

# On the E.D.G.E.

*Fall Newsletter 2008*

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With over 35 licensed professionals on staff, we excel in the mental health services we provide in areas of:

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- ◆ *Parenting and Community Education Opportunities*

**Call 248-244-8644 for more information or  
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# Eating Disorders in Adolescents

Eating disorders (ED's) are on the rise. There are approximately 5-10 million females and 1 million males that presently suffer from eating disordered behavior. In addition, it is estimated that at least 80% of American women are dissatisfied with their size, and 1 in 2 women are on a weight loss regime.

Adolescents see images in the media of drastically thin actresses and models and believe that to be the norm, and something to strive for. Thin is believed to be 'beautiful' and 'good'.

While Anorexia is the eating disorder that tends to gain the most public hype, Binge Eating Disorder is actually the most common disorder of the three types. A typical clinical case that I see consists of a young girl that vacillates within all of the disorders: anorectic behavior (restriction), bingeing (consuming a vast amount of calories typically in one sitting), and at times bulimia (binge/purge cycle).

However it should be noted, that there really is no 'typical' case. ED's can manifest in a multiplicity of different ways and are often found co-morbidly with other disorders; such as depression, anxiety and substance abuse. Gone are the days where it was assumed that the individual with the eating disorder is a pre-teen or teenaged female. Males that are exhibiting ED behavior is increasing. Adolescent males are presenting with ED's or ED like behaviors and compulsivity more often. This tends to create what I call the 'double shame' factor. Males are more reluctant to engage in treatment, for fear of being judged given the predominant nature of female ED's and also have the shame of suffering from the disorder.

***What causes ED's to develop?*** There are a vast number of theories about what causes ED's. I have come to the conclusion in my clinical work, that there truly is no easy answer. There is no one "cure".

***What does tend to be present the majority of the time in these cases (whether male or female) is the following:***

- ◆ The adolescent lacks positive coping skills in their life to tackle stress, depression, and/or anxiety.
- ◆ The adolescent closes off their emotions and feelings, and uses (or restricts) food as a means to put a block on any feelings that arise.
- ◆ They may have come from a background with mixed messages about food (all or nothing phenomenon).
- ◆ They suffer from low self-esteem and there may be an abuse history of some kind.

In terms of treatment, ED's require a team approach. There must be a primary therapist involved. The therapist aids the client in (as I like to say): 'figuring out why they do what they do, and then doing something about it'. A dietician can help the individual relearn how to eat properly and to develop a solid meal plan. A primary care physician monitors any coinciding health related issues, and sometimes, even an exercise physiologist is incorporated into treatment to help the person learn what is healthy and balanced exercise and activity versus abusive.

***\*\*If you or anyone you know is suffering from an ED (or you even suspect they are), do not wait to get help. Statistics have shown that in about 85% of cases, recovery is possible. If left untreated, the behaviors will get worse, and can prove to be fatal\*\****

Written by Tricia Stehle, LMSW: Tricia is a specialist at Perspectives Counseling Centers and has years of experience successfully treating eating disorders in all ages. Tricia or one of the other specialists at Perspectives would be

## The TEEN E.D.G.E.

10-week group for males and female teens struggling with any type of depression and anxiety. This group focuses on helping teens in a group setting learn positive thinking patterns and valuable coping skills.

*Tuesdays-Contact Leslie Ayers Johnsen, MA, LLP*



## The SURVIVING E.D.G.E.

This group is for all individuals who have been sexually abused in any way. This group will aid participants to work through the tragic aftermath of this type of abuse.

*Mondays—Contact Geraldine Reyes, LMSW*

**FOR  
TEENS**

## The SELF-ESTEEM E.D.G.E.

Girls only 8-week group focusing on increasing all aspects of self-esteem. Psychoeducational approach used to teach girls self worth and optimism.

*Mondays-Contact Mary Johnson-Palazzolo, LMSW*

## The ANGER E.D.G.E.

8-week anger management program where teens will learn about their anger style, ways to decrease anger outbursts and manage emotions effectively.

*Thursdays-Contact Chandler Fleming, LMSW*

**Group Opportunities... NOW ONLY AT PERSPECTIVES!**

## The SOCIAL SKILLS E.D.G.E.

Hands on learning for males and females as they practice valuable social skills needed to function in society. 8 week group is a must for those with social deficits.

*Mondays-Contact Malissa Wood, LPC, LLP*

**FOR  
CHILDREN**

## The ADHD E.D.G.E.

Hands on learning for males and females as they practice valuable skills to deal with attention difficulties. 8 week group is a must for those with ADHD

*Saturdays-Contact Beth Atwell, MA, LPC*

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## CODEPENDENCY Group

Learn valuable skills in each of these 10-week woman's groups to become independent, have higher self-esteem, and be assertive!

*Wednesdays -Contact Elaine Booth, LMSW*

**FOR  
ADULTS**

## The WOMAN'S E.D.G.E.

10-week group for young woman who are struggling with risk taking behaviors including Eating Disorders, Self-Injurious Behavior and Alcohol Abuse.

*TBD-Contact Leslie Ayers Johnsen, MA, LLP*

## The Bane and Blessing of Anger Workshop

Saturday, September 20th—Learn valuable life skills to deal with anger—Call for details!

# PPDI

*Multiple opportunities this year to further your education and earn CEU's at the same time—All for the best prices around!!!*

# Perspectives Professional Development Institute

## **NEW TRENDS IN SELF-INJURIOUS BEHAVIOR:**

**Treating with tools that work**

*With Leslie Ayers Johnsen, MA, LLP*

*Friday, September 19, 2008 and Friday, January 30, 2009*

## **UNDERSTANDING SEXUAL ADDICTION**

*With Doug Carpenter, PsyD, LP*

*Friday, September 26, 2008*

## **INNOVATIVE TOOLS FOR MARITAL COUNSELING**

*With Harry Broomfield, PhD and Cristina Broomfield, MA, LLP*

*Friday, October 17, 2008*

## **IDENTIFYING & TREATING CRISIS & TRAUMA**

*With Elaine Booth, LMSW*

*Friday, October 24, 2008*

## **THE CONFIDENCE CONNECTION:**

**How building self-esteem creates positive change**

*With Mary Johnson-Palazzolo, LMSW*

*Friday, November 7, 2008*

## **CHILD'S PLAY:**

**An interactive seminar experience**

*With Malissa Wood, MA, LLP, LPC*

*Thursday, November 11, 2008*

*Only \$99.00 for 6 CEU's—Cannot beat the price!*

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*See other side for registration and more seminars...*



## MOOD MATTERS:

7 steps to treating mood disorders in adolescents

With Leslie Ayers Johnsen, MA, LLP

Friday, November 21, 2008 and Friday, February 20, 2009

## ETHICS AND PAIN MANAGEMENT

With Harry Broomfield, PhD, LPC and Douglas Carpenter, PsyD, LP

Friday, January 16, 2009



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MEDICAL PROFESSIONS

# PPDI

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Detach and Register at least 2 weeks prior to seminar by submitting fee of \$99.00 for each 6 C.E.U. seminar and \$59.00 for each 3 C.E.U. seminar. Registration **within** 2 weeks of seminar increases to \$129.00 for 6 C.E.U.s and \$79.00 for each 3 C.E.U.s Checks are payable to:

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*(10% off total bill for 4 or more people for same seminar or 4 or more different seminars!)*

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*No refunds—if an emergency arises, PPDI will apply monies to another seminar.*

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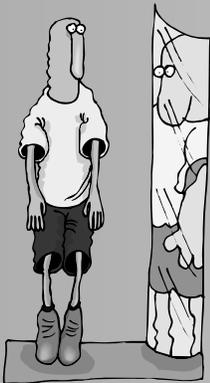
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**EXPLORING**  
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## Mirror Mirror on the Wall

Understanding Eating Disorders  
in Children and Teens



Friday, October 3, 2008

9:00—Noon

Presented by:

*Leslie Ayers Johnson, MA, LLP*

*Malissa Wood, MA, LPC, LLP*

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