



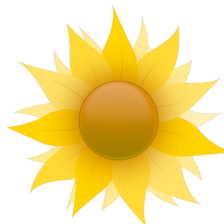
## Los Angeles Chapter

### NEWSLETTER

#### Letter from the President

**Michele Tamarkin, LMFT**

Hello everyone!



September, 2009

Happy summer! Hopefully you all have enjoyed the past few months and maybe have even made some time for that well-needed vacation! We all know that for us to give to our clients, it's VITAL to give back to ourselves!! In fact, any of you who attended our May event "Therapy for the Therapist", had a nice taste of personal self-care. The idea was for professionals to come together to network, connect and meet some other therapeutic self-care providers (i.e. massage therapists, energy healers, etc...) in the community! A nice way to begin the summer and seemed to be enjoyed by all!

So moving on to the fall and our upcoming September 25<sup>th</sup> event; "Real Bodies, Real Beauty" – Hollywood, The Media and It's Impact on Body Image. We have several guest speakers, including celebrity photographer, Jeff Vespa, sharing an amazing photographic presentation that will truly bring to the table the realities vs. myths of "perfection" in the media. Following this, in December we will have a beautiful end of the year event, "Bringing Back the Sacredness of the Holidays with Francie White. In addition to the presentation, we have been creating a great holiday gift that we will be given to all our members; an iaedp-LA Resource Directory, to aid in finding appropriate treatment for your clients.

Once again, I would like to extend a BIG Thanks to all of our iaedp-LA Board members who have worked hard on this directory, as well as, welcome our newest board member Ilana Friedman. Ilana, has filled our "intern board position", and is currently a Life Coach specializing in emotional and psychological support for life skills in the eating disorder recovery process.

Lastly, I would like to mention a few ED Awareness events, first on October 28<sup>th</sup> at College of the Canyons, in my neck of the woods, Valencia (Santa Clarita Valley) iaedp-LA, along with several other ED facilities, will help sponsor "Beauty Mark" (a 50-minute ED educational movie and panel), as well as, we are now in the planning phases of our Southern California NEDAW event and the 25<sup>th</sup> Anniversary iaedp-National Benefit Dinner in Orlando (both in 2010), so if you have any interest in helping, please let us know!

Well I hope to see you all soon and be sure to read on and see the flyers for these and other events in the following pages of our newsletter. Thanks to everyone for your continual commitment and support of iaedp!

Michele

#### In This Issue:

**\*From the President,  
Michele Tamarkin**

**\*Quarterly Event**

**\*\*"Beauty Mark"  
event**

**"To Move or Not to  
Move," by Andrea  
Wachter**

**\* Client Corner**

**\* Studies**

**\* Announcements**

# IAEDP LOS ANGELES

## Quarterly Event Announcement

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

### ***Real Bodies, Real Beauty: Hollywood, The Media and Its Impact on Body Image***

Join us as celebrity photographer,  
**Jeff Vespa**

(Sundance, Cannes and Toronto Film Festivals, the Academy Awards and a slew of celebrities.....) takes us on a visual journey to create the perfect Hollywood image showing us how digital photography is manipulated in mainstream media to hide cosmetic flaws. The presentation will include an appearance by  
**Kirsten Haglund, Ms. America, 2008.**

**Other presentations included:**  
***Understanding the Media from the Inside Out***  
**- Jennifer La Corte, MFT**

***Body Image Experiential Therapies***  
**Dawn Theodore, MFT**

**Friday, September 25, 2009**  
11:30 - 1:30pm

**Cost:** \$10 Members &  
\$15 Non Members

held at:  
17 North Venice Blvd, Venice Beach, CA 90291

No charge for students!  
1.5 CE Hours for MFT, LCSW, RD and CADAC

**Lunch hosted by:**



#### Schedule At-a-Glance

11:30 - 12:00 pm	Registration & Introductions
12:00 - 1:30 pm	Presentation
1:30 pm	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](mailto:iaedpla@gmail.com) by Friday, September 18

**Dear Fellow Colleagues.**

**I always ask for newsletter submissions from our local LA members. This time around I did not get any articles from local practitioners but I did get one from a colleague in Santa Cruz, CA. She sent this to me in case I thought it might be useful to submit somewhere. I thought our newsletter was a good place to start. I hope you enjoy and I hope to hear from some of you LA IAEDP people for the next time around.**

*- Carolyn*

**Send submissions at any time to:**

**Carolyn Costin  
mntc@montenido.com**

## **To move or not to move, that is the question**

**by Andrea Wachter**

Having spent the majority of my life in the grips of exercise addiction, I am happy to report that yesterday I spent the morning in bed reading... GUILT FREE!! I then went to work, ate delicious, non-diet meals throughout the day and went to bed without a trace of shame or remorse. Today I took a slow walk in the woods and the only reason I looked at my watch at all was to make sure I would know how much time I had left before I needed to get back. Not because I was calculating my cardio, my calories or my credibility as a human being!

In the same way that the diet industry taught me that there were good and bad foods and my well intentioned family taught me that there were good and bad feelings, the fit-

ness industry did a number on me (and so many of us), with exercise.

We are all born with a natural desire to move, play and rest in our bodies. Thanks to the messages we are surrounded by (but only everyday!) this innate knowing is transformed into an unnatural relationship to cardio counting, sets and reps of weight lifting and a myriad of fitness classes that you may or may not even enjoy. Or perhaps you are on the other end of the pattern and you can barely get yourself to exercise at all.

I hear countless clients telling me about how they “should” get themselves to the gym, they “should” go for a walk, they “should” join that yoga class. What they want to do has gotten so lost in a world of “shoulds” that they can barely even feel what their body is desiring and needing.

I often ask my clients, “If you knew that you could never gain or lose a single pound till the day you die, how much would you exercise? How would you move?” It really changes the playing field, so to speak. So often, faces will soften, deep breaths will be taken. Responses will frequently include: walking slower, moving slower, resting more, stretching more, dancing some. When “exercise” is no longer linked to weight loss or weight maintenance (a.k.a. Self worth) then a person can truly move how they want to move and rest without a shred of guilt.

I remember the day that I took a vow to only move how I wanted. I remember telling a friend how terrified I was. I said, “If I go from running 5 miles a day (which at that point I was whether I wanted to or not!) to only doing what I feel like, how am I not going to blow up? I mean, do the math!” She gently and knowingly replied, “It’s not about math, sweetie.”

So I decided I would take one week and only do what I truly wanted to do and if after one week, I couldn't fit through the door or my jeans, I would reevaluate the plan. I have never looked back. I look in for my answers now. I rest when I want to. I walk slowly when I want to. I walk fast when that feels right. I do yoga when I want to and if I am planning to do yoga and my body doesn't feel into it, I often end up in the bathtub with a novel. What a concept.

Incidentally, I do the same thing with food and feelings now too! I no longer see foods as good or bad. Every food is created equal to me. Not nutritionally of course, but morally. I approach my meals with only these questions in mind: Is it exactly what my body wants? Is it nutritious and delicious? Is this a loving and honest amount?

As for feelings, well they are the guideposts to it all. So many of us have been raised with well meaning phrases like, "Shhhh, don't cry. Here's your pacifier, or here's a cookie." Or, "Go to your room and come out when you have stopped your tantrum." Recovering from an addiction- be it food, exercise or any one of the many ways we humans can attempt to fill our internal emptiness- means recovering your natural relationship to emotions. Learning to cry when you are sad and safely express anger when you are mad.

The diet and fitness industries and our culture may not have taught us how to eat, move and cry without guilt or shame but fortunately there are many safe places out here where we can learn. Wishing you sweet rest, joyous movement and a peaceful relationship with food and feelings.



Andrea Wachter is a licensed Marriage and Family Therapist who specializes in the healing of food and weight issues. She lectures and writes extensively on these subjects and has appeared on several radio and television shows.

Andrea received her Master's degree from the University of San Francisco. Currently, she is in private practice in Northern California where she works with adults, adolescents, families and groups. Andrea is co-founder of InnerSolutions, a counseling service dedicated to helping people heal from food, weight and body image issues. She is also the co-author of The Don't Diet, Live-It Workbook™. Andrea is an inspirational therapist who brings her expertise, humor and personal recovery to her clients.

#### IAEDP LOS ANGELES MEMBERSHIP DIRECTORY

**We are very excited to be putting together a membership directory that will include all Los Angeles Chapter members.**

**L.A. Chapter members will be included for free as part of their membership.**

**Facilities can advertise in the directory for \$100 for 1/2 a page. In addition to going out to all current chapter members, the directory will be handed out at our events as well.**

**The directory will be expected to go out by Christmas.**

**If you are interested in advertising your facility in our directory, feel free to contact Lisa Hoffort at [lisa.hoffort@psysolutions.com](mailto:lisa.hoffort@psysolutions.com) or 818.430.3054.**

## CLIENT CORNER

**We have decided to add this new section, “The Client Corner.” If any professionals would like to submit journal entries or other written material from their clients that would be of interest to the group....we will put it in this section of our newsletter. Please proofread first and make sure the content will be useful to other clinicians. thanks, Carolyn**

Submitted by: Dr Lisa Hoffort  
BHC ALHAMBRA HOSPITAL  
Reasons Eating Disorder Center  
626.286.1191 ext. 295

### **“The Many Voices of Ed”**

By Tara

My ED voice started yelling at me again this week. I don't think our ED voice ever stops yelling at us, but I'd gotten better at drowning it out. I yell back affirmations and goals and that quiets it down. When I fear it's getting really loud I reach out to people it hates: my friends, my family and most especially the staff at BHC. It hates them a lot.

But ED never really stops yelling. So why was this week different? Because ED changed tactics. ED got clever. While I'd been “gaining” my own weapons to fight back, ED had retreated only to re-attack in a way and at a time I didn't expect. I didn't fear it. Why should I fear ED? After all, I was getting ready to step down my treatment, which meant I had defeated my ED Voice. ED? Just a thing of my past, right?

WRONG. It snuck up on me. And this time it didn't yell “You're Fat.” It whispered (P.S., if you're in an argument, I suggest the “whisper” approach... when my ED voice whispered, I had to silence all my positive voices to hear what it was saying...) “Look. You just need to lose a couple of pounds,” it whispered, “nothing drastic. I want you to be

safe... just a few pounds. It's no big deal, except that your clothes will fit a little better. That'd be nice, huh? Because those pants feel really tight, right?”

Come to think of it, my pants did feel a little tight. I'd been trying not to fixate on it but if ED was opening the door... my clothes didn't fall off me anymore. It was a little uncomfortable. So now ED had my attention. I had opened the door a little crack for ED, thinking that it wasn't ED at all. It couldn't be ED, because it was being so reasonable. It wasn't suggesting laxatives or diet pills. It didn't want me to miss full meals, just to lose a little weight.

Once the door was open ED gained some confidence and the voice got a little louder.

“By the way... you're ugly.”

“Excuse me? That's kind of mean.”

“Really?” replied ED. “Is it mean or is it true? I'm not telling you you have to STAY ugly. With my help you can be a little trimmer. Be a little prettier. Your husband deserves that, huh?”

That is true. And I hadn't really been doing my hair lately. For a while I spent so much time each morning making it look perfect and straight. But it had been hot and frankly there were just so many things I wanted to do with my mornings. It's hard to choose



blow drying over playing with your little dog.  
Or learning French. Or reading...

"You're not very pretty. Also you're not really that special."

"Sure I'm special. The people at my job like me and that has nothing to do with my appearance!"

"Really," again ED quietly questioned me. "Because they loved you LAST year. LAST year you were listening to me. We did 24 projects together while you continuously got thinner. We haven't done any projects together since BHC. Now you're not pretty, you're not successful, and you've gotten fat."

"But hey, don't worry," ED said, "I'm here. We can fix this."

The voice was so different from before, I worried maybe it was right. Maybe it wasn't my ED voice after all, maybe my healthy voice was trying to warn me! So I had a couple of choices. I could act on it or I could do a little investigating.

I didn't know what to believe.

My individual therapist, as always, took it seriously. "That voice sounds really mean. I want to yell at your ED voice and say stop trying to trick Tara." And suddenly the voice was quiet. Those words helped. Those words put things into perspective. It was mean and it was my ED voice and it was trying to trick me. And it was doing a pretty damn good job. Because even in that moment of confirmation, my ED voice chimed in:

"How RECOVERED are you if you couldn't even tell it was me without going to your therapist? What'll you do when you can't go to her anymore?"

That really hurt. Then I thought about it. I would remind myself of what she said in this session. I would remind myself of what my friends say. I would review all the tools I've gathered from all the brilliant and insightful people I had encountered in my months in recovery.

I would fight back.

And it'll be a fight. Those people who think we recover from this the way we recover from the Chicken Pox (now immune to it and can never get it again), well, they just don't get it. Recovery isn't a destination you arrive at when you're discharged or you've reached a healthy weight. It's a way of life. It's a process. It's about owning the ways in which you're vulnerable and learning from those moments that kick your ass.

This week I learned that if I'm asking, "Is this my ED voice?", it probably is. Your ED voice doesn't have to yell at you to be unhealthy. We get so used to ED beating us up that when it says "You just need to lose a few pounds," we think it's being nice! Would you want your friend to say that to you? Would a real friend say that if your doctors and dieticians were saying the opposite?

You see my ED voice isn't just the voice that yells, "You're a Fat Ass." It's any and all voices that tell me that I'm not enough. Which isn't to say that my healthy voice thinks I'm perfect. The difference is the perspective: my ED voice tells me I haven't yet done enough; my healthy voice says I've just begun to see all that I can do. There's a big difference. Knowing that difference is now one of my tools. I need a lot of tools now since ED comes in so many shapes and sizes. I'm ready to fight now. My healthy voice has been dormant for too long. I will not give into ED. I will fight back. I wish the same for all of you. Believe me when I say we're all worth it.

# BeautyMark

What is Your *Mark*?

A champion triathlete collapses from fatigue and embarks on an inspirational journey to understand and overcome her obsessive drive for perfection in this moving and inspirational film.



## SEE THE JOURNEY

Wed. October 28th

Film & Panel Discussion:

4:30-6:30 pm

Free & open to the public

Santa Clarita Performing Arts Center

College of the Canyons

26455 Rockwell Canyon Road,

Santa Clarita, CA

### Featured Panelists



**Diane Israel**  
Film Director



**Kirsten Haglund**  
Miss America 2008



**Michele Tamarkin**  
Eating Disorder Therapist



**Sheri Barke**  
Sports Dietitian



No RSVP needed, but early seating recommended. For more info, please call Sheri Barke at 661-362-3244.

## Two Important Research Studies:



1.)

Have you  
Recovered  
From an  
Eating  
Disorder??

Want to earn  
\$25 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](mailto:linville@uoregon.edu)

2.)

### Seeking Eating Disorder Clinicians to Participate in a Qualitative Study Who:

- 1) Are currently employed as a masters or doctoral level mental health clinician for eating disorders
- 2) Have met the criteria for an eating disorder at any time in your life  
*AND*
- 3) No longer meet the criteria for an eating disorder at the time of recruitment for this study as indicated by normal weight and the absence of bingeing, purging, and other compensatory behaviors for at least one year.

The purpose of this study is to understand how recovered eating disorder clinicians both understand and use their own recovery in the provision of eating disorder treatment.

#### *Participation in this study includes:*

- (a) Partaking in one individual interview (45-90 minutes, either by phone or in person at a time that is convenient to you)  
*AND*
- (b) Completion of a short demographic questionnaire (5-10 minutes in length)

*All participants will be entered into a raffle for a \$50 Visa Gift Card at the conclusion of the interview process. Please note that participation in the research is not required in order to enter the raffle.*

*All the information provided by participants in this study will be confidential. Please contact the primary researcher, Alessandra Urbano, for more information at [urbanoa@uga.edu](mailto:urbanoa@uga.edu)*

*This study has been approved by the University of Georgia's Institutional Review Board (# 2009-10936-0) and is under the direct supervision of Dr. Delgado-Romero.*



## ANNOUNCEMENTS

### **IAEDP CERTIFICATION for Certified Eating Disorder Specialist (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](mailto:iaedpcertification@gmail.com)

### **Michelle's Law: The Federal Law and the California Law**

**Important Notice:** We would like to provide you with additional information about Michelle's law. The new California law contains a specific provision prohibiting insurers and HMOs from terminating a student's coverage solely because school is not in session (e.g. summer break). Additionally, California law will allow for student coverage to continue beyond one year if the disabling condition results in his/her inability to support themselves beyond the period required under Michelle's law. We suggest you look up Federal Law HR2851 and the California Law S.B. 1168 for further information.

### **SAVE THE DATE!!!**

For our special event in  
December....

"Bringing Back the  
Sacredness of the Holidays,"  
by Francie White, RD  
Santa Barbara

December 4, 2009



## *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
JUDI	BLOOM	ELLEN	REISS-GOLDFARD
STEFANIE	BOONE	ELYSE	RESCH
ALI	BORDEN	REBECCA	ROSE
CISSY	BRADY-ROGERS	LEA	ROUSOS
SHANNON	BYRNES	BUCK	RUNYAN
KRISTEN	CARON	JENNIFER	SCHNEIDER
ERIN	CONLEY	KIMBERLY	SHANE
CAROLYN	COSTIN	PAM	SIEGEL
CHERYL	CRAIG	JACQUE	SIERAD
NIKKI	DAMIANI	JACK	SOLL
KAREN	DECKER	THIA	SPEZIALY
DAWN	DELGADO	MICHELE	TAMARKIN
JEFF	DOOLEY	YIFAT	TAMIR
MARA	EATCH	DAWN	THEODORE
ELIZABETH	ESALEN	TELY	TOUMANI
JENNIFER	FRANK	BETHANY	TUCKER
ILANA	FRIEDMAN	LYNN	TUMPA
KURT	GARBE	PERLA	VILHJALMSDOTTIR
MERYLE	GELLMAN	DIANE	WHELAN
BROOKE	HAILEY	CHRISTINA	WEISS
LAURIE	HAWVER	KIMBERLY	WYMAN
LISA	HOFFORT	BITA	TABYANI
MEGAN	JAMES		
BECKY	JOHNSON		
LISA	KANTOR		
LYNN	KELLY		
DANA	KIESEL		
CAROL	KIRIAKOS		
DIAHANN	KLEIN		
STACY	KORFIST		
JENNIFER	LACORTE		
ROBIN	LANDAU		
MICHELLE	LECHAU		
DEBORAH	LEPORE		
RACHEL	LEVI		
JORDANA	MANSBACHER		
LAURIE	MAGNUSON		
JENNIFER	MCMURRAY		
ERIN	NAIMI		

iaedp L.A. would like to welcome

### **ILANA FRIEDMAN**

New Board Member

Ilana is a Life Coach who specializes in Eating Disorder Recovery Work. She works with clients on the development and practice of any and all life skills that support their recovery. She also works with families, runs support groups and has consulted on cases ranging from intervention to after-care. Ilana has a strong commitment to the expansion of support services for anyone in the fight for recovery.