

# Eating Disorders

by Dana Anderson, MFT |

Q: I'm worried my daughter may have an eating disorder. She's always dieting and talking about her weight and she looks great. What should I do?

A: If you have any concern about the possibility of an Eating Disorder (EDO), you should have your daughter assessed by a psychotherapist who treats EDO's. Often we are in denial until it is too late and the DO is firmly rooted. When I diagnose an EDO that requires psychotherapy (as opposed to inpatient) my protocol consists of therapy (1 to 3x's) and meeting with a nutritionist weekly, monthly blood work and appointments with the physician as often as they request. This can be overwhelming to a family that is just dealing with the very idea. It is often a turn-off but it is the best chance, if done early, of preventing a life long battle with something that should be pleasurable and is critical to our well being.