



EATING DISORDER COULD SILENCE SINGER FOREVER

therapy six days a week, from nine in the morning to seven at night.

Katharine, a Los Angeles native, said she has not binged since entering the program. And while competing on "Idol," she checked in with a therapist once a week.

Katharine hopes to join her "Idol" friends on tour as soon as her doctors give her the green light, but Dr.

Kathleen Mojás - a Beverly Hills clinical psychologist - says traveling can be risky business for a bulimic.

"It's important in recovery to be close to your doctors and dietitians," said Dr. Mojás. "Going on the road means she'll be away from her therapist and support system."

"Katharine is in a situation with a lot of competition and anxiety - it's a huge amount of stress to handle," she said. "The pressure in showbiz to be thin will make it a significant challenge for her to stay healthy."



Katharine McPhee and boyfriend Nick Cordero