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Central Coast Chapter

International Association of Eating Disorders Professionals

PRESIDENTS MESSAGE

The first quarter of 2010 as been very "Event -full "!

In honor of National Eating Disorder Awareness week, our Southern California iaedp Chapters came together February 22, 2010 at the Beverly Hills Country Club for the " Real Body Campaign: An Evening of the Arts". This Multimedia Experience and Benefit Event included a silent and live auction, raffle, art exhibits, photography, dance, and presentations, all focused on raising eating disorder awareness.

To celebrate 25 years of serving the professional eating disorder community, we gathered again for the iaedp Symposium 2010, "Behind Closed Doors: Face to Face with the Client" at The Disney Swan Resort in Orlando Florida March 11-14th.

Those who attended spoke of a new sense of community spirit and feeling of excitement. The Grand Finale was National's International 25th Anniversary Benefit Dinner Educational Event, "It's A Small World After All: The Global Effect of Body Image & the Media.

This fun-filled evening included: fine food, live and silent auctions and riveting presentations from Childhood Obesity Expert, Dr. Stressburger, celebrity photographer, Jeff -----and Julie Hays Nadler presenting her photo video and talk on "Real Body Photography".

Special Congratulations to Michele Tamarkin, Christina Weiss and Nicole Damiani for an amazing job well done! Thanks to their leadership, commitment of time and fundraising skills, these two Benefit Events were tremendous successes!

Please be sure to join us for our next Quarterly Central Coast Lunch Meeting on May 5th, 11:00 am. to 1:00 pm. Carolyn Costin, MFT, recognized eating disorder specialist and author will be speaking on " The Mindful Therapist". This will be a presentation not to be missed!

Sincerely,

Linda Wells, L.C.S.W.

CAROLYN COSTIN, "THE MINDFUL THERAPIST" MAY 5, 2010

Carolyn Costin, MFT, recovered herself from anorexia, has specialized in the treatment of eating disorders and exercise addiction since 1977. Carolyn is founder and executive director of The Eating Disorder Center of California as well as Monte Nido and Affiliates, which now has three unique residential centers in natural, home-like settings. Carolyn is a sought-after speaker at national conferences and is known for engaging her audiences and giving hands-on skills. Carolyn's books, The Eating

Disorder Source Book, 100 Questions and Answers About Eating Disorders, and Your Dieting Daughter, have helped professionals and the lay public in understanding, treating and preventing eating disorders.

For more information on Carolyn Costin's seminar, "The Mindful Therapist", see page 3.

REFLECTION OF LAST EVENT: IAEDP 25TH ANNIVERSARY NATIONAL BENEFIT DINNER- IT'S A SMALL WORLD AFTER ALL: THE GLOBAL EFFECT OF BODY IMAGE AND THE MEDIA

This gala dinner and amazing presentation with Victor Strasburger MD reflected a visual journey creating the perfect media image with celebrity photographer Jeff Vespa.

Dr. Strasburger received the American Academy of Pediatrics' Adele Delenbaugh Hofmann Award, for outstanding lifetime achievement in Adolescent Medicine, and was the first recipient of the Holroyd-Sherry Award for media Advocacy work.

Vespa's photos appear in LIFE, Vanity Fair, Vogue, Time, Newsweek, People, US Weekly, Glamour, Elle, Entertainment Weekly, In Style, Rolling Stone, GQ, New York Times and the Wall Street Journal.



UPCOMING IAEDP CENTRAL COAST EVENTS

May 5th, 2010: Seminar with Carolyn Costin

“The Mindful Therapist”

To be held at The University Club, 1332 Santa Barbara Street, Santa Barbara, CA 93101

11:00am—1:00pm

1 continuing education unit and lunch included

Awareness, attention, reflection, acceptance, compassion, emotional attunement, non judgment and indeed our very capacity for happiness are trainable skills. Engaging in mindful practices is a training ground for these skills and creates a state of presence in the practitioner that is essential for effective clinical work.

The therapist’s mindful presence facilitates a better relationship with the client which has been documented to be one of the most powerful aspects of successful therapy. How do we use our own mindful presence in the psychotherapy relationship? How do we directly teach mindfulness techniques to our clients to enable them to access their essential “essence,” separate themselves from the chattering of their ego mind, and get beyond emotional reactivity and habit.

Carolyn Costin will bring her 30 plus years as an eating disorder clinician to this presentation demonstrating what she has learned about how to help clients become more open and receptive to what they experience and dissolve automatic patterns which then allows them to acquire new levels of affect tolerance, emotional regulation and behavioral responses.



Carolyn Costin, MFT

THANK YOU TO OUR SPONSORS

Reasons

Eating Disorder Center
at BHC Alhambra Hospital
New Thoughts for a New Life


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**FOR INVITATIONS OR TO RSVP TO UPCOMING IAEDP CENTRAL COAST
EVENTS EMAIL NICHOLE AT IAEDPCENTRALCOAST@GMAIL.COM**

THE QUIET KILLER WE'RE FAILING TO CATCH: WHAT REALLY HAPPENED TO BRITTANY MURPHY AND CASEY JOHNSON, WE MAY NEVER KNOW, BUT TO SPECULATE COULD MEAN SAVING LIVES.

In light of the news that Casey Johnson's death was diabetes related, it becomes crucial to acknowledge one of the latest threats to young women and men suffering from diabetes. In the past month, two high-profile 30-something women, Johnson and Brittany Murphy, died suddenly of what was speculated to be "natural causes". Although we may never know the exact circumstances that led to either Johnson's or Murphy's death, both women struggled with diabetes and their tragic deaths provoked speculation of an eating disorder. Today, diabetic men and women have discovered a new way of controlling their weight, and it involves a potentially lethal method of adjusting their insulin doses, a disease that is now termed "diabulimia." As an eating disorder specialist (<http://www.iaedp.com/>), I believe that, regardless of the specific conditions of these young women's failed health, speculation about their causes of death and the possible connection between diabulimia and poor health could shed light on this highly overshadowed fatal disorder and actually save the lives of others. Both Brittany Murphy and Casey Johnson are said to have had type I Diabetes (www.diabetes.org). Today, diabetes can be contained with little complication. However, skipping or titrating insulin dosages causes blood sugar levels to rise and results in frequent urination, as the kidneys must work overtime to rid the body of excess sugar in the bloodstream. Some people with diabetes type I intentionally restrict, delay or decrease their insulin to purposely induce hyperglycemia to rapidly purge calories in the urine in the form of glucose (*New England Journal of Medicine*, Vol. 336, June 26, 1997, JDRF). This behavior has recently been referred to as "diabulimia," and it is a serious medical danger and trend. It is the most common method of purging in girls with type I Diabetes and becomes progressively addicting with age. A startling 30-39% of diabetic women in their late teens and early adult years report using deliberate insulin omission as a means of purging calories (*Diabetes Spectrum* **June 20, 2009** vol. 22 no. 3 **138-142**).

In general, eating disorders are more common in individuals with type I diabetes than in the generally population (*Diabetes Spectrum* **June 20, 2009** vol. 22 no. 3 **138-142**). On their own, eating disorders can cause electrolyte abnormalities, such as the case with Terry Shiavo (<http://atheism.about.com/od/terrischiavonews/a/facts.htm>), a woman battling bulimia and below normal potassium, but who we know as being on life support for many years after a heart attack put her in a coma, cardiac conduction abnormalities, and gastrointestinal complications, all of which may be worsened in the presence of type I Diabetes.

Anorexia is the number one cause of death of all mental illnesses (NEDA, 2008) (<http://www.nationaleatingdisorders.org/>) and in a three-site, case control prevalence study, eating disorders were twice as common in teenage girls with type I diabetes as in their non-diabetic peers (*Diabetes Spectrum* **June 20, 2009** vol. 22 no. 3 **138-142**). I create this connection between Ms. Murphy, Ms. Johnson, diabulimia (http://www.ehow.com/how_4879968_detect-diabulimia-symptoms.html) and eating disorders, not to diagnose these particular cases but as a means to provide a platform to discuss both the psychological and medical seriousness of eating disorders.

One of the most common myths about eating disorders is that they are solely about food, weight and image. Unfortunately, these disorders have far deeper psychological sources and have serious lines to disrupted attachment history, interpersonal instability and emotional dysregulation (<http://www.angelawurtzelmtf.com/htmls/eatingdisorders.html>). For many, eating disorders become the means to self-soothe a pained and agonizing psyche and deflated sense of self. A person with an eating disorder or associated behaviors is using their body to express what he or she does not yet have words to say. The use of the body to communicate and hence, target, becomes both the path to destruction and to containment. When a person has succumbed to deliberate self-injury like diabulimia, something has gone awry, and the person needs assistance in untangling the confusion and distortion in the mind as well as support physiologically and medically.

The superficial stereotypes associated with eating disorders further isolate and shame those who suffer and already feel misunderstood. Allowing these unfounded stereotypes about eating disorders to continuously creep through the public's consciousness is a dangerous game with potentially lethal consequences (<http://www.something-fishy.org/>). In this same way, ignoring afflictions such as anorexia and diabulimia, fails to alert the public of the deadly risks of eating disorders. My hope is to not only confront these stereotypes but to expose the painful, life-threatening battle that is occurring in the minds and bodies of those with eating disorders.

Angela Wurtzel has a Bachelor's Degree in Psychology from UCLA and a Master's Degree in Clinical Psychology from Pepperdine University. She is a licensed marriage and family therapist and a certified eating disorder specialist with the International Association of Eating Disorder Professionals. She is a regular blogger on PsychAlive.com and has a blog at compulsivespendinghope.blogspot.com.

LOCALS CORNER: FREE EVENTS IN OUR COMMUNITY

Free Eating Disorders Support Group offered Wednesday evenings, 7:00-8:30 p.m. (Ongoing, drop-in group)

New Beginnings Counseling Center, Camarillo, CA. www.nbcounseling.net

For further information, contact group facilitator: Kimberly Harley, IMF, (805) 338-8192.

Supervised by Susan Richter, MFT and Susan Baker, MFT.

Somatic Experiencing Practice Group

An initial orientation meeting will be held on Monday, April 12th from Noon – 2:00PM at New Beginnings Counseling Center. At this gathering we will discuss the format of the group, personal requirements for joining the group (including financial and time commitments), as well as time to get acquainted with your fellow attendees.

Supervision towards iaedp certification offered on the second Monday of every month, 12-2pm in Camarillo.

Please contact Susan L. Richter, MA, MFT CEDS, New Beginnings Counseling Center Camarillo, CA .

Office: 805-987-3162 x5, Fax: 805-383-1502, email: susanrichter.mft@verizon.net, web: www.nbcounseling.net

2010 CENTRAL COAST BOARD MEMBERS

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Advisor: Angela Wurtzel, MFT, CEDS
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PUBLICIZE YOUR UPCOMING EVENT

Events must be free and eating disorder related.

Please contact Kandace Mortensen, IMF at Kandace@therapeuticbenefits.com to publish in the Locals Corner of the upcoming IAEDP Central Coast newsletter.

ABOUT IAEDP

Established in 1985, the International Association of Eating Disorders Professionals (IAEDP) is today well recognized for its excellence in providing first-quality education and high-level training standards to an international multidisciplinary group of various healthcare treatment providers and helping professions, who treat the full spectrum of eating disorder problems.

The initial primary goal of the newly formed Central Coast Chapter is to promote networking and treatment collaboration among professionals treating eating disorders in the Central Coast area. Additionally, the Chapter is interested in promoting the development of the “next generation” of treatment providers.

See what membership has to offer.

Visit the national website at

www.iaedp.com