

“A leap of faith and little parachutes: 10 key elements to support your eating disorder client in recovery and prepare for a safe landing.”

WHAT
ELEMENTS
SUPPORT
REAL
CHANGE

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Recovery is possible

1. Why do clients get better?
2. What my clients have taught me about recovery.
3. 10 Therapeutic interventions to support recovery.

Hope is the one thing stronger than fear

The thought of recovery was
overwhelming

Do people really get better?

Can I recover?

What if a fail or fall?

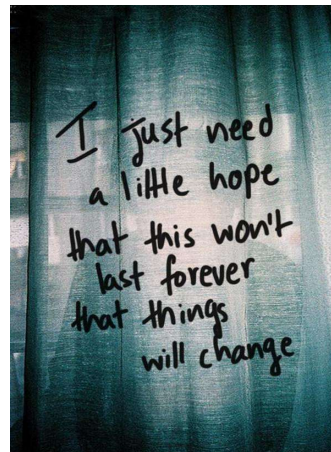
I constantly heard “you just
need to trust and have
HOPE.”



What is HOPE anyway?

1. A feeling of
expectation and
desire for a certain
thing to happen.

2. A feeling of
trust.



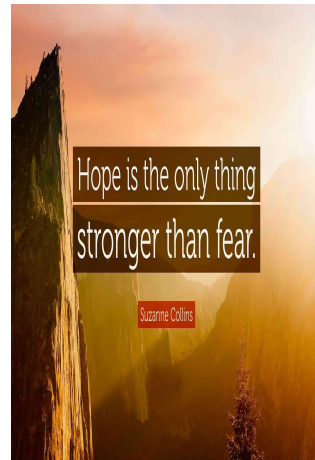
Research on Hope

Hope helps enhance patient's recovery from illness.

High levels of hope improved prognosis from life threatening illness.

Belief and hope actually block pain sensations.

Lack of hope is related to depression and anxiety in the recovery process.



How do we get hope?

Synder's Model of Hope:

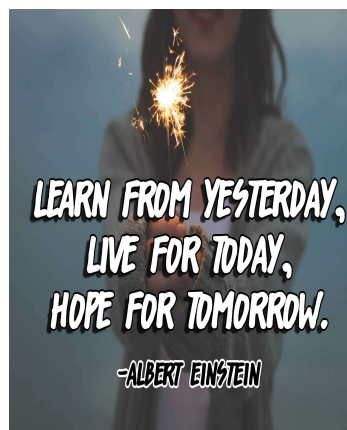
1. Need to overcome barriers that have prevented us from achieving goals.
2. Need to set realistic and relevant goals.

I will present "10 little parachutes" that can give clients some HOPE and guidance on this recovery journey and help them safely land on the ground.



How do we get it? Explore these questions with clients.

1. Look at your past, have you had periods that were "symptom-free."
2. How have you overcome challenges in the past?
3. Validate even the smallest positive "baby steps" you make, what are you doing well?
4. Have you made any new positive insights?
5. If you are frozen or stuck, what are small goals you could set to move forward today?
6. "Borrow Hope"- do other people have hope in you?



This was my recovery journey- I needed a parachute, I was afraid to let go of ED

I was terrified to trust!

I had very little hope things would get better!

Could I be a better person?

I have hurt people, let myself down and everyone that cared for me.

I was alone!

I needed some little parachutes or one big one to help me take the **leap of faith** and have **hope** for my future.



Packing a parachute is hard, taking a leap of faith is even harder!

Line Check- tangled and twisted lines are bad!

Straighten and flaking of the canopy

Count the nine cells and make sure they are not tangled.

Roll the tail

Stow the breaks

Un collapse the pilot chute

Burrito roll

HOPE it all works!



Method

Surveyed 200 patient that had previously received treatment at the Center for Change.

Patients e-mailed responses and written responses were collected at alumni event and over a year period.

Previous research on recovery was also included in the elements.



Sample



Average length of time in recovery was 33 months.

Average age of patient was 25 years old.

All patients had received inpatient or residential care

Critical factors for success

10 KEY FACTORS FOR RECOVERY

1. Consistency and structure

Having consistency in their schedule

Structure for when they need it most- vulnerable times of the day

Defining what structure is needed, not being alone is critical

Having a meal plan- times and requirements

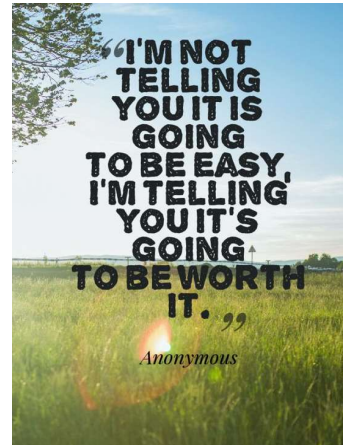
Meal support plan, hydration plan

Movement plan

Sleep Hygiene plan

Substances- caffeine, nicotine, cannabis, alcohol and others.

Staying busy but not too busy



1. Consistency and structure

Setting small obtainable, measurable, daily goals

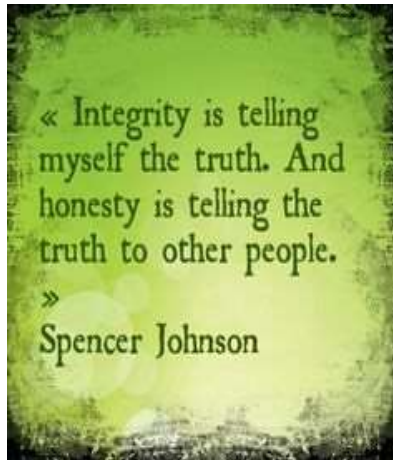
Putting their plan on paper- review with support person and therapist

Making plans for the future- 1 month, 6 months, 1 year.

Daily and weekly family/support person check in's



2. Honesty



“Honesty with myself and others”

“Talking openly about my flaws and inabilities”
–refer to group therapy

Being honest with family and support team
-ED auto 10 pages

2. Honesty

1. 24 Hour Honesty Rule
2. Pick an accountability person
3. Self correction: High Risk Situations and Coping Mechanism, self correction. Spend time reviewing examples of what self-correction is.
 - What if I purge?
 - What if I binge?
 - What if I restrict?
4. Learning from mistakes
5. Daily honesty log



3. Reaching out for support

Why they isolate & don't reach out:

"Dwelling on past mistakes"

"Assuming everyone is judging me negatively"

"Guilt and embarrassment about my behaviors"

"Isolation and loneliness"

"I will never be good enough"

"Loss of integrity due to dishonesty"



3. Reaching out for support

DON'T BE
ashamed of
your story
IT WILL
INSPIRE OTHERS

Continuing in outpatient treatment- the entire team

Don't vote the dietitian off the island.

Medication management- adolescent 6 week rule

Having a team I trust

3. Reaching out for support

Having a voice, having an opinion

Being assertive is a significant trigger, help them prepare for that.

Making new friends

Joining clubs or groups



4. Letting go of negative body image

“Always wanting to change my body”

The scale!!!!- What is the plan for this?

“Refusing to maintain a normal body weight”

“Hating my body”

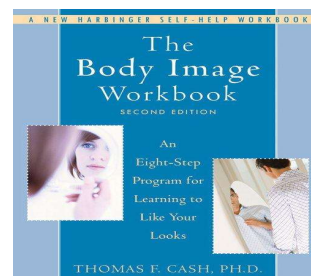
-Avoiding situations due to their body.
Places, people, & poses

-Clothing challenges

-Cleaning out the closet

-Body Image Challenges

-Buying new clothes



4. Letting go of negative body image

Limiting Opportunities:

Recognizing triggers- measuring triggers

What triggers can I avoid?

Do I have to put my hand on a hot stove?

Weekly weigh in's with a professional- need that dietitian 😊

Avoid Avoiding



5. Being social media literate

Facebook

Instagram

Pinterest

Twitter

TikTok videos

Recovery Blogs

Recovery Apps

"Felt I was not alone"

"Connections with people that understood my issues"

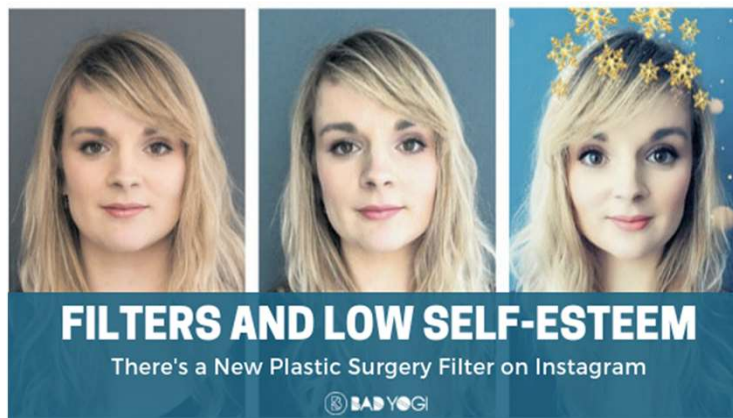


5. Being social media literate

Pro Ana Sites



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Snapchat Dysmorphia:

This term refers to the psychological phenomena of patients bringing filtered selfies to their surgeons to illustrate the desired surgical changes they want to achieve.



5. Being social media literate

Meler & Gray (2014) 2nd study, 84 women were divided into 2 groups. Group one looked at Facebook, group two researched the ocelot, a rainforest cat. The women who spent 20 mins on Facebook reported greater body dissatisfaction than those who got to look at cute cat pictures.



6. Service



“Creating meaning in my life through service.”

“Volunteering my time”

“Forcing myself to be out of my comfort zone”

“Realizing that I had value and could contribute to others.”

6. Service

Volunteering their time can help add structure.

Donate to their favorite charity or group.

Service does not need to be large deeds, it can be as small as picking up trash or leaving someone a positive note.



6. Service Ideas

Tutor children during or after school

Donate **stuffed animals** to children in hospitals

Organize games and activities for children in hospitals or who are visiting hospitalized relatives

Knit or **crochet** baby blankets to be donated to hospitals or homeless shelters

Collect baby clothes and supplies to donate to new parents

Collect used sports equipment to donate to families and after-school programs

Volunteer at a summer camp for children who have lost a parent

Sponsor a child living in a foreign country, either on your own or as part of a group

Donate used children's books to a school library



6. Service Ideas



Read to residents at a nursing home

Deliver groceries and meals to elderly neighbors

Teach computer skills to the elderly

Drive seniors to doctor appointments

Mow an elderly neighbor's lawn

Host a bingo night for nursing home residents

Host a holiday meal for senior citizens

Make birthday cards for the elderly

Donate and decorate a Christmas tree at a nursing home

Organize a family day for residents of a retirement home and relatives to play games together

7. Spirituality

Spirituality is not always equivalent to religion.

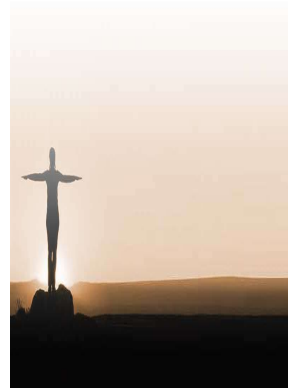
Spirituality-the quality of being concerned with the human spirit or soul as opposed to material or physical things.

“Discovering my passions and my interests”

“Exploring my spirituality”

“Going to church, practicing my beliefs”

“Improving my relationship with God”



8. Healthy Relationships



“Letting go of unhealthy people in my life”

“I stopped expecting others to change”

Staying away from predatory people

5 types of unhealthy relationships

Seeking out healthy people

“I recovered for my family & future family”

Unhealthy Environments

Areas to assess:

- Family members dieting
- Roommates/friends with eating disorders
- Keeping eating disorder friends
- School pressure-taking full loads since they are "behind"
- Working in unhealthy settings, or hours that are not helpful for recovery



9. Letting go of Perfectionism- Being Average

- Feeling I had to be perfect at recovery
- "Melting Down" if I made a mistake
- Too high of expectations for myself
- Feeling I needed to have a "perfect life."
- Feeling I need to "catch up in life, I am behind now."



Perfectionism vs Excellence

Perfectionism versus Excellence

Perfectionism

obsessive
rigid
unreachable
secretive
productivity
guarded
sensitive
critical

Excellence

consistent
flexible
obtainable goals
self-disclosing
process
open
approachable
kind

10. Self Care

Making/scheduling time for myself-
making self-care a priority

Add this to their schedule. Give them
assignments

“Caring for my own needs before
others”

365 Positive Affirmations Assignment

“Learning to love myself”



Adding Self Care to your life!

1. Journaling, affirmations and gratitude statements.
2. Call a friend
3. Coloring
4. Listen to an inspiring podcast
5. Go for a walk
6. Sitting by running water
7. Watch a sunset
8. Buy yourself a plant or flowers



Adding Self Care to your life!

9. Meditation
10. Getting a massage
11. Pedicure/manicure
12. Listening to a playlist
13. Creating a self-soothing kit
14. Sitting in the sun for 10 mins
15. Petting an animal
16. Yoga



Building a parachute

-Find which of these 10 elements fit for your clients?

This is their recovery, they can build their own parachute how they want it.

They don't need to do it alone, we can be right there next to them!



A final note

1. Educating family about treatment and the treatment process
2. Setting realistic obtainable goals
3. Explaining lapse vs relapse

