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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 Mar-  
riott  
Philadelphia, PA

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

Dear Colleagues and Friends:

The **Eating Disorder Foundation, Inc. (EDF)** held its second conference on September 19, 2008 – **Etiologies of Eating Disorders – A Deeper Understanding of Cause & Treatment: What Works and for Whom.** We had over 75 professionals in attendance and are thrilled to report that the conference was a huge success in terms of reaching our goals of disseminating information and educating our audience about the many clinical issues in understanding and treating eating disorders. The written and verbal evaluations of the conference by attendees were overall excellent. We wish to thank the participation of Andrea Gitter, MA, ADTR, LCAT from the Women's Therapy Centre Institute in NYC who delivered a moving keynote presentation on the 'culture mother' of eating disorders; it set the tone for the conference. More thanks expressed to Marcie Schneider, MD of Greenwich Adolescent Medicine, Tara Brass, MD of Columbus Park Collaborative, NYC and of course to the dedicated and wonderful professionals of CEDAR Associates who gave of their time and expertise to make this conference clinical astute and memorable.

After paying our bills for this conference, the **EDF** has a little money left over which will seed our next project. The **EDF** is a not-for-profit 501©3 organization, dedicated to education, prevention and research of eating disorders. We welcome contributions!

To all of those who attended our conference, Thank You!

Warmly,  
Judy Scheel, Ph.D., LCSW

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**Orthorexia**

Orthorexia is a relatively new term that describes individuals who become obsessed with achieving a "perfect" and "healthy" diet. Orthorexia comes from the Greek word "orthos" (straight, proper) and "orexia" (appetite). It has been gaining increased attention in the mainstream press (i.e.: 20/20 and women's magazines), on the web ([www.orthorexia.com](http://www.orthorexia.com)) and in the medical community. Steven Bratman, MD, who is the originator of the term Orthorexia, defines it as "a fixation on righteous eating". In the medical community, it has been defined as a "maniacal obsession for healthy and correct food" and a "pathological fixation on eating proper food". Sometimes, the individual is following a healthy diet (i.e.: low fat) however, Orthorexia goes much further than a healthy concern over fat; beliefs and thoughts becomes both excessive and obsessive and eating behavior becomes highly ritualized and rigid. In this sense it has similarities to Anorexia Nervosa.

What are the differences between Orthorexia and Anorexia?  
Please click [here](#) to read more of this letter on our web site.