

RECOVERY

goals for treatment

Introduction

Recovery from an eating disorder (or disordered eating) involves treating the multiple facets of the eating disorder. Below, and in the following pages, you can begin to get a sense for goals that are valuable to address in recovery.



Set expectations

Collaboration is key as you and your team work to develop unique goals to your treatment and recovery. Often there are goals related to your nutritional intake, relationship with food, relationship with your body, general mental health and any medical-related goals.



Address Medical Concerns

Unfortunately, eating disorders can cause a multitude of health-related symptoms and side effects. Working with a medical provider, you can identify any health concerns related to the eating disorder, track important bodily functions (such as electrolyte regulation) and monitor your progress.

For those who have felt stigmatized or uncomfortable speaking with your physician, be sure to check out our “Ways to Talk to Your Healthcare Provider” page included in this packet.

Begin to change your relationship with food



Recovery in terms of nutrition may look different for each individual. Here are some goals for nutrition-related recovery:

1. For restriction, increasing food intake to more appropriate levels
2. For chronic dieting, making peace with foods and an “all foods fit” mentality
3. For binge eating, identifying patterns of under-eating and how that can lead the body to have urges to binge

At EDCI, we hope for all individuals to be able to work toward a peaceful and intuitive relationship with food. As a primer to what this concept entails, check out the Intuitive Eating handout with the 10 Principles of Intuitive Eating.



Increase Well-Being

Eating disorders can be extremely complex in regard to the relationship with our mental health. Goals for therapy might include:

1. Increasing alternative coping skills
2. Processing the role of the eating disorder in your life and relationships
3. Exploring ways to increase self-worth



Practice Self-Kindness

Addressing negative body image is a common theme in eating disorder recovery. Although not everyone may come to “love” their body, we can work on being more compassionate to ourselves and our bodies as we work toward body neutrality.

BODY IMAGE

moving toward neutrality

"The Thin Ideal"

Body image, or the perception and judgment that we have of our bodies, is often a tricky subject in eating disorder recovery. Body image is typically the *last* aspect to change after behaviors and emotions have improved.

Society has a clear and pervasive bias to the "thin ideal". In other words, individuals who are in smaller bodies, or are trimmed or toned, are seen as having more value or worth in our society.

While this is not true (ALL BODIES ARE WORTHY), this ideal can be damaging to our sense of self and body image. Negative body image or body hatred are, unfortunately, common experiences.

Eating disorder experts now encourage individuals to consider moving from a place of *body hatred* to a place of *body neutrality*.

BODY NEUTRALITY

- Shift in mindset from seeing your body as something to be hated to seeing your body with a neutral lens
- Honor your body and acknowledge the role it plays in keeping you alive
- Get rid of the bully! Identify and interrupt negative body talk
- Surround yourself with messages that reinforce, not denigrate, your body and worth
- Explore readings to help solidify that your body can be accepted, no matter its size or shape

Here are a few recommended readings on the topic:

The Body Is Not an Apology: The Power of Radical Self-Love by Sonya Renee Taylor

What We Don't Talk About When We Talk About Fat by Aubrey Gordon

The Body Joyful by Anne Poirier

INTUITIVE EATING

principles

1

Reject the diet mentality

Let go of diet culture and dieting and start to explore a mindset shift in which food is not utilized to manipulate body shape or size.

2

Honor your hunger

Learn to honor your hunger cues and eat the quantity of food that your body needs (not what you think it "should" need).

3

Make peace with food

Give yourself permission to eat any and all foods. All food is good food.

4

Challenge the food police

Combat the voice that screams at you about your food and body. These statements are often incorrect!

5

Discover the satisfaction factor

Begin to explore and experience the pleasure in eating when no longer restricted by diet mentality.

6

Feel your fullness

Learn to honor your fullness cues. Giving permission to continue eating or to stop when comfortable.

7

Cope with your emotions with kindness

Identify how food may be used as a coping tool. Add additional tools to your coping toolbox as you approach your emotional experiences.

8

Respect your body

"All bodies deserve dignity". Practice increasing tolerance of your body for how it is now.

9

Movement - Feel the difference

Reframe your perception of exercise from being a compensatory action or punishment into movement that feels joyful and pleasurable.

10

Honor your health - Gentle Nutrition

Explore how different foods make you feel. What feels good in your body when all foods are accepted?

HEALTH AT EVERY SIZE®

principles

Health at Every Size® is a movement aimed at ensuring more equitable access to quality treatment for individuals regardless of size or health status. One of the main goals of this movement is to combat weight stigma and bias in the healthcare field. Understanding these principles can help us to better advocate for ourselves and focus on our unique health goals.

Respectful Care



Acknowledge our biases, and work to end weight discrimination, weight stigma and weight bias. Provide information and services from an understanding that socio-economic status, race, gender, sexual orientation, age and other identities impact weight stigma and support environments that address these inequities.

Eating for Well-being



Promote flexible, individualized eating based on hunger, satiety, nutritional needs and pleasure, rather than any externally regulated eating plan focused on weight control.

Weight Inclusivity



Accept and respect the inherent diversity of body shapes and sizes and reject the idealizing or pathologizing of specific weights.

Health Enhancement



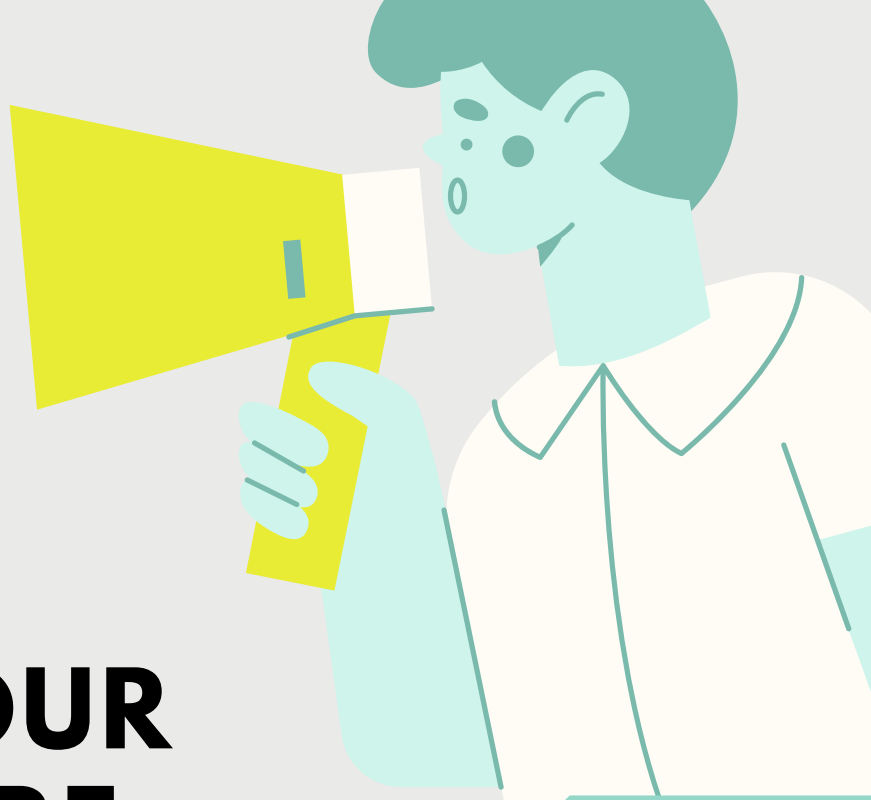
Support health policies that improve and equalize access to information and services and personal practices that improve human well-being, including attention to individual physical, economic, social, spiritual, emotional and other needs.

Life-enhancing Movement



Support physical activities that allow people of all sizes, abilities, and interests to engage in enjoyable movement, to the degree that they choose.

4



Ways to TALK TO YOUR HEALTHCARE PROVIDER

to advocate for yourself

Click [HERE](#) to download a printable card to take to your appointments!

Navigating the healthcare field can be difficult. When we feel our providers only see us or our health in terms of our weight or size, accessing healthcare can become stigmatizing. In addition, as we work to recover from eating disorders and diet culture, we may need our providers to better understand how they can support our recovery. Here are a few tips to help you advocate for better care by your provider.

1

Ask to not be weighed

Although there are a select number of reasons a provider may need to weigh you (for example, for some medication dosages), being weighed is unnecessary for your treatment. If you feel uncomfortable or being weighed is triggering, you have permission to ask to skip this step of the appointment.

2

Ask for a weight-neutral approach to care

No matter your size or shape, you have the right to receive quality healthcare. By asking for a weight neutral approach, your provider is encouraged to explore and treat your health concerns without using weight as their primary lens.

3

Provide feedback when uncomfortable

Unfortunately, there may be times where your provider says something harmful or expresses weight stigma. If this happens, and if you feel comfortable, please feel free to provide feedback and education to your provider. Helping your provider understand and grow will not just benefit you, but all patients.

4

Share resources

We are ALL lifelong learners. Don't be afraid to share recommendations for literature, readings or handouts to providers who might benefit from learning more about these topics. Click at the top of this handout for printable cards to bring to your appointments.

