



~Contents~

Announcements, Articles, Dates & Events, Book Review & Treatment Center Information

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**Eating Disorder Hope Proudly Announces the Addition of Two Platinum Sponsors!!**

Rogers Memorial Hospital and Avalon Hills are now Platinum Sponsors of Eating Disorder Hope! They join Rader Programs and Remuda Ranch in their generous support of Eating Disorder Hope, LLC. Please visit our sponsors site and see why we are so proud to work with them! Their generosity is deeply appreciated!

Sponsoring Eating Disorder Hope is a great way to target market your program and message to eating disorder sufferers, their loved ones and treatment providers. You achieve this while supporting Eating Disorder Hope's efforts to promote wellness and recovery from eating disorders. Our mission is to foster appreciation of one's uniqueness and value in the world, unrelated to appearance, achievement or applause.

\*Reserve your sponsorship level now, as only 6 Sponsorship positions remain available.

Contact: [jacquelyn@EatingDisorderHope.com](mailto:jacquelyn@EatingDisorderHope.com)

[Sponsors](#)

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**College Hope -- Resources & Inspiration for School National Eating Disorders Week Events - February 22-28, 2009**



Find creative ideas to build a successful National Eating Disorder Awareness Week on your campus!

- \* Find out what works and doesn't work for other schools
- \* Find University counseling center resources across the U.S.
- \* Share successful NEDA

week campaigns from your school

Schools Sharing Ideas:

- \* Stanford University
- \* Washington University in Saint Louis
- \* Towson University Counseling Center
- \* Texas Christian University

[See what other schools are doing....](#)



### **Rader Programs**

The treatment staff at Rader Programs has been providing high-quality clinical programs for over 20 years. We specialize in the treatment of eating and related disorders. It is our mission to help save the lives of those suffering from eating disorders. The primary purpose of Rader Programs is to treat the dysfunctional behavior in a supportive environment. A staff of caring and experienced professionals, many who are recovering themselves, assist the affected individual and their family in developing a life long program for recovery. We recognize the complexity of the disorder and understand the medical, psychological, physical, and nutritional aspects of eating disorders. Our treatment approach is centered around the special needs of each

individual and we are completely committed to help individuals achieve recovery.

[Rader Programs](#)



### **Remuda Ranch Eating Disorders Program**

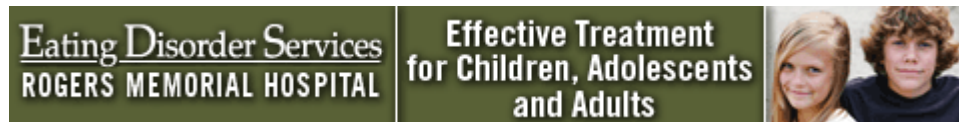
Remuda offers a multi-disciplinary team approach. Each resident is treated by a team of professionals, including a psychiatric and primary care provider, psychologist, registered dietitian, registered nurse and masters-level therapist. Remuda Ranch provides intensive inpatient programs for women and girls suffering from anorexia, bulimia and related issues. Our Biblically based programs offer Hope and Healing to patients of all faiths.

Since 1990, Remuda Ranch has provided excellent care to women and girls with eating disorders. Today, 95% of our 9,000 patients remain in good recovery, due to the Remuda Model of Treatment.

Recognizing a growing need for treatment options, Remuda has developed a program exclusively for boys. ReddStone offers Christian intensive treatment for boys, 17 and under, struggling with anorexia, bulimia or binge-eating disorder. Utilizing the proven Remuda Model of Treatment, this inpatient program is designed to give boys the solid foundation needed to be free from their eating disorder and help prepare the way for them to become strong, independent and capable young men.

If you know a boy who may be struggling with anorexia, bulimia or binge-eating disorder, make sure he gets the treatment he needs. Call 1-800-445-1900 today.

[Remuda Ranch](#)



### **Rogers Memorial Hospital**

Rogers Memorial Hospital 34700 Valley Road Oconomowoc, WI  
11101 W Lincoln Ave. Milwaukee, WI 1-800-767-4411

[www.rogerseatingdisorders.org](http://www.rogerseatingdisorders.org)

In January, Rogers Memorial Hospital opened a highly-specialized, family-focused, eating disorders inpatient program for children and teens ages 8 and up. The goals for this new inpatient program include:

- Nutritional and medical stabilization. Children and adolescents will be monitored by a medical physician who has an extensive background in managing the medical complications of eating disorders.
- Comprehensive psychiatric evaluation. Rogers extensive clinical staff provides expert identification and treatment of potential co-occurring

illnesses, family-focused therapy, and a high level of dietary involvement.

- Family Focus: there will be an emphasis on educating and involving families.
- Range of treatment options: At Rogers, we are fortunate to be able to offer residential and partial hospitalization levels of care, which could provide a very smooth transition from this new inpatient program.

Rogers Memorial Hospital has treated thousands of patients and families. The staff of over 80 professionals, approach each patient, family, and referring outpatient treatment team with dignity and respect, and invite them to be contributors to the treatment plan. Rogers Memorial is a specialty not-for-profit hospital that has contracts with most major insurance providers in order to provide the best treatment options to the most people.

[Rogers Memorial Hospital](#)

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**Avalon Hills Residential Eating Disorders Program**

(800) 330-0490

[www.avalonhills.org](http://www.avalonhills.org)

Avalon Hills assists adolescent and adult females in altering the negative beliefs, emotions, behaviors, interactions, and cultural influences that have contributed to the development of disordered eating, co-morbid mental disorders and concomitant medical concerns. The program is founded on three cornerstones for positive change: new information, new insights, and new experiences. Our treatment approach is both evidence-based and holistic in nature. Avalon Hills remains committed to individualized, comprehensive programming for all clients we serve.

[Avalon Hills](#)

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## **Pregorexia**

(Article provided by Remuda Ranch)

There are many things a mother-to-be can do to maximize the possibility of having a problem-free pregnancy, a healthy baby and positive birth experience. Regular, moderate exercise is one of them. When an expectant mother exercises, her heart rate increases, as does her baby's. It's as if the baby

inside her body is also getting a mini work-out. Throughout her pregnancy, she receives all the health benefits of any exercise regimen, including increased energy, muscle tone and strength, and better, more restful sleep. At the conclusion of her pregnancy, a woman who remains active will enjoy an easier labor and delivery. Her newborn will also experience trickle-down health benefits from the mother's activity, such as a higher IQ. What's more, by remaining active, it will be easier to shed any residual pregnancy pounds. When exercise is moderate, and done under a doctor's supervision and care, it is extremely positive for all involved.

Unfortunately, with society's obsession with remaining thin, some women have taken exercise to an extreme, even while pregnant. The media term for this is "pregorexia."

[Finish Reading Article and Check out the New Pregnancy Page on our site!](#)

**Puente de Vida**  
*A Place for Sensitive and Individualized Eating Disorder Treatment*  
A private facility located in beautiful San Diego.  
[www.puentedevida.com](http://www.puentedevida.com)

[CLICK HERE](#)

### **Puente de Vida - "Bridge of Life"**

A Place for Hope, Recovery and Healing from Eating Disorders

P.O. Box 86020, San Diego, CA

858-581-1239 or 877-995-4337

[www.puentedevida.com](http://www.puentedevida.com)

[info@puentedevida.com](mailto:info@puentedevida.com)

Puente de Vida treats Anorexia and Bulimia; males and females, adolescents (ages 15 and up) and adults who live locally, nationally and internationally. Offering individual therapy, nutritional counseling, family therapy, couples

therapy, group therapy, support groups, inpatient, residential treatment center. Puente de Vida is a place where therapeutic services are offered to those ages 15 years and older with eating disorders, including those with co-occurring substance use and other disorders. A private six bed, home-like facility, located in beautiful San Diego, provides an excellent setting for the sensitive, inner work that takes place. Puente de Vida's treatment philosophy addresses not just the symptoms but also the underlying issues beneath the surface of eating disorders. An individualized treatment approach includes traditional treatment interventions as well as experiential treatment by our multidisciplinary treatment team. Puente de Vida recognizes that every recovery journey is different and complex and assists the individual in finding their unique path and support in recovery.

[Puente de Vida](#)



**Linden Oaks at Edward**

801 S. Washington Street  
Naperville, IL 60540

[www.lindenoakshospital.org](http://www.lindenoakshospital.org)

(630) 305-5500

Linden Oaks at Edward is a 110-bed behavioral health facility that uses a combination of inpatient, partial hospitalization, intensive outpatient and traditional outpatient programs to treat children, adolescents, adults and older adults.

Linden Oaks has programs for anxiety disorders, chemical dependency, depression, eating disorders, geriatric conditions and self injury. We are also home to Arabella House - one of the few centers in the country which offers residential care for eating disorders.

[Linden Oaks](#)

**New Program Aims to Help Children and Adolescents Recover from Eating Disorders**

Rogers Memorial Hospital-Milwaukee has recently opened a dedicated inpatient eating disorders treatment program for children and adolescents.

There are very few facilities in the United States that treat children and adolescents on a specialized inpatient eating disorder unit. Rogers Memorial Hospital, Wisconsin's largest and most experienced non profit eating disorders treatment provider, recently expanded the hospital's service line to include specialized, expert treatment for children and adolescents looking to recover from an eating disorder.

"Eating disorders are disabling, unpredictable, and difficult to treat," said Theodore Weltzin, the Medical Director of Eating Disorder Services at Rogers Memorial Hospital.

"Unfortunately, the average age of those suffering from deadly diseases like anorexia is dropping," said Weltzin.

[Finish Reading Article & Check Out Our New Adolescents & Children Webpage](#)

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### **Timberline Knolls**

Timberline Knolls  
40 Timberline Drive, Lemont, Illinois 60439  
PH: 877.257.9611  
FX: 630.257.9708  
[info@timberlineknolls.com](mailto:info@timberlineknolls.com)

At Timberline Knolls we believe every woman has the potential to be the best she can be, even if she's been affected by an eating disorder, addiction, self-harming or other destructive behavior.

At our innovative residential treatment center on 43 beautiful acres just outside of Chicago, we use an individualized, strengths-based approach to help create emotionally strong, responsible, radiant women who overcome problems, believe in themselves and have the ability to thrive in the real world.

At Timberline Knolls, we approach recovery a little differently. In fact, the way we combine clinical services, education and expressive therapies enhances the continuum of our life-changing care. We design individualized programs to meet each woman's needs. We believe this is one key reason so many women have found success in our program.

[Timberline Knolls](#)

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### **EVENTS...**

February 22 - 28, 2009  
National Eating Disorder Awareness Week  
<http://www.nationaleatingdisorders.org/programs-events>

February 24, 2009  
Tuesday ~ 6:30-8:30pm  
Experiential Event with the Rader Programs to spread Awareness & Help with the fight & the Prevention of Eating Disorders!  
Grant Brimhall Library In the Community Meeting Room  
1401 Janss Rd.Thousand Oaks, CA

For more information please contact us! 1-800-841-1515  
[Rader@raderprograms.com](mailto:Rader@raderprograms.com) or [Ndunning13@yahoo.com](mailto:Ndunning13@yahoo.com)

February 26 - 27, 2009

Elisa Project 10th Annual Professional Symposium for the Prevention & Treatment of Eating Disorders

<http://www.theelisaproject.org/portals/0/pdfs/profbrochure.pdf>

March 04-8, 2009

IAEDP Symposium 2009

International Association of Eating Disorder Professionals

The Westin Long Beach Hotel @ 333 E Ocean Blvd

Long Beach, CA 90802 United States

<http://www.iaedp.com/>

March - June 29, 2009

Body Image Transformation Experience(B.I.T.E.) Group

New York 212-362-6019

<http://www.franweiss.com/bite-group-2009.html>

April 30-May 2, 2009

Academy of Eating Disorders International Conference

JW Marriott Cancun Resort & Spa and

CasaMagna Marriott Cancun Resort, Cancun, Mexico

<http://www.aedweb.org/conference/index.cfm>

May 14, 2009

"Doing What Works" in the professional treatment of eating disorders: This day-long training for ED practitioners in Pittsburgh, PA, will be facilitated by Abigail Natenshon MA, LCSW, GCFP, and offered by Familylinks, an agency providing integrated family-centered services focused on behavioral, social and developmental health issues, on May 14 2009. The workshop explicates the practitioners' unique use of self in offering practical clinical guidelines and strategies to maximize successful recovery outcomes. For more information, contact Deborah Murphy at 412-924-0115.

June 3-5, 2009

Remuda Ranch Christian Conference on Eating Disorders

"Hungry For Hope" ~ Restoring Identity

Glen Eyrie Conference Center, Colorado Springs, Colorado

<http://www.remudaranch.com/Professional/hungryforhope-09/index.php>

[Events](#)

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### **New Dawn Eating Disorder Center ~ Sausalito, California**

2320 Marinship Way Suite 240  
Sausalito, CA 94965  
(415) 331-1383

New Dawn Eating Disorders Recovery Center seeks to help adults, adolescents, and children suffering from anorexia nervosa, bulimia nervosa, binge-eating disorder, obesity, compulsive over-exercising, food obsessions, disturbed body image, depression, anxiety, and other related psychiatric problems. It is our mission to provide a safe, effective, and nurturing environment in which to improve physical, emotional, and interpersonal functioning. Our multidisciplinary team of licensed professionals believes in providing empirically-supported treatments that not only help restore healthy eating behavior but also work to resolve the underlying issues that brought about the onset of the eating disorder. We offer a range of outpatient services to fit the level of severity and readiness to change of the individual seeking treatment. Our treatment modalities include individual, family, couples, and group psychotherapy, as well as nutritional counseling and supervised meal groups.

New Dawn Eating Disorders Recovery Center is extremely excited to announce the opening of a Residential Program in San Francisco in August, 2008. The 12-bed facility in lovely Pacific Heights will serve adult women, 18-years old and up, struggling with anorexia, bulimia, binge-eating disorder, and related psychiatric issues such as depression, anxiety, and post-trauma stress disorder. They are currently accepting new clients and would welcome your referrals. Please contact our Clinical Director, Dr. Erin Elfant-Rea, with any questions at (415) 331-1383 ext 303 or [erin@newdawnrecovery.com](mailto:erin@newdawnrecovery.com)  
[New Dawn Recovery Center](#)

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#### **Why Treat to Outcome?**

Avalon Hills is committed to stopping the revolving door of treatment!

From its beginnings Avalon Hills has demonstrated a commitment to positive treatment outcomes that are sustainable following discharge. This commitment requires a length of stay that will accommodate the testing of behavior in the home environment. Such length of stay cannot be determined prior to treatment nor by an insurance panel. As a leading expert in the process of change states, "it takes as long as it takes." This is the essence of treating to outcome.

In order to avoid the "revolving door" of multiple short-term treatments both in and out of residential care, the Avalon Hills Team works in partnership with

the Client Team (client, family, and outpatient treatment team members) to secure the funding necessary for an adequate length of stay. At times this work is against all odds and requires innovation and great persistence. Together with families, Avalon Hills has joined in legislative, judicial, and fund raising endeavors aimed at providing funding necessary for adequate treatment. In addition, Avalon Hills has offered "scholarships" to clients who, with their families, have demonstrated a strong commitment to recovery. These joint efforts have produced significant gains in Avalon Hills' efforts to treat to outcome.

The treat-to-outcome scholarship is intended to augment the extraordinary efforts of clients and their families to provide financial support for treatment. These scholarships may be available to those who meet criteria and are in the transitional phase of their treatment. The scholarship is designed to help ease the client back into a less restrictive environment to continue their recovery.

[Finish Reading Article](#)

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**Oliver-Pyatt Treatment Centers ~ Opening in Miami & New York!**  
866-511-HEAL (4325)  
[www.oliverpyattcenters.com](http://www.oliverpyattcenters.com)

The Oliver-Pyatt Centers' programs are tailored to meet the unique needs of each client, addressing the core issues driving the eating disorder while providing the tools needed to live a meaningful life, free from food and weight preoccupation.

We believe that one-to-one therapy is the cornerstone of effective eating disorder treatment, and it is the primary reason to choose the Oliver-Pyatt Centers. Each client receives a minimum of six individual therapy sessions per week. Our comprehensive, naturalistic, and highly individualized approach to treatment is provided in an intimate environment with a high staff to client ratio. We have a maximum of eight clients in each of our programs.

Our innovative protocols are grounded in a thorough understanding of eating disorders, incorporating state of the art approaches, outcome data, research, and current medical knowledge, all with the support of our compassionate multi-disciplinary treatment team.

[Oliver-Pyatt Treatment Centers](#)

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## **Center for Change**

"There is No Substitute for Experience"

Center for Change specializes in acute inpatient and residential treatment for women ages 14 through mature adulthood who suffer from eating disorders and concurrent emotional illnesses. We offer hope that everyone has the capacity for full recovery from an eating disorder. Center for Change has been operating as a specialized eating disorder treatment program for 11 years. We are well known for our high intensity of therapeutic treatment, our breadth of experiential therapy, and for our pioneering dietary approach of Intuitive Eating.

- \* Two 14 bed inpatient units & 28 residential treatment beds
- \* Fully accredited High School
- \* JCAHO Accredited

Therapeutic interventions include:

- \* Individual, group and family therapy
- \* Individual dietary counseling
- \* Psychiatric and medical care
- \* Art, music, dance/NIA, yoga, recreational and other experiential therapies

[Center For Change](#)

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### **Susan B. Krevooy Eating Disorders Program**

If you are struggling with an eating disorder and need more than individual therapy but less than inpatient or residential treatment, the Susan B. Krevooy Eating Disorders Program may be the right place for you. We are a low fee, individualized, outpatient program with an emphasis on working with the entire person. Food and eating patterns frequently reflect the expression of unmet needs. Our program consists of individual, group and family therapy to discover and help you work through these underlying issues. Also included is nutritional counseling to differentiate between physical and psychological hunger, art therapy, yoga and meditation, and cognitive-behavioral groups on topics such as self-esteem, body image and communication skills. Our compassionate and experienced psychologists, psychiatrists, marriage family therapists, social workers, registered dietitians, certified art therapists, certified yoga instructor, and post doctoral fellows provide a safe, nurturing environment that promotes healing. We begin with a free comprehensive assessment to determine how the disordered eating pattern fits into your life and what purpose(s) it serves. Your case manager will then work with you to devise a three or four-evening/week individualized program that will be structured to meet your needs. When you are ready to leave the program, we offer an after-care group that provides continued support during the transition period. Our goal is to support you as you discover the meaning behind your eating disorder, heal the past and develop skills that will help you create a

happy and healthy future. Our program is covered by most insurance plans and we offer help to the uninsured on a sliding scale. If you feel trapped by an eating disorder, contact us today for a free assessment. There is hope. With help, you can heal. Let us help you open the door to recovery.

[Susan B. Krevoy Eating Disorders Program](#)

Fran Weiss, LCSW-R, BCD, DCSW, CGP (212) 362-6019  
Obesity, Weight Regulation, Body Image, Bulimia  
Supervision, Mentoring Groups, and Teleseminars for Health Care Specialists  
bidoc@franweiss.com www.franweiss.com

**B.I.T.E. The Body Image Transformation Experience®.**

New York, New York: For Patients Struggling with Weight Regulation -- A Short Term Group Offering for the Spring: March– June, 2009. Applications for The Body Image Transformation Experience (BITE®) Group (March–June, 2009) are now being accepted. <http://www.franweiss.com/bite-group-2009.html>

The group is specifically designed for patients who have eating, weight regulation, and body image issues. The BITE® method works best in full collaboration with existing treatment practitioners. The Overweight, Disordered Eating patient (ODE) presents unique and multifaceted clinical challenges for both the clinician and for patients themselves. This group is an empowering and transformational experience for patients, which has excellent results in moving patients towards change. The BITE® method is a treatment model especially designed to tackle patient's ability to withstand the necessary changes required to break the barrier of "stuckness". These methods move them past the "tipping point" to transcend their circular arguments to achieve weight regulation. The Group integrates the "outside" what patient's know, with "inside" what they feel, towards action, achieving the goal of getting to what they want. Please call with questions regarding the appropriateness of referrals. (This group is not intended for those with Anorexia and Bulimia Nervosa.)

Fran Weiss, LCSW-R, BCD, DCSW, CGP Associate Clinical Professor, Mt. Sinai School of Medicine, Sr. Consulting Psychotherapist, New York Obesity Research Center, Tel: 212-362-6019

[Submit Your Application Here](#)



**McCallum Place**

231 W. Lockwood Ave., Ste 201  
St. Louis, MO 63119  
Phone: 314-968-1900

Fax: 314-968-1901  
Toll Free: 800-828-8158  
www. [mccallumplace.com](http://mccallumplace.com)

McCallum Place provides comprehensive medical and psychiatric care, specialized psychotherapies and nutritional support for patients with eating disorders. Our state-of-the-art eating disorder treatment facility and eating disorder therapy programs, which integrate the latest findings from eating disorders research with experienced clinical practice, are designed to create an environment of structure and support.

In all we do, we strive to help individuals build the confidence and skills necessary to let go of their patterns of restrictive eating, purging, and compulsive eating. Our protocols are designed to help patients restore weight to within 90% of ideal body weight and to minimize relapse with binge eating, vomiting, and compulsive exercise. Patients practice weight maintenance and flexible eating prior to discharge. When possible, a gradual step down is recommended to ease the transition back to independent living.

At McCallum Place, care and experience give way to restorative treatment, opening new doorways of hope and possibility. Patients leave McCallum Place with the tools and strategies necessary for healthy eating and with practices useful for discovering a more balanced and satisfying life.

[McCallum Place](#)

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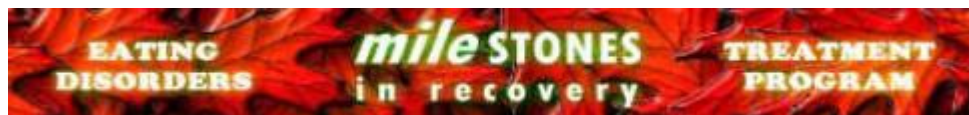


#### **Eating Disorder Referral and Information Center**

The Eating Disorder Referral and Information Center is dedicated to the prevention and treatment of eating disorders. EDReferral.com provides information and treatment resources for all forms of eating disorders. EDReferral.com provides free referrals to eating disorder professionals, treatment facilities and support groups, etc. In addition, EDReferral.com offers general information to inform the public about the treatment and prevention of eating disorders...

[More Info](#)

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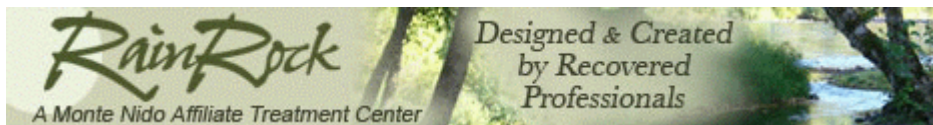
#### **Milestones**

Milestones at High Point  
800-347-2364  
5960 SW 106th Ave,  
Cooper City, FL 33328

Milestones provides residential and intensive outpatient programs for individuals suffering with Compulsive Overeating, Bulimia, Anorexia, and related disorders. Milestones follows a "blended" approach to treatment - addressing both the "addictive" and emotional aspects of an eating disorder. Residents attend a full schedule of group and individual activities during the day as well as participate in various support groups during evenings and weekends.

### [Milestones](#)

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### **Rain Rock ~ A Residential Treatment Facility for Women**

RainRock is located in a former bed and breakfast along the McKenzie River on 3.5 acres of lush lawn, gardens and riverfront. RainRock lives up to its name, evoking the healing properties of both earth and water combined. The secluded park-like setting is private yet expansive with abundant manicured grounds and the constant energy and flow of the river. This facility is an important addition to the Pacific Northwest where there are no residential treatment facilities. Carolyn Costin's 30 years of eating disorder experience and the uniqueness of this property promises the clients a rare opportunity to deal with and find recovery from these very difficult disorders.

### [Rain Rock](#)

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### **Eating Disorder Jobs!**

Announcing the launch of EatingDisorderJobs.com, the most comprehensive online employment board for

those who specialize in the treatment of eating disorders.

Whether you are searching for your dream job or just want to browse available career opportunities, EatingDisorderJobs.com is your online career resource. With our website, you can:

- Create a free account
- Post your resume in confidence
- Sign-up for automatic job notifications
- Visit our Career Resource Center for valuable tips and information

Searching for jobs in this specialized field has never been so easy. Visit EatingDisorderJobs.com now to learn how you might make your next career move.

## [Eating Disorder Jobs](#)

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### **Montenido**

Monte Nido Treatment Center and Programs for Eating Disorders: All Monte Nido programs are designed to achieve behavior and mood stabilization in a climate where destructive behaviors can be interrupted. Clients can then work on the crucial underlying issues which cause and/or perpetuate their disordered eating and other dysfunctional behaviors. In addition to individual, group and family therapy, we provide education, nutritional counseling, fitness training, life skills training, mindfulness and spiritual enhancement, all in a beautiful, serene setting.

[Montenido](#)

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**Come Join an Experiential Event with the Rader Programs to spread Awareness & Help with the fight & the Prevention of Eating Disorders!**

National Eating Disorder Awareness Week (Feb 22 -28, 2009)

Tuesday, February 24, 2009 ~ 6:30-8:30pm

Grant Brimhall Library In the Community Meeting Room

1401 Janss Rd.Thousand Oaks, CA

For more information please contact us! 1-800-841-1515

[Rader@raderprograms.com](mailto:Rader@raderprograms.com) or [Ndunning13@yahoo.com](mailto:Ndunning13@yahoo.com)

Fun, Food, Education & CEU's for FREE!!!

Come join the staff of the Rader Programs in an Interactive, Experiential Event that helps everyone understand what it feels like to walk in the shoes of a person who suffers from an Eating Disorder!

Get a new perspective on Eating Disorders & find out how to get more involved with Treatments, Reseach, Outreach & Prevention Information and Upcomming Community Events!

Families, come join us to help your loved one through this difficult time in their life! You are not Alone, We can HELP!!!

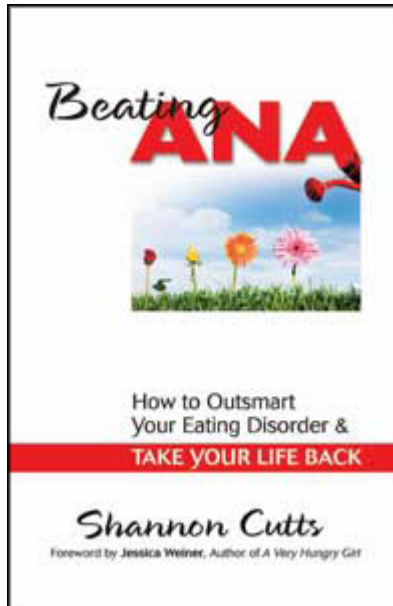
We encourage Therapists to come to receive FREE CEU's!!!

Gym Teachers & Health Center Counselors are encouraged to come pick up FREE Literature on Eating Disorders to help their students!!!

[Rader Programs](#)

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## Excellent New Book: **Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back**



*Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back...By Shannon Cutts*

Imagine a world in which it is easy to find someone to turn to who understands your struggles, identifies with your wounds, and knows how lonely and scary it feels to live inside your skin. In this fantastic brave new world, you would face your eating disorder head on, standing tall and firm with supportive friends by your side as you get better—and stay that way! In *Beating Ana*, Shannon Cutts opens the door and invites you into this world as she introduces you to a whole new way of thinking about and recovering from your eating disorder. From the very first page of *Beating Ana*, you will experience the empowering joy of sharing your

recovery process with others as Shannon guides you in the same fun, introspective, practical and empowering techniques that she developed to achieve her own lasting recovery and has since passed along to her own mentees. You will walk with Shannon through the recovery process as you participate right along with Shannon and her mentees in self-quizzes, short exercises, motivational affirmations, and journaling that is specifically designed to give you the courage, support, and tangible skills to say 'no' to your eating disorder and 'yes' to your life! Find out more about *Beating Ana* at [www.key-to-life.com/book](http://www.key-to-life.com/book)

### About the Author

Shannon Cutts is known as a compassionate and charismatic advocate of our right to feel good about ourselves, our bodies, and our lives. Following her recovery from a fifteen-year battle with anorexia and bulimia, Shannon founded Key to Life and MentorCONNECT to share the power of mentoring with others.

WIN a copy of *Beating Ana*! Special for Eating Disorder Hope Newsletter Subscribers – be one of the first five EDH readers to send an email to [book@key-to-life.com](mailto:book@key-to-life.com) and we will ship you a FREE COPY of *Beating Ana*! (Be sure to put "Ana Giveaway" in the subject line of your email. To qualify to win, include your name, phone number, and shipping address in the body of your email.)

[Find out more about Beating Ana!](#)

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**Fight Back Against Eating Disorders**

One in five women suffer from disordered eating. Anorexia has the highest mortality rate of any mental illness, yet shame, stigma, and lack of awareness lead to eating disorders being largely misunderstood, which prevent individuals from receiving adequate care. Early intervention and prevention programs are virtually non-existent in California leaving many people to receive help too little too late.

It's time for the eating disorder community to pull together; our strength in numbers can make a difference.

Join the National Eating Disorders Association's STAR Program (States for Treatment Access and Research), Assemblywoman Fiona Ma, Senator Patricia Wiggins, and others as we bring this critical issue to Sacramento.

LEGISLATIVE PRESS BRIEFING  
EATING DISORDER AWARENESS WEEK  
MONDAY, FEBRUARY 23, 2009  
STATE CAPITOL, ROOM 127, 10:00 AM

SPEAKERS TO INCLUDE: Sari Shepphird, Ph.D., Clinical Psychologist, Eating Disorders Specialist, Los Angeles, CA; Connie Sobczak, Co-Founder and Executive Director, The Body Positive; Doris Smeltzer, MA, President, Andrea's Voice Foundation; Assemblywoman Fiona Ma and Senator Patricia Wiggins.

Come demonstrate your support for change in Eating Disorder policy in California! For more information, please contact Lara at 510-435-7425 or email at [lgregorio@myneda.org](mailto:lgregorio@myneda.org). Join the army of advocates who refuse to stay silent on this issue.

[Learn more about the STAR program of NEDA](#)

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### **Announcements: F.R.E.E.D. Foundation Special Events!**

The F.R.E.E.D. Foundation is proud to announce a very special day for our foundation, February 7th, 2009 will feature 2 simultaneous fund raising events.

The first is a benefit concert in NYC featuring artists Hailey Wojcik and Rachael Sage and the second is our first Fashion Show in Elveston, PA.

We hope that you will visit our website for more details and please join us at one or both events to show you support!

For more information on either event, please feel free to use any contact information on our website to speak with Kathleen or Erika Long.

<http://www.freedfoundation.org>

Thank you,  
Your friends at the F.R.E.E.D. Foundation

[FREED FOUNDATION](#)

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## **Elisa Project Conference**

10th Annual Professional Symposium for the Prevention and Treatment of Eating Disorders  
Thursday, February 26th & Friday, February 27th

The Elisa Project, in collaboration with UT Southwestern Medical Center at Dallas, is hosting a professional symposium for medical professionals interested in learning more about eating disorders and to earn continuing education credits.

UTSWMC is offering 10 hours of CME credit including one hour of Ethics credit for this event

[download brochure here!](#)

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## **Cedar Springs Austin**

Cedar Springs Austin  
4613 Bee Caves Road, Suite 104  
Austin, TX 78746  
877-755-2244  
512-732-2400  
[www.CedarSpringsAustin.com](http://www.CedarSpringsAustin.com)  
[info@CedarSpringsAustin.com](mailto:info@CedarSpringsAustin.com)

Cedar Springs Austin is a day treatment center specializing in the care of anorexia, bulimia, and related eating disorders affecting males and females from adolescence through adulthood. The programs at Cedar Springs Austin are specially designed to provide individualized levels of support and structure in a comfortable and healing environment. We offer partial hospitalization programs and an intensive outpatient program which are grounded in our mission to provide the highest quality of comprehensive care. Guided by a leadership team comprised of specialists in the eating disorders field, Cedar Springs Austin's physicians and staff provide integrated medical and psychiatric care, daily group and individual psychotherapy, nutritional counseling, meal support, art and movement therapy, and fitness retraining. Cedar Springs Austin also offers a unique specialty program designed to treat the recreational and competitive athlete. Please call our admissions staff to learn more about our programs and the admissions process at 1-877-755-2244.

[Cedar Springs Austin](#)

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**New Audio Version of Intuitive Eating!**

# Intuitive Eating

A PRACTICAL GUIDE TO

- Make Peace with Food
- Free Yourself from Chronic Dieting
- Reach Your Natural Weight



Elyse Resch, M.S., R.D., F.A.D.A. & Evelyn Tribole, M.S., R.D.

Elyse Resch, M.S., R.D., F.A.D.A and Evelyn Tribole, M.S., R.D. are excited to announce the January, 2009 release of the audio version of Intuitive Eating. This version is not a verbatim reading of the book but presents many new thoughts about Intuitive Eating, along with one or more guided practices for each of the principles. You can order a copy from Amazon.com or from Gurze Books (800-756-7533, [www.bulimia.com](http://www.bulimia.com)). You will find that this audio version, with it's new material and practices, will extend your understanding of how to rediscover your

inner Intuitive Eater. Enjoy!"

[Order your copy here!](#)



## Center for Discovery and Adolescent Change

Center for Discovery and Adolescent Change  
Nurturing Change and Assisting

Growth

Locations: Downey, Lakewood, Menlo Park (Bay Area) & Whittier, CA

Phone Number: 800-760-3934

Fax Number: 714-828-1870

Website: [www.centerfordiscovery.com](http://www.centerfordiscovery.com)

Center for Discovery's eating disorders programs are the first comprehensive residential treatment programs in California to exclusively focus on the treatment of male and female adolescents ages 11 - 19 . Our JCAHO accredited, privately owned Centers are located in comfortable and spacious homes in Downey, Lakewood, Menlo Park (Bay area) and Whittier, California. The individualized and intensive treatment experience at Center for Discovery, under twenty-four hour supervision, is particularly effective in identifying and addressing the destructive behaviors and underlying emotional issues of the disordered eating. Treatment includes: individual and family therapy, group work, art therapy, emotional regulation skills, relaxation techniques, medical assessment, psychiatric consultations, and nutritional consultation and education.

Center for Discovery is a preferred provider to many insurance plans and we will assist families in verifying their insurance benefits.

[Center for Discovery & Adolescent Care](#)

**[Read Washington Post article](#)**

Dr. Rachel Marsh, Assistant Professor of Clinical Psychology

Division of Child and Adolescent Psychiatry

Columbia University & New York State Psychiatric Institute is still looking for adolescents with BN and sub-clinical BN (ages 12-18) to participate in her study. Dr. Marsh's study of adults with BN was just published in the Archives of General Psychiatry on Monday (attached) and has been getting a ton of press. See this article from the Washington Post, for example:

<http://www.washingtonpost.com/wp-dyn/content/article/2009/01/06/AR2009010602513.html>

Please help Dr. Marsh by spreading the word about her need for additional adolescent participants. Dr. Marsh points out that it is important that we study younger patients - to see how these behavioral and brain abnormalities arise and possibly predict the development of BN.

Interested patients should call Laura at 212-543-5316

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Thank you for being a friend of Eating Disorder Hope, LLC. We will continue to provide you with important information, resources and encouragement regarding Eating Disorder Recovery in our newsletters.

Sincerely,

--Jacquelyn Ekern, MS, LPC  
President, Eating Disorder Hope, LLC

[www.EatingDisorderHope.com](http://www.EatingDisorderHope.com)