

Perspective is key

Considering Perspective

- Meet the patient where they are in their journey
- Assess how they perceive themselves and their situation
- Identify areas where shift can occur to increase possibility of change
- Provide information, concepts, and coping skills to help with process of change
- Emphasize the need for consistency with practice and application of skills

What if we add another perspective? And another?

What shapes our perspective?

Experience
Assumptions
Considering new information
Drive to be right
Worries about being wrong
Not wanting to disappoint others
Is there even a right answer?

Eruptions happen under pressure

“Eruptions” can include:

- Eating disorder (or eating disorder behaviors)
- Severe/Intense Anxiety
- Overwhelming hopelessness and depression
- Self-harm
- Suicidal Ideation
- Substance abuse
- Significantly unhealthy relationships

The therapies used at CFC are meant to provide tools and skills to vent pressures safely

Underlying Pressures

The pressures that drive us are not inherently bad, but they do exist and need to be vented in a healthy way to prevent eruptions.

Social expectations
Family
Friends
Social media
Work
School
Finances
Body Image
Perfection

The Process of Change in Treatment and Recovery

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CBT

(COGNITIVE
BEHAVIORAL THERAPY)

Challenging automatic thoughts. What we think determines how we act and feel. Taking good/bad labels off of emotions.

DBT

(DIALECTICAL
BEHAVIORAL THERAPY)

Challenging absolute black/white thinking. Being mindful, practicing skills to increase emotional regulation and distress tolerance.

THERAPY TYPES

ACT

(ACCEPTANCE
COMMITMENT THERAPY)

Being prepared for various possibilities, which includes distress. Increases psychological flexibility. Uses underlying core values to guide behavior.

OTHER THERAPIES AND BEHAVIORS

All types of therapy combine with others not mentioned here, as well as daily self-care, healthy routines, and experiential therapies.

All of these therapies work together to vent pressures, and reduce the all-or-nothing thinking and perfectionism often found in eating disorders.