

How to Support a Loved One with Disordered Eating

The Dorm Parent Collective

Nutrition Philosophy at The Dorm

Health at Every Size (HAES)

- BMI and weight are not measures of health

Intuitive Eating

- This is an individualized nutritional philosophy that focuses on healing a person's relationship with food and their body.

All Foods Fit

- No “healthy” vs. “unhealthy” foods

Anti-Diet / Anti-Diet Culture

- This includes not perpetuating the “thin ideal”
- Diet culture refers to a rigid set of expectations about valuing thinness and attractiveness over physical health and emotional well-being. Diet culture often emphasizes “good” versus “bad” foods, focuses on calorie restriction, and normalizes self-deprecating talk.
- Diet culture can be a risk factor for body dysmorphia, disordered eating, and other mental health issues.

Health at Every Size (HAES)

WEIGHT INCLUSIVITY

Accept and respect the inherent diversity of body shapes and sizes and reject the idealizing or pathologizing of specific weights.

HEALTH ENHANCEMENT

Support health policies that improve and equalize access to information and services, and personal practices that improve human well-being, including attention to individual physical, economic, social, spiritual, emotional and other needs.

EATING FOR WELL-BEING

Promote flexible, individualized eating based on hunger, satiety, nutritional needs, and pleasure, rather than any externally regulated eating plan focused on weight control.

RESPECTFUL CARE

Acknowledge our biases, and work to end weight discrimination, weight stigma, and weight bias. Provide information and services from an understanding that socio-economic status, race, gender, sexual orientation, age, and other identities impact weight stigma, and support environments that address these inequities.

LIFE-ENHANCING MOVEMENT

Support physical activities that allow people of all sizes, abilities, and interests to engage in enjoyable movement, to the degree that they choose.

Role of Dietitian at The Dorm

- **Assess and support** young adults in establishing and working towards nutrition/ wellness goals
- **Empower** clients to take care of themselves with regard to food and body (i.e., meal planning, grocery shopping, cooking)
- **Help clients navigate and process** any anxieties and/ or stressors related to food and/ or nutrition
- **Intensive nutrition counseling** for clients with eating disorders and/or disordered eating
- **Provide education** on nutrition/ wellness

Nutrition Classes

After an initial nutrition assessment with a dietitian, a client will be placed into a nutrition class. Each class is tailored to support the client on their individual nutrition journey.

We are committed to guide each client through the classes to reach a healed relationship with food.

- Class 1 **QUANTITY** - getting enough food, becoming comfortable eating
- Class 2 **CONSISTENCY** - eating enough *consistently, 3 meals a day*
- Class 3 **BALANCE** - eating protein, carb, and fat at each meal
- Class 4 **VARIETY** - consuming different types of fruits, veggies, grains, etc (increase nutrient density, gut health)
- Class 5 **PERSONALIZE** - adhering to personal preferences (i.e dislikes indian food)

Nutrition Programming

Body Image Process Group Our open-ended process group focuses on exploring issues related to body image, relationships with food and the relationship between food and mood. Clients set goals pertaining to improving their body image and sense of self. In Body Image Process Group, clients are encouraged to support one another in the accomplishment of their goals.

Food and Mood This process group focuses on increasing clients' understanding of the underlying origins of disordered eating behaviors and how those behaviors connect to other patterns in their life.

Food Freedom (Intuitive Eating Group) This experimental and educational group that is led by a Registered Dietitian and Intuitive Eating Counselor focuses on the 10 principles of Intuitive Eating. Group members learn to cultivate body attunement through sharing experiences, food exposures, overcoming food rules and obstacles, and honoring their hunger-fullness cues.

Nutrition Group This is a comprehensive psychoeducational group that focuses on awareness around healthy eating. Using didactic and educational materials on how food can directly impact mental health symptoms, we take a holistic approach in redefining the relationship with food. We also clarify myths and misconceptions around diets and weight loss.

Nutrition Meal Support Group

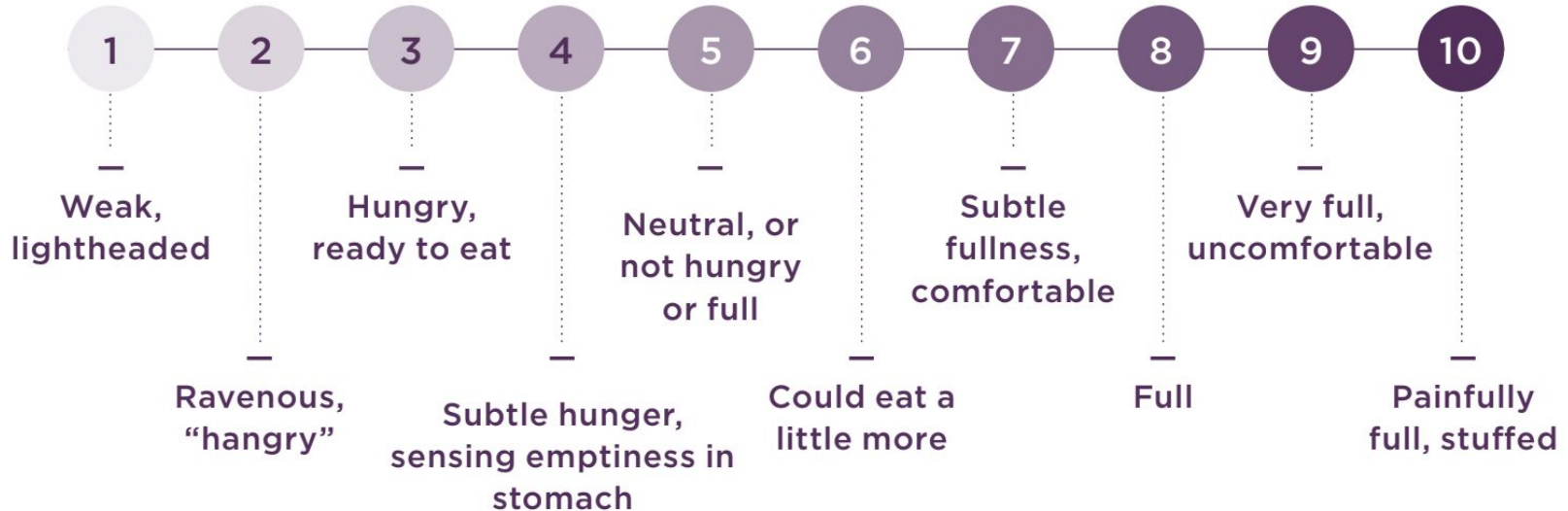
Breakfast Group This group meets each morning and creates accountability for clients who struggle with a morning routine. The intention is for clients to start the day on the right foot. Our facilitator checks in with clients to set goals and intentions for the day.

Meal Support Groups Clients receive supported meals daily. Dietitians and therapists eat meals with clients to assist with processing emotions and coping skills. A hunger/ fullness scale is used to help clients better tune into physical body cues.

Essentials of Cooking Created in mind for those new to cooking, this group is facilitated by our registered dietitians and staff trained in culinary arts. In this cooking group, clients learn how to build a balanced meal while acquiring fundamental cooking skills. This group aims to provide education in proper food handling procedures, hands-on demonstration of different cooking techniques, and the exploration of new food ingredients to help reduce anxiety commonly associated with cooking and food preparation.

Hunger-Fullness Scale

Use this guide to help you mindfully connect with your body about when to eat. It's best to avoid extremes; try to eat when you're around 3-4 and stop by 7-8.



As you're relearning how to pay attention to your body's hunger cues, it's helpful to ask:



What type of hunger am I experiencing?

PHYSICAL

Builds gradually, strikes below the neck, goes away when full, eating leads to feelings of satisfaction.

Example: Feeling a hunger pang in your stomach

EMOTIONAL

Develops suddenly, strikes above the neck, usually a sharp craving that is incessant.

Example: Grabbing a snack because you're bored

SENSORY

Brought on by sight, smell, texture, mouthfeel of food, noise when eating or when you're in the presence of eating. *Example: Craving a donut as you walk by a bakery*

Division of Responsibility

YOUNG ADULTS:

- Young adults can make their own decisions about what they put into their bodies (i.e., what kind of food, how much food)
- Young adults are responsible for exploring new skill sets (cooking, grocery shopping, etc)
- Holding themselves accountable to eating (honest with clinical team and parents)
- Setting boundaries in regards to food and meal times.

PARENTS:

- Parents can ALWAYS model a healthy and intuitive approach to eating
- Parents can help young adults develop basic skills (i.e., food shopping, cooking)
- Parents can discuss with their child on how to best support them during meal time
- Parents should AVOID talking about food choices, weight and body

FOOD TALK

HOW CAN I SUPPORT

DO SAY

- You are glowing
- You look happy
- I feel hungry
- I would love to eat that
- Let's go grab some lunch
- You are doing great
- Keep going
- Can we take a couple more bites?
- I am proud of you
- Let's take a bite together
- Want a snack?
- How are you feeling?
- How can I support you?
- I know this may be difficult, and I am proud of you
- Let's have lunch together
- I believe in you
- I know this is hard
- I appreciate how intentional you are with your recovery journey
- Your smile is contagious
- You are radiating joy

DO NOT SAY

- You look great (looking at their body)
- I don't need to eat that; I shouldn't eat that
- I didn't work out today, I need to work out
- This looks gross
- I feel heavy/bloated/fat
- I'll just have a light lunch/snack
- I'm going to skip dinner tonight
- I'm not hungry I ate so much last night
- You're going to eat all of that?
- I ran this morning, so I can eat dessert today
- You shouldn't eat that
- That's high in fat/has a lot of calories
- There's so many carbs in that
- Just a little bit won't hurt
- I deserve a little treat tonight
- That's not the healthiest
- You're looking well
- You look healthier
- Are you sure you should have that?

TRIGGER WORDS

body | healthy | fat | thin | bigger | thicker | calories | weight | numbers | cheat | clean | dirty | ew/yuck



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Discussion

If your child is struggling with food and/or body, they are probably in pain and feeling a lot of shame. How can we work together to empower your child with regard to self care?

- We want to help create trust not distrust!
- What has worked?
- What hasn't worked?