


RECOVERY IS POSSIBLE

NICOLE HAWKINS PH.D.

DIRECTOR OF CLINICAL SERVICES

CENTER FOR CHANGE



What motivates patients to change

---

---

---

---

---

---

---

---

RECOVERY IS POSSIBLE

- 1. Why do patients get better?
- 2. What my patients have taught me about recovery
- 3. Therapeutic inventions to support recovery.

---

---

---

---

---

---

---

---

WHY DO PATIENTS GET BETTER?

- Why do some people recover quickly while others struggles for years or decades?
- Does it depend on the person's desire to get better?
- Their willpower?
- How much they are willing to fight?
- Is it just that some try harder than others?
- We know that the answers to these questions are quite complex.

---

---

---

---

---

---

---

---

### WHAT MAKES PATIENTS CHANGE

- 1). Learn the key obstacles and barriers that kept patients stuck in their eating disorder.
- 2). Identify the critical factors and behavioral changes that enabled patients to start moving towards a recovered life.
- 3). Understand what motivates patients to truly change and embrace a life free of an eating disorder.

---

---

---

---

---

---

---

### METHOD

- Surveyed 48 patient that had previously received treatment at the Center for Change.
- Patients e-mailed responses and written responses were collected at alumni event.

RECOVERY IS  
A CHALLENGE  
BUT IT'S NOT  
AS DIFFICULT  
AS CONTINUING  
TO LIVE WITH  
THE WRATH OF  
AN EATING  
DISORDER.

---

---

---

---

---

---

---

### 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

9 Key  
Factors  
For  
Recovery

---

---

---

---

---

---

---

---

**CRITICAL FACTORS FOR SUCCESS**



- 1. Consistency and structure
- 2. Honesty
- 3. Reaching out for support
- 4. Sharing my story
- 5. Social Media
- 6. Service
- 7. Spirituality
- 8. Healthy Relationships
- 9. Self Care

---

---

---

---

---

---

---

---

**1. CONSISTENCY AND STRUCTURE**

- Having consistency in my schedule
- Having a meal plan
- Staying busy but not too busy
- Setting small obtainable goals
- Making plans for the future

CONSISTENCY  
is not **perfection**  
It is simply  
**REFUSING TO GIVE UP**

---

---

---

---

---

---

---

---

## 2. HONESTY

THE MOST  
FREE  
PERSON IN  
THE WORLD  
IS THE ONE  
WHO HAS  
NOTHING  
TO HIDE.

- Honesty with myself and others
- Talking openly about my flaws and inabilities
- Being honest with my family and my team

---

---

---

---

---

---

---

---

## 3. REACHING OUT FOR SUPPORT



- Continuing in outpatient treatment
- Having a team I trust
- Having a voice, having an opinion
- Taking my medications
- Making new friends
- Joining groups or clubs

---

---

---

---

---

---

---

---

## 5. SOCIAL MEDIA

- Facebook
- Instagram
- Tumblr
- Recovery Blogs
- Felt I was not alone
- Connections with people that understood my issues




---

---

---

---

---

---

---

---

#### 4. SHARING MY STORY



- Sharing my story with people that have earned the right to hear it
- Recognizing that my story makes me strong and not weak.
- Realizing if people truly know me, that is a real relationship
- Speaking to groups

---

---

---

---

---

---

---

---

#### 6. SERVICE



- Creating meaning in my life through service.
- Volunteer work
- Forcing myself to be out of my comfort zone
- Realizing that I had value and could contribute to others.

---

---

---

---

---

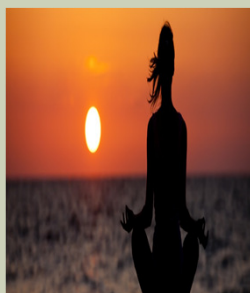
---

---

---

#### 7. SPIRITUALITY

- Discovering my passions and my interests
- Exploring my spirituality
- Going to church
- 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
- Seeking out healthy people
- I did it for my family & future family

---

---

---

---

---

---

---

---

## 9. SELF CARE

- Making/scheduling time for myself
- Caring for my own needs before others
- Journaling, affirmations
- Learning to love myself




---

---

---

---

---

---

---

---

## OBSTACLES AND BARRIERS IN RECOVERY

Eight key elements that impede recovery

---

---

---

---

---

---

---

---

## 1. NEGATIVE BODY IMAGE

- Always wanting to change my body
- The scale!!!!
- Refusing to maintain a normal body weight
- Hating my body
- Avoiding situations due to my body




---

---

---

---

---

---

---

---

## BODY IMAGE INTERVENTIONS

1. Clothing challenges
  - Cleaning out the closet
  - Body Image Challenges
  - Buying new clothes
2. Limiting Opportunities-
  - What triggers can I avoid.
3. Weekly weigh in's with a professional
4. Avoid Avoiding




---

---

---

---

---

---

---

---

## 2. NOT WANTING TO BE CONTROLLED



- Wanting to do it on my own
- Being stubborn
- Not letting others help
- Thinking I could do it on my own
- Not letting others help
- Refusing to have a team

---

---

---

---

---

---

---

---

### "LEAVE ME ALONE" INTERVENTIONS

- 1. Defining what structure is needed, not being alone.
- 2. Setting Goals- Weekly goals, monthly, in the next year, next 5 years.
- 3. Daily and weekly family/support check in's
- 4. Nurturing relationships
- 5. Sleep schedule




---

---

---

---

---

---

---

---

### 3. ARBITRARY RECOVERY TIMELINES

- Unrealistic expectations about recovery
- No goals or no timelines
- Family pressures to recover now
- Too many expectations and taking on too much




---

---

---

---

---

---

---

---

### INTERVENTIONS

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




---

---

---

---

---

---

---

---



#### 4. PERFECTIONISM

- 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."




---

---

---

---

---

---

---

---

#### 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

---

---

---

---

---

---

---

---

#### 5. SHAME

- 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




---

---

---

---

---

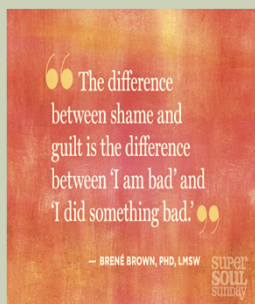
---

---

---

## SHAME INTERVENTIONS

- Sharing their eating disorder autobiography
- Brene Brown's book "The Gifts of Imperfection"
- Values assignment: long list of values to choose from and have them identify their top 10-15 values and what their own definition of each is, to address shame.




---

---

---

---

---

---

---

---

## 6. UNHEALTHY ENVIRONMENT

- Family members dieting
- Roommates with eating disorders
- Keeping eating disorder friends
- Working in unhealthy settings




---

---

---

---

---

---

---

---

## IMPROVING ENVIORNMENTS

- Evaluate friendships- do they encourage recovery, encourage staying sick.
- Set guidelines on friendships in therapy
- Assessing social skills and teaching new skills.




---

---

---

---

---

---

---

---

## 7. ISOLATION

- Lack of a fulfilling life
- Lack of close friendships
- Fear of being unnoticed
- Feeling alone
- Isolating from everyone




---

---

---

---

---

---

---

---

## SOCIAL RE-ENGAGEMENT

- 1. Social assignments
  - - going to the mall
  - -joining groups
  - -community courses
- 2. Keep it simple: eye contact, practicing skills.
- 3. Joining a rec. group
- 4. Limiting internet/social media




---

---

---

---

---

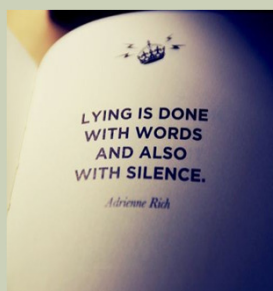
---

---

---

## 8. DISHONESTY

- Secrets, secrets and more secrets
- Lying about everything
- Not talking about emotions
- Lying to everyone




---

---

---

---

---

---

---

---

## BEING HONEST

- 1. 24 Hour Honesty Rule
- 2. Pick an accountability person
- 3. Self correction: High Risk Situations and Coping Mechanism, self correction.
  - What if I purge?
  - What if I binge?
- 4. Learning from mistakes
- 5. Daily honesty log in their journal




---

---

---

---

---

---

---

---