

**Eating Disorder
RESOURCE GUIDE
For Professionals**



**Eating
Recovery
Center**

Contents

- ✓ Created for You by Eating Recovery Center
- ✓ What Is An Eating Disorder?
- ✓ Note to Readers
- ✓ Free Community Resources Overview
- ✓ Provider Screening Tools
- ✓ Free Continuing Education
- ✓ Recommended Reading for Clients and Providers
- ✓ Navigating Diet Culture
- ✓ Addressing Emotional Eating
- ✓ Binge Eating
- ✓ Practicing Mindful Eating
- ✓ Body Image
- ✓ Joyful Movement
- ✓ Family Resources



Created for You by Eating Recovery Center

This catalog was produced by Eating Recovery Center (ERC) as a free resource for professionals and the communities they serve. **ERC specializes in treating patients and their families who struggle with eating disorders and co-occurring conditions.** Seven days a week, year-round, we provide:

- ✓ Evidenced-based treatment for adults, children and teens of all genders
- ✓ Inpatient, residential, partial hospitalization and intensive outpatient levels of care
- ✓ More than 35 centers across the U.S., plus the option for virtual intensive outpatient care
- ✓ Multidisciplinary treatment teams led by the world's leading experts
- ✓ Individualized treatment plans that support the maintenance of recovery after treatment
- ✓ Most major commercial insurance accepted

ERC has guided over 20,000+ patients and their families through the eating disorder recovery process.

One-Step Referral Process

–Phone, Fax or Online:

 Phone: 1-877-825-8584

 Fax: 425-974-1530

 EatingRecovery.com

 PathlightBH.com

Most commercial insurance accepted



What Is an Eating Disorder?

An eating disorder is a serious mental health condition characterized by highly distressing attitudes, beliefs and behaviors related to one's food intake, body shape and weight. Eating disorders do not discriminate and they affect people of all ages, races, ethnicities, genders, shapes and sizes.

Eating disorders include:

- Anorexia nervosa
- Atypical anorexia
- Avoidant/restrictive food intake disorder (ARFID)
- Binge eating disorder
- Bulimia nervosa
- Compulsive overeating
- Diabulimia
- Other specified feeding or eating disorder (OSFED)



Eating disorders stem from a complex interplay of multiple factors, including genetic, environmental, sociocultural and psychological. **No one is immune to eating disorders.** Tragically, a person dies every 52 minutes from an eating disorder in the U.S.¹

Early intervention maximizes the likelihood of lasting recovery. Learn more about eating disorders detection, intervention and free community resources throughout this guide and on ERC's website.



EatingRecovery.com/Conditions/Eating-Disorders

1. Deloitte Access Economics. (June 2020). The social and economic cost of eating disorders in the United States of America. A report for the Strategic Training Initiative for the Prevention of Eating Disorders and the Academy for Eating Disorders.



Note to Readers

This resource is intended for health care professionals, social workers, educators and other applicable professions to share with their client, patient or student based on their individual needs. It is not intended to be used as a replacement for appropriate health care treatment. Likewise, recommended reading and listening materials are designed to provide educational resources related to disordered eating or eating disorder concerns. They are not meant to be used in place of professional services. If treatment is needed, competent medical providers should be sought.

If your client, patient or student requires evaluation for a higher level of eating disorder care, please contact ERC's clinical assessment staff to schedule a complimentary assessment at 877-825-8584. If you are a referring provider, you can make a referral by calling 877-825-8584, emailing Info@ERCPathlight.com or completing a quick admit form at EatingRecoveryCenter.com/quick-admit-form.



Quick Admit Form



Free Community Resources Overview



Free Community Eating Disorder Resources



Blogs and Articles

Stories and information to support individuals on their path to mental wellness.

[EatingRecoveryCenter.com/Blog](https://www.eatingrecoverycenter.com/blog)



Support for Families

Video guide of caregiver skills, book recommendations and additional resources for family and friends.

[EatingRecoveryCenter.com/families-overview](https://www.eatingrecoverycenter.com/families-overview)



Free Support Groups

Virtual support groups across the U.S. for community members ages 18+ to connect and provide peer support.

[EatingRecoveryCenter.com/Support-Groups](https://www.eatingrecoverycenter.com/support-groups)



Online Communities

 Eating Recovery Center

 Eating Recovery Center

 @EatingRecovery

 @EatingRecovery



Community Events

ERC hosts and engages with local, regional and national events for community members and support persons.

[EatingRecoveryCenter.com/Events/Community](https://www.eatingrecoverycenter.com/events/community)



Mental Note Podcast

Hope-filled episodes to provide the mental health and eating disorder recovery community with education and inspiration.

[MentalNotePodcast.com](https://www.mentalnotepodcast.com)



Say It Brave Community

Say It Brave is an inclusive community dedicated to fostering connection, providing free resources and ending mental health stigma.

[EatingRecoveryCenter.com/Say-It-Brave](https://www.eatingrecoverycenter.com/say-it-brave)



Questions?

Learn more here: [EatingRecovery.com](https://www.eatingrecovery.com)

Contact us by email here: Resources@ERCPATHLIGHT.COM

Share With
Your Clients,
Patients or
Students



Free, Virtual, Ongoing Support Groups

For adults ages 18+ looking for support, and for parents/caregivers or family/friends supporting a loved one

Share With
Your Clients,
Patients or
Students

Age 30+
Eating Disorder
Recovery

Binge Eating
Recovery

Men's
Eating Disorder
Recovery

Limited 6-Week
Series for Different
Communities

LGBTQ+ Eating
Disorder &
Body Image

Family & Friends:
Adults With an ED

Family & Friends:
Child & Adolescents
With an ED

College & Early Adult
Eating Disorder
Recovery

Clinicians
in Eating Disorder
Recovery

General Eating
Disorder
Recovery



Find more information and register at EatingRecovery.com/Support-Groups





Recommended Listening Mental Note Podcast

Share With
Your Clients,
Patients or
Students

| | |
|-------------------|---|
| Episode 8 | <u>Trouble in the NFL With Patrick Devenny</u> |
| Episode 28 | <u>Dr. Aldridge Answers Eating Disorder Questions</u> |
| Episode 34 | <u>Big Booty Pride: Body Positivity & Systemic Racism</u> |
| Episode 36 | <u>Too Good to Be True? Struggle-Free Family Meals</u> |
| Episode 41 | <u>Health at Every Size</u> |
| Episode 42 | <u>Fatphobia With Actress Jen Ponton</u> |
| Episode 46 | <u>Can Exercise Be Fat Positive and Joyful?</u> |
| Episode 55 | <u>Reframing Joyful Movement for Limited Mobility</u> |
| Episode 58 | <u>How Temperament Influences Eating Disorder Recovery</u> |
| Episode 64 | <u>Breaking Free From Binge Eating Disorder</u> |
| Episode 67 | <u>Fat in a Thin World: Weight Inclusivity</u> |



Find all Mental Note podcast episodes at EatingRecovery.com/Mental-Note-Podcast



Provider Screening Tools



Note to Readers

All screening tools noted in this section are free and publicly accessible.

Eating disorder screening tools are designed to assess for risk and possibility of diagnosis. Screening tools alone do not confirm or deny a specific diagnosis of an eating disorder. Regardless of the scores noted in screener results, if an individual feels that they are suffering from disordered eating or an eating disorder, and it is interfering with their daily life, they should seek an evaluation from a trained mental health professional.

If your client, patient or student requires evaluation for a higher level of eating disorder care, please contact ERC's clinical assessment staff to schedule a complimentary assessment at 877-825-8584. If you are a referring provider, you can make a referral by calling 877-825-8584, emailing Info@ERCPathlight.com or completing a quick admit form at EatingRecoveryCenter.com/Quick-Admit-Form.



Quick Admit Form



SCOFF Questionnaire

The SCOFF questionnaire is a screening tool that can be used for detecting eating disorders. It is simple, memorable, easily applied and scored, and has been designed to suggest a likely case rather than to diagnose.

Note: Only 6-8% of all people with an eating disorder are medically diagnosed as "underweight."¹ However, those in larger bodies are half as likely as those considered "normal weight" or "underweight" to be diagnosed with an eating disorder.² Well-meaning clinicians can miss eating disorder diagnoses because of assumptions they make based on a person's body size. Learn more about weight stigma and weight bias in the following sections of this guide.

- 1 Do you make yourself **S**ick because you feel uncomfortably full?
- 2 Do you worry that you have lost **C**ontrol over how much you eat?
- 3 Have you recently lost more than **O**ne stone (14 lb) in a three-month period?
- 4 Do you believe yourself to be **F**at when others say you are too thin?
- 5 Would you say that **F**ood dominates your life?

Each "yes" equals 1 point. A score of 2 indicates a likely diagnosis of anorexia nervosa or bulimia.



Find more information and the SCOFF questionnaire at: ncbi.nlm.nih.gov/pmc/articles/PMC1070794/

¹ Forney, K.J., Brown, T.A., Holland-Carter, L.A., Kennedy, G.A., & Keel, P.K. (2017). Defining "significant weight loss" in atypical anorexia nervosa. *International Journal of Eating Disorders*, 50(8), 952–962. <https://doi.org/10.1002/eat.22717>

² Nagata, J.M., Garber, A.K., Tabler, J.L., Murray, S.B., & Bibbins-Domingo, K. (2018). Prevalence and correlates of disordered eating behaviors among young adults with overweight or obesity. *Journal of General Internal Medicine*, 33(8), 1337-1343. <https://doi.org/10.1007/s11606-018-4465-z>



Eating Attitudes Test (EAT-26)

EAT-26 is a standardized self-report measure of symptoms and concerns characteristic of eating disorders. It can be used in nonclinical as well as clinical settings that are not specifically focused on eating disorders. It can be administered in group or individual settings and is designed to be administered by mental health professionals, school counselors coaches, camp counselors and others with interest in gathering information to determine if an individual should be referred to a specialist for evaluation for an eating disorder.



Find more information here: <https://www.eat-26.com/>



Eating Disorder Examination Questionnaire (EDE-Q)

The **Eating Disorder Examination Questionnaire (EDE-Q)** is a questionnaire alternative to the investigator-based interview, the **Eating Disorder Examination (EDE)**. It is a self-report version of the EDE, designed for situations in which an interview cannot be used, and it has been validated against the EDE.



Find EDE-Q here:

insideoutinstitute.org.au/resource-library/eating-disorder-examination-questionnaire-edeq



Free Continuing Education



Free On-Demand Courses Available Online

We provide continuing education credits for mental health providers and clinicians including:

- ✓ Dietitians
- ✓ Counselors
- ✓ Nurses
- ✓ Psychiatrists
- ✓ Psychologists
- ✓ Primary Care Physicians
- ✓ Social Workers



For more information about Eating Recovery Center's on-demand and live, nationwide continuing education and professional events, visit EatingRecovery.com/Professionals/Education-Events



Continuing Education for Providers

FEDUP: Providing Affirming and Appropriate Care for Transgender, Nonbinary and Intersex Individuals With Eating Disorders

- Speakers: Eric Dorsa (they/them), Sam Sharpe (they/them), Cody Esterle (he/him), Marissa Adams (she/her) and Quinn Haisley, RD (she/they)
- CE Hours: 1.5

Moving ForwaRD With a Weight-Inclusive Nutrition Approach

- Speaker: Adele Leivinstein, MS, RD, CSSD, LD, CEDS-S
- CE Hours: 1

Use of Exposure-Based Interventions in Eating Disorder Treatment

- Speakers: Michelle Jones, PhD and Ashley Kyle, MS, RD, LD
- CE Hours: 1.5

Supporting Eating Disorder Patients With Meals Around the Holidays

- Speaker: Carol Burtnack, MS, RDN, LDN
- CE Hours: 1.5

Understanding Binge Eating Behaviors: A Guide to Dietary Exposures and Behavioral Interventions

- Speaker: Hannah Gruenewald, RD, MS, LD
- CE Hours: 1



Visit EatingRecovery.com/Professionals/Education-Events



Continuing Education for Providers

Avoidant Restrictive Food Intake Disorder (ARFID): A Clinical Practice Update

- Speakers: Kim Anderson, PhD, CEDS, Steven Crawford, MD, Rachel Oringer, PsyD, Caitlyn Royster, RD, LDN
- CE Hours: 1.5

Emotion-Focused Support for Families During the Holidays

- Speaker: Elizabeth Easton, PsyD, CEDS
- CE Hours: 1.5

Acceptance and Commitment Therapy in the Treatment of Mood, Anxiety and Eating Disorders

- Speaker: Matt Pecht, PsyD
- CE Hours: 1.5

Trauma and Eating Disorders

- Speaker: Kim Anderson, PsyD, CEDS
- CE Hours: 1

Treating Eating Disorders With Co-Occurring ADHD

- Speakers: Brittnee Smith, MS, LPC, NCC, CEDS, and Anne Marie O'Melia, MS, MD, FAAP, CEDS-S
- CE Hours: 1.5

Eating Disorders: Recognition, Medical Complications and Management

- Speaker: Jessica Moore, MD, FAAP, CEDS
- CE Hours: 1.5



Visit EatingRecovery.com/Professionals/Education-Events



Continuing Education for Providers

Anorexia Nervosa: Nothing Atypical About It

- Speakers: Elizabeth Wassenaar, MS, MD, CEDS-S, DFAPA Jessica Barth Nesbitt, MA, RD, LD, CEDRD, and Meredith Nisbet, MS, LMFT, CEDS-S
- CE Hours: 1.5

Weight Inclusive Care

- Speakers: Kara Richardson Whitely, Elizabeth Wassenaar, MS, MD, CEDS-S, DFAPA, Kaila Peak-Rishel, LCSW, LMFT, CEDS-S, Ethan Weckstein, DO
- CE Hours: 1.5

Nourishing the Soul: Exploring the Mind-Body-Spirit Connection in Eating Disorder Recovery

- Speaker: Laura Sabin Cabanillas, MA, LPCC, CEDS
- CE Hours: 1.5

Eating Disorders: What's Food Got to Do With It?

- Speaker: Landry Weatherston-Yarborough, LPC, CEDS-S, NCC
- CE Hours: 1



Visit EatingRecovery.com/Professionals/Education-Events

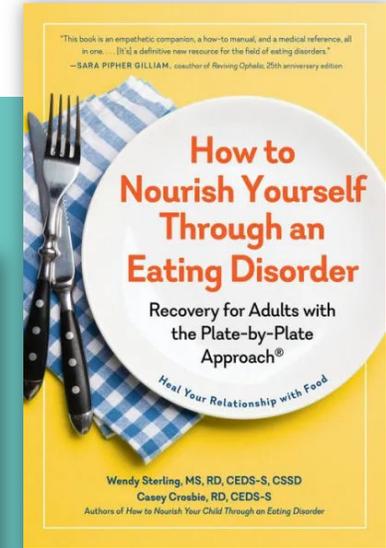
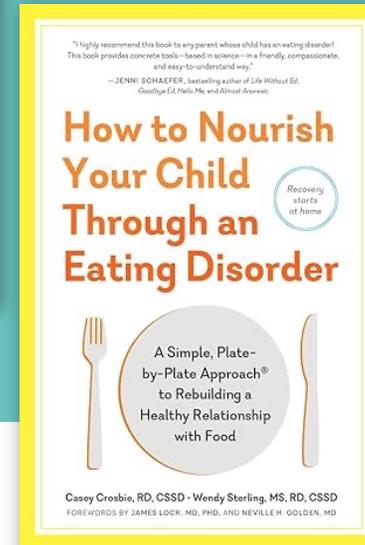
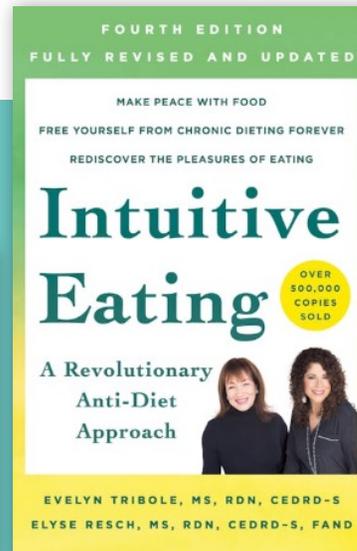
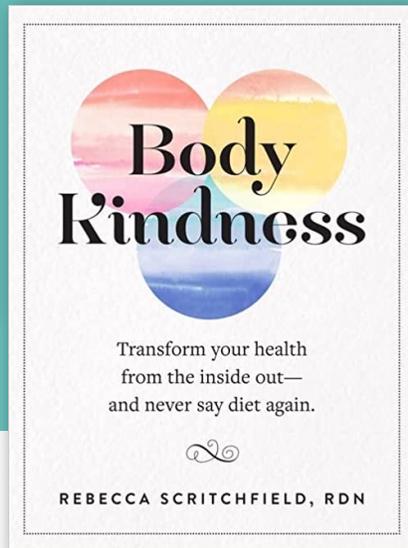
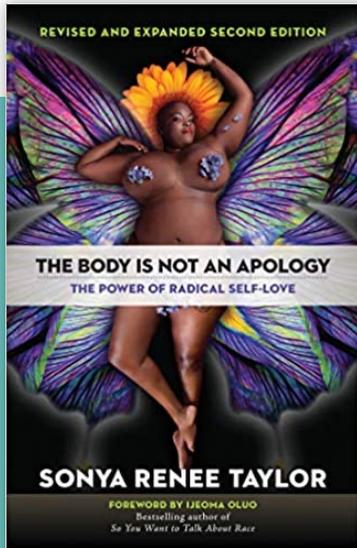


Recommended Reading for Clients and Providers



Recommended Reading

Educational & Informative

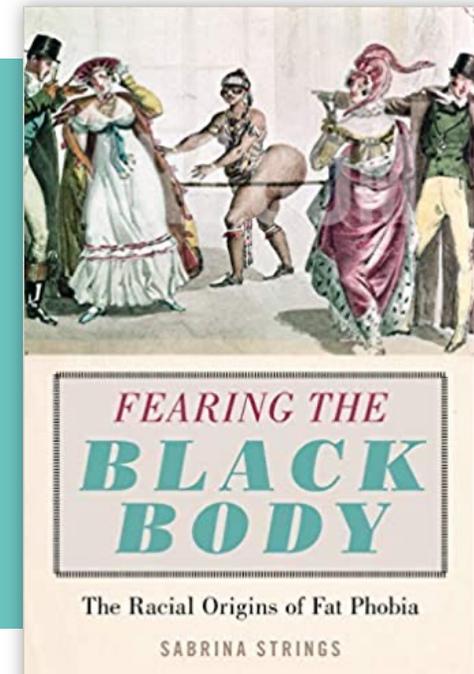
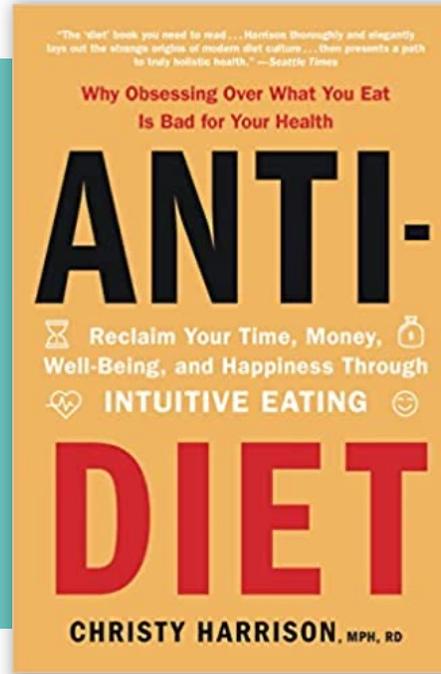
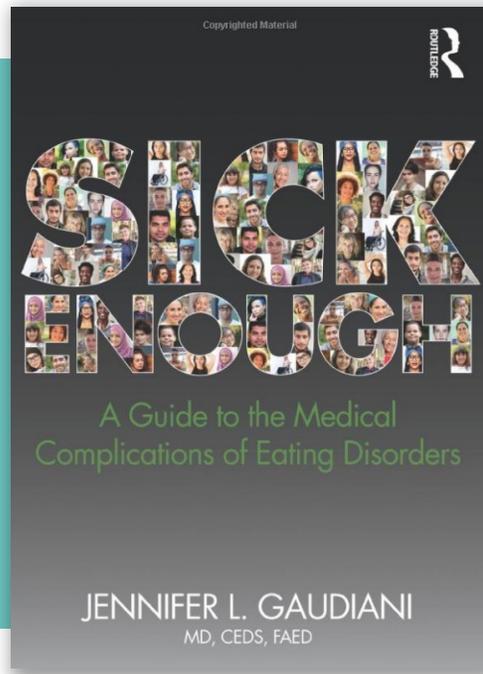


Note: Recommended reading materials are designed to provide educational resources related to disordered eating or eating disorder concerns. They are not meant to be used in place of professional services. If treatment is needed, competent medical providers should be sought.



Recommended Reading

Educational & Informative

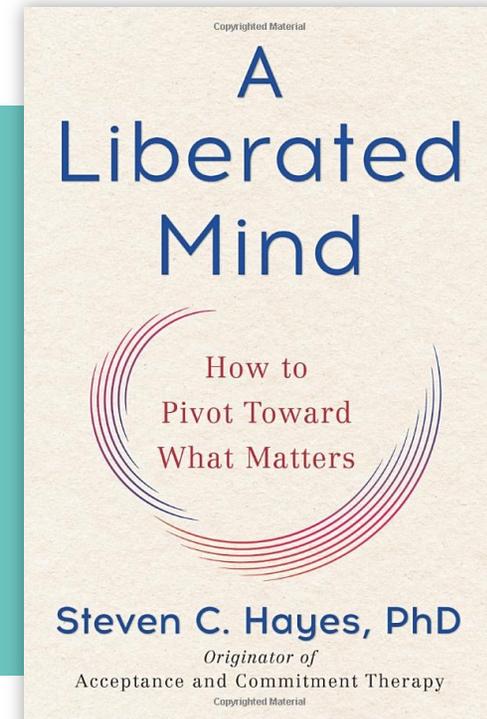
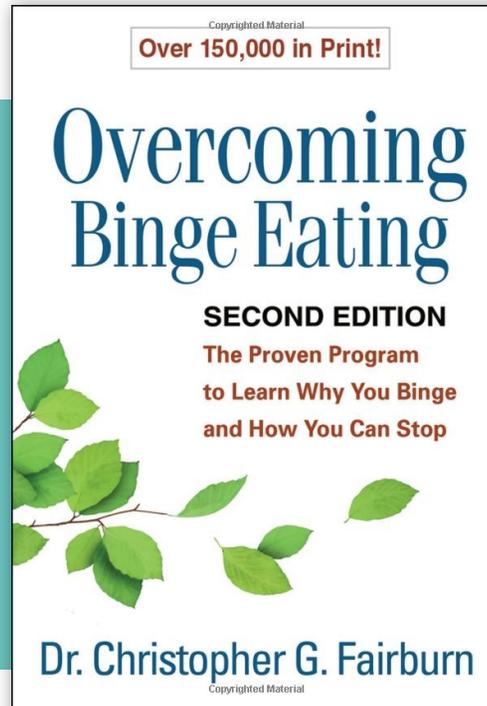
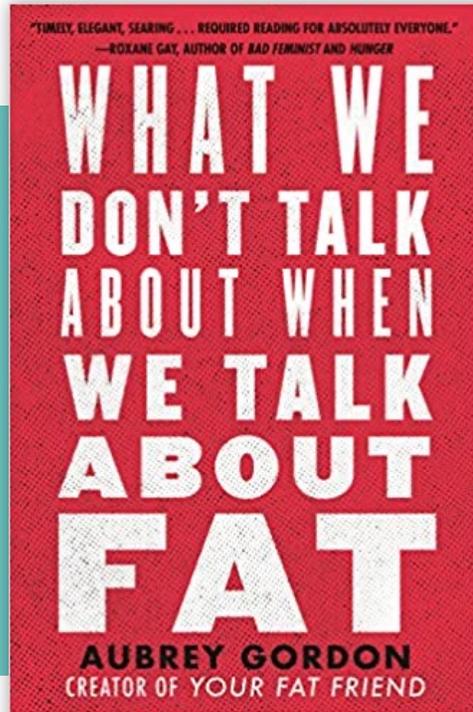


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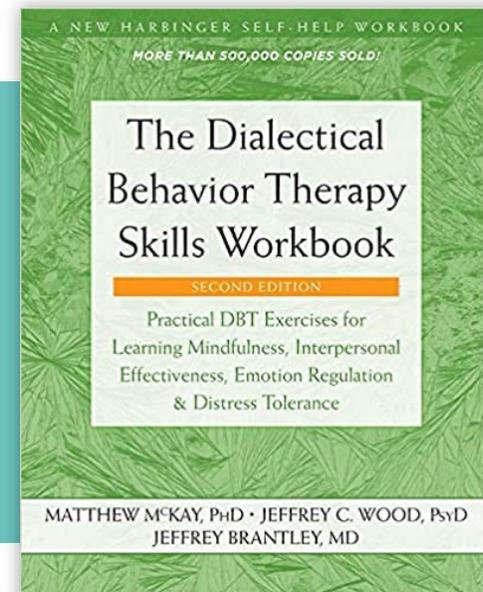
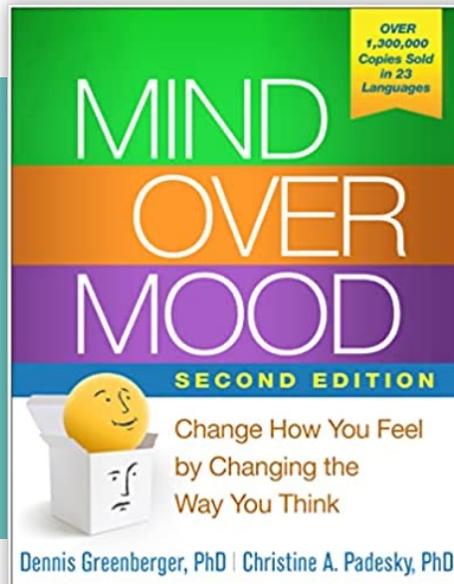
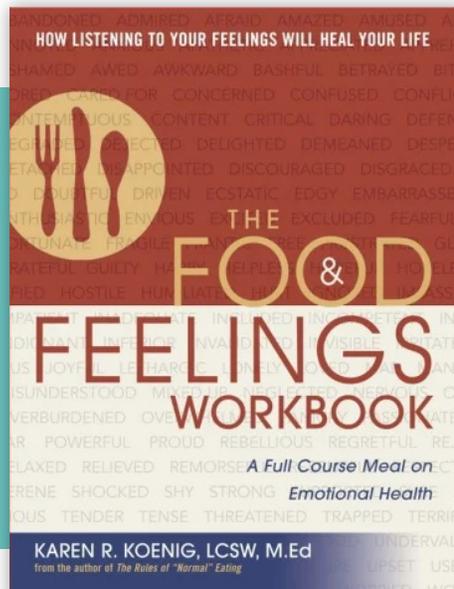


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Recommended Reading

Workbooks

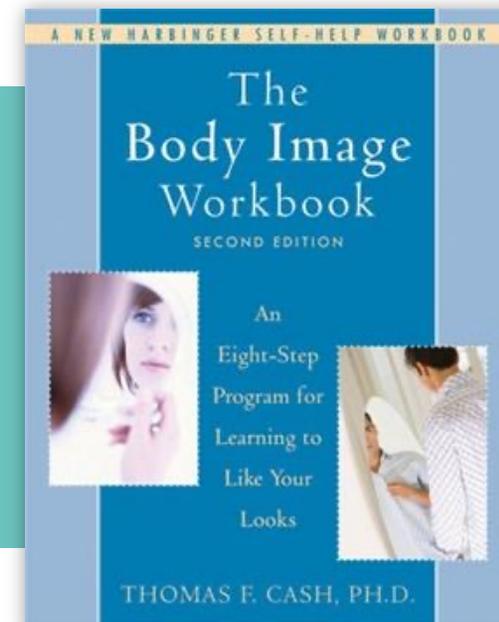
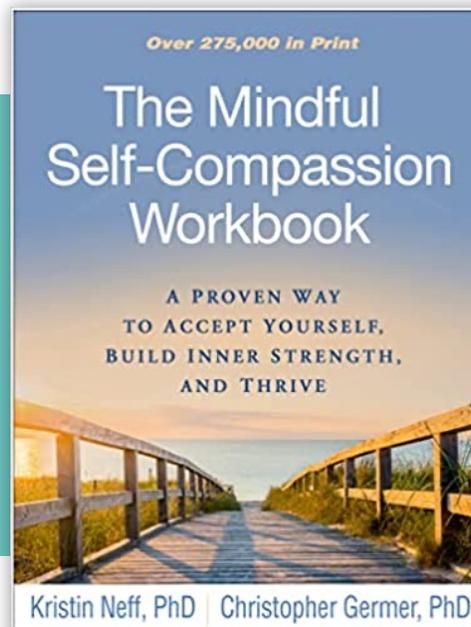
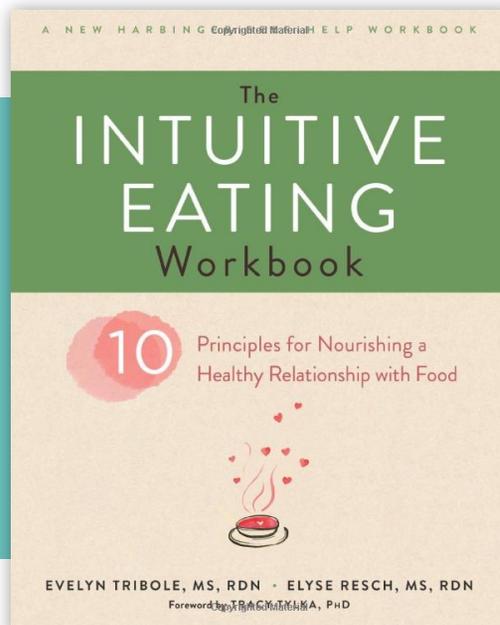


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Recommended Reading

Workbooks



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Navigating Diet Culture



6 Ways to Combat Diet Culture

Blog Article

If diets worked, the global weight loss industry would put itself out of business. But the opposite is happening: It is growing and expected to reach \$295.3 billion by the year 2027.

The harmful physical and psychological effects of dieting are well documented. When we categorize food and bodies as good or bad, morals and judgment become part of the equation. This can create emotions such as guilt, shame and regret when we fall short of the ideals created.

Dieting can also make us think about food and weight more, distort our self-image and lead to a cycle of restricting and bingeing.



Learn the 6 ways to combat diet culture:
EatingRecovery.com/blog/combat-diet-culture





Health at Every Size

Mental Note Podcast Episode

The Health at Every Size movement — HAES for short - invites us to reconsider our obsession with weight and instead focus on health behaviors. HAES principles seek to advance social justice, create an inclusive and respectful community, and support people of all sizes in finding compassionate ways to take care of themselves. But what do those principles look like in daily life?

In this Mental Note podcast episode, Meredith Nisbet, LMFT, CEDS will answer some of the most common questions on this topic.



Learn about Health at Every Size here:
EatingRecovery.com/podcast/41-health-every-size-meredith-nisbet





Fatphobia With Actress Jen Ponton

Mental Note Podcast Episode

Best known as the fiercely feminist fat activist Rubi on AMC's critical darling Dietland, Jen Ponton is an award-winning actress and body liberation activist. With a television resume that includes “30 Rock,” “Unbreakable Kimmy Schmidt,” “Orange Is the New Black,” “Law and Order: SVU,” “The Blacklist” and “Blue Bloods,” she also starred in the late Ash Christian's body-positive romantic comedy, “Love On the Run.” In 2020, she delivered the TEDx Talk "Hollywood's Fatphobia Problem." In this episode of the Mental Note podcast, Jen sits down with host Ellie Pike to discuss fatphobia, activism, Hollywood and practical ways to push back against the marginalization of fat people.



Learn about fatphobia here:
EatingRecovery.com/podcast/42-fatphobia-actress-jen-ponton





Dr. Aldridge Answers Eating Disorder Questions

Mental Note Podcast Episode

This episode features the trailblazing expert on difficult-to-treat cases of eating and mood disorders, Dr. Delia Aldridge.

We'll address common questions about why diets don't work, how self-harm and eating disorders are connected, what treatment looks like and the long-term complications of restrictive eating. So please pass this along to anyone you know who will benefit from her knowledge.



Learn about why diets don't work here:

EatingRecovery.com/podcast/episode-28-dr-aldridge-answers-eating-disorder-questions



Ditching Diet Culture and Dialing Into Your Values

Say It Brave Course

Diets are not sustainable for the long term, and they don't work for most people. They also come with the significant risk of developing disordered eating or an eating disorder. Values work, part of acceptance and commitment therapy, can help us move away from unrealistic resolutions and toward more helpful and sustainable intentions. Watch this free webinar featuring Jennifer McAdams (MA, LCPC, CEDS-S), Meredith Nisbet (MS, LMFT) and Shannon Kopp. You will learn more about:

- Healing from unhelpful messages about food and weight
- Setting boundaries with your resolutions
- Turning toward internal cues for values-based living



Watch here: youtube.com/watch?v=YoAQGAP8Ysc&t=18s





Addressing Emotional Eating



Emotional Eating: 4 Ways to Change Your Habits

Blog Article

Emotional or stress eating is when you consume more food than your body typically requires while in a stressed or emotional state. In times of stress your body produces increased amounts of cortisol, a stress hormone. Eating foods with high amounts of sugar and fat actually dampens that cortisol level. The problem with dampening our cortisol production with food is that it will become reinforced over and over again. Our appetites will increase during stressful situations, creating a cycle of emotional eating.

So, how do we break the cycle?



Learn more about conquering emotional eating here:

[EatingRecovery.com/news/emotional-eating-4-ways-to-change-your-habits](https://www.EatingRecovery.com/news/emotional-eating-4-ways-to-change-your-habits)



Overcoming Stress Eating

Blog Article

Overcoming stress eating is a challenge because our lives are stressful and because food is all around us! Unlike drugs and alcohol, which may also be used as a crutch to reduce stress, food is both readily available and socially acceptable. But stress eating only takes away the feelings of stress for a short time. And if you always react to stress and negative emotions by eating, then you are probably not learning how to cope with uncomfortable emotions without food.

So, how else can we deal with stress?



Learn more about overcoming stress eating here:
EatingRecovery.com/blog/recovery/Overcoming-Stress-Eating



Recommended Viewing

What Is Compulsive Overeating?

Compulsive overeating is an umbrella term used to describe loss-of-control eating, including but not limited to:

- Night eating
- Eating past the point of feeling full
- Impulsive eating

For many people, compulsive overeating is a coping mechanism for avoiding underlying emotions. Compulsive eating can be a symptom of an eating disorder, but it can also occur on its own.



Learn more about compulsive overeating here:

[YouTube.com/playlist?list=PLeJPSw0W2rRHrZDQiFrMcp5RXhgDJLI6](https://www.youtube.com/playlist?list=PLeJPSw0W2rRHrZDQiFrMcp5RXhgDJLI6)



Binge Eating



David Vrablik, Recovery Ambassador Council Member and Former ERC Patient



Binge Eating Disorder

Magazine Article - Eating Recovery and Pathlight At Home

A Hidden Disorder

Binge eating disorder (BED) is the most common eating disorder – as many as 7 million people in the U.S. will struggle with it over the course of their lifetime¹ – but also one of the most underdiagnosed. “Many clinicians aren’t familiar with BED, perhaps because it has only been in the DSM since 2013,”² says Kate Barse, PsyD (she/her/hers), Clinical Leadership at ERC.

Clinicians often miss BED diagnoses because of assumptions they make based on a person’s body size. A clinician may not think to ask a person living in a smaller body about the behaviors that characterize BED. Conversely, we know that eating disorders are more often missed in people living in marginalized bodies due to cultural and weight stigma as well as implicit or explicit bias. “For patients in larger bodies, the focus too often shifts to weight loss and starting a diet, rather than assessing whether there’s an eating disorder,” explains Dr. Barse.



Read the rest of this article, including information about assessment and specialized treatment, in the *Eating Recovery and Pathlight At Home* magazine. EatingRecovery.com/Resource/At-Home-Magazine or [Scan QR code to download](#).

1. Deloitte Access Economics. (2020). The social and economic cost of eating disorders in the United States of America: A report for the Strategic Training Initiative for the Prevention of Eating Disorders and the Academy for Eating Disorders. June 2020.
2. Marx, R. (2022). New in the DSM-5: Binge eating disorder. National Eating Disorders Association.





Breaking Free From Binge Eating Disorder

Mental Note Podcast Episode

Dave Vrablik's lifelong habit of emotional eating never felt like a serious problem. That is, until one heartbreaking phone call five years ago. Upon receiving news about the death of his beloved older brother, Dave's occasional compulsive eating quickly morphed into uncontrolled bingeing. All of a sudden he was enveloped by binge eating disorder.

Dave's discovery and treatment of the eating disorder sent him on a five-year journey — one that highlights what we all should know about America's most prevalent yet underdiagnosed, eating disorder.



Listen to "Breaking Free From Binge Eating Disorder" here:
EatingRecovery.com/podcast/64-binge-eating-disorder-breaking-free





Trouble In The NFL With Patrick Devenny

Mental Note Podcast Episode

Professional athletes gain or lose potentially millions of dollars based on the way their body looks and performs. But what happens when the pursuit of perfection shipwrecks your life? Patrick Devenny walks us through how he suddenly found himself — a 6-foot-3-inch, muscled, and fine-tuned athlete — facing a diagnosis of bulimia ... and how he was able to find a way out. Along the way we talk with Rebecca McConville, a registered dietitian, board-certified sports specialist, eating disorder clinician and cohost of the podcast Phit for a Queen.



Listen to "Trouble In The NFL With Patrick Devenny" here:
EatingRecovery.com/podcast/episode-8-trouble-nfl-patrick-devenny





How Temperament Influences Eating Disorder Recovery

Mental Note Podcast Episode

Clinical faculty member at both the Ohio State University and UC San Diego, Dr. Laura Hill introduces us to temperament-based therapy with support (TBTS). Dr. Hill has a natural enthusiasm and a creative approach to explaining the biological roots of disordered behavior. In this episode, she helps us reframe the biological cards we were dealt – maybe character traits we've labeled as negative aren't so bad after all. Instead, they might be our greatest asset in building resilience.



Learn more here:

EatingRecovery.com/podcast/58-how-temperament-influences-eating-disorder-recovery



How to Stop Binge Eating: Why It's Not About Willpower

Blog Article



I have tried everything imaginable, but I simply don't have the willpower to stop bingeing. If only I had self-control, I could stop binge eating.

This is where We have it all wrong: When it comes to binge eating, willpower is a lie.



Learn more about overcoming binge eating here:
EatingRecovery.com/blog/binge-eating-willpower-wont-help



Practicing Mindful Eating



I Can't Tell When I'm Full

Blog Article

Most of us start out with a strong, intuitive sense of our body's physiological needs; our bodies give us signals of hunger and fullness, and we start or stop eating accordingly. For many of us, though, the hungry/full signal-response pattern is more complicated. And, if we have a history of disordered eating behaviors, like restricting our food or binge eating, our ability to detect and respond to our body's cues can really suffer.

How do we reestablish the connection with our satiation (fullness)?



Learn more about identifying emotional vs. physical hunger here:
[EatingRecovery.com/blog/i-cant-tell-when-im-full](https://www.EatingRecovery.com/blog/i-cant-tell-when-im-full)



Meal Plan Approaches

In treatment at ERC, we offer a supportive structure to create a safe and consistent environment for patients to challenge their eating disorder. While ERC patients require designated meal plans during their stay at higher levels of care, our hope is that further in the recovery process when they shift to the outpatient setting, they will be able to practice the tenets of intuitive eating when they are ready.

| | EXCHANGE PLAN | FLEXIBLE MEAL PLAN | INTUITIVE EATING |
|----------------------------------|--|---|---|
| Description | Prescriptive meal plan with specific food groups and portions indicated for each eating time. Loosely based on the diabetic exchange system. Provides a highly structured plan of eating. | Focused on achieving adequate, well-balanced meals and snacks. Provides guidance on food groups and portions to support nutrition rehabilitation goals. Reduced focus on numbers and counting to support a less prescriptive approach to meal planning. | A flexible, nonjudgmental approach to eating in response to hunger, fullness and satisfaction rooted in body trust and respect. |
| Indicators for Use | <ul style="list-style-type: none"> • Weight restoration • Restrictive eating disorder behaviors • Medical condition(s) requiring specific nutrient guidance/monitoring • Difficulty/inability making food decisions • Portion distortions | <ul style="list-style-type: none"> • Weight restoring & weight stabilization • Restrictive, Avoidant & Binge eating behaviors • Difficulty/inability making food decisions • Readiness to begin building hunger/fullness awareness and responsiveness • Prescriptive meal plan triggers diet mindset | <ul style="list-style-type: none"> • Demonstrated weight stability • Significant period of eating disorder behavior interruption • Attunement to hunger, fullness and satisfaction • Lack of food rules and judgments • Body trust |
| Appropriate Level of Care | Inpatient through outpatient | Residential through outpatient | Outpatient |

**These are general guidelines. A specialized eating disorder dietitian will be able to assess and make individualized goals for assigning and progressing meal plans.*



Learn more with ERC's nationwide continuing education & events:
EatingRecovery.com/Professionals/Education-Events





Too Good To Be True? Struggle Free Family Meals

Mental Note Podcast Episode

The contortions we put ourselves through over food can seem inescapable — from eating too much or too little to eating "good" or "bad" foods. If we feel so overwhelmed by such a basic daily ritual, how do we even begin to raise kids that are competent eaters?

Ellyn Satter Institute (ESI) is a mission-based organization with a goal of helping people eat and feed with joy. This podcast episode with Keira Oseroff of ESI covers what intuitive eating is, and how to make mealtimes more enjoyable.



Learn about bringing intuitive eating and joy to family mealtimes:
EatingRecovery.com/podcast/episode-36-struggle-free-family-meals





Body Image



Body Positivity, Body Neutrality and Body Acceptance

Blog Article

Negative body image is a symptom of disordered eating and most eating disorders, impacting millions worldwide. Some useful tools for combatting these disorders include the practices of body positivity, body neutrality and body acceptance. Many recovery stories begin with body neutrality and can naturally progress to body acceptance when a person begins to appreciate all that their body does for them. It's even possible to reach a point in this process where you start to feel confident and develop a love for your body.



Learn more about body positivity, body neutrality and body acceptance here: EatingRecovery.com/blog/body-positivity-neutrality-acceptance



What Is Weight Stigma?

Blog Article

“Commenting on someone’s body size and shape and appearance in the world reinforces the message that people are only as much as their body, and that they are being judged by how they appear in the world,” says Dr. Elizabeth Wassenaar, MS, MD, CEDS-S, DFAPA, regional medical director at Eating Recovery Center. "It is an inescapable pressure from society that your body size and shape are not good enough and that you need to change them to be acceptable." Our weight-biased culture can create fear and anxiety when one is outside of the perceived norm. Weight stigma is focused on shame, body hatred and judgment.



Learn more about weight stigma and how you can help fight it:
EatingRecovery.com/blog/weight-stigma



Fat in a Thin World: Weight Inclusivity

Mental Note Podcast Episode

This conversation is the perfect launching-off point for someone who is uncomfortable with fat stigma but unsure of how to understand its roots, our personal roles in it and how we can be part of the solution.

With humor, personal stories and research, Aubrey Gordon and Kara Richardson Whitely — two fat authors and storytellers — explain how the world works differently for people depending on their size. Along the way, they talk about the unintended and sometimes deadly consequences of weight stigma in the medical world as well as what you and I can do to end weight discrimination.



Learn about weight stigma and weight inclusivity here:
EatingRecovery.com/mental-note-podcast/fat-thin-world-weight-inclusivity





Big Booty Pride: Body Positivity & Systemic Racism With Gloria Lucas

Mental Note Podcast Episode

Gloria Lucas decided to name her mental health awareness and body positivity organization after the Spanish slang term for a big booty — nalgona. She began Nalgona Positivity Pride after her own eating disorder struggles left her feeling like treatment professionals ignored her experience as a Xicana with indigenous heritage. Rather, it all seemed geared to white Americans. Join us as we trace Gloria's journey to create a place of healing for communities suffering from generational trauma, cultural exclusion and racism.



Listen to "Big Booty Pride" here:

EatingRecovery.com/podcast/episode-34-big-booty-pride-body-positivity-systemic-racism-gloria-lucas



Joyful Movement



Compulsive Exercise and Eating Disorders in Athletes

Blog Article

For anyone who exercises, it's important to check in on occasion and ask: Are negative consequences resulting from exercise?

Exercise is compulsive when it is done to the point that problems start to arise. When exercise makes you ignore friends and family, if it is affecting your schoolwork or career, or if it is causing health problems, it may be time to look at your behaviors. While exercise is a part of a healthy lifestyle, it is possible to have too much of a good thing. It may help to know the signs of compulsive exercise.



Read the full blog article here:

[EatingRecovery.com/resource/eating-disorders-compulsive-exercise-athletes](https://www.EatingRecovery.com/resource/eating-disorders-compulsive-exercise-athletes)





Can Exercise Be Fat Positive and Joyful?

Mental Note Podcast Episode

Kim Gould Fry is on a mission to help restore your relationship with your body and introduce you to intuitive movement. No big deal, right? Her approach focuses on both physical and mental health through training and partnering with fat and large-bodied instructors, offering counseling that connects mind and body, and creating resources like the free "Essential Guide to Enjoying Exercise." We sat down with her and one of her favorite barre instructors, Natalie Sanders, to talk about what it takes to enjoy body movement outside of diet culture.



Listen to "Can Exercise Be Fat Positive and Joyful" here:
EatingRecovery.com/podcast/46-can-exercise-be-fat-positive-and-joyful





Reframing Joyful Movement for Limited Mobility

Mental Note Podcast Episode

Four years ago Jayne Mattingly discovered that something was seriously wrong with her health. Not only was she starting to see a loss of mobility, but physicians told her these physical limitations would only progress for the rest of her life. For this former dancer and self-described “doer,” losing mobility was devastating news. In this podcast episode, we talk with Jayne about shifting the relationship with her body, from feelings of anger and betrayal to a place where gratitude can exist alongside grief.



Listen to "Reframing Joyful Movement for Limited Mobility" here:
EatingRecovery.com/podcast/podcast/55-reframing-joyful-movement-limited-mobility





Family Resources



ERC Family Resources

At Eating Recovery Center, we know the importance and value of empowering friends, families and caregivers to better support loved ones through continued involvement, education and support. Our goal is to equip you to support your loved one through a variety of resources:

- Articles and blogs
- Caregiver skills videos
- Books for families
- Support groups
- Virtual Family & Friends Education Series



Explore resources here: [EatingRecovery.com/families-overview](https://www.EatingRecovery.com/families-overview)



Eating Disorders 101 and 201

Free Online Event

Eating Disorders 101: Includes a look at the contributing factors and maintenance factors of eating disorders, an overview of the commonly referenced eating disorders and access to online screening tools to help with early detection and treatment. Q&A session follows the talk.

Eating Disorders 201: Includes a review of what treatment looks like for those diagnosed with an eating disorder and how recovery impacts their life. With this focus, a great amount of time will be spent on discussing practical tools and ways in which to offer emotional and practical support in the school, college and work settings. Q&A session follows the talk.



Facilitated by **Beth Ayn Stansfield, MEd** | National Family Advocate, Eating Recovery Center

While supporting her daughter through recovery, Beth Ayn began ongoing training in the field of eating disorders and mental health first aid. She serves in various leadership roles for multiple eating disorder education and awareness organizations across the U.S.



Learn more or register **HERE:** EatingRecovery.com/families/events





Recommended Listening Mental Note Podcast

| | |
|-------------------|---|
| Episode 13 | <u>Parents Make All the Difference</u> |
| Episode 17 | <u>A Parent's Journey</u> |
| Episode 28 | <u>Dr. Aldridge Answers Eating Disorder Questions</u> |
| Episode 34 | <u>Big Booty Pride: Body Positivity & Systemic Racism</u> |
| Episode 36 | <u>Too Good to Be True? Struggle Free Family Meals</u> |
| Episode 41 | <u>Health at Every Size</u> |
| Episode 42 | <u>Fatphobia With Actress Jen Ponton</u> |
| Episode 46 | <u>Can Exercise Be Fat Positive and Joyful?</u> |
| Episode 50 | <u>Is It Picky Eating or ARFID?</u> |
| Episode 58 | <u>How Temperament Influences Eating Disorder Recovery</u> |
| Episode 64 | <u>Breaking Free From Binge Eating Disorder</u> |
| Episode 67 | <u>Fat In A Thin World: Weight Inclusivity</u> |

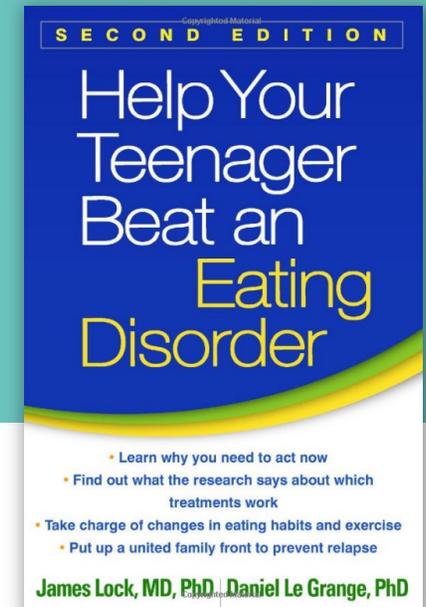
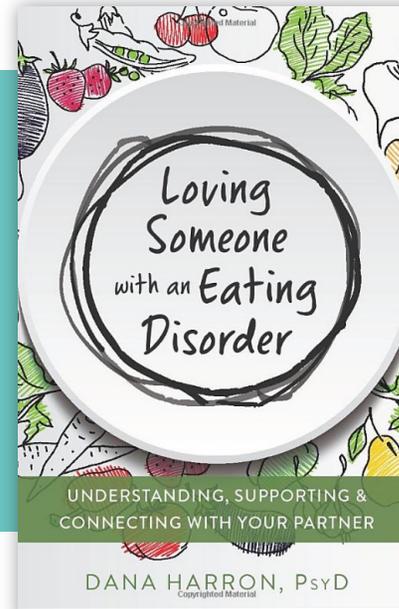
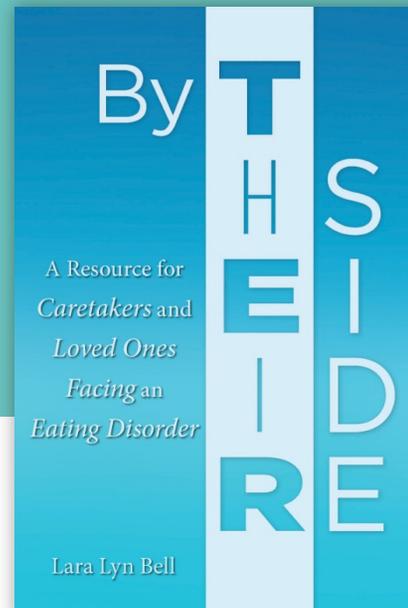
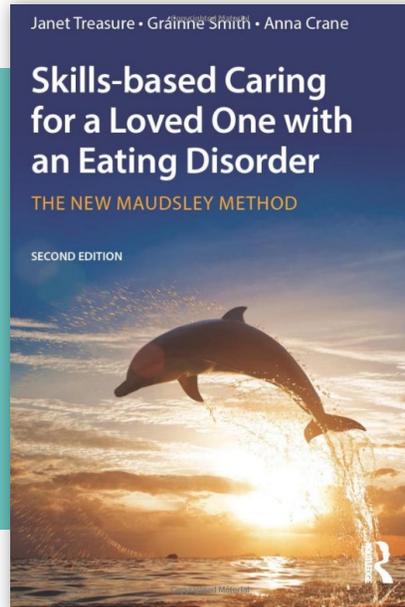


Find all Mental Note podcast episodes at EatingRecovery.com/Mental-Note-Podcast



Recommended Reading

Educational & Informative



Find Eating Recovery Center's full recommended reading list at:
EatingRecovery.com/families-overview#resources



Additional Resources



www.feast-ed.org



www.allianceforeatingdisorders.com



www.anad.org



nedc.com.au



www.theprojectheal.org



www.sherecovers.org

Mental Health Foundations

www.mentalhealthfoundations.ca



www.fedupcollective.org



www.naafa.org



www.asdah.org



www.ellynsatterinstitute.org



Being a mental health provider today is challenging.

Explore Luminary and At Home today for valuable and relevant insights that can help your patients achieve true healing and change.

