

providing education and certification
promoting effective treatment

iaedp™

the international association of eating disorders professionals foundation

Letter from the President
Michele Tamarkin, LMFT



Newsletter 3
November, 2009

Happy Holidays Everyone!

First of all, I would like to thank all our presenters and members who attended our last event on September 25th; “Real Bodies, Real Beauty” – The Media and It’s Impact on Body Image. We had several guest speakers, including celebrity photographer, Jeff Vespa, who shared an amazing photographic presentation that explored the realities and myths of “perfection” in the media. However, if you missed this event, you might be able to catch a similar, though more expansive presentation at the **25th Anniversary National Benefit Dinner. This event, “It’s A Small World After All: The Global Effect of Body Image & the Media”, is on Saturday, March 13th, 2010 in Orlando, Florida at the National iaedp symposium.** This will be an evening filled with creative arts, photography, special guest appearances and a silent auction. We are hoping to make a Powerful Impact regarding the effect of Media in America & Internationally! We will also, have a band, dinner and a silent auction to raise money for furthering Eating Disorder Education, Awareness and Professional Certification.

Of course, we have another few Fabulous events before March 2010. **On December 4th at our NEW iaedp-LA location, the Beverly Hills Country Club, we will end 2009 with Francie White, RD and her festive presentation of, “Bringing Back the Sacredness of the Holidays”.** In addition to the presentation, we will be giving all iaedp members a special holiday gift which will include our first iaedp-LA Resource Directory, if you can not make this event please let our board know so you can receive this special iaedp gift.

As always, I must THANK all of our iaedp-LA Board members for their dedication and send a BIG good-bye to two of our hard-working members who will be leaving us at the end of this year; Greta Angert and Dawn Delgado. We will miss you both!! Therefore, two new positions will open up for 2010; please contact a board representative if you are interested in becoming more involved with the iaedp-LA board.

After December, February will bring two Exciting 2010 events. An iaedp-LA event in Beverly Hills and on **Saturday, February 20th, The Southern California chapters of iaedp will be hosting “An Evening in Hollywood: Raising Eating Disorder Awareness through the Creative Arts”, in honor of National Eating Disorder Awareness Week.**

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Michele Tamarkin**

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Have a Healthy & Happy Holiday Season! Thanks for supporting iaedp-LA!

Michele

IAEDP LOS ANGELES

Quarterly Event Announcement

The International Association of Eating Disorders Professionals Los Angeles
is proud to announce a special quarterly luncheon event:

Bringing the Sacred Back into the Holidays **- Francie White, RD**

Friday, December 4, 2009
11:30 - 1:00pm
held at:

NEW LOCATION:
Beverly Hills Country Club
3084 Motor Ave
Los Angeles, CA 90064

Cost \$10 Members & \$15 Non Members
No charge for students!
1 CE Hours for MFT, LCSW, RD and CADAC

Lunch hosted by:



Schedule At-a-Glance

11:30 - 12:00pm	Registration & Introductions
12:00 - 1:30pm	Presentation
1:30pm	Meeting Adjourns

Attendees will receive:

- An opportunity to network with colleagues
- Current information on eating disorders treatment from leading professionals
- A platform for mentorship and opportunities

Please RSVP to Christina Weiss at 562-457-7373 or iaedpla@gmail.com
by Friday, November 27



Food, Feelings and the Holidays

by Carolyn Costin

Executive Director,
Monte Nido
and Affiliates

Below is an article that was carried by several newspapers as a column to help people get through the holidays. You might find some meaningful ideas to help your clients through this season.....Carolyn

When the holidays turn into something to get through rather than something to celebrate, something is wrong. Holidays are supposed to be happy times, so why do so many people get depressed, frustrated and stressed out? Carolyn Costin, eating disorder therapist and director of Monte Nido Treatment Center knows all too well how problematic holidays can be. She has spent years helping her clients gear up for the holiday season by helping them re think and re frame the way they perceive and handle this time of year. People start wondering if they can buy all the gifts they are supposed to, or if they will look great at the New Years Eve party or how the heck they will cook a fabulous meal for 30 people at Thanksgiving. This can be daunting. Combine this with the reality for some of strained family relationships, not having a loved/special one, or money troubles can add to the distress. And then there is the FOOD. Ms Costin says her clients start thinking, "How will I get through it all.... starting with Halloween candy in the store calling out to me for weeks, followed by the pumpkin scones at Starbucks, then all the food that goes with Thanksgiving, followed by the Christmas Holiday cookies, pies, cakes, tins of candied popcorn, seasoned nuts, See's candy and of course Egg Nog. What am I going to do?

Most people struggle with food issues during the holidays but for those who struggle with eating disorders, the holidays pose even additional anxiety and pressure to an already dysfunctional relationship with food. Ms Costin says she goes over the following tips with her eating disorder clients to make the holidays not only less overwhelming, but even fun. These same tips are useful for anyone who wants to make the holiday experience the best it could be.

Tip # 1 Don't focus on the food.

- Make a list of all the other things that you can pay attention to at holiday parties or family gatherings such as, seeing old friends, singing together, decorating things, making gifts.

Tip # 2 Put things in perspective.

- Remember that a holiday party, and the holiday gatherings in general, are really just a short period of time. There is an end in sight.
- Be aware that things do not have to be perfect
- Even if you feel like you make mistakes, over eat or don't handle things well, you can use these incidents as lessons to learn from.

Tip # 3 Balance is the key

- Focus on can't not can't's.
- There are no "bad" foods, just bad eating habits.
- Don't deny yourself, but don't ignore body signals such as fullness.
- Avoid all or nothing/black or white thinking and behavior.
- Plan to indulge some. Take some risks, eat things you usually don't "allow" yourself to, but take small steps in doing so.
- Don't be on or off a diet. Instead be on a healthy, balanced overall eating plan.
- Take/make the time for fun activities, invite friends to decorate, go to the pumpkin patch or tree farm, or caroling.
- Bake with your kids or friends and bring the goods to homeless shelters or others who are need.
- Make sure to find other festive ways to celebrate the holidays without involving food.

Tip # 4 Plan ahead

- If you are going to attend a party, plan your food accordingly if you know it will be a problem, for example you might be able to skip your afternoon snack and have dessert t a party instead. If you are in treatment be sure to check this out with your dietitian or therapist.
- Plan special time for yourself to "get away" from the holiday stress. Get a manicure, go to the park, take a bubble bath.
- Bring food treats to a party that you are comfortable with as a gift to your host or hostess.

Tip # 5 Be on the offense not the defense

- If your relatives are coming to you, you can take control and be responsible for the food and activities.
- Have plenty of things to do to take your mind off of food – trimming the tree, movies, walks, holiday shopping, picnics at park, time at the beach.
- If you have a problem with a relative but have to see them over the holidays, take responsibility for making it better/livable – write a letter or take the person aside and talk.
- Create your own image of family not the idyllic t.v. family. Know what is realistic for you and your loved ones.
- Let the people you love know what a gift they are to you already.
- Don't see things as an obligation, if you can't.... then don't, or if possible do things differently.
- Instead of going commercial, make your own cards.....this is much easier with computers and printers these daysbut even get out your old, our your child's, colored pencils or crayons or water colors and really "make" your own.
- Spend time spreading good will and showering people with love.
- Know that peace on earth starts with you and how you handle your relationships

Overall, rather than give in to an inevitable feeling of impending doom it is time that YOU take back this Holiday Season. Make your holidays be what you want them to be. Turn this season into a time when you do special things you wouldn't ordinarily do. Acknowledge your friends, let them know how you feel about them or any special things they have done over the year. Be creative and pro active.

Lastly, find ways to begin to feel and think differently about what the holidays could and should mean. Take time to get to know how each Holiday came about and what is significance once was and how it can be significant in your life. Aside from the usual understanding of what each holiday is about look up its origins. For example, instead of just celebrating Christmas or Hanukah, the way your church or synagogue has taught or the way those who sell merchandise want you to, learn about the original celebrations of the winter solstice and how people celebrated the longest night of the year or what Thanksgiving has to do with the seasons and the harvest. Studying the roots of each holiday and how they relate to the planets seasons can help you to feel more in touch with your life on the planet as well as your own changes or "seasons" of your own life.

These rules won't ensure that there will be no problems or that your holidays will be exactly as you would like, but they can help things be more enjoyable and less stressful. It's important to figure out what works for you and to remember that you have a part in making the holidays all that they can and are supposed to be.

*Monte Nido Treatment Center and Carolyn Costin
310-457-9958*





New thinner Barbie doll may fuel rising eating disorders in young women examiner.com

10/14/2009

Designer Christian Louboutin thinks the already unrealistically thin Barbie doll's legs are too heavy and is redesigning a newer, thinner version due out in the states next year. Louboutin is not the only designer to embrace stick-thin figures, as Chanel's Karl Lagerfeld announced recently "No one wants to see curvy women. You've got fat mothers with their bags of chips sitting in front of the television and saying that thin models are ugly." **(To read more, please copy and paste this link into your web browser):**

<http://www.examiner.com/x-12767-US-Headlines-Examiner~y2009m10d14-New-thinner-Barbie-doll-may-fuel-rising-eating-disorders-in-young-women>

IAEDP Membership Directory

IAEDP LA Chapter is excited to announce the release of our first edition of the Membership Directory. In Board meeting discussions of how to give back to our loyal members and supporters, the idea was born to create a publication and quick reference resource of all local IAEDP LA Chapter members. Private practice information including specialties and groups offered has been included, along with beautiful color treatment center ads. The intention of the Directory is to highlight each of our amazing chapter members, provide a quick reference for referrals and professional networking needs. The Directories will be ready for the holidays as a gift from your local chapter IAEDP Board. If you did not make the deadlines for free member directory listings or affordable half page ads in the publication, don't worry. The Directory will be updated twice a year and submission forms are included in the back of the current issue. If you are interested in purchasing an ad, contact Vice President Lisa Hoffort.

Remember that IAEDP LA Chapter membership is always free for National IAEDP members. Membership forms are also included in the back of the current 2010 Directory. Thank you to all our local members for a terrific year.

"When we all stand together, their eating disorders don't stand a chance!"

Dawn Delgado, MFT
IAEDP LA Chapter Membership Chair

Working with Clients' Maladaptive Relational Patterns with God in Psychotherapy

Jacqueline L. Gattis, Psy.D.

Current research suggests that psychological and spiritual functioning are highly related in important ways (see Brokaw & Edwards, 1994; Hall, Halcrow, Hill & Delaney, 2004). Attachment theory research indicates that patterns of infant-caregiver emotional communication are internalized by infants and serve as templates for interpreting how future attachments figures will act and organizing their approaches of relating. The psychological processes that automatically and non-consciously shape how individuals process emotional information with humans also influence their relationships with God.

Therefore, in order to begin to describe the formation, possible difficulties, and means of transforming believers' relational patterns with God, we must examine these processes at a general level. This article summarizes key concepts in attachment theory, including the development, imbalances, and methods of changing individuals' unhealthy relational patterns. This information is then used to illustrate how these same processes can be used to transform believers' negative relational patterns with God.

According to attachment theory, the goal of infants' bonds to their caregivers is to create a sense of "felt security" (Sroufe & Waters, 1977). The attachment bond is established through emotional communication between infants and caregivers, such as caregivers' responses to infants' bids for comfort and desires to explore (Siegel, 1999).

Based on the accuracy and consistency of caregivers' emotional responses, infants develop one of two types of attachment bonds: a secure or an insecure attachment. In a secure attachment bond, a sense of felt security is built within infants as a result of repeated experiences of attuned emotional response to their distress. This provides infants with an internal sense of well-

being that enables them to confidently make new connections to others because they trust that others will be available and responsive to them. Infants with insecure attachments do not develop these positive expectations.

Attachment bonds do not only affect the external relationship with caregivers, however. As a result of repeated patterns of emotional interactions, infants develop mental organizations of the emotions, sensations, behaviors, and "cognitions" involved in maintaining felt security with a particular attachment figure (Bowlby, 1969). In secure attachments, a caregiver's consistent, attuned responses to infants' distress create an internal model of a caregiver who is a source of comfort, resulting in an expectation that their distress will be soothed. In time, this mental model of a comforting caregiver becomes the source of security that enables infants to soothe themselves.

Insecure attachment models do not provide infants with an internalized sense of felt security, impairing their capacities for regulating their own emotions. As a result, insecurely-attached infants develop compensatory strategies that involve restricting certain emotions or behaviors and emitting only the signals to which their caregivers are capable of responding in order to achieve a compromised sense of security (Bowlby, 1969). Some parents provide minimal affective attunement to their infants or are repeatedly unavailable or rejecting (Siegel, 1999). Over time, this emotionally-barren pattern of communication establishes a nonconscious model of the attachment figure as nonresponsive, rendering emotional closeness uncomfortable. In order to achieve some sense of felt security, avoidantly-attached infants adapt to their environments by avoiding their own emotions and closeness to their caregivers.

Some caregivers are unreliably available and attuned. At times, these caregivers struggle to soothe their own anxiety and often become flooded. When overwhelmed with their own anxiety, these caregivers intrude on their infants'

states with their own needs. Ambivalently-attached infants develop an anxious uncertainty as to whether their distress will be soothed. In response, ambivalently-attached infants intensify their expressions of distress as a means of attempting to ensure comfort (Siegel, 1999).

In short, infants' internal models of attachment to caregivers become the pattern of relating in all their relationships, including individuals' interactions with God.

Difficulties Due to Insecure Mental Models of Attachment to God

The mental models of attachment established as a result of internalized caregiver responses to infants' emotional cues influence individuals' perceptions of the availability and responsiveness of future attachment figures, including God. For example, Byrd and Boe's (2001) investigation of prayer as a function of attachment revealed that those with avoidant/dismissive attachment tend to use forms of prayer that minimize a sense of closeness with God. In other words, avoidant believers experience a more distant relationship with God and remain defensively self-sufficient from Him, replicating their early experiences of feeling completely responsible for their care and of interacting with a caregiver who is removed and unmoved by their needs.

Research also indicates that those with ambivalent/preoccupied attachment primarily engage in help-seeking prayer, revealing their mistrust of God's reliability and their attempts to maintain the perceived fragile bond by approaching Him in a clingy manner (Byrd & Boe, 2001). A number of attachment studies also indicate that ambivalent/preoccupied attachment is associated with sudden conversion and increases in religious belief and activity following attachment disruptions. Such sudden increases in religious involvement are viewed as intensifications of attachment needs in order to attempt to obtain an external source of temporary felt security

during distress. In other words, relationship with God is not pursued as an end in itself but as a means of self-soothing (Noffke, 2006). In the end, the decrease in anxiety that ambivalent/preoccupied believers experience after seeking comfort from God in a clingy manner perpetuates their assumption that nurturance is not readily available, rendering them overly-dependent on emotionally intense religious experiences to achieve a sense of security with God.

Transforming Insecure Mental Models of Attachment to God

Insecure patterns of attachment are repeated in new relationships because mental models of attachment are laid down as automatic, nonconscious processes in memory. In other words, individuals' expectations of rejection or of inconsistent attention function outside of awareness. These nonconscious expectations that new attachment figures will respond like their caregivers trigger their coping strategies of emotional detachment or hyperactivation to automatically come "on-line." In order for individuals to develop more positive relational patterns with others, including God, it is necessary to create new mental models, or literally new neural networks in the brain, that correspond to experiences of others as available and responsive and of the self as loved.

In therapy, facilitating adaptive change in a client's relationship with God first begins through developing an attachment bond between the therapist and client. The therapeutic relationship must be ascribed sufficient significance by the client in order to elicit, initially, the insecure attachment patterns and to, eventually, be internalized as a new attachment figure. However, triggering individuals' insecure attachment patterns automatically results in individuals interpreting and responding to the therapist in manners that perpetuate their negative beliefs about others' availability and their worth. This automatic functioning of the current attachment model must be interrupted so that construction of

more adaptive self and other models and patterns of interaction can occur.

Therapeutic interventions can lead to transformation of mental models of attachment in two manners: indirectly, through affectively-laden verbal communication and directly, through novel, nonverbal experience. Therapists link clients' previously unarticulated senses of rejection or inconsistency to the context in which their negative attachment assumptions were established.

This linking process provides clients with the means to make sense of their emotional reactions toward others, including God, and to differentiate their current relationships from those with their caregivers.

In addition, clients can also experience transformation of their insecure attachment patterns directly through novel interpersonal exchanges with the therapist. In other words, attuned, emotional connection between therapist and client can create a shift directly within the attachment model. While insecure attachment models tend to negatively skew how novel emotional experiences are interpreted, this process is not absolute. It appears that the level of trust within the therapeutic relationship enables clients to differentiate their therapists' responses from those of early attachment figures and to internalize these experiences directly.

In helping clients to experience their nonconscious fears and pain, the therapist interrupts clients' detachment from these feelings and provides the insecurely attached with the novel experience of receiving attuned responses to their emotions. Such emotional synchrony establishes neural networks corresponding to an experience of attunement to difficult feelings and, consequently, the expectation that others, including God, will be available during distress.

In other words, the sense of safety and worth experienced in a secure attachment relationship with another person is then generalized as a template for what it must be like to be in relationship

with God. The therapist also works to make this connection between experience of safety in human relationships and with God explicit.

Further, the association of attunement and soothing with the experience of difficult emotion is also the foundation of clients' abilities to soothe their own feelings, decreasing their need for defensive self-sufficiency from or clingy demands of God to achieve a sense of felt security. With an internalized sense of themselves as safe and loved in the presence of God, believers are then able to pursue a relationship with God vulnerably and for its own sake.

NOW AVAILABLE ON DVD!!

Dear Friends and Colleagues,

It is rare that we are given an opportunity where simply showing up can make a profoundly positive impact on the course of events in all of our lives. Beginning 11/5/09 - you will be given that opportunity.

I urge you to take it by purchasing the dvd release of "America The Beautiful" - an important new documentary film.

This film is entertaining, funny and heartfelt as well as poignant. But this extraordinary film is also an expose as profound and important as "Supersize Me" or "Bowling for Columbine." This film was edited by the same award winning editors.

In fact, this is a film that the fashion, cosmetic, and plastic surgery industry do not want you to see and they have tried to squash it. We cannot let that happen. We have to stand up and say "People want to see the truth and this film delivers it."

If we as a grassroots effort show support for this film it will serve as a wake up call to many who are unaware of the profound negative effects resulting from our pathological search for beauty and thinness.

Starting today you can do something big!!!! Please think of people who could benefit for viewing the film. I have received many emails from professionals saying they intend to make this film mandatory viewing for their clients and families!

I urge you to forward this email to all your friends and colleagues or any listserve or professional lists you think might benefit from this

First, you need to know that to buy the dvd - you need go to this website:

www.americathebeautifuldoc.com/buy



Here, you can buy the original theatrical version [R-rated] with many special features. By the end of November, the PG-13 version will be available. The major difference is the hilarious reference to a man's body part by Eve Ensler of "The Vagina Monologues"

The price for the dvd will show up as \$24.95 - but if you put the word "savefive" in the discount box - it will reduce the price to \$19.99 - when you go to checkout.

Sincerely,
Carolyn Costin
Monte Nido & Affiliates
www.montenido.com

ANNOUNCEMENTS

Have you Recovered From an Eating Disorder??

Would you like
to earn a \$25
Amazon Gift
card to
participate in a
study???

We want to
understand your
strengths and how
your social support
systems assisted
or impaired your
recovery process.

For more informa-
tion contact:

Deanna Linville,
Ph.D., LMFT

University of Oregon

(541)346-092

email:
linville@uoregon.edu

IAEDP CERTIFICATION for Certified Eating Disorder Spe- cialist (CEDs)

We would like to announce that becoming a Certified Eating Disorder Specialist (CEDs) is easier than you may think. Sometimes past hours as well as supervision could count towards that process. Carolyn Costin is an approved CEDs Supervisor. We are looking for others...please let us know if you are certified. Anyone wanting more information about certification should send an email to Julie Holland: iaedpcertification@gmail.com

SAVE THE DATE!!!

for an upcoming Art Benefit,

“Female Sexuality and Empowerment”

February 25, 2010

Los Angeles, CA

(location TBD)

This exhibit will feature 5 or 6 female artists. There will be an open bar, hors d'oeuvres and a live DJ. If you would like more information on this event or would like to exhibit your art work, please contact Julie Groveman at 914-980-1901 or juliegroveman@gmail.com



iaedp ED Recovery/Empowerment Bracelets

Meaning of the stone and charm:

Amethyst has been selected because it is an energizer and often used to deflect negativity and strengthen your intuition. It is excellent for meditation due to its calming effect. **“A tree”** has been selected as the symbol of recovery for its ability to endure adverse conditions and still stand. It bends with the wind, provides safety and sanctuary to those seeking cover beneath its branches, just as those in recovery finding renewal and serenity. Lastly, the tree is encased in a **“circle of life”** ring symbolizing the never-ending journey through life.



ED Recovery/Empowerment Bracelet

(30% of profits will go into iaedp-LA Education Fund)

Bracelets Created by MWL Design – Meridith Edwards

IAEDP Price: \$35.00

MWL Website Price: \$45.00

For purchase or questions regarding the bracelet please contact
Michele Tamarkin @ (310) 463-0403

Our Los Angeles Chapter Members

GRETA	ANGERT	ABBY	PENSON
PARASTOO	BARNAJIAN	COLLEEN	PERRY
CANDY	BARTOLE	PATRICIA	PITTS
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STEFANIE	BOONE	ELYSE	RESCH
ALI	BORDEN	REBECCA	ROSE
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SHANNON	BYRNES	BUCK	RUNYAN
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