

## So you think your child has an eating disorder... What now?



### Most common eating disorder diagnoses:

- Anorexia Nervosa (AN)
- Bulimia Nervosa (BN)
- Binge Eating Disorder (BED)
- Other Specified Eating and Feeding Disorders (OSFED)
- Avoidant Restrictive Food Intake Disorder (ARFID)

#### Link to the full Diagnostic Criteria:

<https://www.nationaleatingdisorders.org/what-are-eating-disorders/>

### Why diagnose? Will this make my child/loved one feel worse with this 'label'?

- To understand what you are treating
- To determine the best interventions and where to target
- To move towards acceptance of the problem/issue to reach a full recovery

### What caused this?

- Eating disorders are too **complex** to have one simple cause and one simple solution
- Parents are **never to blame**, yet **can contribute** to the maintenance of an eating disorder
- In a nutshell: Eating disorders are **bio-psycho-social illnesses**
- Genetics, temperament, dieting and exercise to lose weight, depression and anxiety, the "thin ideal" world are all examples of contributors to the development of an eating disorder (complex right!?)





**Eating disorders require a full treatment team for best recovery outcomes.**

### Who needs to help?

- **Therapist:** works on one's relationship with self and others
- **Dietitian:** works on one's relationship with food
- **Doctor:** support medical issues that can arise with eating disorder behaviors (such as restriction, or bingeing, and purging)
- **Psychiatrist:** can add in medication that supports the work of the therapist and dietitian (meds that can reduce anxiety or depression)

### The role of the dietitian:

- **Dispels myths and misconceptions** about food and body weight through nutrition education
- Provides **nutrition therapy** to work on a healthier relationship with food and body
  - CBT, ACT, DBT, RO-DBT
- Develops an **eating plan that is safe,** supportive and nourishing while considering the psychiatric and medical concerns at hand
- Ongoing **support and accountability** through the valleys and hills of the recovery process

