

Judy Scheel

Executive Director at Cedar Associates

Mount Kisco, NY, US

Mental health professional with a passion for helping those with eating disorders; takes relational approach to healing ED issues.

Biography

Judy Scheel, Ph.D., LCSW is the Founder and Executive Director of Cedar Associates, a private outpatient program specializing in the treatment of eating disorders and other self harm behaviors. She is the President of Cedar Associates Foundation, Inc., a not-for-profit organization dedicated to the prevention, education and research of eating disorders. Dr. Scheel has been treating eating disorders for more than 25 years and over this time has formulated and strengthened her beliefs that mutual respect, empathy and trust are second to none in the maintenance of healthy relationships and are the cornerstone to relational repair and recovery from an eating disorder. Dr. Scheel has co-produced a nationally distributed educational video with teaching manual for students in grades 8-12 on eating disorders and prevention-Awarded Honorable Mention by Columbus International Film and Video Festival. She has been a lecturer at Purchase College, SUNY and a frequent presenter at local, regional and national conferences. She is a member of the National Eating Disorders Association (NEDA), Academy for Eating Disorders (AED), and the Eating Disorders Coalition, Inc., a public policy organization in Washington, DC. Cedar Associates is currently conducting research on the effect of the therapeutic relationship in eating disorder recovery. Dr. Scheel has a daughter and son, two shelter dogs and lives in NYC with practices in NYC and Westchester. She is an avid international traveler and loves to run in the rain. Dr. Scheel's book, *When Food is Family: Why Eating Disorders Occur in Families & Help for Recovery*, will be published by Idyll Arbor, Inc. in 2011. *When Food is Family* offers the first-ever step-by-step program that teaches parents the skills they need to develop much-needed attachments with their children.

Availability

Keynote, Panelist, Workshop, Author Appearance

Industry Expertise

Women, Health and Wellness, Mental Health Care

Areas of Expertise

Eating Disorders, Attachment Theory, Therapeutic Approaches to Eating Disorders

Affiliations

National Eating Disorders Association (NEDA), Academy for Eating Disorders (AED), Eating Disorders Coalition, Inc., and Cedar Associates

Sample Talks

The Psychology of Eating Disorders: Relating to Patients

Eating Disorders are difficult to understand and treat psychologically, psychiatrically and medically. There are conflicting theories about causation and a multitude of treatment approaches available from which to choose. No one theory of causation or treatment method is unilaterally agreed upon in the mental health community and no one treatment approach can be uniformly applied to all patients. Basic understanding about epidemiology, theoretical and treatment approaches are necessary to contextualize eating disorders so that both physician and patient can unite in the recovery process.

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