



Format:

Live Presentation

Date:

June 7, 2019

Time:

12:30pm -2:00pm

CE credits for this presentation:

1.5 CE credit for this presentation within an 8.75 hour event

Type:

Lecture, interactive with Question and Answer

Training For:

Staff of Hospitals, Medical Centers, Mental Health Clinics: General Medicine Physicians, Psychiatrists, APRN's, Psychologists, Counselors, Substance abuse counselors, Dietitians, Nurses, Mental Health Technicians

Presenters:

Lauren Flores, LMFT, MS and Melissa Taylor, LMFT, MS, CEDS-S

Presentation Title:

"Creating Structure and Readiness for College Life When You Have an Eating Disorder"

Brief Description of Presentation:

College is an exciting time, a rite of passage for most teenagers. For those who have struggled with an eating disorder, college can be a dilemma. Should the student go away from home or should they stay close to their family and treatment team? Should the student choose a university setting or a smaller liberal arts or community college? Is the family ready to support the student from a distance or does the family need to be closer to offer the most effective support? Is the student ready for college life and all its complexities (Eisenberg, 2011; Ackard, 2002; Bryant, 2012). This presentation will explore readiness, choices and discuss how to prepare the student

and the family for college life (Giel, 2016; Byrne, 2016). Other topics such as how to set up parameters for wellness while at college and how to find a treatment team at college will be discussed (NEDA, 2013).

Outline:

- I. Introduction
 - a. Students who suffer from disordered eating or diagnosed EDs should be conscientious when deciding about college plans.
 - b. Making decision with current team
 - c. Family readiness
 - d. Critiquing the options for education
- II. Body
 - a. College life
 - i. Participants experiences
 - b. Issues that may complicate an eating disorder
 - i. Drugs and alcohol (Bryant, 2012; Burke, 2010; Mustelin, 2016)
 - ii. Financial concerns
 - iii. Job/study/social life balance
 - iv. Academic fit
 - v. Dieting culture at college/disordered eating (Zagorsky, 2011)
 - vi. Exercise at college/athletes (Ackard, 2002; Giel, 2016)
 - vii. Emotional readiness (Byrne, 2016)
- III. Conclusion
 - a. Setting up treatment team at school
 - i. Communication with former treatment team
 - ii. Open communication with present treatment team as well as ongoing ED screening (Eisenberg, 2011)
 - iii. Parents/support team staying in tune
 - iv. Releases of information for consistent communication
 - v. Idaho options
 - b. Zone Plan
 - i. How to create one
 - ii. How to follow up on it
 - iii. Acceptance of the consequences prior to leaving for college

Learning objectives:

After this presentation attendees will be able to:

1. Describe considerations for determining college choices
2. Apply the Zone program with clients
3. Discuss what resources are offered at local colleges and how to create a treatment team

Professional Peer Review and Clinical Text Resources and Citations:

1. Ackard, D., Brehm, B., & Steffen, J. (2002). Exercise and eating disorders in college-aged women: Profiling excessive exercisers. *Eating Disorders*. 10:31-47.

2. Bryant, J., Darkes, J., & Rahal. (2012). College students' compensatory eating and behaviors in response to alcohol consumption. *J. Am. Coll Health*. 60(5): 350-356.
3. Byrne, M., Eichen, D., Fitzsimmon-Craft, E., Barr Taylor, C. & Wilfley, D. (2016). Perfectionism, emotion regulation, and affective disturbance in relation to clinical impairment in college-age women at high risk for or with an eating disorder. *Eating Behaviors*. 23(131-6).
4. Eisenberg, D., Nicklett, D., Roeder, K, & Kirz, N. (2011). Eating disorder symptoms among college students: Prevalence, persistence, correlates, and treatment-seeking. *J. Am Coll Health*. 59(8): 700-7.
5. Franko, D.L., & Keel, P.K. (2006) Suicidality in eating disorders: occurrence, correlates, and clinical implications. *Clinical Psychology Review*. Oct;26(6):769-82.
6. Gadalla, T., & Piran, N. (2007). Co-occurrence of eating disorders and alcohol use disorders in women: A meta analysis. *Archives of Women's Mental Health*, 10, 133–140
7. Giel, K., Hermann-Werner, A., Mayer, J., Diehl, K., Schneider, S., Thiel, A., & Zipfel, S. (2016). Eating disorder pathology in elite adolescent athletes. *Int J Eat Disord*. 49(553-562).
8. Havighurst, R. (1972). *Developmental Tasks and Education, 3d ed.* David McKay Company, Inc., a division of Random House, New York. N.Y
9. Keel, (2003). Predictors of mortality in eating disorders. *Archives of General Psychiatry*. Feb;60(2):179-83.
10. National Eating Disorder Association. (2013). *Eating Disorders on the College Campus: a national survey of programs and resources*.
11. Zagorsky, J. & Smith, P. (2011). The freshman 15: A critical time for obesity intervention or media myth? *Social Science Quarterly*. 92(5) 1389-1407.

Statement of possible risk:

It is possible that participants, as a byproduct of attending this training, will have an opportunity to look at themselves and apply principles into their own lives, as well as those they treat. Therefore, there is always potential that participants could experience a mild degree of emotional discomfort as they look in the emotional mirror in application of these principles in their own lives.