

TIPS FOR FAMILIES YOU'VE GOT THIS



1. Know you are NOT alone

Having a loved one with an eating disorder can feel isolating, especially when your loved one is not comfortable with your usual support network knowing about their illness. Try to connect with local or online support groups, like the one at family days, to feel understood and supported.



2. Therapy isn't just for patients!

If at all possible, please look into getting your own therapist to help process the difficult choices and emotional load of supporting your loved one.

3. Rest when you can

If your loved one is in residential care, don't stay up all night worrying about them, you'll be exhausted when they come home. Take time to rest when your loved one is in good hands.



4. Knowledge is Power

Learning what you can about your loved ones eating disorder will help you understand their behaviors and know many others have walked this road, **however...**



5. Take a Break

Give yourself permission to take time to do activities *you* enjoy that fill you up and have nothing to do with your loved ones eating disorder. No one can be in caregiver mode 24/7. No guilt for being a human being



Don't Fight Back...Fight Forward

Your loved one is doing hard work towards recovery, and recovery will give them the tools to be healthier and happier than they were before the eating disorder. Fight side by side *with* them against the eating disorder towards stronger relationships in recovery, rather than hoping things will return to "how they used to be." There is joy in recovery!

Finding good online support

Not all online support groups are created equal.

We recommend groups that are private, well moderated, recommend evidence-based treatments in line with APA best practices, and have strict policies for removing medical misinformation and disallow soliciting of alternative medicines.

Finding a group through FEAST, NEDA, or other respected eating disorder advocacy groups is always a good idea.

Some groups on Facebook that have been recommended by other parents to meet these guidelines (as of June 2023) include 3 groups run by the Eating Disorder Family Support Network (there are groups for moms, men, and professionals answering questions.

FEAST also has support groups, one for caregivers and a new adult sibling support group that meets online weekly.



Thank You!

FOR SUPPORTING YOUR
LOVED ONE AND BEING
INVOLVED IN THEIR
TREATMENT!
YOU MAKE MORE OF A
DIFFERENCE THAN YOU
KNOW!

Family Support Resources to accompany family days support group by: Ali Booth LCSW, PHP/IOP clinical director

Recommended reading for families, adapted from the APA Practice Guidelines for the treatment of eating disorders 4th ed.: Crosbie C., Sterling W: *How to Nourish Your Child Through and Eating Disorder, a Simple Plate-by-Plate Approach to Rebuilding a Healthy relationship with Food* 2018
Treasure J., Smith G, Crane A.: *Skills-Based Caring for a Loved One With an Eating Disorder* 2017
Walsh BT., Attia E, Glasofer DR., *Eating Disorders: What Everyone Needs to Know* 2020
Schaefer, Jenni, *Life Without Ed* 2003



ANGI—The Anorexia Nervosa Genetics Initiative is a venture undertaken by the Klarman Family Foundation, UNC at Chapel Hill, and Karolinska Institutet, Stockholm Sweden. They published their results in 2019 in a series of blog posts as well as professional journals. They have identified eight risk loci on chromosomes tied to Anorexia Nervosa. With further funding, they will test for other eating disorders genetic connections.
Eating Disorders are not a choice.

F.E.A.S.T.=FAMILIES EMPOWERED AND SUPPORTING
TREATMENT OF EATING DISORDERS

F.E.A.S.T. PRINCIPLES

CONNECT WITH THEM AT FEAST-ED.ORG



This graphic is adapted from the FEAST-ED.org website, for more information on each principle, please check them out!