

Eating Disorders FOR **DUMMIES®**

by Susan Schulherr



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About the Author

Susan Schulherr, LCSW, is a licensed clinical social worker who has had a private psychotherapy practice in New York City for nearly 30 years. She has worked with people with eating disorders for over 20 of those years. Her chapter on treating binge eating disorder appears in the 2005 book, *EMDR Solutions: Pathways to Healing* (Shapiro, Norton). Her article, "The Binge–Diet Cycle: Shedding New Light, Finding New Exits," was published in *Eating Disorders: The Journal of Treatment and Prevention* (1998). She has presented workshops at the local and national level on eating disorders and on issues of weight and eating to both professional and nonprofessional audiences.

Ms. Schulherr is a trained family and couples therapist. She has extensive experience in the trauma specialty approaches of EMDR and Somatic Experiencing, each of which she has adapted for the treatment of eating disorders.

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