

WEBVTT

1 "Allison oaks" (3034908160)

00:00:04.314 --> 00:00:18.864

Welcome and thank you for calling into sickness. 2023, eating disorder. Awareness series. My name is Alison, and I am a care manager for the eating disorder team. Do you do the format of this call? You will not be able to ask questions during the teleconference.

2 "Allison oaks" (3034908160)

00:00:18.864 --> 00:00:20.874

questions during the teleconference

3 "Allison oaks" (3034908160)

00:00:21.150 --> 00:00:30.570

The conference will be opened up for Q and a, at the completion of the presentation although you do have the option of submitting questions during the teleconference.

4 "Allison oaks" (3034908160)

00:00:30.570 --> 00:00:44.220

You can follow along to to the presentation today's presentation through the teleconference. You may also access the presentation for today online at W. W. W. dot Sigma.

5 "Allison oaks" (3034908160)

00:00:44.220 --> 00:00:47.250

Dot com slash eating disorders.

6 "Allison oaks" (3034908160)

00:00:47.250 --> 00:01:01.770

Scroll to current topics section in the middle of the page and click on today's topic, labeled the treatment and conceptualization of eating disorders through a trauma informed lens. Neuroscience.

7 "Allison oaks" (3034908160)

00:01:01.770 --> 00:01:08.970

I movement desensitization and reprocessing MDR and internal family systems.

8 "Allison oaks" (3034908160)

00:01:10.020 --> 00:01:23.580

Please note that not all policies cover today's topic for more specific information. If your policy covers, today's discussed in today's seminar, please contact the eating disorder team by calling the number on the back of your insurance card.

9 "Allison oaks" (3034908160)

00:01:23.580 --> 00:01:31.140

Today I have the pleasure of introducing Gabrielle caps Kelsey, West

and Sarah Lewis.

10 "Allison oaks" (3034908160)

00:01:31.945 --> 00:01:37.195

Gabrielle who goes by Gabby is the practice owner of coastal collaborative care.

11 "Allison oaks" (3034908160)

00:01:38.995 --> 00:01:52.195

She's a license clinical social worker, licensed, clinical, social worker supervisor, any certified eating disorder, specialist, and approved supervisor through the International Association of eating disorder professionals.

12 "Allison oaks" (3034908160)

00:01:53.485 --> 00:02:03.745

Since 2014, Gabby has worked with clients in eating disorder, higher level of care treatment settings, including inpatient, partial hospitalization programs, and intensive outpatient program.

13 "Allison oaks" (3034908160)

00:02:03.745 --> 00:02:15.115

Gabby started off as a clinical therapist, move to a program director and concluded her time in higher level of care settings as the program director. the program director

14 "Allison oaks" (3034908160)

00:02:15.420 --> 00:02:24.270

On top of her extensive eating disorder experience Gabby has worked in inpatient settings for general, mental health, sexual assault hotlines.

15 "Allison oaks" (3034908160)

00:02:24.270 --> 00:02:29.010

And was the board president of the American Foundation for suicide prevention.

16 "Allison oaks" (3034908160)

00:02:29.010 --> 00:02:37.230

Gabby opened her outpatient practice in 2020, the coastal collaborative care team specialized in the treatment of eating disorders.

17 "Allison oaks" (3034908160)

00:02:37.230 --> 00:02:41.280

Trauma anxiety disorders and oppressive disorders.

18 "Allison oaks" (3034908160)

00:02:41.280 --> 00:02:48.870

Gabby and her team believe being trauma informed is a vital part of

being an effective clinician.

19 "Allison oaks" (3034908160)

00:02:48.870 --> 00:02:53.460

Kelsey is a licensed clinical social worker.

20 "Allison oaks" (3034908160)

00:02:53.460 --> 00:03:06.960

And certified in the nurse sequential model of Therapeutics, which Kelsey is to identify interventions and explain the neuroscience behind behaviors to help clients, have a better understanding of what's going on in the brain.

21 "Allison oaks" (3034908160)

00:03:06.960 --> 00:03:17.040

Kelsey has extensive experience working with survivors of trauma and several settings, which has contributed to kelsie's belief in providing trauma informed care.

22 "Allison oaks" (3034908160)

00:03:17.040 --> 00:03:27.180

To every individual she works with Kelsey believes in understanding how a person's individualized experiences in life impact their unique behaviors and identity.

23 "Allison oaks" (3034908160)

00:03:28.165 --> 00:03:42.025

kelsie's clinical experience includes working with adolescence and adults and settings, which include mental health, inpatient, eating disorder, partial hospitalization and intensive outpatient programs as well as in school in legal settings.

24 "Allison oaks" (3034908160)

00:03:42.510 --> 00:03:50.130

She has experience in helping clients, navigate through eating disorders, trauma, substance, use anxiety suicidality.

25 "Allison oaks" (3034908160)

00:03:50.130 --> 00:04:02.965

And other mental health concerns, Sarah is the practice owner of Sara Sarah Davis therapy, which is a small group practice, based in New York City that specializes in the treatment of eating disorders,

26 "Allison oaks" (3034908160)

00:04:03.685 --> 00:04:08.545

body image and trauma in addition to a wide range of mental health struggles.

27 "Allison oaks" (3034908160)

00:04:08.850 --> 00:04:20.280

Sarah is a licensed professional counselor, certified eating disorder, specialist, and approved supervisor for the International Association of eating disorder professionals.

28 "Allison oaks" (3034908160)
00:04:20.280 --> 00:04:23.580
And an train trauma specialist.

29 "Allison oaks" (3034908160)
00:04:23.935 --> 00:04:31.225
Sarah is licensed to practice in the state of New York, New Jersey, Pennsylvania, and Texas throughout her career.

30 "Allison oaks" (3034908160)
00:04:31.225 --> 00:04:44.545
She has worked in a variety of roles in the eating disorder field, ranging from primary therapist to program director at residential, partial hospitalization and intensive outpatient settings prior to open.

31 "Allison oaks" (3034908160)
00:04:45.089 --> 00:04:57.539
Private practice in 2019. Sarah's approach is grounded in trauma informed care, which promotes a culture of safety and empowerment and healing.

32 "Allison oaks" (3034908160)
00:04:57.539 --> 00:05:00.929
Please welcome Gabby Kelsey and Sarah.

33 "Gabrielle Katz" (4275885312)
00:05:00.929 --> 00:05:06.329
Thank you so much for that introduction out then we are so excited to be here.

34 "Gabrielle Katz" (4275885312)
00:05:06.329 --> 00:05:13.769
And you're even more excited about this topic, cause we think it is imperative important. All of the synonyms for those words.

35 "Gabrielle Katz" (4275885312)
00:05:13.769 --> 00:05:18.359
So, today we are going to be going over the treatment and conceptualization.

36 "Gabrielle Katz" (4275885312)
00:05:18.359 --> 00:05:22.139
Of eating disorders through a trauma informed lens.

37 "Gabrielle Katz" (4275885312)

00:05:22.139 --> 00:05:28.079

And to quickly go over the topics, we will be diving into today.

38 "Gabrielle Katz" (4275885312)

00:05:28.079 --> 00:05:36.419

1st, we're going to do a very, very quick overview of eating disorders, which will then lead us to the prevalence.

39 "Gabrielle Katz" (4275885312)

00:05:36.419 --> 00:05:42.389

Of eating disorders and trauma, which will then set us up to start talking about the brain.

40 "Gabrielle Katz" (4275885312)

00:05:42.654 --> 00:05:54.834

And the brain is so important when it comes to trauma, and being able to understand our trauma responses, and the ability to change and learn and feel.

41 "Gabrielle Katz" (4275885312)

00:05:55.134 --> 00:06:04.914

And it's also important to know that it's a little complex and tangled when somebody has an eating disorder with medical complications that affects the brain as well.

42 "Gabrielle Katz" (4275885312)

00:06:05.219 --> 00:06:17.039

Then we're going to move into our 1st, trauma, informed treatment modality, which is I movement desensitization and reprocessing, which is.

43 "Gabrielle Katz" (4275885312)

00:06:17.039 --> 00:06:23.909

And then conclude with another trauma, informed treatment modality called internal family systems, which is.

44 "Gabrielle Katz" (4275885312)

00:06:23.909 --> 00:06:29.849

For what? All right. So, 1st, let's get started.

45 "Gabrielle Katz" (4275885312)

00:06:29.849 --> 00:06:35.609

I just understanding how prevalent eating disorders are.

46 "Gabrielle Katz" (4275885312)

00:06:35.609 --> 00:06:48.924

In our country, so from the National eating disorder Association, eating disorders are curious, but treatable mental and physical illness and that's very important to understand.

47 "Gabrielle Katz" (4275885312)
00:06:48.924 --> 00:06:50.664
It's mental and physical.

48 "Gabrielle Katz" (4275885312)
00:06:50.909 --> 00:06:57.329
And they can affect people of all gender, ages, races. Religions
ethnicity is.

49 "Gabrielle Katz" (4275885312)
00:06:57.329 --> 00:07:00.989
Sexual orientation body shapes and.

50 "Gabrielle Katz" (4275885312)
00:07:00.989 --> 00:07:12.329
It does not discriminate national surveys estimate that 20Million
women and 10Million men in America will have an eating disorder. At
some point. In their lives.

51 "Gabrielle Katz" (4275885312)
00:07:12.329 --> 00:07:20.909
And when I was reading this statistic, it doesn't really give clarity
on how they are identifying many women.

52 "Gabrielle Katz" (4275885312)
00:07:20.909 --> 00:07:31.469
This gender or kind of anything about them. So I wanted to break it up
to more marginalized minority groups to really help explain the
prevalence even more.

53 "Gabrielle Katz" (4275885312)
00:07:31.469 --> 00:07:40.169
So, research shows that transgender individuals experience eating
disorders at rates, significantly higher.

54 "Gabrielle Katz" (4275885312)
00:07:40.169 --> 00:07:49.769
This gender individuals, and then on top of that, despite similar
rates of eating disorders for non Hispanic, white.

55 "Gabrielle Katz" (4275885312)
00:07:49.769 --> 00:07:58.889
Hispanics African Americans and Asians in the United States, people of
color are significantly less likely to receive help.

56 "Gabrielle Katz" (4275885312)
00:07:58.889 --> 00:08:06.959
Are there any questions as we continue to understand the severity of
this illness?

57 "Gabrielle Katz" (4275885312)

00:08:06.959 --> 00:08:15.599

We need to understand that as eating disorder professionals. We are very aware that our norm in our society.

58 "Gabrielle Katz" (4275885312)

00:08:15.599 --> 00:08:20.039

Is that culture that, um.

59 "Gabrielle Katz" (4275885312)

00:08:20.039 --> 00:08:23.879

I have a lot of like, disorder eating and.

60 "Gabrielle Katz" (4275885312)

00:08:23.879 --> 00:08:27.359

I want to emphasize the word. It is unfortunately.

61 "Gabrielle Katz" (4275885312)

00:08:27.359 --> 00:08:33.329

Our societal norms, and we want to also make sure we differentiate and that.

62 "Gabrielle Katz" (4275885312)

00:08:33.329 --> 00:08:43.799

From clinical eating disorders, and the reason we want to differentiate that is because although our current culture, it's highly obsessed with food and weight.

63 "Gabrielle Katz" (4275885312)

00:08:43.799 --> 00:08:46.979

And disordered patterns of eating are very common.

64 "Gabrielle Katz" (4275885312)

00:08:46.979 --> 00:08:52.889

Clinical eating disorders are less, so and the consequences of eating disorders.

65 "Gabrielle Katz" (4275885312)

00:08:52.889 --> 00:08:58.229

And be like revenue and to segue into how life threatening.

66 "Gabrielle Katz" (4275885312)

00:08:58.229 --> 00:09:01.739

It's actually research phase that an eating disorder.

67 "Gabrielle Katz" (4275885312)

00:09:01.739 --> 00:09:04.769

Have the 2nd, highest mortality rate.

68 "Gabrielle Katz" (4275885312)

00:09:04.769 --> 00:09:10.979

Of all mental health disorders, and the only 1 that surpasses it is the opioid addiction.

69 "Gabrielle Katz" (4275885312)

00:09:12.989 --> 00:09:22.829

So, I'm not going to get into specific diagnostic criteria of the feeding and eating disorders, but I did want to name it.

70 "Gabrielle Katz" (4275885312)

00:09:22.829 --> 00:09:27.119

So we have anorexia nervosa, bulimia. Nervosa.

71 "Gabrielle Katz" (4275885312)

00:09:27.119 --> 00:09:31.529

Binge eating disorder, others specified feeding and eating disorder.

72 "Gabrielle Katz" (4275885312)

00:09:31.529 --> 00:09:38.159

Avoiding restrictive food intake disorder pika, rumination disorder and unspecified.

73 "Gabrielle Katz" (4275885312)

00:09:38.159 --> 00:09:43.559

Feeding feeding disorder there, even kind of subtypes within me.

74 "Gabrielle Katz" (4275885312)

00:09:43.559 --> 00:09:49.109

But these are the main diagnoses and the biggest thing to know about this.

75 "Gabrielle Katz" (4275885312)

00:09:49.109 --> 00:09:53.579

Is that they are all serious? They are all valid.

76 "Gabrielle Katz" (4275885312)

00:09:53.579 --> 00:09:56.729

And they all have treatment available.

77 "Gabrielle Katz" (4275885312)

00:09:59.369 --> 00:10:04.679

The segue to why we're here, the trauma, conceptualization of eating disorders.

78 "Gabrielle Katz" (4275885312)

00:10:05.849 --> 00:10:11.999

When we think of humans as psychotherapist, we think of them.

79 "Gabrielle Katz" (4275885312)

00:10:11.999 --> 00:10:16.319

As layered like an, we are a layered individual.

80 "Gabrielle Katz" (4275885312)

00:10:16.319 --> 00:10:25.439

There could be a therapist that sees eating disorder of behaviors, and it's like, okay, we're just going to focus on that. We're going to stop the behaviors and.

81 "Gabrielle Katz" (4275885312)

00:10:25.439 --> 00:10:30.449

Don't really know why it's happening. Don't really care, but we're going to we're going to stop these behaviors.

82 "Gabrielle Katz" (4275885312)

00:10:30.449 --> 00:10:35.039

That is not trauma, informed trauma, informed of like.

83 "Gabrielle Katz" (4275885312)

00:10:35.039 --> 00:10:39.629

Okay, you have eating disorder behavior.

84 "Gabrielle Katz" (4275885312)

00:10:39.629 --> 00:10:43.619

It is therefore April.

85 "Gabrielle Katz" (4275885312)

00:10:43.619 --> 00:10:53.219

It is helping you with something. It's coping with something. It's protecting you from something. It's numbing you out from something. It's distracting you from something. There is a perfect.

86 "Gabrielle Katz" (4275885312)

00:10:53.219 --> 00:10:56.969

And, like an onion and we peel back layers.

87 "Gabrielle Katz" (4275885312)

00:10:56.969 --> 00:11:04.919

I was actually thinking about this last night when I was thinking about the presentation, what happens when you peel layers of an onion or your chopping on, you know, it like.

88 "Gabrielle Katz" (4275885312)

00:11:04.919 --> 00:11:08.009

Decrease the smell, or however, it.

89 "Gabrielle Katz" (4275885312)

00:11:08.009 --> 00:11:14.729

You know, scientifically work that makes your eyes water. Like, I don't want to go deeper into this onion. I don't want to cut it.

90 "Gabrielle Katz" (4275885312)

00:11:14.729 --> 00:11:19.949

I don't want to go into it. It's too strong. It's too potent. It's it's making me cry.

91 "Gabrielle Katz" (4275885312)

00:11:19.949 --> 00:11:29.459

That's like a human we do everything we can to not have people go deeper inside of us because it's too painful. We don't want to touch.

92 "Gabrielle Katz" (4275885312)

00:11:29.459 --> 00:11:39.569

Or too scared to touch the deeper stuff and I just find it interesting with this metaphor. So we peel back that 1 layer. We're like, okay, what is the eating disorder doing?

93 "Gabrielle Katz" (4275885312)

00:11:39.569 --> 00:11:43.859

Why are you here? And we think, okay.

94 "Gabrielle Katz" (4275885312)

00:11:43.859 --> 00:11:48.659

We go to that layer we find that person is negatively talking about themselves.

95 "Gabrielle Katz" (4275885312)

00:11:48.659 --> 00:11:58.379

They are criticizing themselves and so therefore, this eating disorder is, is kind of numbing them out or protecting them punishing themselves from the negative self. Talk.

96 "Gabrielle Katz" (4275885312)

00:11:58.379 --> 00:12:03.479

But then we have to get more curious. Why are they so self criticizing.

97 "Gabrielle Katz" (4275885312)

00:12:03.479 --> 00:12:13.889

What's going on here and so that's when we peel that layer back and it's harder and our eyes are watering and we're like, I want to stop cutting this again, but we've got to keep going.

98 "Gabrielle Katz" (4275885312)

00:12:14.939 --> 00:12:18.209

And so the point is to get to that core.

99 "Gabrielle Katz" (4275885312)

00:12:18.209 --> 00:12:22.229

And that core are the negative messages.

100 "Gabrielle Katz" (4275885312)
00:12:22.229 --> 00:12:26.339
Are we fears that are from our past.

101 "Gabrielle Katz" (4275885312)
00:12:26.339 --> 00:12:31.259
That have stuck with us and that's what.

102 "Gabrielle Katz" (4275885312)
00:12:31.259 --> 00:12:34.829
And Sarah and Kelsey are going to really get into today.

103 "Gabrielle Katz" (4275885312)
00:12:34.829 --> 00:12:40.289
It's how to help our clients, peel back all these layers and find out that core.

104 "Gabrielle Katz" (4275885312)
00:12:40.289 --> 00:12:45.809
And hopefully he'll record too, so.

105 "Gabrielle Katz" (4275885312)
00:12:45.809 --> 00:12:57.299
Before we get into the specifics of all that stuff, which is exciting. Um, we need to 1st, talk about the relationship of trauma and eating disorders and the prevalence.

106 "Gabrielle Katz" (4275885312)
00:12:57.299 --> 00:13:01.709
Of that as well so I'm going to have Sarah take it over from here.

107 "Gabrielle Katz" (4275885312)
00:13:01.709 --> 00:13:05.219
And talk about the prevalence of eating disorders in trauma.

108 "Sarah" (3500403456)
00:13:06.594 --> 00:13:07.824
Thanks Gabby. Yeah.

109 "Sarah" (3500403456)
00:13:07.824 --> 00:13:22.824
So before I get into some of the research as outlining the relationship between disorders and trauma, I just want to note that, um, not everyone who experiences trauma or, uh, develops or meets criteria for post traumatic stress disorder, which.

110 "Sarah" (3500403456)
00:13:23.159 --> 00:13:30.144
You know, we commonly know as PTSD and that does not mean that their trauma is any less valid or distressing at all.

111 "Sarah" (3500403456)

00:13:30.174 --> 00:13:43.674

Um, you know, in general trauma can be defined as a psychological, emotional response to an event or experience, or a series of events or experiences that are deeply distressing and disturbing and to be diagnosed, specifically with PTSD,

112 "Sarah" (3500403456)

00:13:43.674 --> 00:13:52.824

a person must meet a set of diagnostic criteria and part of that describes specific conditions that must be associated with the traumatic experience or event.

113 "Sarah" (3500403456)

00:13:53.159 --> 00:14:06.684

Um, so things that are generally related to a life threatening or a violent event or situation. So that can be pretty limiting when we think of the, the full scope of trauma and traumatic experiences. People endure and escalations.

114 "Sarah" (3500403456)

00:14:06.684 --> 00:14:11.544

We, we really define trauma not so much by the event or experience itself, but.

115 "Sarah" (3500403456)

00:14:11.819 --> 00:14:21.324

You know, more so, by the emotional and psychological effects, it has on a person. So, 2 people can experience the same event and 1 might develop a traumatic stress response. And the other may not.

116 "Sarah" (3500403456)

00:14:21.354 --> 00:14:29.844

Um, you know, what really matters is the impact that experience has on the individual, you know, and part of the reason I really bring this up is because most of the research on.

117 "Sarah" (3500403456)

00:14:30.209 --> 00:14:40.584

Trauma, um, you know, specifically looking at eating disorders and trauma, um, focuses in on PTSD, just because that's easier for researchers to defined.

118 "Sarah" (3500403456)

00:14:40.854 --> 00:14:51.504

So, there is a strong relationship between PTSD and eating disorders, but if we brought in, you know, that full scope of trauma, it's likely even even stronger. So we wanna, you know, keep that in mind.

119 "Sarah" (3500403456)

00:14:52.074 --> 00:15:01.884

So, here as we can see on the slide to get into some of the research, a study was done on women enrolled in residential treatment for their eating disorder.

120 "Sarah" (3500403456)

00:15:01.884 --> 00:15:10.614

And women in this study, 75% reported experiencing trauma with 50%, um, you know, reporting a history of PTSD. history of ptsd

121 "Sarah" (3500403456)

00:15:10.919 --> 00:15:17.069

So, this really outlines how much we're seeing this presentation when we're working with, with units with our clients.

122 "Sarah" (3500403456)

00:15:17.454 --> 00:15:32.424

Um, you know, for some trauma might be considered the source of the infection. So, in other words, as Gabby was kind of describing with that onion trauma might feel that you need to sort of symptoms and serve as a function. Um, you know, sorry, rather that yeah.

123 "Sarah" (3500403456)

00:15:32.454 --> 00:15:47.064

Trauma feels eating disorder in the evening or symptoms serve the function of coping with the trauma. Um, and this is consistent really with the research we're seeing, which tells us that PTSD is a significant predictor of, um, or outcomes and easy to sort of recovery. So, the trauma.

124 "Sarah" (3500403456)

00:15:47.069 --> 00:15:53.579

Address for that full, complete healing and, you know, it's also important to note that PTSD and eating disorders.

125 "Sarah" (3500403456)

00:15:53.579 --> 00:16:03.539

Share common risk factors, so high anxiety, perfectionism, obsessive compulsive. Um, you know, so what this means is that those who have these characteristics.

126 "Sarah" (3500403456)

00:16:03.539 --> 00:16:09.749

Um, um, you know, more at risk to develop develop both a traumatic stress response. Um.

127 "Sarah" (3500403456)

00:16:10.014 --> 00:16:24.564

And or develop an eating disorder, then those who, you know, kind of

aren't presenting with these characteristics. So it makes more sense with that in mind as to why those with eating disorders have a higher lifetime rate of PTSD than the general population.

128 "Sarah" (3500403456)

00:16:24.899 --> 00:16:36.539

So, and also just noting on here is outlined, the research really indicates that those who engage in cringing encouraging episodes is part of their eating disorder, tend to have a higher lifetime rate of PTSD.

129 "Sarah" (3500403456)

00:16:36.539 --> 00:16:43.199

So, Chelsea is going to go ahead here and to some of the relationship, though, even as sort of impact on the brain.

130 "Kelsey" (1259018496)

00:16:43.854 --> 00:16:56.424

Yeah, I think so. I'm going to spend a couple minutes talking about neuroscience, just to kind of get an understanding of what's happening in the brain before we then go on to talk about some specific therapeutic modality.

131 "Kelsey" (1259018496)

00:16:56.424 --> 00:17:10.044

So, 1st, I'm going to start by talking about the eating disorder impact on the brain because it is really important to understand that our brains are not only impacted when the experience trauma, but malnutrition as well.

132 "Kelsey" (1259018496)

00:17:10.224 --> 00:17:13.014

And so when we're working with somebody who has an eating.

133 "Kelsey" (1259018496)

00:17:13.224 --> 00:17:25.584

Order and trauma, we're essentially kind of fighting 2 battles at the same time by talking about and learning and understanding how trauma impacts their brain and processing through it in therapy.

134 "Kelsey" (1259018496)

00:17:25.824 --> 00:17:37.224

But then also knowing that someone who's malnourished. Their brain is really impacted by that as well. And that malnutrition is going to mean that their brain is not able to fully function even to begin with.

135 "Kelsey" (1259018496)

00:17:37.824 --> 00:17:43.074

And so what malnutrition looks like in the brain is a lot of different

things. So I'm going to.

136 "Kelsey" (1259018496)

00:17:43.199 --> 00:17:46.679

Talk about a very small amount of things. Um.

137 "Kelsey" (1259018496)

00:17:47.064 --> 00:17:56.874

Just to kind of start that understanding, but there's a lot of different ways that malnutrition impacts the brain overall. So some of the things that happen is structured.

138 "Kelsey" (1259018496)

00:17:56.964 --> 00:18:02.724

Structurally malnutrition can cause tissue damage and it can slow brain growth developmentally.

139 "Kelsey" (1259018496)

00:18:02.994 --> 00:18:16.554

So, we especially see this with our younger folks, like kids, adolescent age when their brain is really doing a lot of developing throughout that time. If they're malnourished, the brain is not able to get the nutrition.

140 "Kelsey" (1259018496)

00:18:16.679 --> 00:18:24.714

Um, and all the energy and just be able to grow the way that it developed mentally would typically, um,

141 "Kelsey" (1259018496)

00:18:24.743 --> 00:18:36.474

there's also a pretty significant impact on neurotransmitters and the ability for them to be released and received in the way that they need to be. So, neurotransmitters are really important for, um.

142 "Kelsey" (1259018496)

00:18:36.804 --> 00:18:51.474

Messaging throughout the brain throughout the rest of the body. So that's definitely somewhere where when that's impacted, they're not able to be released, be received. Um, that's going to start to impact the functioning of the overall body.

143 "Kelsey" (1259018496)

00:18:52.044 --> 00:19:06.684

Um, so some of the things that you may see. And kind of notice are going to be more the emotional and cognitive changes that happen as a result of those more like structural neurotransmitter impacts. And so that can look like increase depression.

144 "Kelsey" (1259018496)

00:19:06.779 --> 00:19:14.964

Society irritability, you might see either really intense, emotional reactions or kind of a lack of an emotional reaction.

145 "Kelsey" (1259018496)

00:19:15.234 --> 00:19:26.484

So really thinking about, you know, if we have this, whatever trigger and what we would kind of expect the emotional response to be, it's going to be either. Just kind of off from that.

146 "Kelsey" (1259018496)

00:19:26.789 --> 00:19:33.479

Expectation that we may have either really intense or just not really a reaction at all.

147 "Kelsey" (1259018496)

00:19:33.654 --> 00:19:41.364

Um, there's also definitely impacts concentrating problem solving just those, like, general executive, functioning skills.

148 "Kelsey" (1259018496)

00:19:41.633 --> 00:19:56.484

And so this is why part of treating eating disorders and trauma together is focusing 1st on nourishing the brain to get to that healthier brain space in order to even be receptive to the trauma treatment and the therapy and that deeper work

149 "Kelsey" (1259018496)

00:19:56.814 --> 00:20:03.474

that, being said, our whole presentation is about the importance of treating them together and so when I say that, it doesn't mean that somebody has.

150 "Kelsey" (1259018496)

00:20:03.479 --> 00:20:10.079

To be fully weight restored 100 perfect like nutrition. Um.

151 "Kelsey" (1259018496)

00:20:10.079 --> 00:20:22.284

That's definitely not the case, but there is kind of a period of we need to make sure that nutrition gets more stabilized so that the brain is able to start functioning a little bit better the way it needs to be.

152 "Kelsey" (1259018496)

00:20:22.404 --> 00:20:27.864

So someone can even be receptive to some of these different therapies and coping and all of those things that we'll go into.

153 "Kelsey" (1259018496)

00:20:30.114 --> 00:20:36.774

The next thing I want to talk about is the stress response system so this is 1 of my favorite things I talk about it with a lot of my clients,

154 "Kelsey" (1259018496)

00:20:36.774 --> 00:20:51.294

because it is very important in understanding emotions and especially with eating disorders and trauma and just what's happening in the brain as we're going through and seeing all the different reactions and behaviors and everything. Um.

155 "Kelsey" (1259018496)

00:20:52.314 --> 00:21:05.244

So, again, in a very complicated system, I'm going to try to summarize it just to kind of give you a basic understanding. So, the 1st thing I'll talk about is the way the brain develops is from a bottoms up perspective.

156 "Kelsey" (1259018496)

00:21:05.484 --> 00:21:19.764

And so, if you can see on the sign in front of you, the thing that's at the bottom, is that brainstem that's responsible for your heart rate breathing temperature regulation. There's a couple other parts of the brain that are kind of in that lower part as well. That are.

157 "Kelsey" (1259018496)

00:21:20.069 --> 00:21:33.179

Essentially, they're all focused on keeping someone physically alive. If those things don't work your body physically is not going to be able to stay alive. And so those are some of the 1st, things that are developed in the brain in utero and early years.

158 "Kelsey" (1259018496)

00:21:33.179 --> 00:21:38.939

Those are developers cause they're really important to physically keeping you alive. And so as somebody gets older.

159 "Kelsey" (1259018496)

00:21:38.939 --> 00:21:41.999

The other parts of the brain, um.

160 "Kelsey" (1259018496)

00:21:41.999 --> 00:21:55.254

Fully develop 1 of the last things to develop is the prefrontal cortex, which you can see on this picture. And so that's kind of like the top part of the brain. It's responsible for your executive functioning.

161 "Kelsey" (1259018496)

00:21:55.494 --> 00:22:06.774

So problem solving concentration. Your abstract thinking a lot of different more complex cognitive things are, um.

162 "Kelsey" (1259018496)

00:22:07.524 --> 00:22:13.524

Focused on in this prefrontal cortex and so what happens is with the stress response system.

163 "Kelsey" (1259018496)

00:22:13.524 --> 00:22:25.284

We have our medulla and that's essentially your brains, like, watch person and it's always on the lookout for any sort of threat and when it detects a threat, it's going to trigger the stress response system.

164 "Kelsey" (1259018496)

00:22:25.614 --> 00:22:36.894

So this same system is triggered no matter what the threat is. So, if you're a medulla triggers the threat from a bear, or if it triggers it for a fear.

165 "Kelsey" (1259018496)

00:22:37.079 --> 00:22:38.699

It was an eating disorder.

166 "Kelsey" (1259018496)

00:22:38.699 --> 00:22:52.344

The same response is happening in your body and so this is where you can start to kind of see and understand where things get complicated. Because when the stress response system is activated, your brain's number 1 job is to protect you.

167 "Kelsey" (1259018496)

00:22:52.374 --> 00:23:05.664

So, it's going to kind of conserve its energy and really focus it on that bottom part of the brain where it's responsible for physically keeping you alive. And so, that prefrontal cortex, which helps us problem solve and reason and all those things.

168 "Kelsey" (1259018496)

00:23:05.994 --> 00:23:08.574

It starts to go offline a little bit. There's some studies.

169 "Kelsey" (1259018496)

00:23:08.699 --> 00:23:14.399

Sean that it functions at, like, 30% when the system is fully activated and so.

170 "Kelsey" (1259018496)

00:23:14.399 --> 00:23:19.379

When the system is activated, you physically can't access parts of your brain.

171 "Kelsey" (1259018496)
00:23:20.004 --> 00:23:34.194

Which is why sometimes the reactions we have in this state may not necessarily make sense on the outside. Um, but what your brain is doing is protecting you, it's doing its job. And so, um.

172 "Kelsey" (1259018496)
00:23:34.499 --> 00:23:38.069
Yeah, when this happens, um.

173 "Kelsey" (1259018496)
00:23:38.784 --> 00:23:48.804
Like I said, everything kind of focuses on that brainstorm and if the trigger is, like I said, a bear, this is really great because you don't want to sit in problem solve. I see a bear. What do I do?

174 "Kelsey" (1259018496)
00:23:49.074 --> 00:24:03.984
You just want to react and so that's kind of where this system comes from and why it is actually really helpful but of course, you know, in 2023 when we're not necessarily facing bears all the time. And there's different threats that our brain is seeing, that's where it gets complicated.

175 "Kelsey" (1259018496)
00:24:03.984 --> 00:24:05.634
And so. gets complicated and so

176 "Kelsey" (1259018496)
00:24:06.479 --> 00:24:19.404
This is also why, a lot of times in therapy we're gonna focus on those branding skills and regulating the nervous system and distressed response system. So that we can get that Pre frontal cortex to be more activated.

177 "Kelsey" (1259018496)
00:24:19.404 --> 00:24:25.584
So you can access all of those problem solving skills. And then we move forward with whatever we're working on.

178 "Kelsey" (1259018496)
00:24:25.859 --> 00:24:31.499
So that's the stress response system and then the last thing I'll touch on.

179 "Kelsey" (1259018496)
00:24:31.499 --> 00:24:40.374

Is, um, neuroplasticity so neuroplasticity is basically just the idea that the brain always has the capacity to change.

180 "Kelsey" (1259018496)
00:24:40.614 --> 00:24:51.864

No matter what your age is your development like, your brain can always shift and change, um, which is a really great thing. And so the brain really functions off of patterns.

181 "Kelsey" (1259018496)
00:24:52.349 --> 00:25:04.704

It really likes to make connections and figure out patterns because then it's easier for your brain to kind of predict what's going to happen, make your response quicker all of those things. So that's really how it works.

182 "Kelsey" (1259018496)
00:25:05.184 --> 00:25:19.104

And so what happens is we may see somebody who is triggered by trauma, and maybe they're using eating disorder behaviors to cope and regulate that stress response system that I mentioned. And so every time this happens, the brain is going to recognize that pattern.

183 "Kelsey" (1259018496)
00:25:19.379 --> 00:25:32.549

Over and over it when it's done repeatedly and so over time that pattern becomes unconscious, you're not sitting and thinking it through as much as it's just kind of happening. Um.

184 "Kelsey" (1259018496)
00:25:32.549 --> 00:25:46.134

And so that's because your brain is always going to take the path of least resistance. So, this is why especially at the beginning of working with somebody it's really difficult to change patterns of behavior because your brain is kind of working against you changing it.

185 "Kelsey" (1259018496)
00:25:46.134 --> 00:25:59.304

Initially, even though it has that capacity to change, initially, it's just going to do what it's used to. So, the example of this that I use is driving a car to somewhere new. So the 1st time you get in the car, you're going somewhere new.

186 "Kelsey" (1259018496)
00:25:59.304 --> 00:26:02.364

You're gonna put your jps on. You're gonna maybe have a little.

187 "Kelsey" (1259018496)
00:26:02.549 --> 00:26:14.909

You're going to turn the radio down and really be dialed in and focused on that GPS and where you're going, it takes a lot of concentration. Then maybe the second, third time. You're still pretty concentrated.

188 "Kelsey" (1259018496)
00:26:14.909 --> 00:26:21.749

But as you keep doing it, and you're driving there the 20th time thirty's time, eventually you don't need the jps.

189 "Kelsey" (1259018496)
00:26:21.749 --> 00:26:31.139

You are just, like, focused on hopefully the road and the music. You're not as you don't have to make that conscious effort in the same way. So that's.

190 "Kelsey" (1259018496)
00:26:31.139 --> 00:26:36.209

Essentially, what this process of neuroplasticity is like, and so, um.

191 "Kelsey" (1259018496)
00:26:36.209 --> 00:26:44.399

Yeah, the key things of this are remembering that brain has capacity to change, but it's going to do that in a used dependent manner. So, um.

192 "Kelsey" (1259018496)
00:26:44.399 --> 00:26:58.979

The more you practice and repeat a pattern the more it's going to become like that default. And so that's where a lot of these different therapies kind of help and work is by focusing on changing patterns. The brain is used to.

193 "Kelsey" (1259018496)
00:26:58.979 --> 00:27:07.524

Um, to create ones that are more sustainable, it's also why, a lot of times those reminders from external sources or your therapist, or whoever it is is helpful.

194 "Kelsey" (1259018496)
00:27:07.524 --> 00:27:18.234

Because initially, it's really hard to remember to change that pattern when your brain is just wanting to do the thing that you've always done. Um, so you'll hear a little bit more about this.

195 "Kelsey" (1259018496)
00:27:18.234 --> 00:27:25.194

Hopefully, some of the neuroscience helps to understand the rest of our presentation and since Sarah's going to go ahead and take over now by talking about.

196 "Sarah" (3500403456)

00:27:27.294 --> 00:27:42.204

Thanks Kelsey. Yeah. So I could talk about for hours so I'm going to do, um, Charlie hard here to give a good understanding. Overview of it. So stands for eye movement desensitization and rethought processing. I know. That's kind of a mouthful.

197 "Sarah" (3500403456)

00:27:42.204 --> 00:27:56.154

So right here. So, that's what it stands for. Um, Ian, it's a form of, you know, trauma therapy, um, that enables people to heal from the symptoms and emotional distress. That's a result of the disturbing life experiences was originally discovered.

198 "Sarah" (3500403456)

00:27:56.399 --> 00:28:10.679

You know, develop to work with clients who, um, have a history of trauma and have been diagnosed with PTSD. However, you know, over the years, it's advanced quite a bit. Um, and it's becoming, um, integrated into treatment for other disorders, you know, including eating disorders.

199 "Sarah" (3500403456)

00:28:10.679 --> 00:28:24.174

Um, uses eye movement what we call bilateral stimulation to desensitize. So that's to reduce emotional distress and reprocess painful and traumatic experiences. So, bilateral stimulation.

200 "Sarah" (3500403456)

00:28:24.204 --> 00:28:35.304

Um, what bilateral stimulation is it activates, um, both sides of the brain, you know, and this is typically done by the clinician. Um, is using eye movements to kind of, um.

201 "Sarah" (3500403456)

00:28:35.639 --> 00:28:49.044

Create the whole brain to process memories, emotions and incidents that are stuck in the nervous system, which I'll talk about a little bit more about later. Um, and is evidence based. It has over 30 years of research.

202 "Sarah" (3500403456)

00:28:49.074 --> 00:29:02.574

It's actually the most research form of psychotherapy to date for PTSD. Um, you know, there's more than 30 positive controlled outcome studies, um, done any of their therapy and it's really recognized as 1 of the gold standard forms with treatment by.

203 "Sarah" (3500403456)

00:29:02.849 --> 00:29:11.429

A lot of organizations, including the Americans, like Psychiatric Association, the World Health Organization, Department of defense and Veterans Affairs.

204 "Sarah" (3500403456)

00:29:11.429 --> 00:29:21.504

So is not a talk therapy, you know, so it looks pretty different than, um, you know, what might be known as a traditional forms of therapy.

205 "Sarah" (3500403456)

00:29:21.804 --> 00:29:33.714

Um, it really doesn't require the, the person to talk in detail about the trauma. They, they've experienced. Um, you know, instead takes a, you know, body brain mind, approach and focuses on changing the emotions.

206 "Sarah" (3500403456)

00:29:33.714 --> 00:29:41.184

The thoughts, the behaviors, um, that have resulted from the distressing experience. The trauma, and this allows our brain to resume.

207 "Sarah" (3500403456)

00:29:41.429 --> 00:29:55.014

A, a natural healing process so this can be really, you know, um, kind of appealing for those clients that may be spent years and talk therapy kind of describing every detail of the trauma. Um, they've entered.

208 "Sarah" (3500403456)

00:29:55.014 --> 00:30:02.154

Um, and, you know, if we talk about something enough, we're eventually gonna desensitized to it, but that doesn't mean we're really like healing from it.

209 "Sarah" (3500403456)

00:30:02.154 --> 00:30:11.274

So, um, you know, can feel really frustrating for those clients that are sharing over and over again and not, like, actually feeling that that healing, um, another.

210 "Sarah" (3500403456)

00:30:11.429 --> 00:30:22.494

You're saying just piece to throw in here as the word trauma is actually derived from the Greek word, that literally means wound, um, and, you know, we know wounds heal from the inside out. So that's really, you know what we're talking about.

211 "Sarah" (3500403456)

00:30:23.364 --> 00:30:32.394

It's really looking at the body based looking at healing from the inside of the nervous system up into the brain the minds um.

212 "Sarah" (3500403456)

00:30:32.729 --> 00:30:46.284

You know, if we move down into the next slide, how does work? So, you know, this, um, the model that is based on, it's called the adaptive information processing model. So, this is similar to some of the things. Kelsey was just talking about.

213 "Sarah" (3500403456)

00:30:46.314 --> 00:30:58.614

Um, you know, it's a theory, um, the adaptive information processing model, it's a theory about how our brain stores memories it was created, um, developed by the creator of, um, and it really yeah.

214 "Sarah" (3500403456)

00:30:58.644 --> 00:31:02.424

Relies on the brains innate ability to constantly learn.

215 "Sarah" (3500403456)

00:31:02.729 --> 00:31:14.909

Modify and adapt and, you know, this, this model states that our brain stores, normal memories and traumatic memories differently, um, you know, our brain again, has that natural way to recover from.

216 "Sarah" (3500403456)

00:31:14.909 --> 00:31:28.164

Experiences and events and this requires all parts of the brain to kind of work together the amygdala, that campus, the Pre, frontal cortex um, you know, in most instances, the brain re processes, painful information, over time.

217 "Sarah" (3500403456)

00:31:28.164 --> 00:31:42.504

So it's stored in our normal memory system. However, you know, when the trauma is experienced, um, the brain becomes overwhelmed, it stores these trauma memories in a way that doesn't allow for healthy healing. Um, you know, the, the, the trauma then.

218 "Sarah" (3500403456)

00:31:42.779 --> 00:31:54.239

Kind of becomes stuck there in the in, in the nervous system in the brain um, all parts of the brain, you know, try to activate with that part of the brain. That processes.

219 "Sarah" (3500403456)

00:31:54.239 --> 00:32:00.269

Emotion analyzes the situation, um, shuts down because we go into that

fight or flight mode.

220 "Sarah" (3500403456)
00:32:00.269 --> 00:32:06.569

So, you know, in a sense, it gets stuck, it becomes stored there on our nervous system. Um, you know, it's.

221 "Sarah" (3500403456)
00:32:06.569 --> 00:32:10.889

Tom is kind of like a wound that our brain hasn't been allowed to heal from because.

222 "Sarah" (3500403456)
00:32:10.889 --> 00:32:19.469

It didn't have the chance to heal. Um, it didn't receive the message that the danger is over, because it wasn't able to activate all processes.

223 "Sarah" (3500403456)
00:32:19.469 --> 00:32:27.839

So, if we go down, um, speak a little more about this. So, as I said, these emotionally charged events then become.

224 "Sarah" (3500403456)
00:32:27.839 --> 00:32:38.009

Isolated from the positive adaptive experiences, um, you know, they become frozen for lack of a better word in the mind. They're and the nervous system and.

225 "Sarah" (3500403456)
00:32:38.009 --> 00:32:51.869

Not only right. Does the memory become frozen but in a sense, almost out of our conscious awareness right? The negative belief we might have developed about ourselves. Others. The world also becomes frozen and.

226 "Sarah" (3500403456)
00:32:51.869 --> 00:33:04.649

Anytime we might feel that emotion later as we move on in our life, that belief might come back. We, we start to experience danger even though it may not actually be there. Um, you know, this can be really.

227 "Sarah" (3500403456)
00:33:04.649 --> 00:33:10.289

Overwhelming for a person and disruptive to their life because, you know, see.

228 "Sarah" (3500403456)
00:33:10.289 --> 00:33:13.679

They're at work, they are interacting with others.

229 "Sarah" (3500403456)
00:33:13.679 --> 00:33:19.589
And, you know, some kind of trigger happens something that reminds them nervous system their body.

230 "Sarah" (3500403456)
00:33:19.589 --> 00:33:26.849
Of a previous drama, and all of a sudden, right they're reacting as if there's a threat or if there's danger when there may not be, um.

231 "Sarah" (3500403456)
00:33:26.849 --> 00:33:34.169
And, you know, again, it, it really impacts relationships. The people around them, they start to feel confused. Um, so.

232 "Sarah" (3500403456)
00:33:34.169 --> 00:33:46.409
You know, it's really important. That's why we're looking at, like, the whole nervous system, too when we're looking not just okay, let's change the mind or the thinking we want to really unlock that. Um, you know, there in the nervous system.

233 "Sarah" (3500403456)
00:33:48.299 --> 00:33:57.509
So, you know, here kind of continuing on on this theme if we look, you know, there's a, an image here of some over activity in the traumatized brain.

234 "Sarah" (3500403456)
00:33:57.509 --> 00:34:01.769
Um, you know, where it's, it's all lit up. There's a lot of things are happening. Um, and then.

235 "Sarah" (3500403456)
00:34:01.769 --> 00:34:16.164
You know, an image after where things are more calm, um, you know, human works to identify the negative and positive networks. So, what it's doing is, this is where the bilateral stimulation comes in. So we're bringing the person, right?

236 "Sarah" (3500403456)
00:34:16.164 --> 00:34:20.454
To kind of the experience in their mind. They're reprocessing the event and.

237 "Sarah" (3500403456)
00:34:20.699 --> 00:34:31.169
We're kind of helping them activate their brain so that all parts of the brain can activate. Right? So, that prefrontal cortex, that kind

of shut down earlier not allowing us to.

238 "Sarah" (3500403456)

00:34:31.169 --> 00:34:37.049

You know, fully experienced emotions that like making sense of the situation that's activated.

239 "Sarah" (3500403456)

00:34:37.049 --> 00:34:40.889

In that moment too. So the goal is then to reprocess.

240 "Sarah" (3500403456)

00:34:40.889 --> 00:34:44.099

That experience in a way that allows the body to.

241 "Sarah" (3500403456)

00:34:44.099 --> 00:34:54.534

Body in mind to, um, you know, for lack of a better word unstuck. Um, it becomes unstuck and then the brain can go in and do its thing, right kind of do its adaptive processing.

242 "Sarah" (3500403456)

00:34:54.624 --> 00:35:06.114

Um, you know, the hoped for the, the goal is to keep us healthy and let go of the past no longer useful beliefs. Um, I always say, too, is not the goal is not to.

243 "Sarah" (3500403456)

00:35:06.599 --> 00:35:18.179

Kind of make the person forget that the trauma ever happened, um, or you didn't look back at the trauma and feel happy right? Like, but it's looking back and reprocessing it and seeing it. Um.

244 "Sarah" (3500403456)

00:35:18.179 --> 00:35:29.009

You know, in a way that is not limiting them for the rest of their life. Right? So they might have developed that experience of. I am unworthy. I am defective right? So, the goal is then to remove.

245 "Sarah" (3500403456)

00:35:29.009 --> 00:35:37.319

That negative belief system and replace it with a more neutral, um, positive belief system, which then, you know, to reduce also the emotional distress.

246 "Sarah" (3500403456)

00:35:37.319 --> 00:35:44.459

Associated so, um, again, I know I'm going to try and fit a lot into a short.

247 "Sarah" (3500403456)
00:35:44.459 --> 00:35:50.399
Period of time here, um, but this kinda give a brief overview of the process. So it uses.

248 "Sarah" (3500403456)
00:35:50.399 --> 00:35:55.229
We call a 3 prong protocol we look at past events so these are those 1st, kind of.

249 "Sarah" (3500403456)
00:35:55.229 --> 00:36:09.779
Traumatic experience, uh, experiences that lay the groundwork, because for some people, it might be 1 specific incident 1, specific trauma for some. It might be, um, a series of trauma is a series of experiences, uh, more complex kind of.

250 "Sarah" (3500403456)
00:36:09.779 --> 00:36:19.589
Presentation, um, then, you know, we're also looking at the current current circumstances that illicit distress. So this might be if a person is.

251 "Sarah" (3500403456)
00:36:19.589 --> 00:36:26.939
Feeling extreme anger and relationship there at work. This is an example. Um, and it's really intense and they are feeling like.

252 "Sarah" (3500403456)
00:36:26.939 --> 00:36:36.444
You know, the people around them are like, well, this, this kind of like, level of anger is really knocking through with the situation. So we might then go in and look at, you know, with that person. When does the time.

253 "Sarah" (3500403456)
00:36:36.444 --> 00:36:48.954
You 1st felt this level of anger, where could this be stemming from so, that kind of gives us a window and just seeing like, what are the current triggers circumstances bringing us back there? Um, and then, you know, the, the 3rd part of that, um, prompt protocols.

254 "Sarah" (3500403456)
00:36:49.169 --> 00:36:56.669
Future events, future kind of looking at, uh, we call a future template so we're looking at what um.

255 "Sarah" (3500403456)
00:36:56.669 --> 00:37:03.054
What future situations might be triggering um, and how, how would we

facilitate adaptive?

256 "Sarah" (3500403456)

00:37:03.084 --> 00:37:14.484

Um, kind of a adaptive learning in the brain in those situations so the 3 protocol, these 3 are facilitated executed in 8 phases. So.

257 "Sarah" (3500403456)

00:37:14.759 --> 00:37:22.589

To go kind of briefly into each the 1st, 1 is, um, new colleague, a trauma timeline collecting history. Really?

258 "Sarah" (3500403456)

00:37:22.589 --> 00:37:29.819

You know, starting to build therapeutic rapport, um, you know, client sharing kind of what what they're trauma is.

259 "Sarah" (3500403456)

00:37:29.819 --> 00:37:38.729

This could, you know, for all these phases, right? This could be 1 session for some people. This could be multiple sessions for, for other people. Um, you know, there's no specific really.

260 "Sarah" (3500403456)

00:37:39.774 --> 00:37:43.824

Then the next phase we call Resourcing. So this is like, preparation.

261 "Sarah" (3500403456)

00:37:43.824 --> 00:37:57.234

This is we are, um, ensuring that the person has the coping skills, the support system, uh, you know, to cope with some dis, regulating emotions um, experiences are going to be reprocessed.

262 "Sarah" (3500403456)

00:37:57.719 --> 00:38:02.729

Um, and again, this could take long for some people. This could be pretty quick for some people.

263 "Sarah" (3500403456)

00:38:02.729 --> 00:38:06.839

That's depending like, how are they hoping, um, we're really wanting to make sure.

264 "Sarah" (3500403456)

00:38:06.839 --> 00:38:12.690

That they can feel confident in regulating themselves if they're feeling a state of emotional dysregulation.

265 "Sarah" (3500403456)

00:38:12.690 --> 00:38:22.050

And, um, phase 3, we're looking at assessing the target memory. So we're going back to that trauma timeline saying, okay, where do we want to start.

266 "Sarah" (3500403456)

00:38:22.050 --> 00:38:31.320

Um, phases, 4 to 7 are really where we're doing that reprocessing, uh, the bilateral stimulation. We're, you know, um.

267 "Sarah" (3500403456)

00:38:31.320 --> 00:38:37.980

Looking kind of at the body, a lot of body base work here where are we feeling the emotion in our body?

268 "Sarah" (3500403456)

00:38:37.980 --> 00:38:46.525

And the goal is to get the distress, um, down to 0, you know, it might be starting, you know, on a scale of 0 at a time. It might be at a 9 or 10 starting.

269 "Sarah" (3500403456)

00:38:46.735 --> 00:38:58.345

So, we're looking to bring it down to a 0 and again, this could there's really no specific number of sessions. It could take for any person. Um, it's, you know, individual, um, and.

270 "Sarah" (3500403456)

00:38:58.740 --> 00:39:02.940

Then phase 8 where, you know, at that point, we have.

271 "Sarah" (3500403456)

00:39:02.940 --> 00:39:14.760

You know, if we're in phase a, we have, um, brought the stress levels down. We have a new positive belief system. We're looking at reevaluating it making sure. Okay. Does this feel closed and then moving on to the, to the next target?

272 "Sarah" (3500403456)

00:39:16.170 --> 00:39:22.590

So, um, and eating disorder specifically, what are some of the areas we can target? So.

273 "Sarah" (3500403456)

00:39:22.590 --> 00:39:37.525

1st, you know, obviously any traumatic experience, underlying or Co, occurring the eating disorder. Um, you know, the, you know, as we were all saying before, um, someone may be using even sort of symptoms to self regulate or associate from unprocessed dramas.

274 "Sarah" (3500403456)

00:39:37.765 --> 00:39:39.085
So, you know, we want to.

275 "Sarah" (3500403456)
00:39:39.450 --> 00:39:42.660
Look under see, what's what's underlying the symptoms.

276 "Sarah" (3500403456)
00:39:43.135 --> 00:39:58.105
It's also important to note that some of the negative thoughts developed from past traumas might be creating barriers towards full healing. So, just some examples I am defective. Um, I am unworthy. This might be coming out for the person that's like, I am and worthy of help.

277 "Sarah" (3500403456)
00:39:58.105 --> 00:39:59.004
So, they might be then.

278 "Sarah" (3500403456)
00:39:59.335 --> 00:40:08.125
Resisting help resisting treatments, because they aren't feeling worthy of that from their earlier traumas I may, I am unable to succeed.

279 "Sarah" (3500403456)
00:40:08.125 --> 00:40:21.925
Right so this could be coming out in recovery they may feel if they're unable to succeed then what's the point of trying in recovery? Um, you know, and then I am too much I take up too much space that can then become literal um, and enable the disorder.

280 "Sarah" (3500403456)
00:40:22.170 --> 00:40:27.660
Um, we can also target negative body image, um, itself, so.

281 "Sarah" (3500403456)
00:40:27.660 --> 00:40:32.400
You know, this could be history of teasing bullying, um, you know, experiences.

282 "Sarah" (3500403456)
00:40:32.400 --> 00:40:38.880
A lot of fat phobia are happening in society and looking back at those traumatic experiences for a person.

283 "Sarah" (3500403456)
00:40:38.880 --> 00:40:43.560
And really targeting those things, you know, Gabby, you mentioned.

284 "Sarah" (3500403456)
00:40:43.560 --> 00:40:55.410
Avoiding restrictive food intake disorder earlier, and that's associated with some vomiting. It could be associated with an earlier traumatic experience with food a choking experience bonding experience. So.

285 "Sarah" (3500403456)
00:40:55.410 --> 00:41:00.745
We can target that also specifically and last, um, you know, the, the future template I mentioned.

286 "Sarah" (3500403456)
00:41:00.745 --> 00:41:13.165
So we can even look at what are future triggers exposures um, you know, if we got bought, you know, kinda gets body, um, comments or, um, you know, faced with, uh.

287 "Sarah" (3500403456)
00:41:13.440 --> 00:41:19.530
Triggering situation, we might use some future template to see how can we can we promote, like, adaptive? Um.

288 "Sarah" (3500403456)
00:41:19.530 --> 00:41:31.320
Processing in the brain with that. So when is it okay to use with even with with our clients? So I'll start this out with saying I did you know how we went over those 8 phases?

289 "Sarah" (3500403456)
00:41:31.320 --> 00:41:34.860
Um, phase 1 and phase 2, um, where we're doing.

290 "Sarah" (3500403456)
00:41:34.860 --> 00:41:41.580
Trauma timeline, Resourcing. Someone can stay in the Resourcing, um, stages and kind of that history like.

291 "Sarah" (3500403456)
00:41:41.580 --> 00:41:48.990
For a while, so that just because we're not doing phases 3 to 7. um, we're like, with a bilateral stimulation doesn't mean we're not.

292 "Sarah" (3500403456)
00:41:48.990 --> 00:41:52.530
Treating the drama, um, it's just we're looking at readiness.

293 "Sarah" (3500403456)
00:41:52.530 --> 00:42:05.035
So some indications of readiness. 1st, right. This might seem obvious,

but we want to make sure the client's expressing a desire to actually address the drama that they're, you know, understanding the treatment plan. And they're on board with that.

294 "Sarah" (3500403456)

00:42:05.155 --> 00:42:10.075

Um, I know is a clinician when we see, um, a client come in, that's.

295 "Sarah" (3500403456)

00:42:10.495 --> 00:42:21.565

Maybe event in and out of treatment, and we can really see, wow.

There's a lot of trauma there that hasn't been worked through. I want to get right in there and help them believe let's do this. Let's do that. We want to really respect the pace.

296 "Sarah" (3500403456)

00:42:21.565 --> 00:42:31.435

They want to go at at the same time while encouraging, you know, what we feel could be best, but, you know, they have that autonomy as well as we want to respect that we want to make sure they're following their meal plan.

297 "Sarah" (3500403456)

00:42:32.550 --> 00:42:42.750

Significantly reduce behaviors, close to weight restoration or ideally, weight restored. Um, a lot of this is because of what Kelsey said it earlier. Um, you know.

298 "Sarah" (3500403456)

00:42:43.045 --> 00:42:57.565

When we have a malnourished brain, um, the, it's not able to work fully and really with the we're really relying on the brain to do the healing. So, you know, we need it to be working at edits best, um, for ideal results.

299 "Sarah" (3500403456)

00:42:57.595 --> 00:42:59.065

Um, we want to have.

300 "Sarah" (3500403456)

00:42:59.400 --> 00:43:08.190

The client have a sense of their body, which can be really hard for weakness with our clients to go inward to feel in their body. So, this is something, um.

301 "Sarah" (3500403456)

00:43:08.190 --> 00:43:15.150

You know, because does use those somatic pieces we want to make sure that the client can do that and it's ready for that.

302 "Sarah" (3500403456)
00:43:15.150 --> 00:43:20.670

And lastly, ability to self regulate and use coping skills. So.

303 "Sarah" (3500403456)
00:43:20.670 --> 00:43:35.310

Um, you know, this kind of brings me down into what impacts effectiveness. So, if, um, you know, if a client is considering to use any sort of behaviors, and we're going in there and doing the MDR and that trauma work, it may look like.

304 "Sarah" (3500403456)
00:43:35.310 --> 00:43:50.065

It's, you know, they're able to cope with it and going through it, but if they're going home and using, you know, sort of behaviors restricting pinching purging, um, over exercise, then to cope with what came up during those, um, the mbr sessions,

305 "Sarah" (3500403456)
00:43:50.065 --> 00:44:03.445

strong therapy sessions, then what we're actually doing is really enabling the, you know, sort of behaviors. We're kind of sending that message to the brain. Like, okay, you can you can work on this, but you need to sort of cope. So we, you know, really don't want to do that.

306 "Sarah" (3500403456)
00:44:03.445 --> 00:44:05.305

So we want to make sure we have a good understanding.

307 "Sarah" (3500403456)
00:44:05.310 --> 00:44:09.420

What's going on for the client that they're being honest about behaviors?

308 "Sarah" (3500403456)
00:44:09.420 --> 00:44:16.380

All of that kind of stuff we also want to make sure they can tolerate positive experiences. Um, you know.

309 "Sarah" (3500403456)
00:44:16.380 --> 00:44:21.300

Part of the EMDR therapy is to remove, you know, heal from that.

310 "Sarah" (3500403456)
00:44:21.300 --> 00:44:25.050

Negative belief system and bring in a more positively system.

311 "Sarah" (3500403456)
00:44:25.050 --> 00:44:32.760

So, we want to make sure the client can, you know, at least tolerate some positive experiences and, um, trigger an environment.

312 "Sarah" (3500403456)

00:44:32.760 --> 00:44:38.640

So, if we're doing this work, and the person is continuing to go home and being traumatized.

313 "Sarah" (3500403456)

00:44:38.640 --> 00:44:52.135

That's, um, you know, not the best time to to jump into, like, the really reprocessing. We maybe want to stay in Resourcing. Um, stay in that phase 2 and really help them build up a coping system.

314 "Sarah" (3500403456)

00:44:52.165 --> 00:44:55.675

Um, support system before we move into.

315 "Sarah" (3500403456)

00:44:56.070 --> 00:45:04.260

You know, that the next phases. So I know that's a lot of information. Um, I've tried to back in there so, um.

316 "Sarah" (3500403456)

00:45:04.260 --> 00:45:10.410

gabby's going to go in and talk now more about another therapy used to treat drama.

317 "Gabrielle Katz" (4275885312)

00:45:10.975 --> 00:45:12.655

All right, thanks so much Sarah.

318 "Gabrielle Katz" (4275885312)

00:45:13.045 --> 00:45:22.015

So you're going to hear similar language when we talk about trauma and how it stays in our mind and body,

319 "Gabrielle Katz" (4275885312)

00:45:22.045 --> 00:45:36.835

and can show up in our present day the difference will be kind of a language and the conceptualization of it. So, it's interesting to do this presentation with Sarah and here so many similarities in so many different, like, tweaks to it at the same time.

320 "Gabrielle Katz" (4275885312)

00:45:37.705 --> 00:45:40.105

So, 1st, how I want to start is just going over the.

321 "Gabrielle Katz" (4275885312)

00:45:40.410 --> 00:45:41.520

Background.

322 "Gabrielle Katz" (4275885312)

00:45:41.520 --> 00:45:51.420

Of internal family systems, so internal family systems was developed by Dr Richard sports in the 9,980.

323 "Gabrielle Katz" (4275885312)

00:45:51.925 --> 00:46:00.865

And isn't evidence based and widely used form of psychotherapy that is non pathologize thing and powering.

324 "Gabrielle Katz" (4275885312)

00:46:01.135 --> 00:46:08.125

Those are the 2 perspectives that really hit home when we think of is non pathologize and empowering.

325 "Gabrielle Katz" (4275885312)

00:46:08.400 --> 00:46:18.810

And I actually love how was founded, it actually started with clients that had a eating disorders. It Dr, Richard's works was doing a study.

326 "Gabrielle Katz" (4275885312)

00:46:18.810 --> 00:46:22.200

With clients who had bulimia and.

327 "Gabrielle Katz" (4275885312)

00:46:22.200 --> 00:46:29.460

It wasn't working a treatment modality that he was using wasn't working and, you know, he kept talking to the clients.

328 "Gabrielle Katz" (4275885312)

00:46:29.460 --> 00:46:32.490

And they would say things to him, like.

329 "Gabrielle Katz" (4275885312)

00:46:32.490 --> 00:46:35.610

There is a part of me that gets triggered.

330 "Gabrielle Katz" (4275885312)

00:46:35.610 --> 00:46:39.360

And then another part of me that starts criticizing myself.

331 "Gabrielle Katz" (4275885312)

00:46:39.360 --> 00:46:43.500

And makes me feel alone and then that feeling is.

332 "Gabrielle Katz" (4275885312)

00:46:43.500 --> 00:46:48.630

So, unbearable that the bench part jumps in, and I can't stop it.

333 "Gabrielle Katz" (4275885312)
00:46:48.630 --> 00:46:55.530
And Dr sports is actually or was actually a family system's therapist.

334 "Gabrielle Katz" (4275885312)
00:46:55.530 --> 00:46:59.010
And when he heard this language coming from these clients.

335 "Gabrielle Katz" (4275885312)
00:46:59.010 --> 00:47:04.080
He got so interested in the system inside of us.

336 "Gabrielle Katz" (4275885312)
00:47:04.080 --> 00:47:08.040
Our internal system, and these different parts that we have.

337 "Gabrielle Katz" (4275885312)
00:47:09.690 --> 00:47:16.500
So, let's move forward to understanding the different components of.

338 "Gabrielle Katz" (4275885312)
00:47:16.500 --> 00:47:24.660
Before we get into how this works. So, when we think of, we think of the concept of parts.

339 "Gabrielle Katz" (4275885312)
00:47:24.660 --> 00:47:28.440
Parts come into this world with us.

340 "Gabrielle Katz" (4275885312)
00:47:28.440 --> 00:47:33.000
And they had non extreme roles. Everyone has parts.

341 "Gabrielle Katz" (4275885312)
00:47:33.000 --> 00:47:36.780
And they are something positive for all individuals.

342 "Gabrielle Katz" (4275885312)
00:47:36.780 --> 00:47:41.370
What happens is when a trauma occurs.

343 "Gabrielle Katz" (4275885312)
00:47:41.370 --> 00:47:45.420
Or continues to occur these parts.

344 "Gabrielle Katz" (4275885312)
00:47:45.420 --> 00:47:48.870
Develop roles.

345 "Gabrielle Katz" (4275885312)

00:47:48.870 --> 00:47:54.360

These parts get frozen in the trauma that they've experienced.

346 "Gabrielle Katz" (4275885312)

00:47:54.360 --> 00:47:59.940

Often in childhood, and these parts are not living in the present.

347 "Gabrielle Katz" (4275885312)

00:47:59.940 --> 00:48:05.490

So, present things could be going on and they're triggering.

348 "Gabrielle Katz" (4275885312)

00:48:05.490 --> 00:48:13.230

Passed emotion, sensation, thoughts, feelings and these parts are frozen back there and that's how they respond.

349 "Gabrielle Katz" (4275885312)

00:48:14.460 --> 00:48:20.460

So, I want to go into each specific part and component of to understand.

350 "Gabrielle Katz" (4275885312)

00:48:20.460 --> 00:48:25.860

This whole concept 1st, let's talk about the exile parts.

351 "Gabrielle Katz" (4275885312)

00:48:25.860 --> 00:48:30.720

These are our get parts these are the parts that got hurt.

352 "Gabrielle Katz" (4275885312)

00:48:30.720 --> 00:48:35.430

The most during our traumatic experience is.

353 "Gabrielle Katz" (4275885312)

00:48:35.430 --> 00:48:41.970

These are the parts that carry the original pain of feelings and beliefs.

354 "Gabrielle Katz" (4275885312)

00:48:41.970 --> 00:48:48.000

From our past experiences, and these are the ones that we don't want to feel again.

355 "Gabrielle Katz" (4275885312)

00:48:49.260 --> 00:48:53.490

So, how do we not feel them? We have protective.

356 "Gabrielle Katz" (4275885312)

00:48:53.490 --> 00:48:57.420

These are our managers and our firefighters.

357 "Gabrielle Katz" (4275885312)

00:48:57.420 --> 00:49:02.970

Our manager parts are the ones we most identify with.

358 "Gabrielle Katz" (4275885312)

00:49:02.970 --> 00:49:12.480

These are our critics, these are the ones that control our inner and external environments. They manage our day today.

359 "Gabrielle Katz" (4275885312)

00:49:12.480 --> 00:49:19.950

There are anxiety our perfectionism, our caregiving qualities. These are critics. Like I said.

360 "Gabrielle Katz" (4275885312)

00:49:21.600 --> 00:49:31.050

But what happens is life happens, and our exiles get triggered. Our managers are trying to not have this part of us get triggered, but they can.

361 "Gabrielle Katz" (4275885312)

00:49:31.050 --> 00:49:34.320

And so that's 1, our firefighters step in.

362 "Gabrielle Katz" (4275885312)

00:49:34.320 --> 00:49:37.530

And what does a firefighter do they put out the fire.

363 "Gabrielle Katz" (4275885312)

00:49:37.530 --> 00:49:41.790

What does a firefighter part? Do they fight the fire?

364 "Gabrielle Katz" (4275885312)

00:49:41.790 --> 00:49:52.770

That the exile feels the emotion, the pain that it's feeling, and they don't care about any collateral damage to relationships or the body.

365 "Gabrielle Katz" (4275885312)

00:49:52.770 --> 00:49:56.880

They are trying to get away from the pain as fast as.

366 "Gabrielle Katz" (4275885312)

00:49:56.880 --> 00:50:07.710

These are eating disorder parts. These are also our assumptions use parts or suicidal parts are self harm parts. But this is the point to here are eating disorder.

367 "Gabrielle Katz" (4275885312)

00:50:09.030 --> 00:50:13.440

Managers try to keep you in control firefighters try to get you out of control.

368 "Gabrielle Katz" (4275885312)

00:50:13.440 --> 00:50:17.100

I keep you safe to protect you.

369 "Gabrielle Katz" (4275885312)

00:50:17.100 --> 00:50:24.630

Now, I can't talk about the system without talking about the self and the self is a capital f.

370 "Gabrielle Katz" (4275885312)

00:50:24.630 --> 00:50:28.800

And it is not a part like a part.

371 "Gabrielle Katz" (4275885312)

00:50:28.800 --> 00:50:34.740

Everybody has the stuff the self is more of like, the center of us.

372 "Gabrielle Katz" (4275885312)

00:50:34.740 --> 00:50:38.970

It's our natural intelligence, it's our energy.

373 "Gabrielle Katz" (4275885312)

00:50:38.970 --> 00:50:44.490

It's, it's our authentic self. Think about who you are with a loved 1.

374 "Gabrielle Katz" (4275885312)

00:50:44.490 --> 00:50:47.520

That's your self.

375 "Gabrielle Katz" (4275885312)

00:50:47.520 --> 00:50:53.880

We're a lot nicer and loving and caring towards other than we are to ourselves. That is our authentic self.

376 "Gabrielle Katz" (4275885312)

00:50:53.880 --> 00:50:57.420

Sonia Renee Taylor, who is the author of.

377 "Gabrielle Katz" (4275885312)

00:50:57.420 --> 00:51:01.710

Oh, my goodness. I can't think of the book right now.

378 "Gabrielle Katz" (4275885312)

00:51:01.710 --> 00:51:06.330

The body is not an apology always talks about how an acorn.

379 "Gabrielle Katz" (4275885312)

00:51:06.330 --> 00:51:13.980

Always knew it was going to be an oak tree and a caterpillar always knows it's going to be a butterfly. That is your authentic self. You're knowing.

380 "Gabrielle Katz" (4275885312)

00:51:13.980 --> 00:51:17.460

Of the beautiful growth that you are to be.

381 "Gabrielle Katz" (4275885312)

00:51:18.630 --> 00:51:23.100

So, typically, when we think about our parts, right?

382 "Gabrielle Katz" (4275885312)

00:51:23.100 --> 00:51:32.730

The firefighters are eating disorder are exile parts that we want to try to hide. We feel shame. We feel negativity we really are trying to, like.

383 "Gabrielle Katz" (4275885312)

00:51:32.730 --> 00:51:36.720

Stay away from those parts, or, like, paint those parts.

384 "Gabrielle Katz" (4275885312)

00:51:36.720 --> 00:51:41.370

So, how do we know we're in our self energy?

385 "Gabrielle Katz" (4275885312)

00:51:42.450 --> 00:51:47.640

And that's when calls our 8 scenes and our 5.

386 "Gabrielle Katz" (4275885312)

00:51:48.720 --> 00:51:55.560

So, to explain this, when we are starting to be led by ourself.

387 "Gabrielle Katz" (4275885312)

00:51:55.560 --> 00:52:00.900

Capital as we start to think of our parts in a different way.

388 "Gabrielle Katz" (4275885312)

00:52:02.100 --> 00:52:07.500

Maybe instead of judgment and fear.

389 "Gabrielle Katz" (4275885312)

00:52:07.500 --> 00:52:10.980

We start to see them as calmer. That's our 1st.

390 "Gabrielle Katz" (4275885312)

00:52:10.980 --> 00:52:14.100

Instead of addressing them with a judgment.

391 "Gabrielle Katz" (4275885312)

00:52:14.100 --> 00:52:19.290

We address them the patients and confidence 1st or 2nd.

392 "Gabrielle Katz" (4275885312)

00:52:19.290 --> 00:52:24.870

Being able to connect with these parts in a different way. There we go with another scene.

393 "Gabrielle Katz" (4275885312)

00:52:26.220 --> 00:52:29.670

This is when we connect with them curiosity.

394 "Gabrielle Katz" (4275885312)

00:52:29.670 --> 00:52:33.150

And it starts to open up our parts.

395 "Gabrielle Katz" (4275885312)

00:52:33.150 --> 00:52:36.750

So that they can feel ourselves energy presence.

396 "Gabrielle Katz" (4275885312)

00:52:38.550 --> 00:52:41.790

The other season piece that I want to just throw out there.

397 "Gabrielle Katz" (4275885312)

00:52:41.790 --> 00:52:46.560

Is clarity, courage, creativity and compassion.

398 "Gabrielle Katz" (4275885312)

00:52:46.560 --> 00:52:51.390

And then P is our persistence playful and perspective.

399 "Gabrielle Katz" (4275885312)

00:52:51.390 --> 00:52:56.430

When we are tapping into those, we are tapping into ourselves energy.

400 "Gabrielle Katz" (4275885312)

00:52:57.930 --> 00:53:01.710

Now, we went through the components we went through the background.

401 "Gabrielle Katz" (4275885312)

00:53:01.710 --> 00:53:10.020

But let's talk a little bit about the steps and how this works as we discussed earlier. The metaphor psychotherapists used for trauma.

402 "Gabrielle Katz" (4275885312)

00:53:10.020 --> 00:53:14.250

Is onions or any kind of mental health and trauma informed treatment at the time in.

403 "Gabrielle Katz" (4275885312)

00:53:14.250 --> 00:53:17.280

But usually actually use it.

404 "Gabrielle Katz" (4275885312)

00:53:17.280 --> 00:53:23.640

A bulb of garlic and they explain that each quote contains protectors.

405 "Gabrielle Katz" (4275885312)

00:53:23.640 --> 00:53:29.670

And 1 or 2 exile parts, each of which needs to be worked with independent.

406 "Gabrielle Katz" (4275885312)

00:53:30.840 --> 00:53:36.360

So, how do we do that when we think of the trauma work we do with there are 6 steps.

407 "Gabrielle Katz" (4275885312)

00:53:37.530 --> 00:53:41.730

To help process and find the parts and release their burden.

408 "Gabrielle Katz" (4275885312)

00:53:43.020 --> 00:53:56.760

The 1st step is to find it turn your attention inward. This could be through mindfulness. This could be through therapy and your therapists of hearing words, or themes, and is bringing your attention to it. We find.

409 "Gabrielle Katz" (4275885312)

00:53:56.760 --> 00:53:59.820

We find your attention inward.

410 "Gabrielle Katz" (4275885312)

00:54:00.930 --> 00:54:05.460

And then we focus on the part that you found.

411 "Gabrielle Katz" (4275885312)

00:54:06.780 --> 00:54:11.340

Focus on that, give it space, then you flush it out.

412 "Gabrielle Katz" (4275885312)

00:54:11.340 --> 00:54:18.570

Once you've found and focused on it, it's time to flesh it out. See what you can learn about see what it connected to.

413 "Gabrielle Katz" (4275885312)

00:54:18.570 --> 00:54:26.730

Let your mind go, then you feel towards it you kind of assess how do you feel about this part?

414 "Gabrielle Katz" (4275885312)

00:54:26.730 --> 00:54:31.860

You'll be friend, it get to know this part.

415 "Gabrielle Katz" (4275885312)

00:54:31.860 --> 00:54:35.580

So, it compassion understand it.

416 "Gabrielle Katz" (4275885312)

00:54:35.580 --> 00:54:41.940

And then it leads to the fear once you be friendly, will find out what the fear is.

417 "Gabrielle Katz" (4275885312)

00:54:41.940 --> 00:54:47.190

In that part what they are afraid will happen without their presence.

418 "Gabrielle Katz" (4275885312)

00:54:47.190 --> 00:54:55.440

And that typically leads to that exile part that we need to address and process and show love and passion to.

419 "Gabrielle Katz" (4275885312)

00:54:56.880 --> 00:55:00.240

So, to summarize the goals are.

420 "Gabrielle Katz" (4275885312)

00:55:00.240 --> 00:55:05.100

To liberate parts from their roles, they were forced into their extreme roles.

421 "Gabrielle Katz" (4275885312)

00:55:05.100 --> 00:55:09.030

And help them really figure out who to designed to be.

422 "Gabrielle Katz" (4275885312)

00:55:09.030 --> 00:55:12.930

Restore restore a trust to the South.

423 "Gabrielle Katz" (4275885312)

00:55:12.930 --> 00:55:18.570

We harmonize the inner system and become more self led.

424 "Gabrielle Katz" (4275885312)

00:55:18.570 --> 00:55:21.840

In your interactions with the world.

425 "Gabrielle Katz" (4275885312)

00:55:23.550 --> 00:55:30.000

So, now we've gone over to trauma informed therapeutic modality is that look at eating disorders?

426 "Gabrielle Katz" (4275885312)

00:55:30.000 --> 00:55:33.420

As a part of a bigger picture.

427 "Gabrielle Katz" (4275885312)

00:55:33.420 --> 00:55:36.900

As part of a bigger system where there's more to it.

428 "Gabrielle Katz" (4275885312)

00:55:36.900 --> 00:55:49.380

It's the tip of the iceberg if for that analogy, um, it's our job as therapist to help our clients understand the purpose of the eating disorder, the protection and the reasoning behind it.

429 "Gabrielle Katz" (4275885312)

00:55:50.430 --> 00:55:57.990

And to wrap up today, we want to really emphasize the importance of treating eating disorders and trauma together.

430 "Gabrielle Katz" (4275885312)

00:55:58.735 --> 00:56:12.925

And at least if we're not treating any disorders and trauma together for everyone to be trauma informed, when you're treating somebody with an eating disorder. And again, I want to reiterate the caveat of the medical complications of an eating disorder.

431 "Gabrielle Katz" (4275885312)

00:56:13.170 --> 00:56:24.060

You know, we need to address that 1st, didn't the inability to do some of the deeper work when our brain is not fully functioning? And our clients are still coping using these behaviors.

432 "Gabrielle Katz" (4275885312)

00:56:24.060 --> 00:56:29.160

But with that being said, Kelsey, Sarah, and I have worked in higher level of care.

433 "Gabrielle Katz" (4275885312)

00:56:29.160 --> 00:56:38.190

Before moving to private practice, and we have seen a lot of clients labeled as chronic and noncompliant when in reality that just needed, they're trauma to be addressed to.

434 "Gabrielle Katz" (4275885312)

00:56:38.190 --> 00:56:48.510

To be seen, and, as it says on the slide, we want to really acknowledge that treatment centers are moving in this direction of a trauma informed care.

435 "Gabrielle Katz" (4275885312)

00:56:48.510 --> 00:56:58.530

And that's because PTSD is a significant predictor of poor prognosis and eating disorder of recovery. So, trauma must be addressed for complete healing.

436 "Gabrielle Katz" (4275885312)

00:56:58.530 --> 00:57:07.800

Thank you all so much for joining us today and I know we've only left, like, 1 minute per questions, but hopefully we can get to some. Thank you so much.

437 "Allison oaks" (3034908160)

00:57:10.795 --> 00:57:13.795

All right, yes, we do have a few questions here.

438 "Allison oaks" (3034908160)

00:57:13.795 --> 00:57:28.375

So the 1st, 1 is my kid's grandmother is starting her 2nd, intensive outpatient program looking for developmentally appropriate ways to explain to school age kids, 7 and 9.

439 "Gabrielle Katz" (4275885312)

00:57:30.450 --> 00:57:43.230

I can take that question. I really love the med. I love metaphors. I think metaphors are just such an easy way to explain such hard concepts. And when I have.

440 "Gabrielle Katz" (4275885312)

00:57:43.230 --> 00:57:48.660

Adult clients that have kids or even siblings, whatever it may be. Um.

441 "Gabrielle Katz" (4275885312)

00:57:48.660 --> 00:57:51.720

A metaphor that I really like to use is.

442 "Gabrielle Katz" (4275885312)

00:57:51.720 --> 00:57:56.160

Is there something you're scared of spiders Heights?

443 "Gabrielle Katz" (4275885312)

00:57:56.160 --> 00:58:03.990

You know, sharks, whatever it may be and really explain that, you know, I think you said it's free.

444 "Gabrielle Katz" (4275885312)

00:58:03.990 --> 00:58:07.980

You know, grandma has has fears just like you have fears.

445 "Gabrielle Katz" (4275885312)

00:58:07.980 --> 00:58:14.550

But grandma fears, food, and just like, you get really scared for those things.

446 "Gabrielle Katz" (4275885312)

00:58:14.550 --> 00:58:18.300

I can get really scared for that and.

447 "Gabrielle Katz" (4275885312)

00:58:18.300 --> 00:58:29.280

It doesn't necessarily make sense. Right? We, we don't know. The spider is actually going to hurt us. Especially if it's non poisonous, it's not going to do anything, but it's just a little scary. Or if we're scared of heights.

448 "Gabrielle Katz" (4275885312)

00:58:29.280 --> 00:58:36.840

You know, that can be a little irrational, or it doesn't really make sense because you're safe. And you're okay, when you're up there in a tall building.

449 "Gabrielle Katz" (4275885312)

00:58:36.840 --> 00:58:40.260

But sometimes we get scared of thing.

450 "Gabrielle Katz" (4275885312)

00:58:40.260 --> 00:58:45.750

That don't really make sense, but grandma is going to a place.

451 "Gabrielle Katz" (4275885312)

00:58:45.750 --> 00:58:49.500

To get help so that she is not scared of it.

452 "Gabrielle Katz" (4275885312)

00:58:49.500 --> 00:58:57.720

And that's just 1 way that I explain it and kind of a kid friendly way. I don't know if Kelsey or Sarah has other additions to that.

453 "Sarah" (3500403456)

00:58:59.640 --> 00:59:14.460

Yeah, I think that's a really great, great way to answer and I feel like kids, um, and I feel like kids understand a lot more oftentimes then, um, you know, they're very perceptive right to things that are happening, um, and understanding and really, um.

454 "Sarah" (3500403456)

00:59:14.460 --> 00:59:26.730

You know, I've seen, um, understand emotions and that kind of stuff in a really deeper way than even a lot of adults do. So, I think given yeah. Giving them the benefit of the doubt around that and their ability to, to understand.

455 "Allison oaks" (3034908160)

00:59:31.320 --> 00:59:42.060

All right, so our next question is, is the malnutrition during brain development in adolescence, a more permanent impact.

456 "Kelsey" (1259018496)

00:59:43.830 --> 00:59:47.430

Go ahead, and take this 1. um, so, uh.

457 "Kelsey" (1259018496)

00:59:48.115 --> 01:00:01.045

For the most part, I'm going to say, no 1 caveat with the brain is that we're always finding more research we actually know very little about the brain. So that is always, you know, underlying things.

458 "Kelsey" (1259018496)

01:00:01.315 --> 01:00:11.725

But for the most part, even in adolescence, structurally, like, those structural changes that happen from malnutrition do eventually recover.

459 "Kelsey" (1259018496)

01:00:11.935 --> 01:00:17.335

What you might see is that, like, as the brain is developing, and there's like, the structural changes but there's also.

460 "Kelsey" (1259018496)

01:00:17.815 --> 01:00:23.095

Cognitive impacts like your brain is going to build off of what it already knows.

461 "Kelsey" (1259018496)

01:00:23.095 --> 01:00:36.355

So that's where you might see some more, like, long term effects but even with that, with, like the neuroplasticity, there's still absolutely like, change that can happen from that. So, um.

462 "Kelsey" (1259018496)

01:00:36.630 --> 01:00:42.630

Yeah, I guess my short answer would be for the most part, there's not necessarily a permanent impact from what.

463 "Kelsey" (1259018496)

01:00:42.630 --> 01:00:45.690

You know, so far, at least.

464 "Allison oaks" (3034908160)

01:00:45.690 --> 01:00:58.980

Okay, and our next question is there a correlation between the times someone has had eating disorder behaviors and healing time due to neuro neuroplasticity.

465 "Kelsey" (1259018496)

01:01:01.105 --> 01:01:14.695

Good question so this is another 1, I would say not necessarily. There's a lot of different factors so developmentally that's going to be an impact. Um, because like I said, as the brain is developing, it's like, building off of what it knows.

466 "Kelsey" (1259018496)

01:01:14.695 --> 01:01:20.275

So, if somebody has an eating disorder and add a lesson, and then 20 years down the line,

467 "Kelsey" (1259018496)

01:01:20.275 --> 01:01:30.535

you're working with them that's going to look really different than if they had a pretty good relationship with food and with maybe experienced a trauma then started how to develop.

468 "Kelsey" (1259018496)

01:01:30.540 --> 01:01:32.550

More eating the sort of behaviors.

469 "Kelsey" (1259018496)

01:01:32.550 --> 01:01:38.700

Later on, like, in 20 s or thirties like that, those 2 are going to look really different. Um.

470 "Kelsey" (1259018496)

01:01:38.700 --> 01:01:51.415

So, there's that factor, but then also, there's a lot of other things that impact neuroplasticity, like, just general, like, cognitive flexibility. So, how rigid or flexible someone is stress levels, going to impact it. Definitely.

471 "Kelsey" (1259018496)

01:01:52.795 --> 01:02:04.375

Malnutrition can impact it. So, there's a lot of different factors that are gonna impact for time. Also, the environment the person is in now, their supports all of those things.

472 "Kelsey" (1259018496)

01:02:04.375 --> 01:02:07.885

So there's not necessarily going to be a direct correlation.

473 "Kelsey" (1259018496)

01:02:08.220 --> 01:02:12.870

The time of eating disorder behaviors and the time of healing.

474 "Kelsey" (1259018496)

01:02:12.870 --> 01:02:16.350

And then I'll be there, Sarah. Gabby, you want to add anything to that?

475 "Allison oaks" (3034908160)

01:02:18.240 --> 01:02:31.615

That'd be great. Yeah. Okay. And our last question, which I will actually be taking this 1 myself, but is how do you find a therapist professional who specializes in the EMDR therapy?

476 "Allison oaks" (3034908160)

01:02:32.065 --> 01:02:40.465

Is this something they could help locate it if an employee called them and absolutely. Yes. They can certainly work to help, um.

477 "Allison oaks" (3034908160)

01:02:40.770 --> 01:02:49.795

You to find an therapist, and I think those are all our questions.

478 "Allison oaks" (3034908160)

01:02:49.795 --> 01:02:59.305

So I just want to thank everyone's so much for attending and thank you to Gabby Kelsey and Sarah for providing such wonderful information.

479 "Allison oaks" (3034908160)

01:02:59.575 --> 01:03:08.515

Again, if you have any questions about therapy is discussed today, please contact the eating disorder team by calling the number on the back of your insurance card.

480 "Allison oaks" (3034908160)

01:03:08.820 --> 01:03:21.240

And please be sure to mark your calendars to join us next month on March 28th, or we will be having discussion with eating disorder treatment for transgender and gender, diverse clients.