



Anorexia & Cutting: Understanding and Treating Self-Harm

Presented By

Steven Levenkron, M.S. With Abby Levenkron, M.S.

Objectives: To increase participants' ability to:

- Identify anorexia nervosa when it is present or developing
- Determine appropriate actions and referrals Assess identified patient's family
- Involve the patient's family in treatment
- Develop and implement strategies for the coordination of the outpatient treatment team
- Understand self-harm
- Complete a differential diagnosis
- Understand and manage therapist discomfort with patient symptoms

- Understand sub-groups of cutters
- Treat self-harming patients
- Work with schools, parents, emergency room doctors and other physicians involved with the patient
- Understand medications used with eating disorders and self-mutilators
- Map a road to recovery

12 hours

ANOREXIA NERVOSA

I Confirming Diagnosis of Anorexia Nervosa

- Initial consultation— Establishing therapeutic rapport— Reviewing medical and psychological history—Obtaining family history

II The Co-Therapy Model

- Overview of family dynamics—Supportive counseling for parents—Anxiety, depression, and related family issues— Getting parents on the treatment team

III Treating Anorexia Nervosa

- Presentation of Case Study—Nurturant-Authoritative (N-A) approach in therapy—Relating the N-A approach to the case study—The role of medication

IV Skills and Techniques for the Therapist

- Becoming believable to the anorexic patient—Understanding the value of anorexia
- Competing with anorexic thoughts—Social re-integration of the isolated anorexic—Overcoming road-blocks to recovery

SELF-MUTILATION

V Cutting (Self-Mutilation) the Disorder

- The ritual of cutting—Cutting as a world wide phenomena - Differential diagnoses - is the behavior disordered or socially driven?

VI Treating Self-Mutilation

- The act of cutting and other self-mutilating behaviors in isolation - a gratifying behavior creating relief—Case study to illustrate theory and treatment—Sub-groups - different types of cutters—The role of medication in treatment

VII Parental Bonding versus Cutting

- Parent-child dynamic when the patient is a cutter—Case study of mother-daughter dependency problems; origins of dysfunctional family—Therapy and symptom abatement as trust develops

VIII Cutting as the Tip of the Iceberg

- Predisposing personality deficits prevalent in our society— Discussing issues of trust, dependency and attachment—Self-hatred, self-esteem, and alienation—Identity and femininity

Steven Levenkron, M.S. With Abby Levenkron, M.S.

Steven Levenkron is a well known psychotherapist in New York City and the author of seven books.. His work is widely acclaimed as original and groundbreaking in both the theoretical conception and clinical treatment of Anorexia Nervosa, Self-Mutilation, and Obsessive Compulsive Disorder.

His clinical work began in 1970. He developed his Nurturant-Authoritative approach as a direct result of treating the victims of these endangering disorders.

Steven has been invited to speak at lectures and has appeared on hundreds of television and radio shows. His books have been translated into six foreign languages and are popular from the United Kingdom to Japan, Scandinavia, and Europe.

Two of his fiction books, *The Best Little Girl in the World* and *The Luckiest Girl in the World*, were produced as movies for television.

As a lecturer, Steven has introduced his ideas to both popular and professional audiences, and he has offered his theories and guidance at wide-ranging venues from schools and social work agencies to teaching hospitals, including Harvard Medical School.

Together with his wife and co-therapist, Abby Levenkron, he continues to see patients in his New York office.

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