

Marin County Eating Disorders Resource Guide

How do I respond to pressures
to look a certain way?

♥ By learning to
accept and love
the natural body I have ♥

♥ By being true to myself
and not "competing" in size
with others ♥



♥ Ignoring the "propaganda" of
advertising regarding
shape and size ♥

♥ Realize the Truth -
that for me to attempt
to alter the natural size
of my body has some serious
repercussions. And one
of those could be an early
unnatural death ♥

♥ By continually seeking
my own Truth ♥

♥ By knowing that
true beauty
is on the inside
of a person ♥

♥ Helping to bring
the Truth to vulnerable
young people by volunteering
to speak in our schools ♥

♥ By never commenting on
anyone's body size again ♥

♥ By finding
my own voice ♥

♥ By being a healthy model
to children and teens by
accepting, loving, and
nourishing myself ♥

**Marin County Department of Health & Human Services
Community Health and Prevention Services
And the Marin County Eating Disorder Task Force**

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Marin County Department of Health and Human Services, Community Health and Prevention Services
and the Marin County Eating Disorders Task Force

Spring 2006

Welcome and Introduction

This guide was developed by the Marin County Eating Disorders Task Force, which is coordinated by the Marin County Department of Health and Human Services, Community Health and Prevention Services, Nutrition Wellness Program. The Eating Disorders Task Force was founded in May, 2002, when two mothers of daughters with anorexia approached the Department of Health and Human Services to express the need for a more coordinated approach to treatment and prevention in Marin County.

The Department responded by inviting professionals in the community to develop the Eating Disorders Task Force. One of the first tasks that the Eating Disorders Task Force set out to accomplish was to develop this resources guide. As the focus on the obesity epidemic grows, the Department has become increasingly aware of the complex social, psychological, and physical factors that impact the full range of disordered eating behaviors. Unlike obesity, however, many eating disorders are hidden. We hope that this guide will begin to shed light on strategies and resources for eating disorders prevention and treatment in our community. Please feel free to copy individual sections of this guide and use them for professional purposes. We ask only that you not change or alter the content of this guide in any way.

The Marin County Eating Disorders Task Force is a multidisciplinary collaboration, which serves to educate the community regarding the prevention and treatment of eating disorders. We work to achieve the goal of healthy people of all sizes via a campaign that promotes appreciation of size diversity, self-acceptance, healthy eating practices, active lifestyles, and responsible media. The Task Force is composed of a broad range of professionals and community members with interest, experience, and expertise in the field of eating disorders.

Members include Marin County Community Health and Prevention Services, mental health and medical professionals, teachers, registered dietitians, school nurses, interested parents, and other community members. The Task Force meets twice a year to help coordinate efforts around the prevention and treatment of eating disorders in Marin. For more information about the Eating Disorders Task Force, you can call 473-3055.

We wish to thank all of the members of the Eating Disorders Task Force who contributed their time and energy to help make this Resource Guide possible. We hope that this guide will assist you, your family, or your students and clients in the first steps of their journey toward healing from an eating disorder.

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Eating Disorders and Disordered Eating

Eating disorders are serious physical and mental health conditions that can have life-threatening consequences for the people who suffer from them. The causes of eating disorders are complex, and result of a combination of societal, interpersonal, and psychological factors.

Anorexia Nervosa affects approximately 1 out of every 100 young women, and occurs when people literally starve themselves. People with anorexia are very thin, eat very little, and are extremely fearful of gaining weight.

Bulimia Nervosa occurs in another 2 to 5 out of every 100 young women. This disorder occurs when an individual binges on large quantities of food and purges by vomiting, taking laxatives or diuretics, and/or exercises compulsively.

Binge Eating Disorder affects about 10-15% of mildly obese individuals, and is marked by repeated episodes of uncontrolled overeating. This disorder can lead to conditions of overweight and obesity.

Eating Disorders Not Otherwise Specified (EDNOS) is a diagnostic category that represents individuals with eating disordered behaviors that resemble anorexia nervosa or bulimia nervosa but whose eating behaviors do not meet one or more essential diagnostic criteria.

Disordered eating is a broad spectrum of behaviors that includes harmful feelings, attitudes and behaviors about eating, weight, and body dissatisfaction issues that do not meet the conditions for a clinically diagnosed eating disorder, but which, if sustained, can lead to an eating disorder.

Eating Disorders Signs and Symptoms

Physical	Behavioral	Emotional
<ul style="list-style-type: none"> • Significant weight loss or gain in short period of time • Abdominal pain • Feeling full or bloated • Dry hair or skin, dehydration, blue hands / feet • Alteration or loss of menstrual cycle • Chronic constipation • Low blood pressure / feeling cold 	<ul style="list-style-type: none"> • Dieting or irregular food intake • Pretending to eat, throwing food away • Exercising for excessive periods of time • Obsession with food • Frequent trips to the bathroom • Wearing baggy clothing to hide very thin body • Isolation 	<ul style="list-style-type: none"> • Complaints about appearance • Fear about being or feeling fat • Sadness, depression, feeling worthless • Perfectionist attitude • Feelings of helplessness • Prone to stress and anxiety • Denial and inaccurate perception of body image/ weight



What Causes Eating Disorders?

Advertisements, TV shows, and movies bombard us daily with images of picture-perfect women and remarkably thin super models. While these images can be extremely damaging, they alone do not cause eating disorders. Eating disorders may begin with dieting and preoccupations about weight and physical appearance, but are often related to additional social, interpersonal, historical and genetic factors. Eating disorders, hazardous weight loss, nutrient deficiencies, obesity, size discrimination, and body hatred are interrelated. *No single factor alone causes an eating disorder or disordered eating.*

A variety of potential characteristics and influences may interact to cause an eating disorder or disordered eating. Disordered eating and eating disorders are serious health conditions and should be treated immediately by an experienced professional.

Interpersonal Factors

- Difficult family or personal relationships
- Difficulty expressing feelings or emotions
- History of being teased or ridiculed about size, weight or physical appearance
- History of physical, emotional or sexual abuse
- Parental or familial preoccupation with eating, weight, or unrealistic expectations for achievement
- Lack of support or acknowledgment from parents, friends or community

Psychological Factors

- Low self-esteem and experience of traumatic events that might affect self-esteem, such as abuse and rape
- Feelings of inadequacy or a lack of control in life
- Frequent feelings or disorders of anxiety, depression, anger and / or loneliness
- Tendency towards perfectionism and setting rigid standards
- Co-existing psychological disorders such as major depression, general anxiety, or obsessive-compulsive disorder.

Social Factors

- Social or cultural pressures that prioritize thinness and the “perfect body”
- Narrow definitions of beauty that include only women and men of specific body weights and shapes
- Cultural practices that equate personal value with physical appearance and not inner qualities and strengths
- Sexual harassment



Genetic, Biological or Biochemical Factors

- Scientists are still investigating potential genetic or biochemical causes of eating disorders. Certain neurotransmitter chemicals that are known to influence appetite, hunger, and digestion have been found to be unbalanced in some individuals with eating disorders.

Individuals who participate in certain sports or careers may be at additional risk for an eating disorder. Activities that emphasize thinness, low body weight, and physical appearance often escalate an existing predisposition to disordered eating behaviors. Individuals involved in activities such as modeling, gymnastics, wrestling, ballet, and diving should be particularly aware of healthy eating practices and the potential for disordered eating behaviors in these fields.

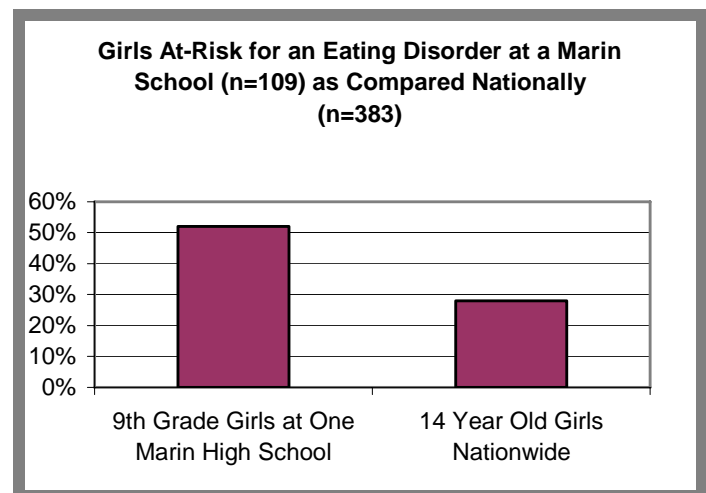
*Adapted from National Eating Disorders Association, 2002, www.NationalEatingDisorders.com.

Eating Disorders Myth #1:

Disordered eating is rare and only affects individuals with psychological problems.

FACT: In 2000, the National Eating Disorders Screening Project screened all 9th graders at a local high school in Marin to measure symptoms and concerns that are characteristic of eating disorders. Results showed that approximately 52% of the Marin County girls from this school suffered from some kind of disordered eating, as compared to 28% of fourteen year-old girls nationally.

After this screening was conducted, 53 students self-referred to an on-site eating disorders support group at the local high school. Seven of these students went on to receive individual treatment. **Screening for early identification of eating disorders is key to successful treatment.**



Health Consequences of Eating Disorders

Eating disorders are serious health conditions that require attention from a medical expert. Even if a person does not have a full, clinically diagnosed eating disorder, disordered eating behaviors such as dieting and bingeing can have serious health consequences.

These behaviors can disrupt the normal growth and maturation process for youth, and may cause a range of physical health problems including loss of muscle strength and endurance, decreased oxygen utilization and reduced blood volume and heart function. Disordered eating can also cause a number of mental and emotional health problems such as irritability, impaired judgment and critical thinking, low-self esteem, mood swings, and depression.

It is important to seek help for an eating disorder as soon as possible. Early intervention is one of the greatest factors that lead to successful treatment outcomes.

Anorexia Nervosa

People with **Anorexia Nervosa** literally engage in a process of self-starvation, which deprives the body of essential nutrients it needs for normal functioning. Despite obvious emaciation, people with anorexia deny (even to themselves) thinness, fatigue or hunger. The body's metabolic processes are slowed down in order to conserve energy.

- Abnormally slow pulse (heart rate)
- Abnormally low blood pressure (which can cause dizziness or fainting)
- Body temperature that is lower than normal and inability to tolerate cold/difficulty regulating one's body temperature (this can lead to hypothermia)
- Constipation
- Dryness of the skin and hair
- Scaling of the skin
- Yellowing of the skin (particularly on the palms)
- Excess body hair; usually fine, downy hair called lanugo but may be regular, coarse body hair. This is thought to be a result of the body's effort to warm itself.
- Leg edema (swelling), which can mask the degree of emaciation when the person is clothed
- Loss of menstrual periods in close to 100% of anorexic women
- Heart abnormalities, including severe, life threatening rhythm or electrical disturbances, heart valve damage and heart failure
- Anemia
- Suicide
- Osteoporosis / or lowered bone density

Bulimia

People with **Bulimia** engage in cyclic patterns wherein they ingest large (potentially enormous) quantities of food, followed by efforts to purge the body of calories by vomiting, compulsive exercise, and sometimes also laxative or diuretic abuse.

The body's attempts to handle large quantities of food and the adverse effects of repeated vomiting and possible laxative use result in the following potential **health consequences**:



- Tooth decay
 - Erosion of tooth enamel
 - Severe metabolic abnormalities which can lead to sudden death
 - Heart abnormalities, including severe, life threatening rhythm or electrical disturbances, heart valve damage, heart block and heart failure
 - Enlarged parotid glands (swellings at the base of the chin on both sides of the neck),
- which can mask the degree of emaciation when the person is clothed
 - Aspiration into the lungs of stomach contents causing pneumonia
 - Rupture of the esophagus
 - Rupture of the stomach
 - Loss of menstrual periods in approximately 50% of women with Bulimia
 - Pancreatitis
 - Suicide

Binge Eating Disorder

People with **Binge Eating Disorders** often are overweight or obese and therefore may suffer the same **health consequences** that we associate with clinical obesity such as:

- Diabetes
- Heart disease
- Joint pain
- Gallbladder disease
- High cholesterol
- High blood pressure
- Dental caries

Eating Disorders Not Otherwise Specified (EDNOS) and Disordered Eating

People diagnosed with **EDNOS** may engage in disordered eating behaviors, which result in health consequences related to Bulimia and / or Anorexia.

Disordered Eating is a spectrum of behaviors that includes harmful feelings, attitudes and behaviors about eating, weight, and body dissatisfaction issues. Behaviors, including dieting, bingeing, fasting, vomiting, laxative or diuretic abuse, and compulsive exercising, are serious health issues, which, if sustained, can lead to a clinically diagnosed eating disorder.



Creating an Environment that Supports Healthy Eating and Positive Self Image

The Marin County Eating Disorders Task Force is committed to creating a community that supports and promotes healthy eating and positive self-image. There are many ways that any individual can make a difference and help to create such a community, whether it is through modeling healthy behaviors in their own family, educating other providers or individuals, or making policy changes that affect large groups or organizations. Together we can make a difference. Here's some ways you can help:

For Individuals and Families

- Make meals a regular enjoyable experience. Encourage your children to help plan, shop for, and prepare meals and snacks to extend their connection to food beyond eating. Turn off the T.V. at mealtime and encourage conversation and expression of feelings. Avoid arguments over food and behavior, or the use of food as a reward or withholding food as a punishment.
- Eat breakfast with your kids. Children who eat breakfast are more productive, behave and concentrate better, score higher on tests and remember quicker and more accurately than children who don't eat breakfast. Eating breakfast also is important in achieving and maintaining a healthy weight.
- Provide education on healthful eating and guide your family's choices in following the Dietary Guidelines (www.health.gov/dietaryguidelines) but don't dictate foods. Encourage the family to "eat a rainbow every day" by eating at least 5 servings of a variety of colorful fruits and vegetables per day in order to help promote and maintain health.
- Plan for healthy meals and snacks by buying, preparing and keeping fresh fruits and vegetables, non-or-low fat dairy or soy products, and whole grain products on hand instead of "empty calorie" foods and beverages, such as soft drinks, and high sugar, high fat laden products.
- Encourage children you know to be physically active. Focus on the pleasure of movement and its health and energy benefits rather than "exercising" for weight loss or to burn calories.

For Schools, Organizations and Other Groups

- Promote acceptance of all body shapes and sizes. Create a culture in your school or organization that does not tolerate criticism, jokes, or negative remarks about other people's bodies. Enforce anti-harassment policies that protect girls and people who are overweight.
- Help other people to respect all people as individuals. Admire their talents and special skills, creativity and intelligence.
- Advocate for healthy nutrition environments and policies in schools and at your workplace. Help to create a pleasant environment that offers a wide range of healthy food options and physical activity.



- Train young people in media literacy. Help girls and young women to view unhealthy, distorted, or negative images of women’s bodies through a critical lens. Help young people to create and circulate media sources that promote healthy body image.
- Be sure that health assessments are done in ways that are respectful and promote self- acceptance and healthy behaviors. Weighing and measuring of children and adults should be done in private conditions, and must recognize differences in growth rates and body shapes and size.
- Coordinate and provide training for the staff at your school or organization on creating environments for healthy eating and body image. Use the resources and information in this guide to help educate other providers.

Why Restrictive Diets Don’t Work

Every year Americans spend billions of dollars on dieting and diet products. Not only do restrictive diets rarely work, they can also have very serious short and long-term health consequences. Below are some of the reasons to avoid restrictive dieting.

- Diets can lead to feelings of deprivation and ultimately overeating.
- Dieting can force body into starvation mode, causing the body to slow down many of its normal functions to conserve energy, and actually decreasing the natural metabolism rate.
- Diets can lead to the “yo-yo” effect of constantly gaining and losing weight in cycles, which is very harmful to the body over time.
- Diets often promote a particular food product or supplement which can be expensive and sometimes hazardous to health.
- Diets do not provide the tools needed for a healthy mind, body and spirit.
- Diets are perceived as negative, restrictive and depriving.
- Diets do not change eating habits.
- Diets do not teach how to naturally select from a variety of foods and how to balance food intake with regular physical activity.
- Diets may not provide adequate nutrients or calories to support muscle and bone growth, leading to decreased muscle mass and the potential for developing osteoporosis.
- Diets may lead to hormonal imbalances.
- Diets may not provide adequate nutrients to support a healthy immune system.
- Diets may reduce energy levels, mental and physical performance.



Body Image

What Is Body Image?

Body image is the way we perceive our body, and how we feel about the way we look, our weight, shape and size. Our body image can have very little to do with our physical body.

Where Do We Develop Our Body Image?

We are not born with judgments about the acceptability of our body. We receive messages from the culture we live in. How we perceive ourselves develops over time with input from family members, movies, television, friends, coaches, teachers, medical professionals, and others.

What Does Body Image Have To Do With Eating Disorders?

Body dissatisfaction and body hatred can create self-consciousness and feelings of inadequacy, envy, depression, and anxiety. These feelings may cause us to try to change the way we look. It may start with changing how we eat and exercise, but can become inappropriately rigid or out of control, and lead to dieting, obsession with food and weight, and disordered eating.

What Can We Do To Improve Body Image?

- Appreciate your body for what it does, not how it looks. When you dance, run, swim or laugh, notice how it feels rather than how you look doing it.
- We are much more than a body. We also have thoughts, dreams, interests, and talents, that are important to nurture. Confidence, self-esteem, and feeling good about ourselves create radiance and beauty inside and out.
- We are bombarded daily with messages about how we are supposed to look and behave. Notice them in magazines, commercials, movies and television, and notice how they make you feel. Resist internalizing the message by talking about the way they make you feel, or by turning off the T.V., or writing a letter...don't let it affect you!
- Exercise because it is enjoyable, feels good, makes you stronger and gives you energy. Avoid punishing yourself with extreme exercise or focusing on weight loss.
- People come in different sizes and shapes. Appreciate diversity rather than judging others or comparing yourself to others. Look for beauty in a smile, a mannerism, or something unique or special about a person.
- Find others who are learning body acceptance. Join a group, get support, speak out, teach acceptance, challenge the cultural messages that youth and thinness are the ideals.
- Rather than spending valuable time on self-criticism or self-hatred, choose to be creative, learn something new, have fun, do things you enjoy, be nice to yourself, or do something to help others. Every minute you spend on self-criticism is time spent hurting yourself, rather than enhancing your life.



How to Talk with Someone Who May Have an Eating Disorder

What if you suspect or know that someone has an eating disorder? Should you say something? What would you say? Should you talk to the person who has the problem or someone else?

The most important thing to remember is that bringing up the subject of an eating disorder with a person who is suffering from one can be a tremendous help. It plants the seed about your concern for what she/he is doing and brings her/his focus to the issue. Even though it may be difficult, saying something is better than ignoring a dangerous and painful behavior.

Eating disorders can be life threatening. If you suspect the person is in any kind of medical danger (fainting, weak, suicidal), do not hesitate to get them help immediately. Call her/his physician or take her/him to the emergency room for assessment.

If you are a parent, arrange for medical and psychological care for your child immediately. You may not know how serious an eating disorder is, but an initial consultation will help sort out if your child is suffering from an eating disorder and determine what's really going on.

If you are a young person concerned about your friend or sibling, it is important to tell a trusted adult as soon as possible. You may want to speak to your friend or sibling privately first, but it is essential that you contact a parent, teacher, coach, nurse, school counselor, or other trusted adult about your concern. Since you may not know how serious the problem is, don't wait. Though your friend may be upset with you now, this will be likely to change when he or she begins to recover from the eating disorder.

Consider these ideas before speaking to the person you are concerned about:

1. Who would be the best person to do the talking? Parents can decide who would be the best person to speak with their child. If you are not close to this person but are worried, there may be a teacher, school counselor, nurse, other relative, or mutual friend that could help talk to the person about it.
2. Find a time to talk with the individual when you are calm and will not be interrupted. The more you are able to stay composed and centered, the more this may help your friend understand that you truly care and are worried about his or her health. Be as supportive and kind as you can, but be clear in your concern.
3. Write down what you might say ahead of time. You don't have to follow it perfectly, but it helps you to focus and stay on track. Talking directly about your feelings and what you have been noticing is helpful. Something simple like "I have been worried about you because...", can get the conversation started.

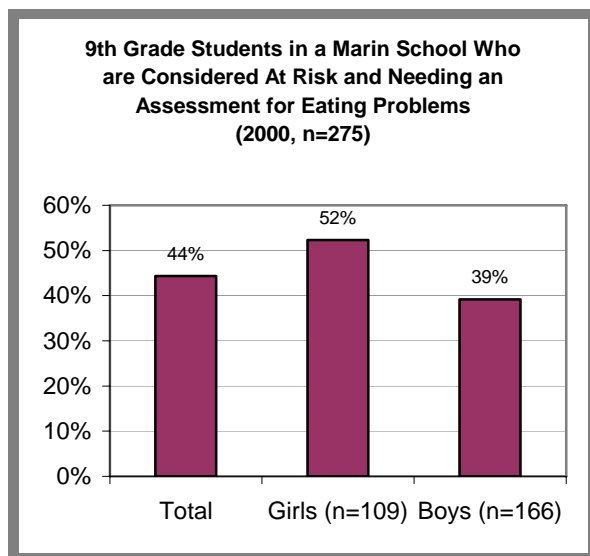


4. What is your intent in talking to them? Be realistic. Sometimes just bringing the issue up helps them to admit they want guidance. Do you need to talk about how the eating disorder is affecting your relationship with them? Do you want the person to get help from a doctor or another professional? Offer to help find solutions.
5. Support the person in any way you can. Perhaps the person needs information about the impacts of eating disorders, or about places they can get help. **Listen to them and check back with them to be sure they are on track to getting help.**

*Adapted from National Eating Disorders Association, 2002, www.NationalEatingDisorders.com.

Eating Disorders Myth #2:

Eating disorders affect only girls.



FACT: While national research shows that 90% of all individuals with eating disorders are adolescent girls and young women, a substantial number of boys and men suffer from eating disorders. Rates may be difficult to measure, as males tend to seek treatment at a rate lower than women and girls. According to the Harvard Eating Disorders Center, one half of girls and one third of boys were dissatisfied with their body size as young as eight years of age.

The National Eating Disorders Screening Project conducted at a Marin high school in 2000 indicated that 39% of boys and 52% of girls were displaying disordered eating behaviors.

As many as one third of adolescent boys are trying to change weight through unhealthy and nutritionally inappropriate methods, including the use of raw eggs, creatine monohydrate, steroids, insulin, drugs, or diuretics. *Effective nutrition education in combination with other support services are essential for addressing body dissatisfaction and disordered eating among girls and boys.*



Getting Help

If you are seeking help for yourself or your child, before you call any providers, you may want to consider the following:

- **Be prepared to talk** about the eating disorder, and to identify the specific signs or symptoms being displayed, such as vomiting, binge eating, laxative or diuretic abuse, purging, or under-eating.
- **Become familiar with your health insurance plan.** Specifically, investigate what types of mental health professionals and services your plan will support. Consider your financial options if your health insurance does not cover mental health or therapy for eating disorders.
- **Choose health professionals that are conveniently located** and that can meet at days/times that are convenient for you. Keep in mind that consistency of treatment plays an important role in recovery.
- **Choose a professional who is well qualified and credentialed.** Treatment of eating disorders is a highly specialized field. It is important to find a provider who has a lot of experience in this area.

It is important for those struggling with an eating disorder to find health professionals that they trust to assist in developing and coordinating a treatment plan. You may receive referrals from physicians, school personnel, friends or resources such as this guide. In choosing appropriate health and mental health professionals, you may want to keep some of the following considerations in mind:

- What professional credentials, training, and experience with eating disorders does this provider have?
- What is their philosophy about recovery from eating disorders?
- How does the provider formulate treatment plans? How long does the provider expect treatment will last?
- Under what conditions will the provider recommend hospitalization?
- Does the provider communicate with other professionals that may be involved in treatment?
- Will the provider work with your insurance plan? What are the fees? (Some therapists will consider reducing the fee or provide a sliding scale if the services are more than you can afford.)
- What are the treatment requirements? (Some therapists may require a medical exam or other activities such as attendance at group meetings or consultation with a dietitian.)



Parents seeking assistance for their child may want to consider these additional questions:

- Does this therapist involve the family in the treatment process?
- How often and what kind of feedback will the therapist provide *to me* about my child’s treatment?
- Will the provider guide me about how to support my child or myself through this treatment, or help me find a support group for parents?

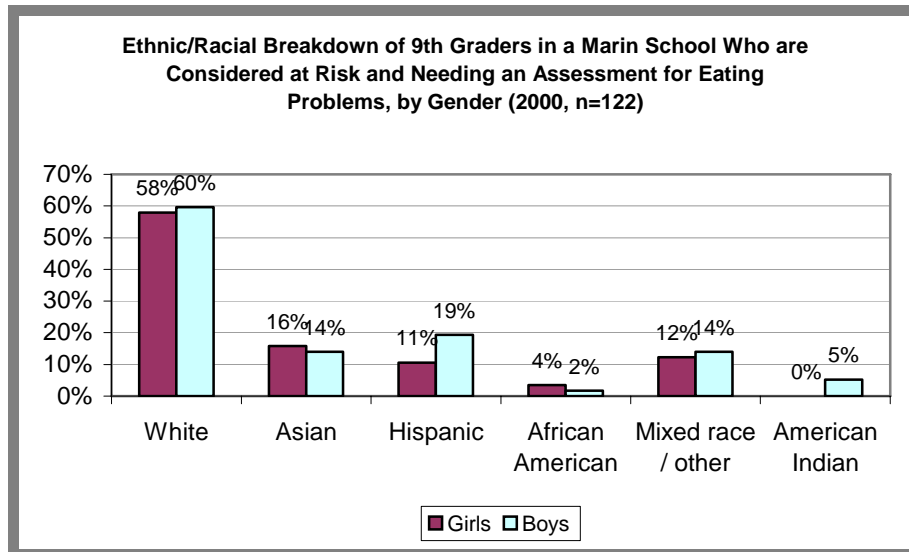
*Adapted from National Eating Disorders Association, 2002, www.NationalEatingDisorders.com.

Eating Disorders Myth #3:

Eating disorders affect only white, affluent individuals.

FACT: One study of over 900 girls in California middle schools found that Latina girls reported a higher level of body dissatisfaction than any other ethnic group. The myth that eating disorders affect only white, affluent girls can lead to ignoring males and females from a variety of ethnic and economic

backgrounds who are struggling with this issue. Lack of identification or screening among these groups can lead to the development of severe eating disorders and health risks.



Students in Marin, identified as needing an assessment for eating problems during the 2000 National Eating Disorders Screening Project were predominately white. When compared to demographics for

the entire school, however, the percentage of youth with some sort of disordered eating behavior were disproportionately ethnic minorities. *Services for eating disorders that are culturally appropriate are necessary for adequate prevention and treatment.*



If Your Child Has an Eating Disorder

You probably never imagined that your daughter or son would have an eating disorder, but here you are. A myriad of thoughts are probably going through your mind. Your first thoughts probably concern topics such as deciding how you should approach the problem with your child or how to choose the right therapist or treatment program. You may wonder if your child will ever get better or how long recovery will take.

Parents will often experience other difficult feelings when their child develops an eating disorder. Some may experience feelings of guilt about their child's eating disorder, and wonder whether or not they caused it and whether or not they were good parents. Some parents also worry about what other family members or friends will think or how other family members will cope with the situation. It is important to remember that eating disorders are not caused by any one individual factor.

It is important for you to begin thinking about how you can help your child and your family during this time. It is normal for parents and family members to experience a range of feelings. Family counseling can play an integral role in the recovery of a child or young person and in the family's healthful coping with the eating disorder. Parents may also seek help for themselves in the form of a support group or individual therapy to deal with this stressful time.

While parents cannot *cause* an eating disorder, they can work to help create a home environment that supports healthy eating and body acceptance. Here are tips that you may find useful.

- **Consider finding a support group or your own counseling to help you learn more about eating disorders and how to cope.** There is much that you can learn from professionals or other families who are also dealing with an eating disorder. Having your own place to deal with these issues will ultimately help you be more available to your child.
- **Educate yourself.** Learn about the causes, symptoms, and consequences of eating disorders and learn what healthful eating involves (the Food Guide Pyramid is a good place to start). Education will allow you to have the compassion and the tools to support your child.
- **Encourage your child to think critically about societal messages** regarding the obsession with thinness and dieting. Television, movies, and magazines can glorify unhealthy and unrealistic body types and sizes. Fad diets and weight loss products entice us to believe that happiness is achieved through thinness, while in reality, many diets and products are dangerous and can have serious negative health consequences.
- **Support and model healthful eating.** Find out from a physician, registered dietitian, or school nurse how to support your child's healthy eating patterns. Eating disorders may disrupt the natural cues our bodies give us about when to eat, what to eat, and when to stop. The health professional will be able to advise you on what sort of support will benefit your child. Make sure you and your family eat a variety of healthy foods.
- **Explore your own issues regarding food and weight –**



- **Stop unnecessary dieting.** Diets rarely work in the long term and can contribute to a diet/binge cycle characteristic of eating disorders. Dieting also disregards the body's messages about hunger and fullness and does not address the cultural and psychological issues that drive unhealthful eating.
- **Model self-love and acceptance.** Body dissatisfaction is a precursor to eating disorders. Avoid making critical comments about your own or others' weight or body parts and model self-love and acceptance for your own body.
- **Help your child identify, express, & resolve feelings** – Many individuals with eating disorders use foods, dieting, or the obsession with food and weight as a calming device to cope with difficult, uncomfortable feelings such as anger, sadness, or loneliness. Helping your child identify what they are feeling and to express their feelings in a healthy way, can reduce their need to depend on external sources, such as food, alcohol, or drugs in order to cope.

*Having a seriously ill child is very stressful for a family. Be sure to make time to take breaks with your loved ones to do things you enjoy. Open lines of communication can be a source of support and a means of healing for your child and your family. Recognize the range of feelings you may experience, including sadness, fear, worry, guilt, anger, or embarrassment. Realize that many factors contribute to the development of an eating disorder and that many factors will contribute to your child's recovery. **You are taking the most important steps by educating yourself and learning how to support your child and family during the recovery process.***



Treatment of Eating Disorders

Eating disorders are both psychological health and physical health issues, and require more than just weight gain and nutritional counseling to overcome. Complex family, social, and individual psychological issues or biochemical predispositions often impact eating disorders. These complex factors may cause an individual to turn to starving, binge eating, purging, or compulsively exercising as a means of coping.

The most important thing to know about eating disorders treatment is that early intervention makes a difference in success! The sooner an individual suffering from an eating disorder receives treatment, the more likely she or he will be to recover.

Treatment involves an overall assessment, including history, current symptoms, physical status, family or personal issues, and the presence of other disorders, such as anxiety disorders, depression, and / or substance abuse. The most effective treatments of eating disorders include psychotherapy or psychological counseling along with medical and nutrition support and guidance. A team of professionals such as nutritionists, physicians, nurse practitioners, psychologists, psychiatrists and nurses work together to develop a treatment plan that is individually tailored to meet the specific problems, needs, and strengths of the individual. Individuals suffering from eating disorders are subject to a variety of physical and medical concerns. Careful medical monitoring is essential to all forms of therapy, including outpatient therapy.

Psychological counseling needs to address both the eating disorder behaviors and the underlying psychological, interpersonal and cultural forces that contributed to the eating disorder. It is important for those struggling with an eating disorder to find a mental health professional they trust to assist in developing and coordinating their treatment plan.

Treatment Options

Depending on the severity of the eating disorder, the patient may undergo group therapy, individual therapy, outpatient hospital care, or partial hospitalization, residential treatment care, or inpatient hospital care. Eating disorder therapy strategies may include (but are not limited to) cognitive-behavioral therapy, interpersonal psychotherapy, family therapy, and behavioral therapy. Psychiatric medications have an established role in the treatment of eating disorders and may be part of an individualized treatment plan.

Outpatient Therapy sessions have proven effective for many individuals with eating disorders. This form of therapy may involve weekly meetings between the client and health professionals and participation in support groups. Nutritional counseling is done, preferably by a registered dietitian specializing in eating disorders.

Intensive Outpatient Therapy is simply a more intense form of outpatient therapy. Clients attend therapy sessions several days per week for several hours at a time.



Partial Hospitalization Programs are usually daylong programs for clients who may need more structure and contact than outpatient treatment can provide. These programs provide structured eating situations and active treatment interventions while allowing the individual to spend evenings at home and, in many cases, continue to work or attend school.

Inpatient Programs provide a structured treatment environment in which the client has access to clinical support 24 hours a day. Many programs are affiliated with day and outpatient programs that allow clients to step up or down to the appropriate level of care depending on their clinical needs.

Residential Care Facilities provide long-term treatment for individuals with progressed eating disorders. The treatment needs of individuals will vary.

Remember:

Eating disorders are physically and emotionally destructive! People with eating disorders need to seek professional help immediately. If not identified or treated in their early stages, eating disorders can become chronic, debilitating, and life threatening.

*Adapted from the Eating Disorder Referral and Information Center at
www.edreferral.com/treatment.htm



Insurance Coverage: Tips for Navigating

Eating disorders, particularly anorexia and bulimia, are usually covered by health insurance, partly as a result of the “parity law” now in effect in California, but figuring out exactly what the coverage is can be confusing. The parity law states that certain mental health disorders, including anorexia and bulimia, will have the same maximum co-payment as those in the general medical plan. This short guide will give you some basic information to help you get the benefits to which you are entitled and also to make decisions about maintaining insurance coverage for the future.

First, you should review and be aware of the details of your policy and contract. The major insurance companies vary tremendously as to what they will cover, and every insurance company has hundreds of different policies, each with its own coverage and terms. In addition, major insurance companies often have mental health benefits, under which eating disorders coverage falls, administered by a secondary company. The best way to be clear about your benefits and your payment responsibilities is to actually read all the information sent to you about your plan, as well as any updates. While reviewing all the specifics of your policy may seem like a daunting and unpalatable task, it is well worth the time since treatment of eating disorders can be very costly.

If you still have questions about your coverage after reviewing the policy, contact your health insurance company for further explanations. Ask to speak to the insurance company representative’s supervisor for further clarification if the answers you are given do not seem to fit with the terms of your policy as you understand it. You can also ask for help from your employer’s human resources department.

Remember that you are your own best advocate when dealing with your health insurance coverage issues. You should also be aware that all insurance companies have an appeal process whenever a claim is denied, and in some cases denials of coverage are overturned on appeal.

As the parent of a son or daughter with an eating disorder, you should keep in mind the issue of ongoing, long-term health insurance coverage. It is especially important that a person with any serious or pre-existing medical condition, which includes anyone with an eating disorder, never let health insurance coverage lapse. It is likely to be difficult and extremely expensive, if not impossible, to obtain or reinstate new insurance coverage. If your child’s insurance coverage is due to end because a parent changes jobs or is laid off, or because the child will pass the age under which they are covered, be sure to check with your health insurance company and your company’s human resources department to find out how coverage can be continued. You can also contact an insurance agent to find out what options you may have for health insurance, but be sure to explain fully your child’s medical history. Again, make certain that you consider and settle this question *before* your child’s coverage ends, so that there will be continuous insurance coverage.



Eating Disorders Professionals

In the following pages you will find contact information about a variety of professionals in Marin County who specialize in the treatment of eating disorders. *The Marin County Department of Health and Human Services and the Eating Disorders Task have not published this guide or included the professionals in it as an endorsement of any particular person or program providing services for eating disorders. This information is merely offered as a resource to the community, to help guide members of the public to a wide range of professionals, so that they may make the choice that is right for them.*

The most effective treatments of eating disorders include psychotherapy or psychological counseling along with medical and nutrition support and guidance, and a support group. A team of professionals may include nutritionists, nurse practitioners, physicians, psychologists, psychiatrists and nurses who work together to develop an individualized treatment plan. It is most important that the individual trust the professionals involved in the recovery process. It may take several phone calls or visits to find the right professional for your situation, but it is worth taking the time.

All of the professionals and programs listed in this book either hold a professional license in their field, or are supervised by an individual with a professional license. We have listed information about a number of professional licenses below.

Psychotherapists

- **Licensed Clinical Social Worker (LCSW)**

LCSWs have specialized knowledge of social resources, human capabilities, and the role that unconscious motivation plays in determining behavior. They work to help people to achieve more adequate, satisfying, and productive social adjustments. LCSWs have completed a Master's Degree in Social Work (MSW), post-Master's Degree supervision, and licensing examinations by the California Board of Behavioral Sciences. They must complete the required number of hours for continuing education throughout their careers, in order to maintain their registration credential.

- **Marriage and Family Therapist (MFT)**

A marriage and family therapist works with individuals, couples, or groups and examines interpersonal relationships for the purpose of achieving more adequate, satisfying, and productive marriage and family adjustments. MFTs have completed a Master's Degree in Psychology or related field, post-Master's Degree supervision, and licensing examinations by the California Board of Behavioral Sciences. They must complete the required number of hours for continuing education throughout their careers, in order to maintain their registration credential.



- **Psychologist (PhD, PsyD, DMH, or LEP)**

A psychologist has completed a doctorate degree in psychology, post-doctorate supervision, and licensing examinations by the California Board of Behavioral Sciences. Psychologists provide assessment and treatment of a variety of interpersonal and mental health issues for individuals, families, and groups. Licensed psychologists must complete the required number of hours for continuing education throughout their careers, in order to maintain their registration credential.

Other Providers

Registered Dietitian (RD)

A registered dietitian is a health professional that has completed a four-year Bachelor of Science (BS) degree from an accredited college, completed an approved internship in his/her specialty area, and successfully passed the National Registration exam by the American Dietetic Association (ADA). While the term registered “dietitian” and “nutritionist” are often used interchangeably to denote someone that is a nutrition professional, only registered dietitians (R.D.) have the specific education and credentialing requirements that is approved to provide medical and clinical nutrition services by accredited hospitals and healthcare providers, or in private practice. If you are confused about whether a nutrition provider is credentialed, we recommend that you ascertain whether they are an RD.



Organizations and Agencies

Beyond Hunger

PO Box 151148, San Rafael, CA 94915 – mailing address

714 C Street, San Rafael, CA 94901 – business address

415-459-2270

415-459-2279 – fax

info@beyondhunger.org - email

www.beyondhunger.org

Education, training, and expertise:

MFTs and LCSWs who specialize in eating disorders with adults and adolescents.

Services Offered:

Support groups for adults and teens with 8 participants and 2 therapists. Peer Education Program trains high school students to co-present eating disorder prevention information in classroom presentations and community events. Referrals and resources for community services.

Treatment Approach:

Integrated educational and experiential non-diet approach combining intuitive eating, emotional wisdom and body acceptance. Beyond Hunger's mission is to help individuals overcome the obsession with food and weight and find a natural, loving and peaceful relationship to food, weight and self. With proper education, skills and support all individuals can improve their ability to make choices in a manner that will nurture a sense of self and individuality.

Languages Spoken:

English

Fees:

Groups \$45 per session, sliding scale available

Insurance Accepted:

Client is responsible for billing and payment

Beyond Hunger will provide a receipt for services



Organizations and Agencies

The Body Positive

2550 9th Street, Suite 204B, Berkeley, CA 94710

510-548-0101

510-548-4224 fax

www.thebodypositive.org

Education, training, and expertise:

The Body Positive creatively teaches young people to transform the conditions in their lives that shape their body image and relationship to food. We use our compelling and straightforward educational materials to help people adopt the Health at Every Size philosophy, which allows them to enjoy healthy eating and physical activity in their *natural* body.

Staff includes Elizabeth Scott, LCSW, a practicing psychotherapist treating girls and women with eating disorders and co-author of *BodyAloud*, Carrie Green-Zinn, MA, ADTR, a dance/movement therapist with years of experience treating patients with eating disorders, and Connie Sobczak, BA, developer of the *BodyTalk* video series, and co-author of *BodyAloud*.

Services offered:

We train educators, mental health and medical professionals, parents and youth to prevent eating disorders and promote body esteem by customizing our educational programs for use in diverse communities. We also provide a number of products to support local body image groups.

Body Aloud! Helping Children and Teens Find Their Own Solutions to Eating and Body Image Problems - This guidebook provides the information and resources needed to create a comprehensive, youth-led eating disorders prevention program in schools and youth organizations. Includes The Body Positive approach to eating disorders prevention, guidelines for developing youth leadership and starting Body Aloud! groups, a comprehensive resource section, and much more. *92 pages. \$100.00 + s/h*

BodyTalk 1 (Ages 12 & up)

Our award-winning video on body esteem for teen audiences. Youth from diverse backgrounds discuss the messages they receive from media, family and friends about their bodies. The video focuses on their healing as well as their struggles. *28 minutes. Facilitator's Guide included. \$150.00 + s/h*

BodyTalk 2 (Ages 8-11)

The second in our BodyTalk series focuses on age-specific body esteem issues, including puberty, dieting, teasing and trying to fit in. *20 minutes. Facilitator's Guide included. \$120.00 + s/h*

GirlTalk: A discussion about obsession with thinness

An excellent video for families, health care providers and educators wanting to learn up-to-date information about eating disorders and harmful effects of weight management practices in girls
15 minutes. No guide included. \$30.00 + s/h



Treatment approach: The Body Positive offers treatment referrals.

Language spoken: English

Fees: See above for cost of educational materials. Consultation fees are \$200 per hour.

Insurance: No



Organizations and Agencies

The Community Institute for Psychotherapy

1330 Lincoln Avenue, Suite #201, San Rafael, CA 94901
415-459-5999, x 102

Education, licensing, specific training, and expertise in the field of eating disorders:

Licensed (PhD, MFT) therapists and intern therapists available. Interns receive specific training and supervision in the field of eating disorder treatment.

Services offered:

Individual, couples, family, and group therapy. Eating disorder prevention presentations to students, parents, and staff, as well as on-campus student support groups are available through the EmBODY Power Program.

Treatment approach:

Combination of psychodynamic and cognitive-behavioral approaches. We use a treatment team approach to healing, coordinating with nutritionists, doctors and psychiatrists.

Languages spoken:

English and Spanish.

Fees:

Sliding scale \$25 - 75

Insurance:

Yes, including MediCal.



Organizations and Agencies

Huckleberry Youth Program

316 3rd St., Suite G; San Rafael, CA 94901

Montecito Plaza

415-258-4944

Services offered:

Case management and health education for youth is offered on an individual basis.

We also offer presentations to classrooms in schools and to community based agencies.

We offer a teen clinic for reproductive health on Tuesdays from 2:00 to 5:00.

Treatment approach:

We provide a range of health, health education, and social services for youth. We refer to other providers for eating disorders.

Language spoken:

English, Spanish, Portuguese (for health education)

Fees:

All of our services are free.



Organizations and Agencies

Kaiser Permanente

820 Las Gallinas Ave., San Rafael, CA, 94903

415-444-3522

Education, training, and expertise:

Licensed clinical psychologists and psychiatrists working in conjunction with departments of medicine and pediatrics and nutrition. Ongoing clinical education and training in the field of eating disorders for treatment providers.

Services offered:

Services offered to Kaiser members.

Out-patient eating disorder program for adults and adolescents.

Assessment and individual, family, and group therapy for adult and adolescents.

Referral to primary care provider and nutritionist or registered dietitian.

Treatment approach:

Eating disorders are complex conditions and involve a comprehensive array of approaches. The bio-psycho-social nature of eating disorders indicates the need for a multidisciplinary team approach to treatment, consisting of psychotherapist, registered dietitian, primary care provider/pediatrician and psychiatrist. An essential element of the program is to match treatment to the person's stage of recovery.

Language spoken:

English, Spanish, and Farsi

Fee:

Co-pay per insurance contract

Insurance:

Kaiser



Organizations and Agencies

Marin County Department of Health and Human Services, Division of Community Mental Health Services

250 Bonaire Rd., Greenbrae, CA

415-499-6835 - outpatient appointments

415-499-6666 - psychiatric emergency services

Education, training, and expertise:

Licensed psychotherapists

Licensed psychiatrists

Services offered:

Outpatient therapy for people with Medi-Cal.

Crisis intervention through psychiatric emergency services

Treatment approach:

Outpatient therapy through network of various individual and agency providers

Language spoken:

English/ Spanish

Fees:

Medi-Cal or based on ability to pay

Insurance accepted:

Yes



Organizations and Agencies

Marin County Department of Health and Human Services, Division of Public Health Community Health and Prevention Services, Nutrition Wellness Program

555 Northgate Drive, San Rafael, CA 94903

415-499-7059

415-499-3099 – Nutrition Helpline

www.co.marin.ca.us

Education, training, and expertise:

Staff includes Registered Dietitians and Master's level professionals in social or health sciences. Our staff has expertise in building community based collaborations, program development and evaluation, and technical assistance and training in the areas of nutrition education, food policy, women's health, and adolescent health.

Services offered:

The Department of Health and Human Services, Nutrition Wellness Program acts as convener and coordinator of the Marin County Eating Disorders Task Force. The Nutrition Wellness Program provides educational tools, resources, and technical support to promote healthy eating and physical activity for health maintenance and disease prevention among Marin residents. The Nutrition Wellness Program is responsible for the following activities:

- Assessing, collecting data, and planning for food, nutrition, and physical activity needs in the community, particularly those of underserved populations.
- Coordinating a social marketing campaign entitled "Eat Healthy, Be Active" to increase awareness and knowledge of nutrition and wellness.
- Providing reliable nutrition education information and resources to the community, including the interactive nutrition education exhibit called "Planet Health".
- Developing school food policy initiatives in partnership with other community groups to improve the health and wellness of the community.
- Coordination of the Nutrition Help Line information and referral service.
- Coordination of California Nutrition Network grant which develops innovative partnerships that enable low-income residents to adopt healthy eating and physical activity behaviors.

Treatment Approach:

The Department of Health and Human Services, Nutrition Wellness Program *does not provide clinical nutrition services.*

Languages spoken:

English

Fees and Insurance:

N/A



Organizations and Agencies

NAMI Marin

National Alliance for the Mentally Ill

710 C Street, Suite 215

San Rafael, CA 94901

415-456-9416

www.namimarin.org

nami@namimarin.org

Education, training, and expertise:

NAMI Marin is an all-volunteer organization offering support to families of those suffering from any mental illness.

Services offered:

Opportunities to talk with other family members; family support groups; information on services available and how to access them, including insurance issues. Educational meetings each month. Newsletter.

Treatment approach:

Self-help, grassroots organization

Languages spoken:

English, Spanish

Fees:

No charge for any service

Insurance:

No charge for any services

We provide information and assistance with insurance coverage issues.



Organizations and Agencies

New Dawn Eating Disorders Recovery Center, Sausalito

2320 Marinship Way, Suite 240

Sausalito, CA 94965

(415) 331-1383

www.newdawnrecovery.com/eatingdisorderhome.html

Education, training, and expertise:

All of our psychotherapists and dietitians are licensed, holding either a master's degree or doctorate degree, with specialty training in eating disorders.

Services offered:

Intensive Outpatient Program, including individual, family, and group therapy, supervised meals, and nutritional counseling.

Treatment approach:

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.

Language spoken:

English

Fees:

Varies depending on insurance co-pay plan.

Insurance accepted:

We are in-network with most major insurance companies.



Organizations and Agencies

Sonoma Eating Disorders Outreach Forum

(707) 778-7849

sawyerspal@aol.com

Education, training, and expertise:

We are a group of concerned individuals who meet to look at the issue of eating disorders in our community. We come from a variety of professions – health care and mental health professionals, dietitians and nutritionists, school teachers, counselors, and administrators, parents and high school students. Everyone is welcome. Some of us have had personal experience with eating disorders – anorexia, bulimia and compulsive overeating. Some of us have watched someone we love struggle with food and body image issues; others feel drawn to participate because of our professions or by our desire to prevent others from going down this path. Our goals include education, prevention, professional collaboration, and connecting those in need with the resources in our community.

Services offered:

The Eating Disorders Outreach Phone Line: (707) 778-7849
Offers information, resources and support

Free Eating Disorders Support Groups: (707) 778-7849
A group for individuals with eating and body image issues and
a group for the family and friends of individuals with an eating disorder

Eating Disorders Outreach Forum meetings: (707) 778-7849
Meetings open to all individuals interested in education, prevention,
professional collaboration and outreach work in the field of eating disorders.

Redwood Health Library: (707) 778-9114 Contact Teresa Jensen
Information and resources.

Eating Disorders E-Mail List: Contact Joan Thompson at sawyerspal@aol.com
Receive information, resources and support

Language spoken:

English

Fees:

Services are free. We are supported by the Petaluma Health Care District.



Psychotherapists

Deborah Brenner-Liss, Ph.D.

3195 California Street, San Francisco, CA. 94115

415-771-3068

AptedSF@aol.com

Education, training, and expertise:

Ph.D. in clinical psychology, 30 years' experience working with Eating Disorders, on staff at the Center for the Study of Anorexia and Bulimia in New York, 1980-1985; on staff at the Mt. Zion Eating Disorders program 1986-1988, in San Francisco.

Services offered:

Private practice: treat anorexics, bulimics, overeaters, families, individuals, couples.

Services through the Association of Professionals Treating Eating Disorders: referral directory, referral information, workshops and trainings, peer supervision groups, etc.

Treatment approach:

Multi-disciplinary collaboration, integrated approach with other practitioners. My main approach is self-psychology (helping people learn self-regulatory skills rather than eating disorder symptoms).

Language spoken:

English

Fees:

Usual full fee \$120; sliding scale down to \$60-\$70/session

Insurance:

Blue Cross, Blue Shield, Cigna, MNH, Magellan, Northern California Behavioral Health, Beech Street, Medicare, Medi-Cal, United Behavioral Health, and occasionally others



Psychotherapists

Nomi Dekel, MA, MFT

1017 E Street Ste A, San Rafael CA 94901

415-457-3468

nomi@celebrateyourbody.com

Education, training, and expertise:

MA in Clinical Psychology

Licensed Marriage & Family Therapist (MFC 28364)

Over 18 years working with women, men, couples & groups with focus on eating disorders treatment (within agencies & private practice).

Services offered:

Individual & couples psychotherapy sessions for eating disorders and body image issues.

Celebrate Your Body: Workshops, groups & retreats for Transforming Negative Body Image.

Treatment approach to recovery and healing from eating disorder:

Psychodynamic, family systems, cognitive-behavioral, somatic and expressive arts. With specialized focus on working with body image issues for all sizes and a sensitivity in working with size-acceptance issues.

Language spoken:

English

Fees:

\$115 per session. Some sliding scale slots available.

Insurance:

Will provide client with monthly statement to submit to their insurance company.

Payment required at time of service.



Psychotherapists

Vermeda M. Fred, MFT

505-A San Marin Drive, Suite 150, Novato, CA 94945

415-892-1590, x 2#

Education, training, and expertise:

I have a Master's degree in Counseling Psychology and a minor in Substance Abuse Counseling from the University of Iowa. As the supervisor of a hospital-based dual diagnosis unit in Austin, TX, I received in-depth training in the treatment of eating disorders from the Austin Eating Disorders Clinic professionals, who themselves were trained at UCLA's Eating Disorders Treatment Program in the early 1980's. My clinical experience at that time revealed to me that eating disorders are very similar to other addictive disorders, and can also at times involve other forms of substance abuse. Upon relocating to California in 1986, I redirected my interest and training into the field of eating disorders treatment exclusively. I have continued to take courses focusing on eating disorders treatment throughout my career. I have also been at continuing education workshops.

Services offered:

Individual, couple and family psychotherapy

Presentations on Eating Disorders to several local agencies

Treatment approach:

I use a cognitive behavioral approach with some psychodynamic / insight oriented work involved as well. I work with both the identified patient and the family system during all phases of the treatment process. Additionally, clients work with our nutritionist, Marlene Blavin, in conjunction with their psychotherapy treatment. All clients required to be under the care of a medical physician.

Language spoken:

English

Fees:

\$75 to \$100 /hour

Insurance:

I accept insurance payments, but the client does the insurance billing. I provide the client with an invoice for services rendered.



Psychotherapists

P.J. Freeman, MFT

21 Tamal Vista, Suite 224, Corte Madera, CA 94925 – business address

325 Sausalito Blvd., Sausalito, CA 94965 - mailing address

pjfreeman1@attbi.com

Education, training, and expertise:

Graduate of the University of San Francisco (BS) and San Francisco State University (MS), Licensed Marriage and Family Therapist 1993, Extensive post graduate training in eating disorders (University of California-San Francisco; JFK University; California School of Professional Psychology)

Developed protocol for the twelve- week Freedom from Food group and facilitated this group both at the Family Service Agency of Marin and in private practice for ten years.

Services offered:

Psychotherapy for adult females.

Treatment Approaches:

My approach combines self-psychology, intersubjectivity, and cognitive-behavioral theories with a treatment plan that is unique to the individual. The group format is time limited and combines education, cognitive-behavioral training, and humanistic support. When required, a multidisciplinary approach might include a nutritionist, physician, psychiatrist, and a structured behavioral program.

Language spoken:

English

Fees: Groups: \$45 per week

Interview/assessment: \$60

Individual fee: \$90 per session



Psychotherapists

Gini Gardner, MFT

905 Sir Francis Drake, Suite E, Kentfield, CA 94904

415-339-8662

ginimft@aol.com

Education, training, and expertise:

I have been working with clients with eating disorders for 9 years and have completed coursework in assessing and treating eating disorders at John F. Kennedy University and the Northern California Society for Psychoanalytic Psychology. I have an MA in clinical psychology and am a licensed Marriage and Family Therapist.

Services offered:

Individual, couples, and family psychotherapy for adults, children, and teens.

Treatment approach:

I work collaboratively with clients to help them develop healthier ways to cope with painful feelings and to work through the self-esteem and relationship issues underlying their eating disorders. I also collaborate with other members of my clients' treatment teams.

Language spoken:

English

Fees:

\$90 with sliding scale to \$50.

Insurance accepted:

I will bill insurance as a non-panel provider.



Psychotherapists

Haleh Kashani, Ph.D.

200 Professional Center Drive, Suite 200, Novato, CA, 94947
415-898-9839

Education, training, and expertise:

Licensed clinical Psychologist since 1990, with post-doctoral education and practice in the treatment of eating disorders and addictive disorders with adults and adolescents. Developed outpatient Eating Disorder programs for adults and adolescents at Kaiser Permanente – San Rafael and is a consultant to the medical staff and the in-patient medical unit.

Services offered:

Individual, couples, family therapy for adults and adolescents with eating disorders, both male and female. Professional consultation and in-service staff training.

Treatment approach:

Eating disorders are complex conditions that require a multidisciplinary team approach to treatment. I work collaboratively with physicians and nutritionists. Medical stabilization and monitoring; nutritional counseling and education; as well as individual and family therapy are key aspects of treatment.

Recovery is an unfolding process of self-awareness, understanding and a growing self-acceptance and a sense of competence in the world. To that end, I use different approaches as needed, including: Insight-oriented and cognitive-behavioral therapy, educational methods and coping skill training.

Language spoken:

English, Farsi

Fees:

Individual, Couples, and family therapy: \$120 per hour. Sliding scale.

Insurance:

CIGNA, Value Options, MHN, Prudential, Healthcare Compare, First Health, Champus, Claremont Behavioral Services, Magellan, U.S. Behavioral Health.



Psychotherapists

Felicia King, MSW, LCSW

714 C Street Suite 215 San Rafael, CA 94901

415-454-5191

Education, training, and expertise:

Masters in Social Welfare, License in clinical social work,

Extensive training in working with eating disorders and disordered eating.

Experience working with over eating, bulimia, and body hatred.

Services offered:

Individual and couples therapy and classroom presentations with adults and teens

Treatment approach:

I use a strengths perspective in my work and believe that healing comes through understanding the underlying personal issues, as well as the cultural issues. I believe in developing alternative coping skills, and learning to eat according to your body's needs and learning to accept and celebrate your unique body. I use a non-diet approach in my work.

Language spoken:

English

Fees:

Sliding scale

Insurance:

Yes, if insurance covers any licensed therapist



Psychotherapists

Starr Kelton-Locke, Ph.D

1030 Sir Francis Drake, Ste. 120, Kentfield, CA 94904

415-453-2782

starr.keltonlockephd@gte.net

Education, training, and expertise:

MS and PhD in Clinical Psychology, Licensed Marriage, Family Therapist

Licensed Psychologist with 16 years experience in clinical work with eating disorders

Specialized training in eating disorders:

St. Mary's Hospital, San Francisco, Kaiser Permanente, San Rafael

International Association of Eating Disorders Professional

The Academy for Eating Disorders

Faculty of John F. Kennedy's Certification Program in Eating Disorders

Adjunct faculty of Wright Institute

Specialized training in ED in England, Italy and the United States

Consultant and trainer on eating disorders for numerous agencies in Bay Area

Director of Training for Eating Disorders program, Community Institute for Psychotherapy

Acting Clinical Director, Beyond Hunger

Principal Research Investigator, The Body Positive Pilot program

Lead Investigator: Marin Dancer Theatre, Pilot project on Prevention

Services Offered:

Individual and Family Therapy for eating disorders

Consultation, training, and supervision for eating disorders professionals

Lecture, presentation, prevention services for organizations

Treatment approach:

Integrative/holistic approach that is tied to each individual's needs.

Languages:

English

Fees:

Fees are discussed with clients, sliding scale available on a case-by-case basis.

Insurance:

I am sorry I cannot accept managed care insurance due to lack of privacy for clients.



Psychotherapists

Marlena Kushner, MFT

1703 Fifth Avenue, San Rafael, CA 94901 - business address

2918 Webster St., SF 94123 – mailing address & additional office address

415-563-2759

marlenak@earthlink.net

www.womenstherapyservices.com

Education, training, and expertise:

M.A. in Clinical Psychology in 1978, licensed since 1979

Treating eating disorders (anorexia, bulimia and compulsive overeating) for past 25 years

Certified EMDR International Association Practitioner

Services offered:

Individual psychotherapy for adults and teenagers

Incorporating hypnosis and EMDR

Treatment approach:

Understanding emotional and psychological issues behind food as addictions. My approach is eclectic-cognitive behavioral, psychodynamic, educational, transpersonal. Finding alternative ways to nurture oneself, get support and handle difficult feelings. Helping to develop and coordinate treatment with other resources as 12-step programs, doctors, and nutritionists depending on what fits for each individual.

Language spoken:

English

Fees:

\$120 full fee, sliding scale to \$80 for individual session with limited availability.

Insurance:

Direct pay usually to me. Limited billing of insurance if I am part of their PPO plan.



Psychotherapists

Susan Lilledahl, MFT

45 Camino Alto Suite 200, Mill Valley, CA

415-381-6453

slilledahl@hotmail.com

Education, training, and expertise:

MFT license. Specialize in eating disorders.

Trained with Beyond Hunger

Facilitated groups with Beyond Hunger

Jewish Family and Children Services – facilitated groups “Begin from Within”

Services offered (format, group, individual, and classroom presentations):

Individual psychotherapy to adults and adolescents

Language spoken:

English

Fees for this service: sliding scale:

\$110

Insurance accepted:

Sometimes, depends on insurance



Psychotherapists

Michelle Elena Minero, MFT

320 Western Ave. Petaluma, CA, 94952

707-762-4016

707-762-4101 – fax

Education, training, and expertise:

B.A. and M.A. from The University of San Francisco. Licensed Marriage Family Therapist. Created and Directed the Intensive Out Patient Eating Disorder Program, "Quest" in Santa Rosa for PsychStrategies Inc. Facilitated the opening of an ANAD support group in my office the 2nd and 4th Saturday of each month.

Services offered:

I work with people who suffer with disordered eating and body image, and their families. I work with individuals, adolescents, couples, and families addressing a wide spectrum of concerns. I offer support groups, psycho-educational presentations, and consultation for therapists, trainings for agencies, presentations in schools, colleges, & community groups. I offer an annual woman retreat, and facilitate women's circles as well as storytelling and enactment.

Treatment Approach:

I use a holistic approach taking into account the person's body, mind, emotions, behaviors, spiritual beliefs, important relationships, and other co morbid conditions. I believe in a team approach which can include the clients' medical doctor, psychiatrist, group facilitator, registered dietitian, family therapist, couple therapist, body worker, yoga instructor, dentist, employer, teachers and spiritual advisor, pastor, or youth minister.

I am trained in DBT, CBT, EMDR, Feminist approach, Client centered, Family systems, Addictions/disease model, H.A.E.S. model, state dependent relapse prevention, 12 step model, intuitive eating model, Maudley approach, Spiritual approach, use of archetypes as well as the use of metaphor through storytelling, expressive arts, and psychodrama.

Languages spoken:

English

Fees:

\$ 100 individual, \$120 couple/family

Insurance:

Blue Cross



Psychotherapists

Heidi K. Minnick, Ph.D.

21 Tamal Vista Blvd., Suite 218 Corte Madera, CA 94925

415-457-1793

hkminnickphd@aol.com

Education training, and expertise:

CSPP- Ph.D. in Clinical Psychology, Licensed as a Psychologist in California

Advanced Clinical Training in Child and Adolescent Obesity (UCSF)

Ran groups for UCSF Shape Down Program, also for Jewish Family and Children's Services (SF)

CE credits for Eating Disorders Treatment

Services offered (format, group, individual, classroom presentations etc.):

Individual Psychotherapy- Adults and some adolescents

Educational Presentations

Treatment approach to recovery and healing from eating disorders:

In-depth assessment and treatment plan and establishment of multidisciplinary team to coordinate treatment.

Mixture of cognitive and psychodynamic psychotherapy, experiential exercises as appropriate, adjunctive group therapy required.

Language spoken:

English

Fees for this service, sliding scale:

\$110.00 / per session

Insurance:

Value Options accepted

Patient to bill insurance otherwise



Psychotherapists

Gina Borelli Moore, MFT

1330 Lincoln Avenue, Suite 301, San Rafael, CA 94901

2225 Union Street, San Francisco, CA 94123

Phone: (415) 460-6390; Fax: (415) 457-2235

Education, training, and expertise:

MA in clinical psychology from John F. Kennedy University. Along with attending many trainings on eating disorders over the years, I worked at an intensive outpatient program for chemical dependency and eating disorders for 5 years. Began and directed the EmBODY Power program for 6 years, The Community Institute for Psychotherapy's (CIP) school-based eating disorder prevention program. Was also director of CIP's eating disorder treatment tract for 2 years, training and supervising interns.

Services offered:

Individual, couple and family psychotherapy in a private practice setting, treating teens and adults with anorexia, bulimia and compulsive overeating.

Treatment approach:

My approach combines psychodynamic/insight oriented work with cognitive-behavioral techniques, developing a non-diet treatment plan that is right for each client. Using a treatment team approach, I work collaboratively with physicians, nutritionists, group therapists and psychiatrists (if applicable) to stabilize clients, while helping them to develop alternate coping skills, learn intuitive eating, improve body image, and work through feelings and issues beneath the eating disorder.

Language spoken:

English

Fees:

\$ 110. Sliding scale down to \$70.

Insurance:

Will provide statement for client to submit to private insurance. On the panel for Interplan HMO and occasionally other HMO's that will do single-case agreements.



Psychotherapists

Catherine Murray Barnes, RN, MFT

Changing Leaves Therapy

905 Sir Francis Drake Blvd, Suite #D, Kentfield, CA 94904

415-640-7581

CatherineMFT@cs.com

www.ChangingLeaves.com

Education, training, and expertise:

Registered Nursing license since 1977

MA in Clinical Psychology emphasis in Marriage Family Therapy 1993

Process Therapy certified 1995

California license in Marriage Family Therapy in 1999

My expertise in eating disorders covers the full spectrum of the problem, using both my medical knowledge and Process Therapy training to help my clients. I have worked with a full range of eating disorder clients from Anorexia to Compulsive Overeaters since 1995. As a Registered Nurse I have had the opportunity to work in a hospital inpatient setting in the Medical Psychological Unit with Anorexic and Bulimic adolescents. I have also worked with adult clients resolving medically associated problems stemming from anorexia and obesity.

Services offered:

Individual psychotherapy for adults, teens and children.

Treatment approach:

In a supportive environment, I work with my clients to reach an understanding about their Eating Disorder, what triggers it, what factors support the disorder and how they can work with their fears, emotions and stress to overcome harmful behavior patterns and help resolve their problems. My approach with my clients uses multiple techniques, following the Process Therapy model; these include interactive communication, the use of art and guided imagery, and inner-child work, to positively change both thinking and behavior.

Language spoken:

English

Fees:

Free initial consultation, then \$95 per session.

Insurance:

Fee and attendance documentation will be provided to the client for their insurance company.



Psychotherapists

Shannon Myers, MFT

712 D Street, Suite G San Rafael, California 94901

(415) 454-5191 extension 2#

shannonmft@yahoo.com

Education, training, and expertise:

M.A. in Counseling Psychology. Licensed Marriage and Family Therapist (MFC 40174). Specializing in eating disorders, family therapy and adolescent development. Executive and Clinical Director of Beyond Hunger, a non-profit organization serving adults and teens struggling with food and weight issues. Group facilitator and public speaker.

Services offered:

Individual therapy for adults and teens, family therapy, couples therapy and community resources.

Treatment approach:

I use a holistic non-diet approach to assist my clients in uncovering the physical, emotional, and spiritual issues related to body image disturbance, disordered eating and eating disorders. I collaborate with other professionals to form a multi-disciplinary treatment team (physician, nutritionist and support group). I use a family systems model to help clients understand the impact family, culture, and environment play. I also incorporate a client-centered approach to allow clients to explore their underlying issues in a safe and supportive environment. I offer resources and education so clients can develop more effective tools for coping with difficult feelings and behaviors.

Language spoken:

English

Fees:

\$90 per session with a sliding scale

Insurance accepted:

Blue Shield. I will also provide paperwork as an out of network provider.



Psychotherapists

Patricia Ravitz, MFT

240 Tamal Vista #290, Corte Madera, CA 94925

415-924-4852 x 3#

patricia@patriciaravitz.com

Education, training, and expertise:

Marriage & Family Therapist with twenty-five years experience working with compulsive eaters.

Masters in Counseling Psychology (1992), California Institute of Integral Studies S.F.

Masters in Community Program Development (1976) SFSU

Current Position: Private Practice, Marin County; treating individuals, groups, couples, and families.

Professional Experience: 1992-present in private practice Marriage and Family Therapist specializing in treatment of eating disorders.

1991-1992 Internship Marin Treatment Center

1980-1992 Founder and Director of Self Help For Compulsive Eaters in San Francisco

Services offered:

Individual psychotherapy, small groups, couples, families, introductory workshops

Bulimics, overeater, overweight, women, men, individuals, couples, groups, families, adults,

Adolescents, outpatient, persons dealing with depression, affective disorders, dissociative disorders, and survivors of childhood abuse

Treatment approach:

In a supportive, non-judgmental environment we work together to understand the underlying causes and issues contributing to your eating disorder and to establish new, healthy ways to take care of yourself without relying on food or weight. In my work I focus on personal as well as cultural aspects of eating disorders. My approach is non-diet and body oriented. My theoretical approach is psychodynamic, intersubjective, self-psychological and integrative.

Language spoken:

English

Fees:

Sliding scale

Insurance accepted:

Yes



Psychotherapists

Elizabeth Scott, LCSW

1330 Lincoln Ave, Suite 107, San Rafael, CA 94901 – business address

415-456-8007

Elizabeth.scott@comcast.net

www.thebodypositive.org

Education training, and expertise:

Masters in Social Work, Licensed clinician, specialist in eating disorders since 1996 with training and consultation from many specialists but I learned almost everything from my clients over the years.

Co-founded the Body Positive, an eating disorders prevention agency that trains girls as peer activists to fight body hatred and eating disorders in the community. Wrote a book "*BodyAloud: Helping Teens Find Their Own Solutions to Eating and Body Image Problems*" on starting prevention programs in schools.

Services offered:

Private practice psychotherapy.

Consultation to parents, schools and organizations on prevention, early intervention and treatment. *Body Positive* book and videos for school-based eating disorders prevention programs. Train teams in the community to start such programs

Treatment Approach and healing from eating disorders:

I use a Feminist, Health at Any Size approach. This means I consider the strengths and wisdom inherent in my client and work to help her identify the causes and solutions to her problems with her food and her body through a process of inquiry. I assume that all the answers and wisdom she needs is inside of her and that she needs support and encouragement to sort it all out. Health at Every Size is about embracing your natural body and learning to eat intuitively, having peace with food and enjoying movement appropriate to your life.

Language spoken:

English

Fees:

Depends on type of service

Insurance:

I provide statement that patient submits.



Psychotherapists

Alice M Simmonds, MFT

705 4th St., San Rafael, CA 94901

and

1464 Church Street, San Francisco, CA. 94131

415-389-9428

alicemsimms@yahoo.com

Education training, and expertise:

M.S. Dominican University, LMFT

Group and Presentation facilitator for Beyond Hunger, San Rafael

Group and Curriculum development for Body Love Program at CPMC, the Women's Health Resource Center in San Francisco

Services offered:

Individual and Family Psychotherapy

Groups at Beyond Hunger

Body Love Group at CPMC

Presentations for schools.

Treatment Approach and healing from eating disorders:

I work with a combination of approaches to address the emotional, cognitive and behavioral components that underlie problems with eating and body. My style is warm, compassionate, interactive and collaborative with medical and nutritional support.

Language spoken:

English



Registered Dietitians

Veronica Benjamin, MPH, RD

320 Western Ave., Petaluma

707-765-8891

Vbenjamin@attbi.com

Education, fic training, and expertise:

I have over 17 year working with individual with disordered eating. BS in Nutritional Sciences- NY State University

Masters Public Health Nutrition-UC Berkeley

Licensed Registered Dietitian- American Dietetic Association

Services offered:

Individual counseling sessions, group classes and workshops, and trainings for professionals

Treatment approach:

I believe one can recover and heal from an eating disorder and disordered eating. Recovery work needs to address Body, Mind and Spirit. My work with an individual may be part of a treatment approach that also includes individual and family therapy, spiritual healing and bodywork.

Language spoken:

English

Fees:

\$75 to 95 with sliding scale

Insurance:

No



Registered Dietitians

Ann M. Del Tredici, MS, RD

929 Sir Francis Drake Blvd, Suite 102, Kentfield, CA 94904

415-256-1301

415-256-9301 - fax

anndt@aol.com

Education, training, and expertise:

BS and MS in Nutrition, both from UC Berkeley; Dietitians are not licensed in California; RD is national certification. I see both anorexia nervosa patients and bulimics; I work with several therapists in the county, who refer ED clients to me; pediatricians also refer ED patients to me.

In practice in Marin since 1979

Services offered:

Individual counseling, for ED patients, physician or therapist referral preferred (or a willingness of the patient to let me speak with their physician and therapist)

Treatment approach:

It depends on the problem and the client, but generally, in acute cases I try to help set realistic calorie goals and I help with meal planning strategies; I provide consistent follow-up for diet assessment, menu planning and weight status evaluation; I do computer diet analyses for patients to help them see more clearly what their calorie and nutrient needs are and if they are meeting their needs with their food intake. For chronic ED patients, I provide similar services. With almost every patient, I find I need to clarify and correct many diet/nutrition myths that the client may mistakenly believe.

Language spoken:

English

Fees: I

In year 2003, \$130/hour is hourly rate; visits can vary from 15 to 90 minutes, depending on status of patient

Insurance:

All Marin IPA insurances, Aetna HMO and PPO, many other insurances, depending on patient's coverage



Registered Dietitians

Tami J. Lyon, MPH, RD, CDE

Healthy Living – Nutritional Counseling and Consulting

25 San Anselmo Ave., Suite B, San Anselmo, CA 94960
3608 Sacramento Street, San Francisco, CA 94118

415-453-7390-general office & fax
415-345-1354 - confidential Voicemail
tami@HLNutrition.com

Education, training, and expertise:

Registered Dietitian and Certified Diabetes Educator
Masters in Public Health from UCLA with extensive training in eating disorders at UCLA Neuropsychiatric Institute

Fourteen years experience in treating eating disorders, including:

Former Chief Clinical Dietitian of UCLA Intensive Outpatient Eating Disorders Program;
Co-founder of UC Berkeley Eating Disorders Treatment Team;
Contributing editor of *Eating Disorders Review*;
Private practice specializing in nutritional counseling for eating disorders since 1988

Services offered:

Individual nutritional counseling for adolescents and adults. Consultation for schools, community organizations and athletic programs

Treatment approach:

I work with clients as part of a multidisciplinary treatment team. My treatment approach includes: (1) Education - providing clients with scientifically based nutrition information, and addressing the physical and psychological effects of food restriction, binge eating and purging. (2) Prioritization – helping clients identify which dietary and exercise changes have the greatest priority for recovery. (3) Meal Planning – how to implement nutritional changes in a practical and progressive way.

Language spoken:

English

Fees:

Individual consultation fees: Initial consultation (80min) \$175,
Follow-up extended (55min) \$115,
Follow-up brief (25 min) \$60

Fees vary for projects and presentations



Insurance:

Payment is requested at the time of service. Clients receive a diagnostic receipt for services rendered that she/he may submit to insurance for reimbursement. Clients are encouraged to confirm level of coverage with insurance company prior to visit.



Registered Dietitians

Lori Martinez-Hassett, RD

900 South Eliseo Drive, Suite 201, Greenbrae, CA 94904

415-461-1780 – appointments

415-572-0833 - business

Yourfoodguru@aol.com

Education, training, and expertise:

BS in Dietetics, San Francisco State University

Dietetic Internship/Clinical R.D., Walter Reed Army Medical Center, Washington, D.C.

Chief, Clinical Nutrition at Keller Army Hospital, West Point, NY

Clinical Dietitian at Marin General Hospital & Satellite Dialysis, Greenbrae, CA

Nutrition Counseling/Private Practice, Greenbrae, CA

While at West Point, I was part of the U.S. Military Academy's Eating Disorder Task Force. As a member of the interdisciplinary clinical treatment team I saw cadets for nutrition counseling, developed nutrition related clinical treatment guidelines and was integrally involved in leadership education with the goal to increase understanding of the spectrum of disordered eating and improve access to treatment. At present, I see both inpatients at Marin General Hospital and outpatients in a private practice setting.

Treatment approach:

I have worked in several different outpatient nutrition settings seeing both pediatric and adult populations. Addressing body image issues, identifying hunger and satiety cues, clarifying nutrition misinformation and communicating with other therapists is a key part of successful nutrition therapy.

Fees:

\$125/hr with sliding scale

Insurance:

Not listed as preferred provider for insurance reimbursement at time of publication



Registered Dietitians

Lorraine Mulvihill, RD

Healthy Living – Nutritional Counseling and Consulting

25 San Anselmo Ave., Suite B, San Anselmo, CA 94960
3608 Sacramento Street, San Francisco, CA 94118

415-453-7390-phone and fax
650-804-5936-confidential voicemail
lorraine@HLNutrition.com

Education, training, and expertise:

Registered Dietitian

Certificate of Training in Childhood and Adolescent Weight Management

BS in Dietetics from the University of California Davis

Four years experience in treating eating disorders, including:

Primary Clinical Dietitian for both inpatients and outpatients at Lucile Packard Children's Hospital Center for Adolescent Health, Comprehensive Care Program;

Disordered Eating and Weight related research at Stanford University Medical Center since 2004;

Private practice specializing in nutritional counseling for eating disorders since 2003;

Community lectures, consultation, and provider education on disordered eating since 2003

Services offered:

Individual and family nutritional counseling for children, adolescents and adults. Consultation for schools, community organizations and athletic programs

Treatment approach:

I specialize in the treatment of young children and adolescents with disordered eating across the spectrum. I work as part of a multidisciplinary treatment team and am skilled in both individual and family treatment models. My approach includes nutrition assessment and identification of physical complications as a result of disordered eating. I provide clients with scientifically based nutrition education and information as it is appropriate to their recovery. I work closely with clients to help them to address both the physical and psychological effects of food restriction, binge eating and purging. Treatment plans that are specific to the client's individual needs are developed with the client and the multidisciplinary treatment team. Part of the treatment plan includes identification and implementation of dietary and exercise changes that will be most helpful for the client's recovery. I assist clients with meal planning or intuitive eating and guide them in making nutritional changes in a practical and progressive way with the goal of improving their eating habits over time. Ultimately the goal of nutrition therapy is to restore ones confidence in their body and to treat their body in a healthy and respectful manner.



Language spoken:

English

Fees:

Individual consultation Fees:

Initial consultation (80min) \$175,
Follow-up extended (55min) \$115,
Follow-up brief (25 min) \$60

Fees vary for projects and presentations

Insurance:

Payment is requested at the time of service. Clients receive a diagnostic receipt for services rendered that she/he may submit to insurance for reimbursement. Clients are encouraged to confirm level of coverage with insurance company prior to visit.



Registered Dietitians

Mary Quinlan, R.D., M.P.H.

Private Practice Nutritionist

415-485-1806

MBOrd@cs.com

Education, training, and expertise:

Dietetic Internship Massachusetts General Hospital, Boston, MA.

Master of Public Health, UC Berkeley, School of Public Health

Training in Adolescent Nutrition at UCSF

Certified in Adult Weight Management by American Dietetic Association

20 years experience as Clinical Dietitian, including Sportcare, Alta Bates Hospital, Berkeley,

Kaiser Permanente Outpatient Medical Clinic, Pediatric-Adolescent Medical Nutrition Therapy, Petaluma, CA;

Arlington Hospital Eating Disorders Program, Arlington, VA;

Marin General Hospital, Inpatient and Outpatient Nutritional Counseling.

Private Practice and Consulting Dietitian

Treatment approach:

I prefer a multidisciplinary team approach with a complete medical assessment and referral for nutrition counseling. I have worked in both inpatient and outpatient settings, emphasizing healthful nutritional choices within individual preferences and lifestyles, facilitating behavior modification, addressing body image, establishing healthful exercise patterns, and interfacing with other therapists.

Language spoken:

English

Fees:

\$125/hour

Insurance:

Payment for services rendered with diagnostic receipt for client to submit to his/her health care provider.



Self-Help Support Groups

Anorexia and Bulimia Support Group of Marin

Gerry Sher, Contact

Hillside Church 5461 Paradise Dr., East Corte Madera

415-924-4471

Education, training, and expertise:

Twenty-four years of running a free support group at no cost.

Services offered:

Group meeting for eating disordered people and their relatives, friends, etc.

We have free material from ANAD (Anorexia Nervosa and Associated Disorders) plus other information such as phone lists of those recovered from eating disorders.

Meets every Thursday night from 7:00pm – 8:30pm

Language:

English

Fees:

Free

Insurance:

N/A



Bibliography

Books

The Adonis Complex: The Secret Crisis of Male Body Obsession, by H.G. Pope Jr., D.A. Phillips, and R. Olivardia. New Jersey: Free Press, 2000.

Am I Fat? Helping Your Children Accept Differences in Body Size, by J. Ikeda and P. Naworski. Santa Cruz, CA: ETR Associates, 1992.

The Body Outlaws: Young Women Write About Body Image and Identity, edited by O. Edut. Seattle: Seal Press, 2000.

Bountiful Woman, by B. Bertell. Berkeley: Wildcat Canyon Press, 2000.

Boys Will Be Men: Raising Our Sons for Courage, Caring, and Community, by P. Kivel. Gabriola Island, BC: New Society Publishers, 1999.

Children and Teens Afraid to Eat: Helping Youth in Today's Weight-Obsessed World, by F. Berg. Hettinger, ND: Healthy Weight Network, 1999.

Culture and Weight Consciousness, by M. Nasser. London: Routledge, 1997.

Dads and Daughters: How to Inspire, Understand, and Support Your Daughter When She's Growing Up So Fast, by J. Kelly. New York: Broadway Books, 2002.

Deadly Persuasion: Why Women and Girls Must Fight the Addictive Power of Advertising, by J. Kilbourne. New York: Free Press, 1999.

Eating Problems: A Feminist Psychoanalytic Treatment Model, by C. Bloom. New York: Basic Books, 1994.

Fat!So? Because You Don't Have to Apologize for Your Size, by M. Wann. Berkeley: Ten Speed Press, 1998.

Food Fight: A Guide to Eating Disorders for Preteens and Their Parents, by J. Bode. New York: Simon & Schuster, 1997.

Great Shape: The First Fitness Guide for Large Women, by P. Lyons and D. Burgard. iUniverse.com, 2000.

A Hunger So Wide and So Deep, by B.W. Thompson. Minneapolis: The University of Minnesota Press, 1995.

The Invisible Woman: Confronting Weight Prejudice in America, by C.W. Goodman. Carlsbad, CA: Gürze Books, 1995.



It's Not About Food, by C. Normandi and L. Roark. New York: Putnam, 1998.

Like Mother, Like Daughter, by D. Waterhouse. New York: Hyperion, 1997.

Live Without Ed, by Jenni Schaefer with Thom Rutledge: McGraw-Hill, 2004

Looking Queer: Body Image and Identity in Lesbian, Bisexual, Gay, and Transgender Communities, by D. Atkins. New York: Harrington Park Press, 1998.

Losing It: False Hopes and Fat Profits in the Diet Industry, by L. Fraser. New York: Penguin Group, 1998.

Making Weight: Men's Conflict with Food, Weight, Shape, and Appearance, by A. Andersen, L. Cohn, and T. Holbrook. Carlsbad, CA: Gürze Books, 2000.

Medical Issues and the Eating Disorders: The Interface, by A.S. Kaplan and P.E. Garfinkel. New York: Brunner Mazel, 1993.

Over It: A Teen's Guide to Getting Beyond Obsessions with Food and Weight, by C. Normandi and L. Roark. Novato, CA: New World Library, 2001.

Preventing Eating Disorders: A Handbook of Interventions and Special Challenges, by N. Piran, M.P. Levine, and C. Steiner-Adair. Philadelphia: Brunner Mazel, 1999.

Secrets of Feeding a Hungry Family, by E. Satter. Wisconsin: Kelcy Press, 1999.

Starving for Salvation: The Spiritual Dimensions of Eating Problems Among American Girls and Women, by M.M. Lelwica. New York: Oxford University Press, 1999.

Studies in Eating Disorders—An International Series: The Prevention of Eating Disorders, by W. Vandereycken and G. Noordenbos. London: Athlone Press, 1998.

Tipping the Scales of Justice: Fighting Weight Based Discrimination, by S. Solovay. Amherst, NY: Prometheus Books, 2000.

Unbearable Weight: Feminism, Western Culture and the Body, by S. Bordo. Berkeley: University of California Press, 1993.

Wake Up, I'm Fat! by C. Manheim. New York: Broadway Books, 1999.

When Women Stop Hating Their Bodies, by J.R. Hirschmann and C.H. Munter. New York: Fawcett Columbine, 1995.



Women Afraid to Eat: Breaking Free in Today's Weight-Obsessed World, by F. Berg. Hettinger, ND: Healthy Weight Network, 2000.

NOTE: Gurze Books (bulimia.com) specializes in eating disorder publications and can be very helpful in locating a specific book or resource.

Articles

"The dismantling of a myth: A review of eating disorders and socioeconomic status," by M. Gard and C. Freeman, *International Journal of Eating Disorders*, 20(1), pp 1-12, 1996.

"Improving the Body Image, Eating Attitudes, and Behaviors of Young Male and Female Adolescents: A New Educational Approach that Focuses on Self-Esteem," by J. O'Dea and S. Abraham, *International Journal of Eating Disorders*, 28, pp. 43-57, 2000.

"Losing Weight—An Ill-fated New Year's resolution," by J.P. Kassinger and M. Angell, *The New England Journal of Medicine*, 338(1), pp. 52-54, 1998.

"Multiracial feminist theorizing about eating problems: Refusing to rank oppressions", by B.W. Thompson, *Eating Disorders*, 4(2), pp. 104-113, 1996.

"Population-based prevention of eating disorders: An application of the Rose Prevention Model," by B. Austin, *Preventative Medicine*, (32), pp. 268-283, 2001.

"Preventing Eating and Body Image Problems in Children and Adolescents Using the Health Promoting Schools Framework," by J. O'Dea and D. Maloney, *Journal of School Health*, 70(1), pp 18-21, 2000.

"Prevention: Can early lessons lead to a delineation of an alternative model? A critical look at prevention with schoolchildren," by N. Piran, *Eating Disorders: The Journal of Treatment and Prevention*, 3(1), pp. 28-36, 1995.

"The reduction of preoccupation with body weight and shape in schools: A feminist approach," by N. Piran, *Eating Disorders: The Journal of Treatment and Prevention*, 4(4), pp. 323-333, 1996.

"Slipping through the cracks: Sexual harassment, eating problems, and the problem of embodiment," by J. Larkin, C. Rice, and V. Russell. *Eating Disorders: The Journal of Treatment and Prevention*, 4, pp. 5-26, 1996.

Special prevention issue. *Eating Disorders: The Journal of Treatment and Prevention*, 4(4), 1996. Edited by N. Piran and M.P. Levine.



Websites

About Face, www.about-face.org
Academy for Eating Disorders, www.aedweb.org
After the Diet, www.afterthediet.com
Anorexia and Related Disorders, www.anred.com/index.html
Big Beautiful Woman, www.bbwmagazine.com
Body Positive, www.bodypositive.com
California Adolescent Nutrition and Fitness Program (CANFit), www.canfit.org
Center for Weight and Health, UC Berkeley, www.cnr.berkeley.edu/cwh/
Council on Size and Weight Discrimination, www.cswd.org
Dads and Daughters (DAD), www.dadsanddaughters.org
Eating Disorders Coalition for Research, Policy, & Action, www.eatingdisorderscoalition.org
Fat!So?, www.fatso.com
Food and Nutrition Information Center, www.nal.usda.gov/fnic
Girl Power!, www.girlpower.gov
Girl Zone, www.girlzone.com
Gürze Books, www.gurze.com
Harvard Eating Disorders Center, www.hedc.org
Healthy Kids Resource Center, www.californiahealthykids.org
Healthy Weight Journal, www.bcdecker.com
Healthy Weight Network, www.healthyweightnetwork.com
Junonia, www.junonia.com
Just Think Foundation, www.justthink.org
Largesse: The Network for Size Esteem, www.eskimo.com/~largesse/
Ms. Foundation for Women, www.ms.foundation.org
National Association of Anorexia Nervosa and Associated Disorders, www.anad.org
National Association to Advance Fat Acceptance, www.naafa.org
National Eating Disorders Association, www.nationaleatingdisorders.org
New Moon, www.newmoon.org
Office on Women's Health of the U.S. Department of Health and Human Services,
www.4woman.gov/BodyImage
Radiance Magazine, www.radiancemagazine.com
Renfrew Center, www.renfrew.org
Rudd Institute, www.ruddinstitute.org
Size Wise, www.sizewise.com
Teen Voices: Because You're More Than a Pretty Face, www.teenvoices.com
The Body Positive, www.thebodypositive.org

