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Aims

- To look at what is considered an eating disorder
- To examine the client group and known ways of working with these presenting issues
- To examine some research evidence

2

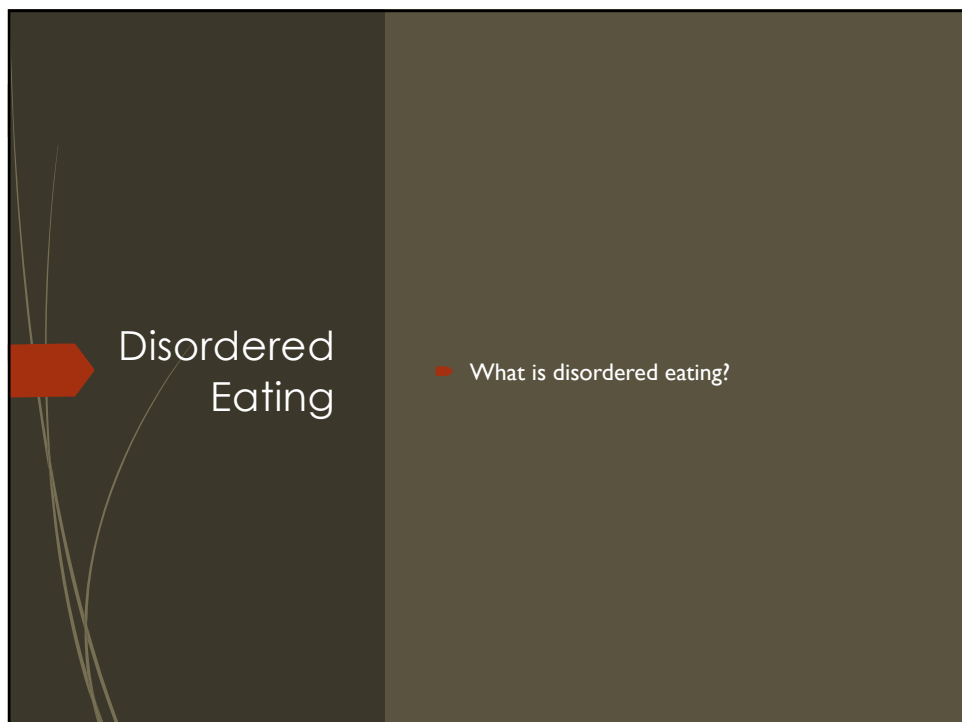


A presentation slide with a dark background. On the left, there is a red arrow pointing right, and several thin, light-colored curved lines. The title 'Other Issues' is written in white. To the right of the title is a list of four items, each preceded by a red square bullet point.

Other Issues

- Depression and mood disorders
- OCD
- Substance misuse
- Personality disorders

3

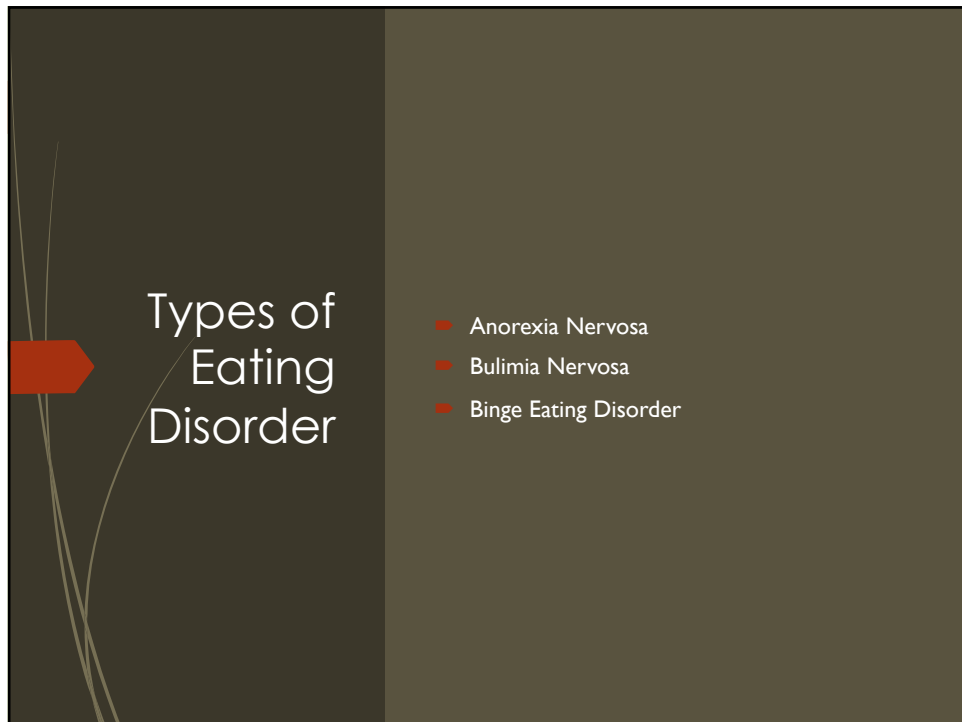


A presentation slide with a dark background. On the left, there is a red arrow pointing right, and several thin, light-colored curved lines. The title 'Disordered Eating' is written in white. To the right of the title is a single bullet point preceded by a red square.

Disordered Eating

- What is disordered eating?

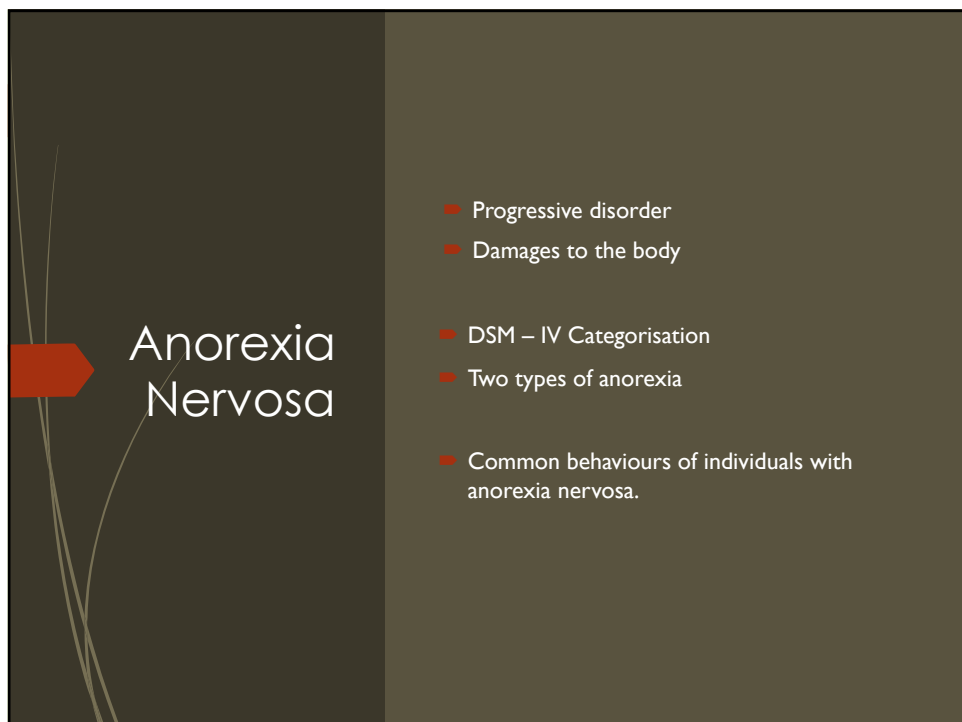
4



Types of Eating Disorder

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder

5



Anorexia Nervosa

- Progressive disorder
- Damages to the body
- DSM – IV Categorisation
- Two types of anorexia
- Common behaviours of individuals with anorexia nervosa.

6



Bulimia Nervosa

- Damages the body
- DSM-V Categorisation
- Two types of bulimia
- Common behaviours of individuals with bulimia nervosa

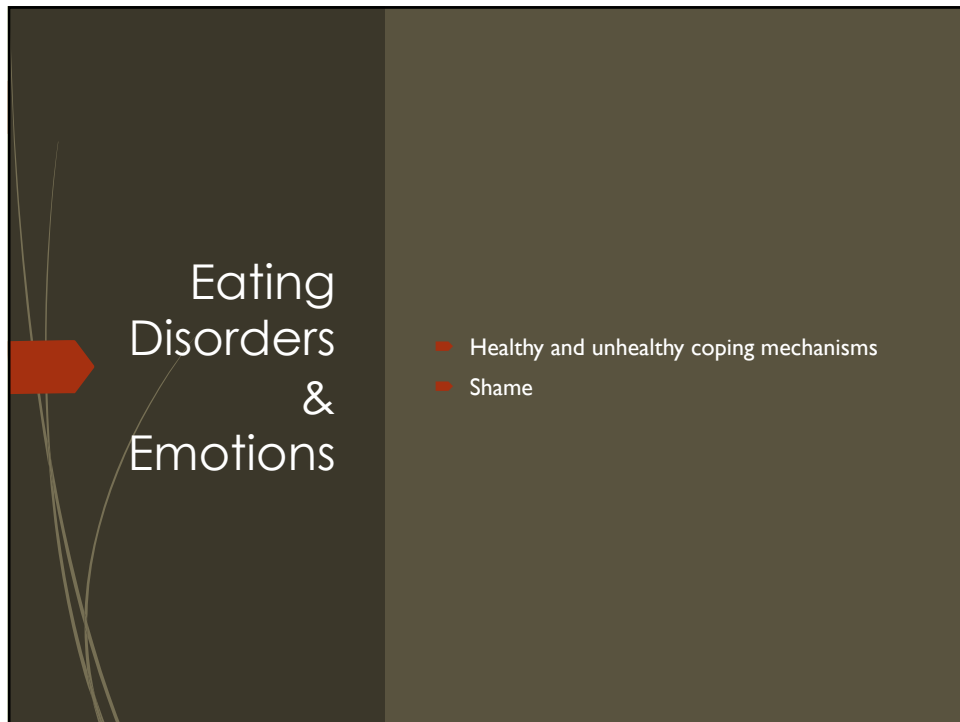
7



Binge Eating Disorder (BED)

- What is BED?
- Severity?
- DSM-V categorisation
- Binge eating and weight
- Binge eating and psychological traits

8



A presentation slide with a dark background. On the left, there is a red arrow pointing right towards the title. The title is 'Eating Disorders & Emotions'. To the right of the title, there is a list of two items, each preceded by a red arrow.

Eating Disorders & Emotions

- Healthy and unhealthy coping mechanisms
- Shame

9



A presentation slide with a dark background. On the left, there is a red arrow pointing right towards the title. The title is 'Linked disorders (comorbidity)'. To the right of the title, there is a list of seven items, each preceded by a red arrow.

Linked disorders (comorbidity)

- Suicide risk and self-harm
- Obsessive Compulsive Disorder (OCD)
- Anxiety disorders
- Depression
- Bipolar disorder
- Substance misuse (addictions)
- Obsessive/compulsive exercising

10



The slide is titled "Treatment" in white text on a dark background. To the left of the title is a red arrow pointing right. The background features thin, light-colored curved lines. The right side of the slide is a lighter brown color and contains a bulleted list of treatment points.

Treatment

- Therapists who specialise in eating disorders
- Need to address
 - Psychological well-being
 - Emotional well-being
 - Physical Health
 - Nutritional needs

11



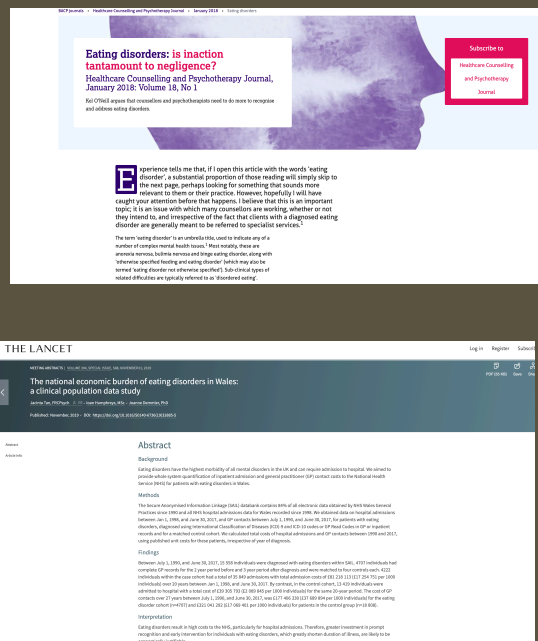
The slide is titled "Behaviours" in white text on a dark background. To the left of the title is a red arrow pointing right. The background features thin, light-colored curved lines. The right side of the slide is a lighter brown color and contains a bulleted list of therapy order points.

Behaviours

- Order of therapy:
 - Ensure client is safe
 - Work on mental health
 - Binging and purging if out of control
 - Any other disorders that are out of control
 - Any underlying trauma

12

Treatment



13

Types of Therapy

- Residential
- Day support
- Outpatients programme
- Private counselling

14



The slide features a dark background with a vertical orange arrow on the left side. The title 'Types of Therapy' is written in white text. To the right of the title, there is a list of six therapy types, each preceded by a red square bullet point.

Types of Therapy

- Creative therapy: Art, Drama, Music, Play
- Cognitive Behavioural Therapy (CBT)
- Dialectical Behavioural Therapy (DBT)
- EMDR Therapy
- Group Therapy
- Self-Help Groups

15



The slide features a dark background with a vertical orange arrow on the left side. The title 'Counselling & Eating Disorders' is written in white text. To the right of the title, there is a section titled 'The initial stages:' followed by a list of six stages, each preceded by a red square bullet point. At the bottom right, there is a reference text.

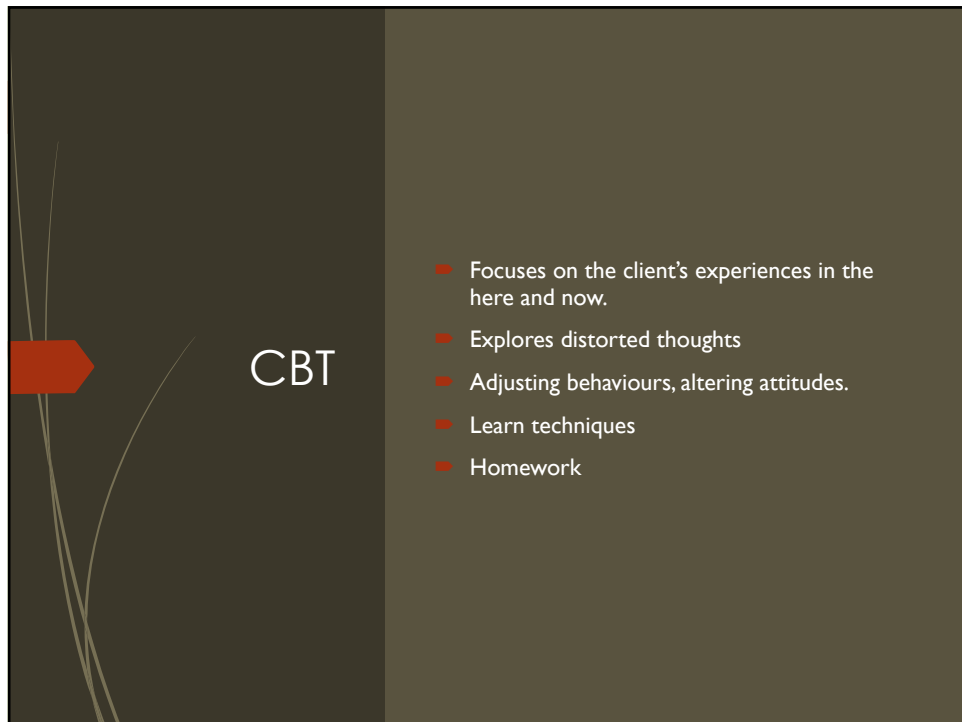
Counselling & Eating Disorders

The initial stages:

- Interview (can take a couple of sessions but better than questionnaires)
- Focus on establishing & building up trust
- Establish the nature of the problem & ascertain client's understanding of their problem
- Client's body mass index (BMI) – below 17 consistent with AN
- History of attitudes to dieting & food
- History of previous attempts to get help

Reference: Gilbert, S. (2005). *Counselling for Eating Disorders*. Sage: London

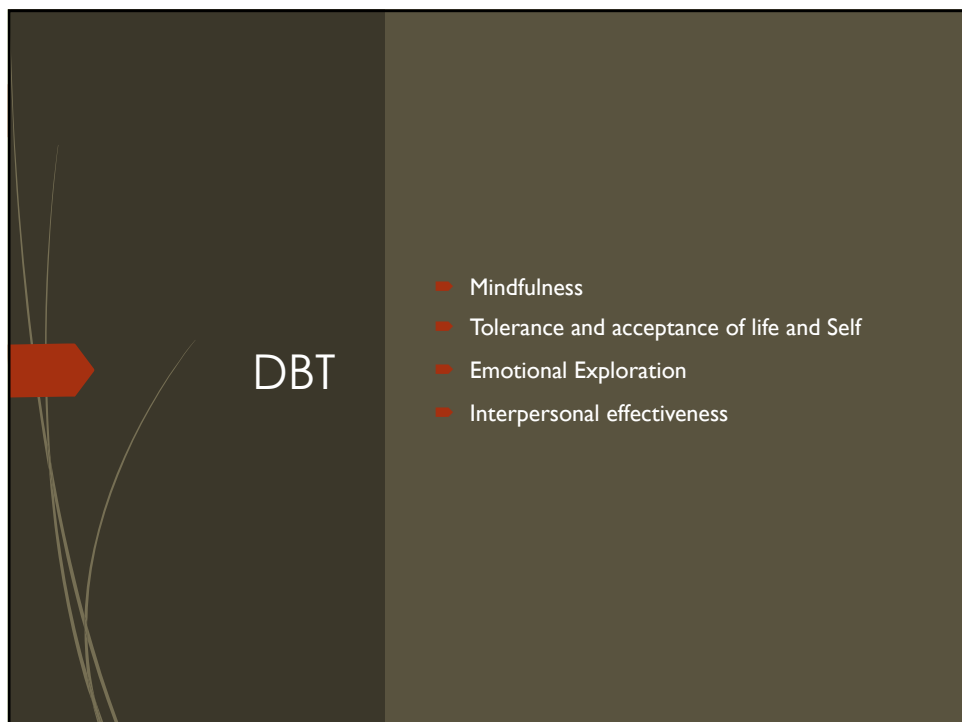
16

The slide features a dark brown background on the left and a lighter brown background on the right. On the left side, there is a red arrow pointing right and some thin, light-colored curved lines. The text 'CBT' is centered in the dark brown area.

CBT

- Focuses on the client's experiences in the here and now.
- Explores distorted thoughts
- Adjusting behaviours, altering attitudes.
- Learn techniques
- Homework

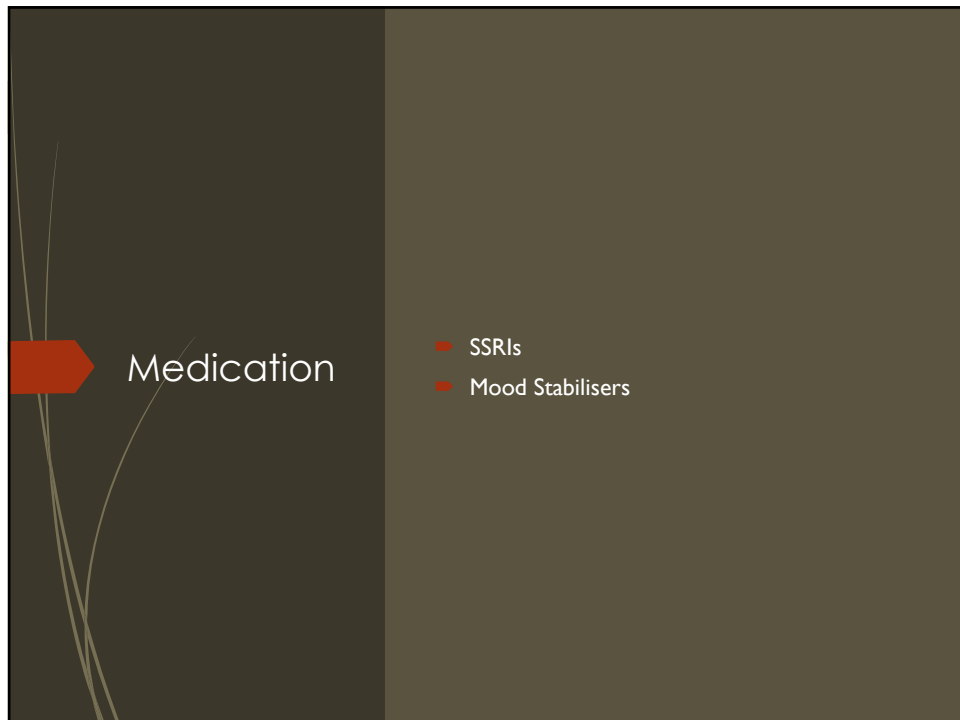
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The slide features a dark brown background on the left and a lighter brown background on the right. On the left side, there is a red arrow pointing right and some thin, light-colored curved lines. The text 'DBT' is centered in the dark brown area.

DBT

- Mindfulness
- Tolerance and acceptance of life and Self
- Emotional Exploration
- Interpersonal effectiveness

18

The slide has a dark brown background on the left and a lighter brown background on the right. On the left, there is a red arrow pointing right towards the word "Medication".

Medication

- SSRIs
- Mood Stabilisers

19

The slide has a dark brown background on the left and a lighter brown background on the right. On the left, there is a red arrow pointing right towards the word "Research".

Research

- Research suggests that 1% of young women have anorexia nervosa.
- 4% of college females have bulimia nervosa.
- 10% of people with anorexia or bulimia are male.
- Usually effects people between the ages of 10-30

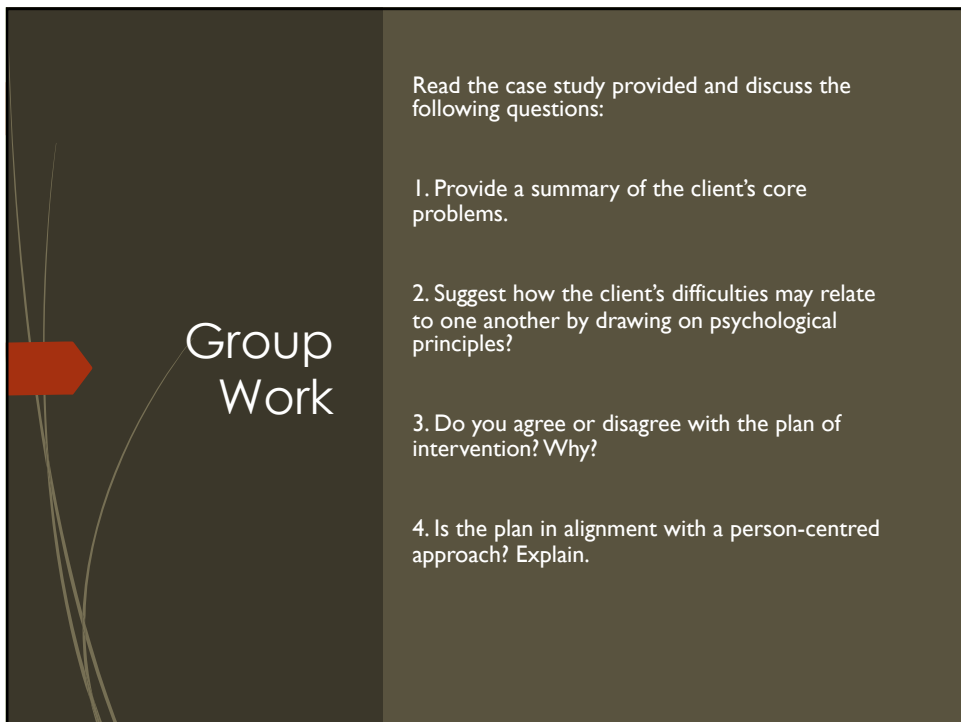
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 The slide has a dark brown background. On the left, there is a vertical band of a slightly lighter brown color. Within this band, there is a red arrow pointing to the right, and the word "Research" is written in white. To the right of this band, there are two bullet points in red.

Research

- Without treatment up to 20% of sufferers with serious eating disorders will die.
- Research into eating disorders is still a relatively new field. Statistics are often based on Western experiences and these might be American studies.

21


 The slide has a dark brown background. On the left, there is a vertical band of a slightly lighter brown color. Within this band, there is a red arrow pointing to the right, and the words "Group Work" are written in white. To the right of this band, there is a paragraph of white text followed by a list of four numbered questions.

Group Work

Read the case study provided and discuss the following questions:

1. Provide a summary of the client's core problems.
2. Suggest how the client's difficulties may relate to one another by drawing on psychological principles?
3. Do you agree or disagree with the plan of intervention? Why?
4. Is the plan in alignment with a person-centred approach? Explain.

22