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Eating Disorders

<http://www.apa.org/topics/eating/index.aspx>

<http://nedawareness.org/about-eating-disorders>

Reminders

Please remember that if for some reason you are unable to keep your scheduled appointment, call and cancel 24 hours prior to your appointment. Please note that you can still call to cancel after hours by leaving a voicemail. If a 24 hour notice is not given, a \$45 fee will be charged.

With winter approaching and severe weather impending, The Center for Counseling may have to close if the road conditions are deemed dangerous. Please call and a voice mail will explain if we are closed for the day.

Staff Directory

Dr. Cheryl Mazzara, MD (Child Psychiatrist)
Dr. Hetal Patel, MD (Psychiatrist)
Mary DeClerck, MA, LLP
Amy DesRocher, MA, LPC
John Dobat, LMSW
Matthew Freeman, MA, LPC
Sheila Fullmer, MA, LLP (Clinical Director)
Joan Ghougian, LMSW

Eating Disorders

February 23 thru March 1 is National Eating Disorders Awareness week (NEDA). An eating disorder is defined as an unhealthy relationship with food. There are three types of eating disorders. Bulimia Nervosa is eating an unusually large amount of food at one time followed by compensatory behaviors (such as vomiting, taking laxatives and/or excessive exercise) to prevent weight gain. Anorexia Nervosa is restricting food intake to below the requirements for a particular individuals physical requirements. Binge Eating Disorder is a recurrent situation of eating an unusually large amount of food at one time. All three of these disorders are characterized by feelings of being out of control, shame, guilt, disgust and self-loathing.

Myths of Eating Disorders

1. You can tell if someone has an eating disorder simply by looking at them.

Fact: Those with an eating disorder come in all shapes and sizes. The media tend to focus on extremely thin people when talking about an eating disorder, however many people are obese, overweight, normal and below average weight.

2. Men don't get eating disorders.

Fact: At least 1 out of every 10 people with an eating disorder is male. In fact, within certain diagnostic categories like Binge Eating Disorder, men represent as many as 40% of those affected. In a recently released report from the American Academy of Pediatrics, boys and men were cited as one of the groups seeing the fastest rise in eating disorders over the past 10 years along with 8-12 year olds and ethnic minorities.

3. Only people of high socioeconomic status get eating disorders.

Fact: Socioeconomic status has no indication of a person who has an eating disorder. This disorder affects those in all socioeconomic statuses.

4. Eating Disorders are a lifestyle choice; someone

Christina Lawton, LMSW
Donna Perkins, MA, LPC
Deborah Saelens, MA, LPC
MaryAnn Woodard, LMSW

Free Bullying Groups

The Center for Counseling will be facilitating free group therapy to those adolescents (aged 13-18) whom are the victims of bullying. Group members do *not* have to be current clients of The Center for Counseling. The groups will provide adolescents a safe and comfortable environment to talk about their experience with bullying. Group members will also be able to provide positive and encouraging support to other group members. Each week of group therapy will have a focused topic and activities to reinforce new ideas and techniques. The facilitator will ensure that group topics are assisting the group members in effectively handling the bullying situation in appropriate ways.

Groups will be held on Wednesdays from 7-8pm for the girls and on Thursdays from 7-8 for the boys. It is required that at least one parent/guardian is present at the first and last group therapy session. At the first and last session, parents (only) will be given information regarding bullying and ideas of what they can do to assist their child in this difficult and sensitive situation. If you are interested in signing up your son or daughter, please contact us at 586 949-7680.

Contact Us

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can choose to stop having an eating disorder.

Fact: Someone can make the choice to pursue recovery, but the act of recovery itself is a lot of hard work and involves more than simply deciding to not act on symptoms. In most cases, the eating disorder has become a person's primary way of coping with intense emotions and difficult life events. In order to heal from the eating disorder, a person needs appropriate treatment and support regarding medical monitoring, nutritional rehabilitation as well as learning and practicing healthier ways to manage stress.

Signs to watch for...

- Makes frequent comments about feeling "fat" or overweight
- In general, behaviors and attitudes indicate that weight loss, dieting and control of food are becoming primary concerns
- Evidence of binge eating, including disappearance of large amounts of food in short periods of time or lots of wrappers and containers indicating consumption or large amounts of food
- Evidence of purging behavior, including frequent trips to the bathroom after meals, signs and/or smells of vomiting, presence of wrappers or packages of laxatives or diuretics
- Develops food rituals (e.g. eats only a particular food or food group, excessive chewing, doesn't allow foods to touch, etc.)
- Skips meals or takes small portions of food at regular meals
- Hides body with baggy clothes
- Maintains excessive, rigid exercise regimen—despite weather, fatigue, illness or injury—because of the need to "burn off" calories
- Drinks excessive amounts of water and/or uses excessive amounts of mouthwash, mints and gum

If you are experiencing more than one of the above signs, please contact your primary care physician, therapist or other trusted medical professional for more information.

