



**Celia W. Webb, MS, LAPC**

*Case Manager, Women's Unit for Trauma and Eating Disorders at Ridgeview  
Institute*

*Private Practitioner, Summits Edge Counseling*

## Topic

Controlling You is Controlling Me: Understanding the Parallels between CoDependency and Eating Disorders

## Abstract

The focus of this presentation will be on the connection between eating disorders and codependency. The presentation will explore how codependency acts as a mediator between unhealthy family systems and the development of an eating disorder. Additionally, there will be a focus on exploring the links of control and manipulation between both eating disorder and codependent clients as well as how the restriction of love and intimacy perpetuate codependency and eating disorder behaviors.

## Learning Objectives

- 1) Participants will be able to list at least two parallels between control and manipulation within eating disorder clients and clients with codependency.
- 2) Participants will be able to describe how emotional dependency is created and preserved within relational dynamics and behaviors.
- 3) Participants will be able to describe one way in which codependency within eating disorder clients impacts the family and the roles that emerge in an unhealthy family system.
- 4) Participants will be able to effectively describe codependency anorexia and how starvation from intimacy fuels their eating disorder.

## Schedule

*August 18, 2017*

*12:00-1:15 pm Presentation*



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