

Greetings from *Feeding Ourselves*

We celebrate our 30th year with a mixture of pride, gratitude— and more than a little astonishment. Much has changed since the night in 1975 when the very first *Feeding Ourselves* group came together. At that time, people struggling with weight or body image problems were faced with two choices: either joining the local commercial diet center in search of an elusive “goal” weight, or confronting the stern admonitions of their family physician to use a “little will power”- or trust in the magic elixir of the latest diet pill. Very few clinicians, dietitians, or health care providers addressed problematic behaviors such as emotional or compulsive eating, and fewer still understood the manifestations of eating disorders. In the years that followed, we were gradually joined in our conviction that fad diets are not the solution to resolving self-destructive eating behaviors by a growing number of researchers and clinicians, many of whom had become alarmed at the “epidemic” of eating disorders, particularly among young women obsessed with a bodily ideal of slenderness only attainable through near starvation and other dangerous practices.

Thirty years later, despite billions of dollars spent annually on ever more state-of-the-art treatments, from bariatric surgery to “miracle drugs” to genetic investigations, we remain a culture beset by what I call “great weight paradox”: the exponential growth of the weight-loss industry co-exists with equally skyrocketing rates of both obesity and eating disorders! In fact, we are now witnessing the globalization of both obesity associated diseases *and* body dissatisfaction, so that we now live in a world in which we are universally encouraged to believe that with just a little suffering (and financial investment) we can all be transformed into swans.

And so while we look back with much satisfaction at our work, we look ahead to the future with a renewed sense of commitment to continue to provide healthier alternatives to the constrictions of both “caloric claustrophobia” and “a size-one-fits-all body ideal” - and to provide a nurturing environment wherein bodily hunger can be responded to with sensitivity and self-care. Above all, we are deeply grateful to the many *Feeding Ourselves* participants who have allowed us to guide them along the difficult journey of growth and change.

Emily Fox-Kales, Ph.D.
Founder and Director

Program

Exhibits

Feeding Ourselves, Celebrating Our Bodies
Anna Ostrom and Rita Gilman

Award Presentation

James Hudson, M.D., Sc. D.
Associate Professor of Psychiatry
Harvard Medical School
Director, Biological Psychiatry Laboratory
McLean Hospital

Beth Mayer, LICSW
Executive Director
Massachusetts Eating Disorders Association

Feeding Ourselves Staff Recognition Presentations

Feeding Ourselves Alumni: Personal Journeys

Guest Speaker:

Karen Koenig, LICSW, M.Ed.
Author, *The Rules of “Normal” Eating*
(Gurze Books, 2005)

EXECUTIVE DIRECTOR:

Emily Fox Kales, Ph.D.

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Alexander Vuckovic, M.D. is a Clinical Assistant Professor In Psychiatry at Harvard Medical School and Medical Director of the Pavilion at McLean Hospital in Belmont, MA.

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William Ira Bennett, M.D. is Attending Psychiatrist at Cambridge Hospital and the co-author of The Dieter's Dilemma.

Hadine Joffe, M.D., M.Sc. is currently the Director of Endocrine Studies in the Perinatal and Reproductive Psychiatry Clinical Research Program at Massachusetts General Hospital and an instructor at Harvard Medical School.

Phillip Levendusky, Ph.D. is Director of Psychology at McLean Hospital where he founded its cognitive behavioral treatment for eating disorders.

Lisa M. Pearl, M.S., R.D., L.D.N. has a clinical specialty in nutritional therapy. She had worked as an eating disorders specialist at Children's Hospital in Boston for 10 years. Lisa has maintained a private practice in Lexington and Cambridge for over 20 years where she works with individuals, families and schools.

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FEEDING OURSELVES
1975-2005
30TH ANNIVERSARY

Feeding
Ourselves

30th Anniversary
Program

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Henderson House
Weston, MA