of Anorexia

- Is thin and continues to get thinner and wishes to keep getting thinner
- Wears big or baggy clothes or dressing in layers to hide body shape and/or weight loss.
- Diets even though not overweight

- Obsession with calories, fat content of foods and continuous exercise
- Has a distorted body image, i.e. feeling fat even when thin
- Loses or experiences thinning hair as well as a gray pallor
- Use of unusual food rituals and/or hiding of food
- Talks excessively about food, cooking, baking or dieting
- Loss of menstrual cycle
- Low self-esteem Tends to be a perfectionist

Signs of Bulimia

- Eating unusually large amounts of food, with no apparent change in weight.
- Uses the bathroom frequently after meals
- Reacts to stress by overeating and then possibly purging in a variety of ways
- Has noticeably depressive and/or anxious moods
- Low self-esteem
- Tooth Decay and/or and Mouth Problems
- Irregular Menstrual Cycle Mood Swings

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