

## Visit us at:

### The Counseling Center Santa Fe College

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**Web** [www.sfcollege.edu/counseling](http://www.sfcollege.edu/counseling)

The Counseling Center sees students Monday through Friday 8:15 a.m.-4:00 p.m. Appointments and walk-ins are welcome. If you have a personal crisis when the center is closed, please call the Alachua County Crisis Center at 352.264.6789.

## Counseling Staff

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## Privacy

The Counseling Center Protects student information according to FERPA (Family Education Rights and Privacy act of 1974), Florida laws, College Rule 7.20 (Student Records and Reports: Right to Privacy), and applicable ethical guidelines, in conformance with the mission and values of Santa Fe College.

### The Mission of Santa Fe College

In keeping with our values and goals, Santa Fe College, a comprehensive public institution of higher education serving North Central Florida and beyond, adds value to the lives of our students and enriches our community through excellence in teaching and learning, innovative educational programs and student services, and community leadership and Service.

Santa Fe College is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools.

*Santa Fe College is committed to an environment that embraces diversity, respects the rights of all individuals, is open and accessible, and is free of harassment and discrimination based on, but not limited to, ethnicity, race, creed, color, religion, age, disability, sex, marital status, national origin, genetic information, political opinions or affiliations, and veteran status in all its programs, activities and employment. EA/EO notice*

# COUNSELING C E N T E R



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# EATING DISORDERS



COUNSELING CENTER

# EATING DISORDERS

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## EATING DISORDERS

Eating disorders arise from a variety of physical, emotional, social, and familial issues, all of which need to be addressed for effective prevention and treatment.

## TYPES OF EATING DISORDERS

### Anorexia Nervosa

- Significant fear of gaining weight or becoming fat
- Expressed by self-starvation & excessive exercise.
- Illustrated by hatred to food & obsession with excessive weight loss.

### Bing Eating Disorder (BED)

- Eats large amounts of food even when not really hungry.
- Eats much more quickly during binge episodes than during normal eating episodes.
- Usually eats alone during binge eating episodes to avoid discovery.
- Eats until physical uncomfortable.



## TYPES OF EATING DISORDERS

### Bulimia Nervosa

- Obsessive overeating
- Usually followed by self-induced vomiting or laxative or diuretic abuse, exercise, or fasts to get rid of the calories.
- Often accompanied by guilt and depression.
- Episodes occur at least twice a week for three months.



### Obesity

- The condition of being extremely overweight.
- An unhealthy increase of body fat.
- Contributes to many causes of death.

## CAUSES OF EATING DISORDERS

### Psychological Factors

- Low self-esteem
- Feeling inadequate or lack of control
- Depression, anxiety, anger, or loneliness

### Interpersonal Factors

- Troubled family & relationships
- Difficulty expressing emotions or feelings
- History of physical or sexual abuse

## CAUSES OF EATING DISORDERS

### Social Factors

- Cultural pressures to be “thin”
- Value to obtain “the perfect body”

### Other Factors

- Biochemical and biological causes
- Disorder runs in the family

## TREATMENTS

### Psychotherapy

- Therapy can help explore the core issues, improve self-esteem, learn healthy ways of responding to stress & emotional pain.

### Nutritional Counseling

- Design meal plans, set dietary goals, basic nutrition education and achieve a healthy weight



### Support Groups

- Provide a safe environment to share experiences, advice, encouragement, and coping strategies.

### Residential Treatment

- Required for continuing weight loss.