



Journal:

Eating Disorders

23

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Eating Disorders 1

What's Eating Our Society?

(video: 21 minutes)

Notes:

Eating Disorders:

- Too much or compulsively
- Bingeing and purging (or other things)
- Anorexia / Starvation

Reminders:

- Partnership
- Journal

Discussion/Reflection:

Anorexia Diagnosis:

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-
-
-
-

Bulimia Diagnosis:

-
-
-
-

Compulsive Overeating / Binge Eating Disorder (BED) Diagnosis:

Do you know your BMI?

ARE YOU AT A HEALTHY WEIGHT? WHAT IS YOUR BODY MASS INDEX?

		Weight in Pounds													
		120	130	140	150	160	170	180	190	200	210	220	230	240	250
Height in Feet and Inches	4'6	29	31	34	36	39	41	43	46	48	51	53	56	58	60
	4'8	27	29	31	34	36	38	40	43	45	47	49	52	54	56
	4'10	25	27	29	31	34	36	38	40	42	44	46	48	50	52
	5'0	23	25	27	29	31	33	35	37	39	41	43	45	47	49
	5'2	22	24	26	27	29	31	33	35	37	38	40	42	44	46
	5'4	21	22	24	26	28	29	31	33	34	36	38	40	41	43
	5'6	19	21	23	24	26	27	29	31	32	34	36	37	39	40
	5'8	18	20	21	23	24	26	27	29	30	32	34	35	37	38
	5'10	17	19	20	22	23	24	26	27	29	30	32	33	35	36
	6'0	16	18	19	20	22	23	24	26	27	28	30	31	33	34
	6'2	15	17	18	19	21	22	23	24	26	27	28	30	31	32
	6'4	15	16	17	18	20	21	22	23	24	26	27	28	29	30
	6'6	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8	13	14	15	17	18	19	20	21	22	23	24	25	26	28	

Healthy Weight
 Overweight
 Obese

Note: This chart is for adults (aged 20 years and older).

Source: U.S. Surgeon General

BMI:

Low in Anorexia (<19)
 High if overweight (>25)
 Variable in Bulimia

Transtheoretical Model of Change:

We tend to dismiss problems we don't think we can do anything about!

- Self-Esteem and Goal Setting

Discussion/Reflection:

Do you think that you might have a problem with an eating disorder?

What concerns have the people around you expressed?

Are you possibly overweight?

Do you meet any of the diagnostic criteria as described?

How does your BMI compare to the chart?

What does that mean to you?

Physical Dangers:

Anorexia – Starvation:

- Unclear thinking
- Electrolyte imbalances

Obesity:

(Poor diet and lack of exercise)

- Many complications!
- Will soon surpass nicotine as the leading cause of death!

Bulimia:

- Electrolyte problems
- Gastrointestinal problems
- Teeth destruction
- Poisonous influence of diet pills, diuretics, laxatives

Psychological Interplay

Eating disorders can cause psychological problems:

-
-
-
-

Other psychological issues can impact eating disorders:

-
-
-
-
-
-

Recommended program: *Self-Esteem and Goal Setting* series

Discussion/Reflection:

Do you see a potential need for working on self-esteem and confidence for doing something differently?

Contemplation Stage:

What is involved?

Motivations:

-
-
-
-

Losses

-

Discussion/Reflection:

What are the physical dangers of eating disorders for you?

What are the psychological threats and dangers for you?

To what extent is self-esteem and goal setting needed for you to make changes?

How much do you need to grow in your sense of confidence to be capable of making this change?

What are your motivations for change?

What are your perceived or real losses that might occur as you change?

Your Choices for Direction:

- Self-Esteem and Goal Setting
- Consider the potential problem
- Maintain partnership/mentorship
- Additional presentations
 - o Anorexia (2 parts)
 - o Bulimia
 - o Compulsive Overeating

Discussion/Reflection:

What are your most appropriate next steps?

Eating Disorders 2

Anorexia (part 1)

(video: 20 minutes)

Anorexia:

- Issues of control and perfectionism
-
-
- Low levels of confidence and self-esteem
- Realistic challenge of taking in information vs. being nourished enough to do so
 - o Take notes
 - o Repeat information
 - o Eat!
- Recommend *Self-Esteem and Goal Setting* series

Transtheoretical Model of Change: Preparation phase

“Addictions” Approach:

_____ Patterns

What causes are most “addictive”?

-
-
-
-

Learned addictive behaviors:

Cross Addiction:

“Cross addiction” is a substitution of a different addictive behavior when one addictive behavior is removed.

“Target” Weights:

Controversial-

Discussion/Reflection:

Is there a possibility that you may have a problem with Anorexia?

How do you feel about your ability at this point to do something about it?

What is your level of determination?

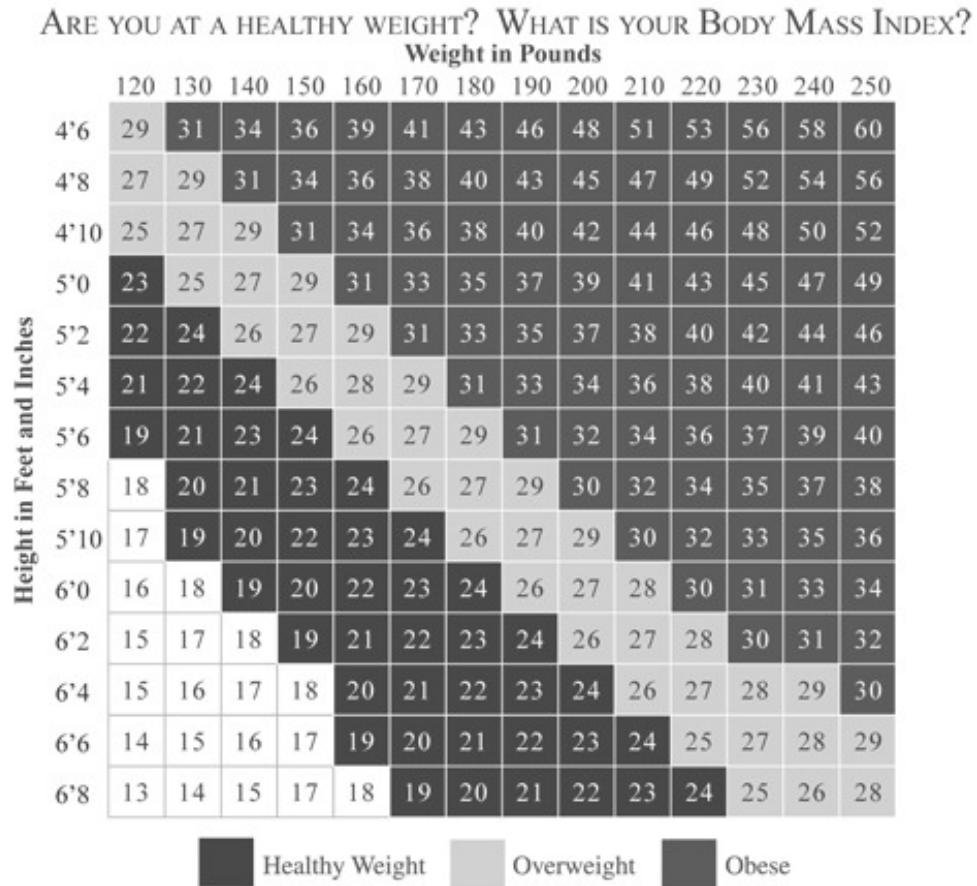
Can you further benefit from working through *the Self-Esteem and Goal Setting* series?

What are your thoughts about obtaining a healthy “target” weight?

Healthy Weight-

BMI = 20-25

- It is your responsibility to establish and maintain a healthy weight for yourself
- Set a “target weight”



Note: This chart is for adults (aged 20 years and older).

Source: U.S. Surgeon General

Discussion/Reflection:

What is a healthy weight for you?

What weight for you would be a BMI of 20 or 22?

What are your thoughts about this number?

Target Weights:

- May be a real challenge

Are you willing to make that weight your target weight?

- Don't get perfectionistic or controlling about the number

-

-

-

-

Discussion/Reflection:

What will your target weight be?

Can you agree to weigh yourself not any more than once per week if you are trying to accomplish a change in your weight (not more than once per day if you are maintaining your weight)?

What day (time) will you weigh on?

How will you overcome the possible tendencies you may have to being less than truthful about your weight?

This is not about pleasing any one, it's about you getting healthy and not dying!

Eating Disorders 3

Anorexia (part 2)

(video: 13 minutes)

Nutrition Fundamentals:

- Find a nutritionist consultant
-
-

Weight change is difficult

Any change starts out feeling wrong

Discussion/Reflection:

What are your thoughts about the 3500-calorie per week difference needed to affect one lb. of weight change?

What are your plans and possibilities for a nutritionist's information, consultation and support?

Hunger:

- Physiological _____ of a need for _____.
- In Anorexia:
 - o Can _____ the sense of hunger
 - o Might _____ the sensation
 - o A gift to gain weight
 - o May _____ sense of hunger even if it has been lost

For Weight Gain:

We need to eat more regularly and in larger amounts, whether or not we have hunger sensations!

Discussion/Reflection:

Do you experience hunger?

Do you listen and respond to it?

Would you be willing to if you are not now?

Practical means to increase dietary intake:

- Caloric drinks
- Distract yourself while eating
- Watch and eat during food preparation shows
- Eat faster
- Eat more than you think you can
- Wear loose clothing
- Eat at night / before going to bed

Discussion/Reflection:

Discuss the techniques described for gaining weight.

What techniques are you willing to put into practice?

Other Psychological Tools:

- Cognitive Behavioral Therapy
- Stress management/relaxation
- Interpersonal Therapy

Discussion/Reflection:

Is it possible that you may have any distorted thoughts or thinking that may need to be addressed?

Do you feel you may benefit from stress management or other relaxing techniques?

How might your interpersonal relationships be affecting your eating habits?

Groups:

- Discussion groups
- 12-step meetings
- Partnership/mentorship
- Faith groups

Options:

- Self-Esteem and Goal Setting
- Trauma
- Abuse
- Comprehensive Addictions

Optionally spiritually inclusive segment:

Spiritually Inclusive Weight Gain:

- Thankfulness
 -
 -
 -
 -
- Target weight
- 3500 calories/1 lb. of weight change
- Distractive strategies
- Partnership

Continue with the *Comprehensive Addictions* series

Eating Disorders 4

Bulimia

(video: 4 minutes)

Bulimia:

- Bingeing
- Purging
- Easily conceived as an addictive disorder
- Undoing of a mistake
- Guilt / shame

Concerns about physical dangers

Maintaining a healthy weight is important

Bulimia information:

- *Comprehensive Addictions* series
- *Diet and Exercise* series
- Misconceptions about “appropriate” amounts of food

Discussion/Reflection:

What additional information might be helpful to you?

Optionally spiritually inclusive segment:

Spiritually Inclusive Bulimia Management:

- Find moderation
- Guilt and shame
- Congratulations on including spiritual factors
- *Comprehensive Addictions*
- *Diet and Exercise*

Eating Disorders 5

Compulsive Overeating

(video: 4 minutes)

Compulsive Overeating:

Poor diet and exercise are soon to overcome cigarette smoking as the leading cause of death in our culture

- Diet and exercise
- Addictions (food)

“Gateway” drugs for obesity:

- Marijuana
- Alcohol
- Medications

“Addictive” foods:

- Highly processed
- Taste good (highly palatable)
- Highly caloric
- Heavily advertised

Recommend:

- *Comprehensive Addictions* series
- *Diet and Exercise* series

Discussion/Reflection:

What are your thoughts about recognizing the potential role of “addictive” foods and the need for an “addictions” approach?

What are your thoughts on the need to learn more about diet and exercise?

What further direction will you take to overcome your compulsion to overeat?

Optionally spiritually inclusive segment:

Compulsive Overeating:

- *Addictions series*
- *Self-Esteem and Goal Setting series*
- *Diet and Exercise series*
- Spiritual challenges in compulsions/eating
- Growth potential
- Relationships?
- Personal care?
- Partnership?

Discussion/Reflection: