



- ❖ Anorexia and bulimia are fairly common. 2% of teens have anorexia. 10% of college students have bulimia. 10 to 20% of our general population has an eating disorder.
- ❖ The *thin obsession* of our advertising and popular culture encourages eating disorders in our most vulnerable girls. 50% of teenage girls are on a diet.
- ❖ An eating disorder is an *Addictive Disorder*. The longer it goes on, the more entrenched and difficult to treat it becomes.

*Early Intervention
Is Crucial!*

- ❖ One in seven teens with an eating disorder is a boy!

*Eating Disorders are
Life Threatening!*



Remember....

- ❖ Eating disorders are *Addictive Disorders*.
- ❖ Early Intervention (counseling and assessment) is the key.
- ❖ Teens with eating disorders are *secretive* about what they are doing and do not want help.
- ❖ Watch your teen for signs of anorexia or bulimia. If you see symptoms, get help.

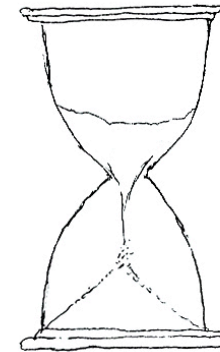
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- ❖ 20 years as a psychotherapist working with families, teens, and children
- ❖ 10 years as Crisis Counselor at Walnut Creek Intermediate School
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*TIPS FOR
PARENTS*

**EATING
DISORDERS**



A PUBLIC INTEREST BROCHURE
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Bibliography:
Books for teens....

- ❖ The Best Little Girl in the World, Steven Levenkron
- ❖ Letters to Cherry, Cherry O'Neill
- ❖ Starving for Attention, Cherry O'Neill
- ❖ Transforming Body Image, Marcia Hutchinson

Books for parents....

- ❖ Reviving Ophelia, Mary Pipher, PhD.
- ❖ Surviving an Eating Disorder: Strategies for Families & Friends, Siegal, Weinschel
- ❖ The Golden Cage, Hilde Bruch, M.D.
- ❖ When Food Is Love, Geneen Roth
- ❖ Breaking Free From Compulsive Eating, Geneen Roth

Resources....

- ❖ ANAD: National Association of Anorexia-Nervosa & Associated Disorders. WWW.ANAD.ORG
- ❖ Kaiser Permanente offers Eating Disorder Therapy Groups through their Mental Health Services.

Symptoms of Eating Disorders....

- ❖ Preoccupation with food, calories, and dieting
- ❖ Social withdrawal
- ❖ Secretiveness coupled with denial of a problem
- ❖ Obsession with control
- ❖ Obsessive exercising
- ❖ Extreme moodiness and irritability
- ❖ Use of laxatives, diet pills, diuretics, or emetics (often in secret)

Symptoms Specific to Anorexia....

- ❖ Intense fear of weight gain
- ❖ Deliberate self-starvation coupled with denial of hunger
- ❖ Perfectionism, inflexibility
- ❖ Low body weight (often concealed by heavy clothes)
- ❖ Distorted body image, (teen believes she is "fat" when she is underweight)
- ❖ Unusual eating habits
- ❖ Loss of menstrual periods

Symptoms Specific to Bulimia....

- ❖ Bingeing on food (often in secret)
- ❖ Purging after eating (teen goes to the bathroom to vomit in secret)
- ❖ Abrasions on back of hands (from teeth)
- ❖ Hoarding food (often in secret)
- ❖ Please note: Girls with bulimia often have normal or fluctuating body weight.

Prevention:
What Parents Can Do.....

- ❖ *Do not* encourage your teen or pre-teen daughter to diet.
- ❖ Talking to your teen may not be effective (because of the extreme secretiveness and denial characteristic of eating disorders).
- ❖ *Do not* deny symptoms of eating disorder, if you see them in your teen.
- ❖ Take your teen for an assessment to a professional who *specializes* in working with adolescents and eating disorders:
 - *A psychotherapist, (MFCC, LCSW or PhD)
 - *A psychiatrist
 - *A medical doctor

Special skills and training are needed to recognize eating disorders and to treat them.

Treatment....

Anorexia and bulimia can be conquered. The earlier you intervene, the better the chance for an effective treatment.

Any adolescent who is on a strict diet should be in counseling.

