

WEBVTT

1 "Harvey, Melissa" (3737710336)

00:00:03.539 --> 00:00:09.089

Welcome Thank you for calling into sickness. 2023 eating disorder awareness series.

2 "Harvey, Melissa" (3737710336)

00:00:09.089 --> 00:00:13.679

My name is Melissa Harvey, and I am a care manager for the eating disorder team.

3 "Harvey, Melissa" (3737710336)

00:00:13.679 --> 00:00:18.899

Due to the format of this call, you will not be able to ask questions during the teleconference.

4 "Harvey, Melissa" (3737710336)

00:00:18.899 --> 00:00:23.790

The conference will be opened up for Q and a, at the completion of the presentation.

5 "Harvey, Melissa" (3737710336)

00:00:23.790 --> 00:00:27.960

Although you do have the option of submitting questions during the teleconference.

6 "Harvey, Melissa" (3737710336)

00:00:27.960 --> 00:00:31.890

You can follow along to the presentation through the teleconference.

7 "Harvey, Melissa" (3737710336)

00:00:31.890 --> 00:00:40.320

You can also access the presentation for today's seminar online at W. W. W dot dot com slash eating disorders.

8 "Harvey, Melissa" (3737710336)

00:00:40.320 --> 00:00:45.750

Scroll to the current topics section in the middle of your page and click on today's topic labeled.

9 "Harvey, Melissa" (3737710336)

00:00:45.750 --> 00:00:48.840

Bench eating disorder who has it and how we treat it.

10 "Harvey, Melissa" (3737710336)

00:00:48.840 --> 00:00:52.830

Please note that not all policies cover today's topic.

11 "Harvey, Melissa" (3737710336)

00:00:52.830 --> 00:00:58.650

For more specific information on whether your policy covers topics discussed in today's seminar.

12 "Harvey, Melissa" (3737710336)

00:00:58.650 --> 00:01:04.380

Please contact the eating disorder team by calling the number on the back of your insurance card.

13 "Harvey, Melissa" (3737710336)

00:01:04.380 --> 00:01:07.890

Today I have the pleasure of introducing Kate Craig.

14 "Harvey, Melissa" (3737710336)

00:01:07.890 --> 00:01:15.000

Doctor, Kate Craig is the clinical psychologist and the director of clinical integrity and innovation at Walden, behavioral care.

15 "Harvey, Melissa" (3737710336)

00:01:15.000 --> 00:01:24.660

Montenegro affiliate before joining Walden, she completed her post doctoral fellowship and was a clinical instructor at the eating and wait disorders program.

16 "Harvey, Melissa" (3737710336)

00:01:24.660 --> 00:01:29.190

In the Department of psychiatry at the Mt Sinai School of medicine.

17 "Harvey, Melissa" (3737710336)

00:01:29.190 --> 00:01:38.100

Kate received her doctorate from fairly Dickinson University and completed her clinical internship at the New Jersey BA, healthcare system.

18 "Harvey, Melissa" (3737710336)

00:01:38.100 --> 00:01:43.440

For training and clinical work has focused on eating disorders, trauma and substance abuse.

19 "Harvey, Melissa" (3737710336)

00:01:43.440 --> 00:01:49.560

Kate is very proud of her role in the development of walden's, intensive outpatient program for adults.

20 "Harvey, Melissa" (3737710336)

00:01:49.560 --> 00:01:52.770

With Ben and emotional eating welcome kit.

21 "Dr. Kate Craigen, PhD she/her" (801523456)

00:01:55.410 --> 00:02:08.665

You so much Melissa, I am excited to be here a segment of April health awareness series. Today. I'm going to talk at length about the eating disorder, binge, eating disorder.

22 "Dr. Kate Craigen, PhD she/her" (801523456)

00:02:09.205 --> 00:02:19.165

I am looking forward to getting an introduction and then answering any questions that you all have at the end of the presentation.

23 "Dr. Kate Craigen, PhD she/her" (801523456)

00:02:19.705 --> 00:02:25.345

Please don't hesitate to throw your questions into the chat on the Webex screen.

24 "Dr. Kate Craigen, PhD she/her" (801523456)

00:02:25.770 --> 00:02:40.140

So, today, I will go into some details about the diagnosis of been eating disorder, some very specific details about what a binge eating episode looks like and how it's distinguished from other types of eating episodes.

25 "Dr. Kate Craigen, PhD she/her" (801523456)

00:02:40.140 --> 00:02:45.235

The common clinical features in those who have been eating disorder.

26 "Dr. Kate Craigen, PhD she/her" (801523456)

00:02:45.625 --> 00:02:55.075

And then what we know with regard to the research of the causes of binge, eating disorder, the treatments that we have better evidence, based to address binge,

27 "Dr. Kate Craigen, PhD she/her" (801523456)

00:02:55.105 --> 00:03:06.715

eating and then some resources that I would recommend for both people who have been eating as well as providers, who are treating those with been cheating.

28 "Dr. Kate Craigen, PhD she/her" (801523456)

00:03:07.645 --> 00:03:21.595

So that is where we're headed today to begin, when you are questioning, whether or not this is a disorder that you have, or when you are meeting with people,

29 "Dr. Kate Craigen, PhD she/her" (801523456)

00:03:21.595 --> 00:03:24.595

presenting with binge, eating 1 of the 1st,

30 "Dr. Kate Craigen, PhD she/her" (801523456)

00:03:24.595 --> 00:03:36.625

things that you're going to assess for is the presence of weekly

eating episodes of binge eating episodes specifically is defined as eating within a period of time.

31 "Dr. Kate Craigen, PhD she/her" (801523456)

00:03:37.050 --> 00:03:50.910

2 hours or less, an amount of food that is larger than what you would typically eat in a similar period of time. So, this is this is not like a, the.

32 "Dr. Kate Craigen, PhD she/her" (801523456)

00:03:50.910 --> 00:03:54.180

Eating episodes that are.

33 "Dr. Kate Craigen, PhD she/her" (801523456)

00:03:54.180 --> 00:04:00.325

Unique to certain sort of like celebrations, be a holiday or, uh, birthday.

34 "Dr. Kate Craigen, PhD she/her" (801523456)

00:04:00.925 --> 00:04:13.405

This would be compared to any other sort of 2 hour, period of time consuming an amount of food that's greater than say you would eat during a meal.

35 "Dr. Kate Craigen, PhD she/her" (801523456)

00:04:14.160 --> 00:04:25.705

The other piece is the sense of loss of control that occurs during that eating episode. So we're really assessing 2 things whether the quantity.

36 "Dr. Kate Craigen, PhD she/her" (801523456)

00:04:25.705 --> 00:04:29.905

The amount of food is significantly large and whether.

37 "Dr. Kate Craigen, PhD she/her" (801523456)

00:04:30.209 --> 00:04:41.489

During that episode, there is a feeling of loss of control and I'm going to explain a little bit more about what that looks like or feels like, um, in the coming slides.

38 "Dr. Kate Craigen, PhD she/her" (801523456)

00:04:41.489 --> 00:04:50.039

So, once we've established that there are eating episodes that have this quantity and control feature.

39 "Dr. Kate Craigen, PhD she/her" (801523456)

00:04:51.384 --> 00:04:58.554

We also are questioning whether the episodes are occurring very rapidly,

40 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:04:59.124 --> 00:05:07.614  
whether the person reports eating until they feel uncomfortably full or even sick sometimes in pain.

41 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:05:08.784 --> 00:05:15.414  
Typically, these eating episodes are happening without hunger being associated with the eating episode.

42 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:05:16.314 --> 00:05:24.624  
Oftentimes, we will hear that the eating is happening alone or an isolation due to embarrassment about the eating.

43 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:05:24.834 --> 00:05:36.864  
And then oftentimes there are feelings of discussed guilt or depression that reported following the eating episode. So, those are usually you're going to have.

44 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:05:37.169 --> 00:05:43.079  
I would say 3 or more of those features occurring during any given.

45 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:05:43.079 --> 00:05:47.729  
Hello.

46 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:05:48.294 --> 00:05:59.484  
To give a little bit more detail about clinically what these episodes look and feel like many people will report feeling numb during a binge eating episode.

47 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:05:59.814 --> 00:06:09.324  
Um, sometimes there's like an out of body experience where people describe being able to kind of watch themselves eating the food. That.

48 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:06:10.824 --> 00:06:24.714  
Watching themselves, part of the out of control loss of control feature is noticing and watching and being aware of what you're eating without being able to stop or interrupt the eating behavior.

49 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:06:24.744 --> 00:06:39.594  
That's really that out of body experience. We know that the types of food that people consume and have been eating episode varies wildly.

Depends on the person depend on an injury episode. Many of the foods that are.

50 "Dr. Kate Craigen, PhD she/her" (801523456)

00:06:39.989 --> 00:06:45.714

Uh, more likely to show up in a been joining episode include foods that the person is avoiding.

51 "Dr. Kate Craigen, PhD she/her" (801523456)

00:06:46.044 --> 00:07:00.564

So, sometimes if you are kind of avoiding certain foods related to a diet that you are on, those are the exact foods. That might be more likely to show up in a bit cheating episode.

52 "Dr. Kate Craigen, PhD she/her" (801523456)

00:07:01.134 --> 00:07:06.024

So those are the ones the foods that are consumed or sought after during, during binge eating.

53 "Dr. Kate Craigen, PhD she/her" (801523456)

00:07:07.044 --> 00:07:21.084

We know there are some very common triggers to these eating episodes as I mentioned dieting or restricting specific types of foods, different relationships, stressors, like, arguments,

54 "Dr. Kate Craigen, PhD she/her" (801523456)

00:07:21.114 --> 00:07:25.014

conflict, loss, et cetera. And then.

55 "Dr. Kate Craigen, PhD she/her" (801523456)

00:07:26.034 --> 00:07:39.924

Specifically any kind of negative mood related to feelings or thoughts about once shape and wait. So it may be all 3 of these triggers. It may be 1.

56 "Dr. Kate Craigen, PhD she/her" (801523456)

00:07:40.284 --> 00:07:52.224

um, we also know that boredom is another very common trigger for sort of engaging in. So these are the most common triggers though there are others.

57 "Dr. Kate Craigen, PhD she/her" (801523456)

00:07:52.559 --> 00:07:57.539

And 1 of the things that I wanted to make sure to do is distinguish of binge eating episode.

58 "Dr. Kate Craigen, PhD she/her" (801523456)

00:07:57.539 --> 00:08:04.049

From other types of eating episodes, like overeating or emotional eating um.

59 "Dr. Kate Craigen, PhD she/her" (801523456)

00:08:04.049 --> 00:08:18.234

I would say that it's probably common that everyone engages in, over eating or emotional eating from time to time, but not everyone experiences, binge, eating episodes.

60 "Dr. Kate Craigen, PhD she/her" (801523456)

00:08:18.414 --> 00:08:24.294

So the distinguishing feature is really that loss of control.

61 "Dr. Kate Craigen, PhD she/her" (801523456)

00:08:24.689 --> 00:08:35.664

Feeling, um, sometimes I've been reading episode and may even be planned ahead of time, but even if there is sort of a plan to engage in at some point,

62 "Dr. Kate Craigen, PhD she/her" (801523456)

00:08:36.024 --> 00:08:40.884

there's a wish to stop and not being able to stop or interrupt the behavior.

63 "Dr. Kate Craigen, PhD she/her" (801523456)

00:08:41.874 --> 00:08:54.624

When we think about how we define over eating, that is typically very subjective. So it's based on one's own personal judgments about how much food is too much.

64 "Dr. Kate Craigen, PhD she/her" (801523456)

00:08:54.684 --> 00:09:09.474

It might even be based on, like, a comparison to how much you have eaten compared to other people. So, there's, it's, it's a much more common experience and it's much more subjective in nature. Emotional eating again.

65 "Dr. Kate Craigen, PhD she/her" (801523456)

00:09:09.474 --> 00:09:11.064

Very common is any.

66 "Dr. Kate Craigen, PhD she/her" (801523456)

00:09:11.219 --> 00:09:21.419

So that we recognize that we're able to tie to an episode that we have in response to a certain emotion.

67 "Dr. Kate Craigen, PhD she/her" (801523456)

00:09:21.504 --> 00:09:28.404

Or even perhaps a type of emotion that we're seeking out in response to the, the food that we're eating.

68 "Dr. Kate Craigen, PhD she/her" (801523456)

00:09:28.404 --> 00:09:40.134

So, maybe if I'm emotionally eating, it's because the type of food that I'm meeting, brings a feeling of calm or decreases anxiety, or brings about memories that.

69 "Dr. Kate Craigen, PhD she/her" (801523456)

00:09:40.409 --> 00:09:53.069

That reminds me of feeling calm and feeling less anxious. So if I was engaging in an emotional leading episode, typically, we can, we compare very specific emotions to the food.

70 "Dr. Kate Craigen, PhD she/her" (801523456)

00:09:53.424 --> 00:10:05.034

If people would be eating disorder, people who engaged in been cheating episodes may also have episodes of overeating and emotional leading. That makes sense and happens all the time.

71 "Dr. Kate Craigen, PhD she/her" (801523456)

00:10:05.574 --> 00:10:13.074

But I wanted to just highlight that binge. Actual clinical been shooting episodes are far, far less common.

72 "Dr. Kate Craigen, PhD she/her" (801523456)

00:10:16.854 --> 00:10:27.894

There's a few facts about binge eating disorder that I wanted to highlight the typical age of onset is later than 4 other eating disorders.

73 "Dr. Kate Craigen, PhD she/her" (801523456)

00:10:28.374 --> 00:10:43.224

So people are more likely to report meeting criteria for bleeding disorder in their late twenties or college. Sometimes is a very common onset period, so we also hear.

74 "Dr. Kate Craigen, PhD she/her" (801523456)

00:10:44.309 --> 00:10:59.094

People describe kind of this, these loss of control, eating episodes as happening sort of for as long as they can remember. And that. And that suggests that for some binge eating is starting in childhood, but more often than not we are, uh.

75 "Dr. Kate Craigen, PhD she/her" (801523456)

00:10:59.459 --> 00:11:03.179

Meeting diagnostic criteria people meet diagnostic criteria.

76 "Dr. Kate Craigen, PhD she/her" (801523456)

00:11:03.179 --> 00:11:10.619

In their late twenties, versus kind of adolescent onset for some of the other eating disorder diagnosis.

77 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:11:10.619 --> 00:11:17.699  
Of note is also that there are.

78 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:11:17.699 --> 00:11:28.224  
There is a sort of greater incidence of binge eating disorder. If we're looking at male and female sex, there is a greater incidence in males.

79 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:11:28.314 --> 00:11:40.854  
So, data from 2013 suggests that in the US, somewhere around approximately 4.2Million females, women have been eating disorder and.

80 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:11:40.884 --> 00:11:44.094  
women have been eating disorder and

81 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:11:44.399 --> 00:11:49.319  
Up to 2.3Million men, so that's almost.

82 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:11:49.319 --> 00:11:52.674  
Um, that number,

83 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:11:52.674 --> 00:12:07.104  
when comparing female to male incidents of eating disorders is much closer for males and females in binge eating disorder than it is based on the data that we have for other eating disorder diagnoses.

84 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:12:07.554 --> 00:12:11.424  
So, just very important to note that as well.

85 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:12:12.389 --> 00:12:16.139  
The data that we have on the, uh.

86 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:12:16.139 --> 00:12:26.244  
The incidents have been cheating with different racial and ethnic backgrounds suggest that this eating disorder does not discriminate based on race all eating.

87 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:12:26.784 --> 00:12:39.354  
Excuse me, all racial and ethnic backgrounds, experience, binge,

eating disorder and with regard to income as well, all across the income spectrum, you can expect to encounter this particular disorder.

88 "Dr. Kate Craigen, PhD she/her" (801523456)

00:12:40.524 --> 00:12:45.924

So this eating disorder is going to be more prevalent among.

89 "Dr. Kate Craigen, PhD she/her" (801523456)

00:12:46.139 --> 00:12:52.319

Different sexes, all races and different income.

90 "Dr. Kate Craigen, PhD she/her" (801523456)

00:12:52.319 --> 00:12:58.799

Spectrum different income background.

91 "Dr. Kate Craigen, PhD she/her" (801523456)

00:12:58.799 --> 00:13:05.099

To talk a little bit about some of the common clinical features to those who have been eating disorder.

92 "Dr. Kate Craigen, PhD she/her" (801523456)

00:13:05.099 --> 00:13:09.599

There are data to suggest that.

93 "Dr. Kate Craigen, PhD she/her" (801523456)

00:13:09.599 --> 00:13:21.774

People will will have been cheating behavior in their lives on average for 10 years before presenting for help or treatment for the binge eating.

94 "Dr. Kate Craigen, PhD she/her" (801523456)

00:13:22.194 --> 00:13:30.714

So, a long length of illness is a, is a very common feature for those providers treating this disorder.

95 "Dr. Kate Craigen, PhD she/her" (801523456)

00:13:31.884 --> 00:13:46.194

We also know that a history of teasing or bullying about shape and weight and experiences of humiliation, social humiliation related to that are very common features.

96 "Dr. Kate Craigen, PhD she/her" (801523456)

00:13:46.224 --> 00:13:50.454

So certainly something that you would want to be assessing for and asking about.

97 "Dr. Kate Craigen, PhD she/her" (801523456)

00:13:51.299 --> 00:14:05.154

We know they've been eating disorder, affects functioning in lots of different ways. Some of the areas that you would want to be asking

about and talking about would be the financial burden of binge eating.

98 "Dr. Kate Craigen, PhD she/her" (801523456)

00:14:05.634 --> 00:14:11.664

There's a cost associated with consuming large amounts of food. Um.

99 "Dr. Kate Craigen, PhD she/her" (801523456)

00:14:11.969 --> 00:14:20.219

Clearly, you know, any of these functioning areas of functioning will be more impacted as the frequency of binge eating per week.

100 "Dr. Kate Craigen, PhD she/her" (801523456)

00:14:20.219 --> 00:14:23.399

Increases, um, but.

101 "Dr. Kate Craigen, PhD she/her" (801523456)

00:14:23.399 --> 00:14:32.669

To meet diagnostic criteria 1, binge eating episode a week is the frequency that you would need and.

102 "Dr. Kate Craigen, PhD she/her" (801523456)

00:14:32.694 --> 00:14:39.654

Even 1, Ben genie episode a week, carries a significant financial burden. We might also find that work.

103 "Dr. Kate Craigen, PhD she/her" (801523456)

00:14:39.654 --> 00:14:54.384

Productivity is upset and that can be as a result of focus on, and sort of thoughts about food and eating that consume someone with binge eating disorder. But it may also be related to, um.

104 "Dr. Kate Craigen, PhD she/her" (801523456)

00:14:54.809 --> 00:15:03.479

The ways in which sleep can be upset by, uh, binge, eating episodes that happen in the evening, or during the during nighttime.

105 "Dr. Kate Craigen, PhD she/her" (801523456)

00:15:03.594 --> 00:15:17.814

Ours certainly we mentioned that 1 of the defining features of a beginning episode is a tendency to sort of have them alone or in isolation and this ends up trickling down to affect many

106 "Dr. Kate Craigen, PhD she/her" (801523456)

00:15:17.994 --> 00:15:23.244

relationships and social engagements. And so, isolation is a very common.

107 "Dr. Kate Craigen, PhD she/her" (801523456)

00:15:23.609 --> 00:15:28.619

Uh, experience and choice that, uh.

108 "Dr. Kate Craigen, PhD she/her" (801523456)

00:15:28.619 --> 00:15:37.829

People we've been eating disorder might make we want to be very mindful of the ways in which isolation can affect social, functioning and relationship.

109 "Dr. Kate Craigen, PhD she/her" (801523456)

00:15:37.829 --> 00:15:43.619

And then fatigue, the binge eating episodes themselves can result in.

110 "Dr. Kate Craigen, PhD she/her" (801523456)

00:15:44.634 --> 00:15:54.654

Just physiologically feeling very tired and exhausted many people report, sort of some falling asleep after binge eating episode.

111 "Dr. Kate Craigen, PhD she/her" (801523456)

00:15:54.834 --> 00:16:05.454

But again, the way in which binge eating can affect your sleep on a daily basis, and the normal sleep patterns can also lead to fatigue.

112 "Dr. Kate Craigen, PhD she/her" (801523456)

00:16:05.814 --> 00:16:12.894

So these are all sort of areas of functioning that need to be assessed and you would want to be monitoring in an ongoing way.

113 "Dr. Kate Craigen, PhD she/her" (801523456)

00:16:14.124 --> 00:16:29.124

1 of the other things that we know about people who have been eating disorder is that the patterns of eating that they engage in on a daily basis, or rather chaotic and to explain what I mean, by that if there is guiding present,

114 "Dr. Kate Craigen, PhD she/her" (801523456)

00:16:29.154 --> 00:16:43.224

then there may be eating patterns where people are going long periods of time without eating anything. Perhaps waking up after waking up. Someone may be going for as long as possible throughout the day before eating anything at all.

115 "Dr. Kate Craigen, PhD she/her" (801523456)

00:16:44.394 --> 00:16:57.804

Certainly, there also may be a specific avoidance of certain types of foods and that can lead to very chaotic eating patterns with regard to the types of foods that people are eating when they are eating them.

116 "Dr. Kate Craigen, PhD she/her" (801523456)

00:16:58.344 --> 00:17:08.634

You know, the foods that they are allowing themselves to eat. And considering the foods that they are avoiding, so we will see lots of

different types of eating patterns but.

117 "Dr. Kate Craigen, PhD she/her" (801523456)

00:17:09.989 --> 00:17:14.339

Aside from periods of time, when people maybe are, um.

118 "Dr. Kate Craigen, PhD she/her" (801523456)

00:17:14.339 --> 00:17:21.479

Working on trying to follow a specific dieting regimen. The eating patterns tend to be.

119 "Dr. Kate Craigen, PhD she/her" (801523456)

00:17:21.479 --> 00:17:28.619

Extreme, and they may be inconsistent day to day and throughout the day.

120 "Dr. Kate Craigen, PhD she/her" (801523456)

00:17:32.274 --> 00:17:44.364

Some of the other clinical features to point out when we are thinking about the other types of psychological or psychiatric problems that someone might be managing.

121 "Dr. Kate Craigen, PhD she/her" (801523456)

00:17:45.024 --> 00:17:57.774

We know that anxiety, depression and substance use disorders are addiction are kind of the most common psychiatric problems that someone might be experiencing alongside binge eating disorder.

122 "Dr. Kate Craigen, PhD she/her" (801523456)

00:17:58.584 --> 00:18:01.344

There are some medical problems that.

123 "Dr. Kate Craigen, PhD she/her" (801523456)

00:18:01.349 --> 00:18:14.904

They're also Co, occurring frequently with binge eating disorder. These are typically secondary to any weight gain that has resulted from the binge eating behavior. So sort of secondary to weight gain.

124 "Dr. Kate Craigen, PhD she/her" (801523456)

00:18:14.904 --> 00:18:20.574

We might also be seeing type 2, diabetes, hypertension or heart disease.

125 "Dr. Kate Craigen, PhD she/her" (801523456)

00:18:22.524 --> 00:18:35.904

We also know that experiences given that long, that typical long length of illness with the binge eating disorder. Experiences of self criticism are very common. We.

126 "Dr. Kate Craigen, PhD she/her" (801523456)

00:18:36.809 --> 00:18:51.029

Know that when you spend a long time being highly self critical, it follows that I might have a very low sense of self efficacy and a sense of low sense of self worth. So these.

127 "Dr. Kate Craigen, PhD she/her" (801523456)

00:18:51.029 --> 00:18:58.049

Had being highly self critical and having a low sense of self worth is is gonna be an important.

128 "Dr. Kate Craigen, PhD she/her" (801523456)

00:18:58.049 --> 00:19:12.234

Uh, an important piece of any treatment approach, recognizing that being aware of it and and thinking about the ways in which that affects, I think engagement and treatment and the way in which,

129 "Dr. Kate Craigen, PhD she/her" (801523456)

00:19:12.804 --> 00:19:13.134

you know.

130 "Dr. Kate Craigen, PhD she/her" (801523456)

00:19:13.469 --> 00:19:23.879

Resolution of binge eating can positively affect some of that self critical behavior and that sense of self, advocacy, just something we're always going to be monitoring and measuring.

131 "Dr. Kate Craigen, PhD she/her" (801523456)

00:19:25.259 --> 00:19:34.554

And very closely tied to self criticism and self efficacy are experiences of 2, different emotions,

132 "Dr. Kate Craigen, PhD she/her" (801523456)

00:19:35.274 --> 00:19:48.264

shame and guilt and we're going to talk a little bit more about shame and guilt and I think how we're treating that and addressing it a little bit later in the talk. But I think that we can't, um.

133 "Dr. Kate Craigen, PhD she/her" (801523456)

00:19:49.524 --> 00:19:58.524

I think that we can't ignore the way in which shame and guilt is 1 of the features that may make it difficult to get into treatment in the 1st place.

134 "Dr. Kate Craigen, PhD she/her" (801523456)

00:19:58.824 --> 00:20:07.764

It may make it difficult to describe or report honestly about the frequency of been cheating or the.

135 "Dr. Kate Craigen, PhD she/her" (801523456)

00:20:08.069 --> 00:20:22.319

Contents, and, you know, the sort of the quantity criterion that we had mentioned at the very beginning of the presentation. Um, there's a lot of sort of shame about this behavior and guilt about, um.

136 "Dr. Kate Craigen, PhD she/her" (801523456)

00:20:22.319 --> 00:20:36.509

The loss of control and the inability to gain control over eating and so we want to be mindful as providers of the experiences of shame and guilt that this population is going to be bringing into the treatment room.

137 "Dr. Kate Craigen, PhD she/her" (801523456)

00:20:42.444 --> 00:20:52.524

We can to talk about any eating disorder diagnosis without describing and mentioning the sociocultural effects of weight stigma.

138 "Dr. Kate Craigen, PhD she/her" (801523456)

00:20:52.944 --> 00:20:57.894

Weight stigma is a real experience that.

139 "Dr. Kate Craigen, PhD she/her" (801523456)

00:20:58.199 --> 00:21:04.589

People who navigate the world in all different sized bodies experience.

140 "Dr. Kate Craigen, PhD she/her" (801523456)

00:21:04.589 --> 00:21:19.164

But we know that people who live in larger bodies are experiencing discrimination, such as difficulties, sort of finding housing difficulty finding and securing jobs or occupation,

141 "Dr. Kate Craigen, PhD she/her" (801523456)

00:21:19.314 --> 00:21:30.384

even in school children in larger bodies. We know our have a more difficult time getting higher grades. So, there are many, many different ways.

142 "Dr. Kate Craigen, PhD she/her" (801523456)

00:21:30.384 --> 00:21:34.584

Those are 3 examples, but there's many, many different ways.

143 "Dr. Kate Craigen, PhD she/her" (801523456)

00:21:34.589 --> 00:21:45.059

That wait, stigma affects the way that a person sort of navigates and sees the world, and the way that the world responds to them. So, um.

144 "Dr. Kate Craigen, PhD she/her" (801523456)

00:21:45.059 --> 00:21:52.109

That is for people that live in all different sized bodies, but particularly people living in larger bodies.

145 "Dr. Kate Craigen, PhD she/her" (801523456)

00:21:53.424 --> 00:22:07.614

Some of the people that you treat with binge, eating disorder will be living in larger bodies. Some will be living in what, you know, the American Medical Association would deem sort of more average sized bodies.

146 "Dr. Kate Craigen, PhD she/her" (801523456)

00:22:08.964 --> 00:22:21.834

We want to make sure I want to make sure to emphasize in this talk today that anyone in any size body can present with binge eating disorder. That is we know that the.

147 "Dr. Kate Craigen, PhD she/her" (801523456)

00:22:22.139 --> 00:22:26.844

Incidents of inbreeding happens in people in all different size bodies.

148 "Dr. Kate Craigen, PhD she/her" (801523456)

00:22:26.964 --> 00:22:37.284

However, 1 thing we do know is that there's often a history of attempts at weight loss, or what what sometimes is referred to as Yo Yo,

149 "Dr. Kate Craigen, PhD she/her" (801523456)

00:22:37.284 --> 00:22:52.074

dieting where weight fluctuates pretty significantly up and down sort of like, you know, fluctuating down when there's an intense diet program. Being followed, and then often binge eating behaviors specifically can lead.

150 "Dr. Kate Craigen, PhD she/her" (801523456)

00:22:52.139 --> 00:22:56.609

To weight gain or regain, so that kind of Yo effect.

151 "Dr. Kate Craigen, PhD she/her" (801523456)

00:22:56.609 --> 00:23:05.549

Sometimes it's described as weight cycling when weight fluctuates up and down over time. So.

152 "Dr. Kate Craigen, PhD she/her" (801523456)

00:23:05.549 --> 00:23:20.484

Uh, sometimes these experiences of multiple attempts at weight loss, and the weight cycling that can follow that you could imagine, can contribute to experiences of shame around, you know.

153 "Dr. Kate Craigen, PhD she/her" (801523456)

00:23:20.969 --> 00:23:26.159

These attempts and quote unquote success or failure at these attempts.

154 "Dr. Kate Craigen, PhD she/her" (801523456)

00:23:27.419 --> 00:23:41.519

Another important effect of weight stigma. Reality of the socio comfortable effects of wait stigma are the way in which people encounter that stigma.

155 "Dr. Kate Craigen, PhD she/her" (801523456)

00:23:41.519 --> 00:23:53.639

When they interact with health care professionals or providers, um, it is very common for people who've been eating disorder who are managing.

156 "Dr. Kate Craigen, PhD she/her" (801523456)

00:23:53.639 --> 00:24:01.889

Uh, their weight and living in larger bodies to receive information from health care professionals that they.

157 "Dr. Kate Craigen, PhD she/her" (801523456)

00:24:01.889 --> 00:24:06.329

Could change their body and lose weight and that they.

158 "Dr. Kate Craigen, PhD she/her" (801523456)

00:24:06.329 --> 00:24:10.349

The sort of common, rather simplistic.

159 "Dr. Kate Craigen, PhD she/her" (801523456)

00:24:10.349 --> 00:24:17.969

Path to that is to just eat less and exercise more. We know that it is actually.

160 "Dr. Kate Craigen, PhD she/her" (801523456)

00:24:18.204 --> 00:24:25.854

Rather complicated and not that simple clear cut or easy to do, but that is a pretty common message.

161 "Dr. Kate Craigen, PhD she/her" (801523456)

00:24:26.304 --> 00:24:38.964

Um, we also know that when there is an eating disorder and a binge eating disorder present for people who are attempting to lose weight the attempts to do.

162 "Dr. Kate Craigen, PhD she/her" (801523456)

00:24:38.964 --> 00:24:42.444

So, via guiding or severe restriction.

163 "Dr. Kate Craigen, PhD she/her" (801523456)

00:24:42.749 --> 00:24:56.339

Really contribute to people getting stuck in what we call kind of a binge and restrict cycle where there may be a period of time where

restricting or severe dining is.

164 "Dr. Kate Craigen, PhD she/her" (801523456)

00:24:57.084 --> 00:25:09.774

Successful and that is kind of the pattern meeting that is followed, but that increases the likelihood of ultimately, like, falling back into a pattern of binge, eating episodes or that chaotic eating,

165 "Dr. Kate Craigen, PhD she/her" (801523456)

00:25:10.104 --> 00:25:12.504

which contributes to eating.

166 "Dr. Kate Craigen, PhD she/her" (801523456)

00:25:13.734 --> 00:25:28.614

And sometimes that bouncing back and forth is the sort of binge restrict cycle that people have been in. And out of 4 years, we also know that it is very common in healthcare for people to sort of praise.

167 "Dr. Kate Craigen, PhD she/her" (801523456)

00:25:28.949 --> 00:25:34.679

Weight loss significant weight loss again.

168 "Dr. Kate Craigen, PhD she/her" (801523456)

00:25:34.679 --> 00:25:46.289

Drastic guiding drastic weight loss. These are kind of behaviors and results of behaviors that when you have been eating disorder.

169 "Dr. Kate Craigen, PhD she/her" (801523456)

00:25:46.289 --> 00:25:59.424

Do make you more likely to fall into and back into a binge eating cycle further contributing to sort of a low sense of self efficacy about being able to maintain the,

170 "Dr. Kate Craigen, PhD she/her" (801523456)

00:25:59.454 --> 00:26:06.894

the goal around weight loss and certainly contributing to again that shame and guilt experience.

171 "Dr. Kate Craigen, PhD she/her" (801523456)

00:26:07.319 --> 00:26:16.409

So, the question about what causes binge eating disorder.

172 "Dr. Kate Craigen, PhD she/her" (801523456)

00:26:16.409 --> 00:26:26.789

We have a research that explores sort of more biological and genetic.

173 "Dr. Kate Craigen, PhD she/her" (801523456)

00:26:26.789 --> 00:26:36.774

Background when it comes to the development of been eating, and we

also know that there are environmental features as is the case with all psychiatric problems.

174 "Dr. Kate Craigen, PhD she/her" (801523456)

00:26:36.774 --> 00:26:45.984

There's a very likely interaction between the biological and the environmental causes for binge eating disorder.

175 "Dr. Kate Craigen, PhD she/her" (801523456)

00:26:46.584 --> 00:26:56.154

But we know from some of the twin studies gives us information that genetically people may be more predisposed to developing.

176 "Dr. Kate Craigen, PhD she/her" (801523456)

00:26:56.789 --> 00:27:00.809

Disorder if an eating disorder is, um.

177 "Dr. Kate Craigen, PhD she/her" (801523456)

00:27:00.809 --> 00:27:05.909

Is present in family history we know that.

178 "Dr. Kate Craigen, PhD she/her" (801523456)

00:27:06.024 --> 00:27:10.314

Neuro biologically people with binge eating disorder.

179 "Dr. Kate Craigen, PhD she/her" (801523456)

00:27:10.344 --> 00:27:24.564

There there are certain areas of the brain that respond specifically to what feels good and what tastes good and we can see the brain responding and binge eating disorder in a specific way.

180 "Dr. Kate Craigen, PhD she/her" (801523456)

00:27:24.564 --> 00:27:35.334

That is different than those who do not have been eating disorder. So there may be a stronger, more intense response to the.

181 "Dr. Kate Craigen, PhD she/her" (801523456)

00:27:35.909 --> 00:27:41.489

To food and to what tastes good and feels good to your body.

182 "Dr. Kate Craigen, PhD she/her" (801523456)

00:27:41.489 --> 00:27:48.294

We also know that with regard to kind of the, the family contribution to your genetics,

183 "Dr. Kate Craigen, PhD she/her" (801523456)

00:27:48.564 --> 00:28:00.114

the family that you grow up in also has a strong effect on the sort of environment that you grow up in eating food and learning about food and the role of food in your life,

184 "Dr. Kate Craigen, PhD she/her" (801523456)

00:28:00.144 --> 00:28:11.484

and so if you are growing up in and living in a family environment where food is used as a, as a way to sort of.

185 "Dr. Kate Craigen, PhD she/her" (801523456)

00:28:11.489 --> 00:28:17.399

Manage emotions, you're going to be more likely to turn to food for those reasons.

186 "Dr. Kate Craigen, PhD she/her" (801523456)

00:28:18.174 --> 00:28:32.694

People around, you are eating in a more chaotic manner. You're going to be more likely to have a less sort of planned and consistent eating schedule. So certainly the environment matters very much as well.

187 "Dr. Kate Craigen, PhD she/her" (801523456)

00:28:32.844 --> 00:28:46.704

We also know that in the world that we're currently living in, as in this slide, there's a building size, billboard or advertisement. We live in a world where there are food cues. Everywhere we go.

188 "Dr. Kate Craigen, PhD she/her" (801523456)

00:28:47.754 --> 00:29:01.254

On the ads that show up on our electronic devices, when we're driving and walking out about there are posters and billboards everywhere on print media.

189 "Dr. Kate Craigen, PhD she/her" (801523456)

00:29:01.284 --> 00:29:05.334

There are advertisements for food and and.

190 "Dr. Kate Craigen, PhD she/her" (801523456)

00:29:06.779 --> 00:29:12.869

Different messaging about food and eating, so it's.

191 "Dr. Kate Craigen, PhD she/her" (801523456)

00:29:12.869 --> 00:29:16.559

Hard if not impossible to avoid in our culture.

192 "Dr. Kate Craigen, PhD she/her" (801523456)

00:29:16.559 --> 00:29:21.239

And we also know that it is, um.

193 "Dr. Kate Craigen, PhD she/her" (801523456)

00:29:22.074 --> 00:29:34.284

It is difficult to establish and pay attention to our bodies messaging around the portion sizes that our body needs.

194 "Dr. Kate Craigen, PhD she/her" (801523456)

00:29:34.944 --> 00:29:46.854

Because in general, the portion sizes that are sort of given in restaurant settings, and the portion sizes that are advertised on in media.

195 "Dr. Kate Craigen, PhD she/her" (801523456)

00:29:47.429 --> 00:29:59.369

And those messages are generally selling a portion that is supersized or generally larger than.

196 "Dr. Kate Craigen, PhD she/her" (801523456)

00:29:59.369 --> 00:30:07.614

Uh, what many people are consuming, or what their bodies need to consume on a daily basis. So, this is important to us.

197 "Dr. Kate Craigen, PhD she/her" (801523456)

00:30:07.614 --> 00:30:15.594

We think about what causes been eating disorder to be really mindful of both the biological contributions and the environmental 1.

198 "Dr. Kate Craigen, PhD she/her" (801523456)

00:30:15.929 --> 00:30:26.909

We also know there are certain types of life events that we know, happen more often for people who've been eating disorder.

199 "Dr. Kate Craigen, PhD she/her" (801523456)

00:30:27.594 --> 00:30:42.474

So, a history of critical comments about weight and shape, either coming from friends, family, teachers, coaches, people who've been GT disorder, a very,

200 "Dr. Kate Craigen, PhD she/her" (801523456)

00:30:42.474 --> 00:30:50.214

very high incidents of these sort of repeated comments and commentary and focus on weight.

201 "Dr. Kate Craigen, PhD she/her" (801523456)

00:30:50.849 --> 00:31:03.689

We know that certain types of traumatic experiences are more common people with binge eating disorder. Um, particularly childhood and neglect is a very, very common experience.

202 "Dr. Kate Craigen, PhD she/her" (801523456)

00:31:04.554 --> 00:31:19.254

And we know that significant stressors, particularly loss. So your personal loss, uh, is a common occurrence in people with been eating disorder. So, there are, um.

203 "Dr. Kate Craigen, PhD she/her" (801523456)

00:31:19.589 --> 00:31:27.653

There are going to be historical features that you want to be assessing for if your provider working someone who's been eating disorder.

204 "Dr. Kate Craigen, PhD she/her" (801523456)

00:31:28.074 --> 00:31:39.654

And I think that if you are someone who's binge eating disorder, it's important to recognize the role of some of these experiences in the onset of binge eating behaviors.

205 "Dr. Kate Craigen, PhD she/her" (801523456)

00:31:39.989 --> 00:31:44.579

We also know that even if the.

206 "Dr. Kate Craigen, PhD she/her" (801523456)

00:31:44.579 --> 00:31:49.139

Behavior developed in.

207 "Dr. Kate Craigen, PhD she/her" (801523456)

00:31:49.139 --> 00:31:52.529

Response to, um.

208 "Dr. Kate Craigen, PhD she/her" (801523456)

00:31:52.529 --> 00:32:06.959

Some behaviors like dieting or restricting because of the experience of numbing or that out of body experience that happens within cheating behavior.

209 "Dr. Kate Craigen, PhD she/her" (801523456)

00:32:07.674 --> 00:32:15.624

Many people will begin to rely on binge eating as a coping mechanism for those difficult moments in their lives.

210 "Dr. Kate Craigen, PhD she/her" (801523456)

00:32:16.104 --> 00:32:23.454

It is just a reality that the, during the short period of time that you are engaged in binge eating,

211 "Dr. Kate Craigen, PhD she/her" (801523456)

00:32:23.634 --> 00:32:36.954

there can be experiences of relief of a decrease in anxiety of a break from the thoughts and emotions that you are feeling. And so it is not particularly adaptive coping mechanism, but it is.

212 "Dr. Kate Craigen, PhD she/her" (801523456)

00:32:36.959 --> 00:32:42.599

A way of coping with difficult moments in one's life and so that.

213 "Dr. Kate Craigen, PhD she/her" (801523456)

00:32:42.599 --> 00:32:55.829

Ultimately becomes, uh, 1 of the ways that people get through difficult times in their life. And I think that the recognition and validation of that is, is also a very important feature of approaching the treatment of binge eating disorder.

214 "Dr. Kate Craigen, PhD she/her" (801523456)

00:32:59.934 --> 00:33:06.024

So I wanted to give a little bit of information about some of the treatments available for binge eating disorder.

215 "Dr. Kate Craigen, PhD she/her" (801523456)

00:33:07.134 --> 00:33:20.364

The research is primarily with adults so these treatments are recommended and supportive for adults with binge eating with regard to adolescence.

216 "Dr. Kate Craigen, PhD she/her" (801523456)

00:33:20.364 --> 00:33:28.644

We've been eating disorder at this time research suggests that just as for other eating disorders, a family based approach is probably the.

217 "Dr. Kate Craigen, PhD she/her" (801523456)

00:33:29.399 --> 00:33:32.429

Should be the 1st line treatment.

218 "Dr. Kate Craigen, PhD she/her" (801523456)

00:33:32.934 --> 00:33:46.764

So I'm going to say more about the different options that we have for adults, we're going to go into more detail in that direction as good news is that we do have a number of different treatments that seem to be effective. No.

219 "Dr. Kate Craigen, PhD she/her" (801523456)

00:33:46.764 --> 00:33:52.314

1 thing is going to work for everyone, but the research that we have, um.

220 "Dr. Kate Craigen, PhD she/her" (801523456)

00:33:52.619 --> 00:34:01.139

Suggests that cognitive behavioral therapy for eating disorders is highly effective in decreasing eradicating binge eating.

221 "Dr. Kate Craigen, PhD she/her" (801523456)

00:34:01.139 --> 00:34:13.229

When you are, if you were looking for psychological treatment for binge eating, and you're looking for a provider that offers cognitive behavior therapy, um.

222 "Dr. Kate Craigen, PhD she/her" (801523456)

00:34:13.229 --> 00:34:26.274

You're gonna very likely encounter someone willing to meet with you for individual therapy where you're gonna be doing things like paying very close attention to behavior patterns to identifying and labeling your emotions.

223 "Dr. Kate Craigen, PhD she/her" (801523456)

00:34:26.274 --> 00:34:29.454

And the thoughts that surround eating behaviors.

224 "Dr. Kate Craigen, PhD she/her" (801523456)

00:34:30.504 --> 00:34:45.414

You're going to be learning about the patterns of behavior and the situations that tend to trigger binge eating so that you are able to make changes to your to your behavior patterns.

225 "Dr. Kate Craigen, PhD she/her" (801523456)

00:34:45.414 --> 00:34:59.844

And also to some of the ways that you think about your eating disorder, as you put yourself in a position to prevent kind of that that cycle of having the behavior kind of.

226 "Dr. Kate Craigen, PhD she/her" (801523456)

00:35:00.119 --> 00:35:04.469

And going nonstop that begins restrict cycle in your life.

227 "Dr. Kate Craigen, PhD she/her" (801523456)

00:35:04.469 --> 00:35:16.499

Some providers will be using if they do, they would going they're going to recommend a book or coming down reading. I referenced this book a little bit later in the talk.

228 "Dr. Kate Craigen, PhD she/her" (801523456)

00:35:16.499 --> 00:35:31.469

If you're not able to find an individual therapist, which you may not be able to, who can offer the overcoming binge eating book is actually in and of itself a self help program of the.

229 "Dr. Kate Craigen, PhD she/her" (801523456)

00:35:31.764 --> 00:35:39.684

Cognitive behavioral therapy treatment. There are many people for whom the self help program is a very effective treatment.

230 "Dr. Kate Craigen, PhD she/her" (801523456)

00:35:39.954 --> 00:35:54.354

It's going to go through a lot of the same interventions and encourage it's a self help version of a lot of these therapeutic interventions. So, certainly, either of those would be a great treatment option.

231 "Dr. Kate Craigen, PhD she/her" (801523456)

00:35:55.914 --> 00:36:04.284

As far as the research goes, cognitive behavioral therapy and interpersonal psychotherapy are equally as effective in treating.

232 "Dr. Kate Craigen, PhD she/her" (801523456)

00:36:05.064 --> 00:36:19.614

So those are kind of like the top 3rd line treatments for adults interpersonal psychotherapy can be given in individual therapy or you may encounter interpersonal psychotherapy via groups group therapy.

233 "Dr. Kate Craigen, PhD she/her" (801523456)

00:36:19.614 --> 00:36:20.214

therapy

234 "Dr. Kate Craigen, PhD she/her" (801523456)

00:36:20.999 --> 00:36:30.269

For binge eating disorder, this treatment is different than cognitive behavioral therapy in that. It really, um.

235 "Dr. Kate Craigen, PhD she/her" (801523456)

00:36:30.269 --> 00:36:38.934

Believe that relationship problems, sort of contribute to the onset and the maintenance of binge eating behavior.

236 "Dr. Kate Craigen, PhD she/her" (801523456)

00:36:39.414 --> 00:36:51.384

So, there's a lot of time and attention spent acknowledging and expressing negative emotions and acknowledging and exploring certain relationship patterns to,

237 "Dr. Kate Craigen, PhD she/her" (801523456)

00:36:52.284 --> 00:36:56.604

to understand more about the way that you operate in relationships and to potentially.

238 "Dr. Kate Craigen, PhD she/her" (801523456)

00:36:58.104 --> 00:37:10.974

Engage new and different techniques to improve existing relationships or build new healthy relationships. So interpersonal psychotherapy approaches.

239 "Dr. Kate Craigen, PhD she/her" (801523456)

00:37:10.974 --> 00:37:17.094

The treatment have been cheating from a different path but also a very effective 1.

240 "Dr. Kate Craigen, PhD she/her" (801523456)

00:37:20.754 --> 00:37:28.914

Many treatments for binge eating are also going to have a mindfulness component may or may not include sort of meditation,

241 "Dr. Kate Craigen, PhD she/her" (801523456)

00:37:28.914 --> 00:37:41.904

but certainly that mindful awareness of the thoughts and the emotions and the sensations and the thoughts. Excuse me thoughts, emotions and sensations.

242 "Dr. Kate Craigen, PhD she/her" (801523456)

00:37:42.204 --> 00:37:49.494

That are occurring before. And after binge, eating behavior, the goal being to increase.

243 "Dr. Kate Craigen, PhD she/her" (801523456)

00:37:50.039 --> 00:37:56.189

The ability to make choices and to sort of choose other.

244 "Dr. Kate Craigen, PhD she/her" (801523456)

00:37:56.189 --> 00:38:08.159

Pass other behaviors instead of binge eating. Ultimately, there would be an increased focus on understanding and being mindful of your own hunger and full mixed cues.

245 "Dr. Kate Craigen, PhD she/her" (801523456)

00:38:08.159 --> 00:38:17.880

I think there is a lot of work done for any mindfulness intervention on sort of self acceptance of the different thoughts. Sensations.

246 "Dr. Kate Craigen, PhD she/her" (801523456)

00:38:17.880 --> 00:38:30.660

Emotions that are going on and helping to establish new and different responses to some of those difficult and strong emotions that are prompting.

247 "Dr. Kate Craigen, PhD she/her" (801523456)

00:38:30.660 --> 00:38:37.495

Been cheating behavior, other treatments with less research evidence,

248 "Dr. Kate Craigen, PhD she/her" (801523456)

00:38:37.495 --> 00:38:51.325

but still good strong research evidence and their efficacy include dialectical behavior therapy or appetite awareness, training and acceptance and commitment therapy.

249 "Dr. Kate Craigen, PhD she/her" (801523456)

00:38:51.835 --> 00:39:00.655

So, again, if you are seeking out treatment for binge eating, these are kind of the treatments that I would recommend asking about inquiring.

250 "Dr. Kate Craigen, PhD she/her" (801523456)

00:39:00.660 --> 00:39:09.000

About Googling and looking for and potentially pursuing in the search for the treatment of binge eating.

251 "Dr. Kate Craigen, PhD she/her" (801523456)

00:39:12.145 --> 00:39:25.675

There are also medication treatments that we know to be effective in the treatment of binge eating the 1st and FDA approved treatment is a use of advance, which is a stimulant you may be familiar with for the,

252 "Dr. Kate Craigen, PhD she/her" (801523456)

00:39:25.915 --> 00:39:31.345

for the treatment of ADHD is the, the 1st.

253 "Dr. Kate Craigen, PhD she/her" (801523456)

00:39:31.650 --> 00:39:43.920

Fda approved treatment, medication, treatment for binge eating. Some people find many people find this effective and sometimes we will recommend, you know.

254 "Dr. Kate Craigen, PhD she/her" (801523456)

00:39:43.920 --> 00:39:52.795

Starting a medication treatment for binge, eating, concurrent with the psychological treatment for binge cheating.

255 "Dr. Kate Craigen, PhD she/her" (801523456)

00:39:53.035 --> 00:40:05.275

Sometimes people need to have the effects of that medication to decrease the intensity or severity of binge eating that can make it easier to kind of launch into and begin the psychological treatments.

256 "Dr. Kate Craigen, PhD she/her" (801523456)

00:40:06.475 --> 00:40:13.765

So that is, that is something to keep in mind. We also know sometimes antidepressants like.

257 "Dr. Kate Craigen, PhD she/her" (801523456)

00:40:13.920 --> 00:40:24.175

Those that are prescribed, which can be helpful in decreasing binge eating and interestingly, the anticonvulsant typically prescribe for epilepsy.

258 "Dr. Kate Craigen, PhD she/her" (801523456)

00:40:24.475 --> 00:40:37.465

Max seems to be particularly helpful in decreasing some of the side of thoughts about food obsessions about food. So, tokamaks is also another medicine that you may see used and recommended.

259 "Dr. Kate Craigen, PhD she/her" (801523456)

00:40:38.460 --> 00:40:42.240

Um, to help decrease the frequency of been cheating.

260 "Dr. Kate Craigen, PhD she/her" (801523456)

00:40:45.295 --> 00:40:53.305

Wrapping up, I just wanted to explain that where I work while the behavioral care, we treatment eating disorder at every level of care.

261 "Dr. Kate Craigen, PhD she/her" (801523456)

00:40:53.875 --> 00:41:03.325

So, depending on the severity and the frequency of binge eating behavior, we might be recommending outpatient treatment, or we might be recommending inpatient hospitalization.

262 "Dr. Kate Craigen, PhD she/her" (801523456)

00:41:03.325 --> 00:41:13.675

That's more focused on medical stabilization so the primary goals of any walden's treatment is going to be helping to kind of.

263 "Dr. Kate Craigen, PhD she/her" (801523456)

00:41:13.800 --> 00:41:26.425

Establish and gain, sort of comfort and confidence with a more consistent pattern of eating, sort of throughout the day we're gonna be looking to decrease the overall frequency of eating.

264 "Dr. Kate Craigen, PhD she/her" (801523456)

00:41:26.755 --> 00:41:36.385

And certainly, we do a lot of focus on teaching new skills to manage different emotions and different life events because, you know, the.

265 "Dr. Kate Craigen, PhD she/her" (801523456)

00:41:36.690 --> 00:41:48.030

Life is going to continue to throw different challenges your way, and we want people to feel that they are equipped to handle those challenges with, with behaviors other than been cheating.

266 "Dr. Kate Craigen, PhD she/her" (801523456)

00:41:49.885 --> 00:42:02.305

The program that was mentioned in my introduction by Melissa, the intensive outpatient program that we currently offer, virtually at Walden, we call the free to be program.

267 "Dr. Kate Craigen, PhD she/her" (801523456)

00:42:02.455 --> 00:42:12.595

It is specifically for adults with binge, an emotional eating, but it's a combination of group therapy, an individual therapy as well as meetings,

268 "Dr. Kate Craigen, PhD she/her" (801523456)

00:42:12.925 --> 00:42:19.045

the individual sessions or meetings with the therapist and meetings

with the dietician. So that's a very.

269 "Dr. Kate Craigen, PhD she/her" (801523456)

00:42:19.050 --> 00:42:28.740

Comprehensive program and 1 that is potentially worth considering as well. Is that something that you might be open to? Virtual treatment?

270 "Dr. Kate Craigen, PhD she/her" (801523456)

00:42:29.065 --> 00:42:42.445

It's about 145, and I wanted to just make sure to leave time for questions. Please do reference the resources that I have here on the slides, which are also available on the signal website.

271 "Dr. Kate Craigen, PhD she/her" (801523456)

00:42:42.445 --> 00:42:56.845

They some books overlaps for those. I would recommend for people with been cheating. And for clinicians, working with people with been cheating, but there are some differences there as well on that resource list. on that resource list

272 "Dr. Kate Craigen, PhD she/her" (801523456)

00:42:57.180 --> 00:43:05.640

So, thank you so much. And Melissa, maybe we can see if there's any questions that I could answer.

273 "Harvey, Melissa" (3737710336)

00:43:05.640 --> 00:43:11.970

Yeah, it looks like right now, we actually don't have any, so if anyone.

274 "Harvey, Melissa" (3737710336)

00:43:11.970 --> 00:43:15.060

Has a question feel free to put that.

275 "Harvey, Melissa" (3737710336)

00:43:15.060 --> 00:43:21.150

Oh, let's see. Okay, so I did pop up right here we go.

276 "Harvey, Melissa" (3737710336)

00:43:21.150 --> 00:43:27.270

So, what are your thoughts on medications currently being prescribed for weight loss?

277 "Dr. Kate Craigen, PhD she/her" (801523456)

00:43:27.270 --> 00:43:33.390

And a few examples there, so, um, just to.

278 "Dr. Kate Craigen, PhD she/her" (801523456)

00:43:33.390 --> 00:43:38.545

Disclaimer that I am a psychologists and not a prescriber as a

reminder.

279 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:43:39.025 --> 00:43:39.415

Um,

280 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:43:39.565 --> 00:43:53.965

there are sometimes effects of some of the effects of weight loss medications that are affecting appetite can result in a temporary decrease in

281 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:43:54.355 --> 00:44:03.295

urges to engage in Beijing or a temporary decrease in the frequency of binge eating behavior. Typically, those are not necessarily we wouldn't expect those.

282 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:44:03.390 --> 00:44:18.175

To be very long lived effects so there can be some benefit in the short term to decrease been cheating, but we would still probably recommend therapeutic interventions.

283 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:44:19.045 --> 00:44:26.725

I wouldn't say that we would expect a weight loss medication on its own to be able to address the binge eating disorder.

284 "Harvey, Melissa" (3737710336)  
00:44:30.690 --> 00:44:33.780

Any other questions.

285 "Harvey, Melissa" (3737710336)  
00:44:40.740 --> 00:44:48.150

Right here. So what is the cost of the free to be virtual program?

286 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:44:49.590 --> 00:45:00.625

So, Walden behavioural care as a needle affiliate, and where we are contracted with multiple insurances in many different states.

287 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:45:00.685 --> 00:45:08.845

So, it really depends quite a bit on, um, where you, where you live and where your insurance is from.

288 "Dr. Kate Craigen, PhD she/her" (801523456)  
00:45:08.875 --> 00:45:19.585

But, um, we try in, in all cases, we try to negotiate and make sure

that we can find an insurance.

289 "Dr. Kate Craigen, PhD she/her" (801523456)

00:45:19.975 --> 00:45:24.535

Arrangement or a financial arrangement. That's doable.

290 "Dr. Kate Craigen, PhD she/her" (801523456)

00:45:25.135 --> 00:45:39.175

So, if you are wondering, I would recommend reaching out to Walden or reaching directly out to me and I can help you connect to the people who would be able to kind of run a verification of these, the benefits that you have with insurance and whether or not,

291 "Dr. Kate Craigen, PhD she/her" (801523456)

00:45:39.175 --> 00:45:42.175

we might be able to cover program that way.

292 "Dr. Kate Craigen, PhD she/her" (801523456)

00:45:46.410 --> 00:45:53.820

Thank you at the moment.

293 "Harvey, Melissa" (3737710336)

00:45:53.820 --> 00:46:04.080

I don't see any other questions. All right well.

294 "Harvey, Melissa" (3737710336)

00:46:04.105 --> 00:46:18.925

Thank you so much for attending and thank you Kate for providing such wonderful information. Again. If you have questions about therapies that were discussed today, please contact the eating disorder team by calling the number on the back of your insurance card.

295 "Harvey, Melissa" (3737710336)

00:46:19.200 --> 00:46:26.160

Before you leave the presentation, please take a few minutes to complete the survey about your experience today.

296 "Harvey, Melissa" (3737710336)

00:46:26.160 --> 00:46:36.930

Make sure to mark your calendars to join us next month on February 28th, when we will be discussing the treatment and conceptualization of eating disorders.

297 "Harvey, Melissa" (3737710336)

00:46:36.930 --> 00:46:39.720

Through a trauma informed twins.