

WEBVTT

1 "Allison oaks" (1698812160)

00:00:03.239 --> 00:00:09.839

Welcome and thank you for calling into sickness 2023, eating disorder awareness series.

2 "Allison oaks" (1698812160)

00:00:09.839 --> 00:00:14.969

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

3 "Allison oaks" (1698812160)

00:00:16.049 --> 00:00:30.960

Due to the format of this call, you will not be able to ask questions during the teleconference. The conference then 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" (1698812160)

00:00:31.980 --> 00:00:43.320

You can follow along at to the presentation through this teleconference here. You can also access the presentation for today's seminar online at W. W. W.

5 "Allison oaks" (1698812160)

00:00:43.320 --> 00:00:48.090

Dot Sigma dot com, slash eating disorders.

6 "Allison oaks" (1698812160)

00:00:48.090 --> 00:00:54.510

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

7 "Allison oaks" (1698812160)

00:00:54.510 --> 00:00:59.640

When it's not just pick eating, please note that.

8 "Allison oaks" (1698812160)

00:00:59.640 --> 00:01:06.840

Not all policy policies cover today's topic or more specific information. If your policy covers top.

9 "Allison oaks" (1698812160)

00:01:06.840 --> 00:01:14.700

Topics discussed in today's seminar, please contact the eating disorder team by calling the number on the back of your insurance card.

10 "Allison oaks" (1698812160)

00:01:14.700 --> 00:01:24.000

today i have the pleasure of introducing carly and opa carly is a registered dietitian and certified eating disorder specialist

11 "Allison oaks" (1698812160)

00:01:24.000 --> 00:01:30.360

She has worked in the eating disorder field for 5 years, and owns her own practice private practice.

12 "Allison oaks" (1698812160)

00:01:30.360 --> 00:01:37.950

Devoted recovery, she has a passion for lifelong health and believes in nursing the body mind. Installs.

13 "Allison oaks" (1698812160)

00:01:37.950 --> 00:01:43.080

She, they wait and place the approach that embraces intuitive eating principles.

14 "Allison oaks" (1698812160)

00:01:43.080 --> 00:01:46.620

To help our clients, you know, the relationship with all foods.

15 "Allison oaks" (1698812160)

00:01:46.620 --> 00:01:53.430

She has a passion for nutrition science and believes in the power of science to help combat eating disorder thoughts.

16 "Allison oaks" (1698812160)

00:01:53.430 --> 00:02:01.500

She believes full recovery is possible for anyone with an eating disorder, which fuels her desire to increase access to care for all.

17 "Allison oaks" (1698812160)

00:02:01.500 --> 00:02:14.580

She is passionate about increasing eating disorder, awareness and prevention through presentations and legislative advocacy when she is not working. She enjoys being a mom to her daughter and puppy.

18 "Allison oaks" (1698812160)

00:02:14.580 --> 00:02:19.980

Being outside, enjoying good food, and it's probably listening to an audio book.

19 "Allison oaks" (1698812160)

00:02:19.980 --> 00:02:30.240

Please welcome, Carly. Hi, Allison. Hi everyone on the call. Thanks so much for attending today. I'm really excited to be here.

20 "Carly" (1833054464)

00:02:30.240 --> 00:02:34.860
Talking about, um, when it's not just picky eating.

21 "Carly" (1833054464)
00:02:36.420 --> 00:02:40.050
So, on slide 2, you'll see an agenda.

22 "Carly" (1833054464)
00:02:40.050 --> 00:02:45.510
Of what we're going to talk about today we'll go through of.

23 "Carly" (1833054464)
00:02:45.510 --> 00:02:49.500
What the diagnosis of avoiding restrictive food intake disorder.

24 "Carly" (1833054464)
00:02:49.500 --> 00:02:59.160
Is, and then go through a little bit more specifics on, um, presentations of as well as how do we treat it from a dietary approach?

25 "Carly" (1833054464)
00:02:59.160 --> 00:03:05.910
Whenever I do presentations, I do like to kind of give, um, a face.

26 "Carly" (1833054464)
00:03:05.910 --> 00:03:13.830
Um, air quotes, um, to the experience so I do want to introduce you to, um, a case study patient. So this is g.

27 "Carly" (1833054464)
00:03:13.830 --> 00:03:18.960
She's a 16 year old white, CIS, gender, header, sexual female.

28 "Carly" (1833054464)
00:03:18.960 --> 00:03:25.140
Um, presenting for outpatient care, whenever I do a initial intake with.

29 "Carly" (1833054464)
00:03:25.140 --> 00:03:29.760
Clients, I, especially at a lesson clients. Excuse me? Um.

30 "Carly" (1833054464)
00:03:29.760 --> 00:03:36.060
I do usually meet with the client themselves and as well as a caregiver.

31 "Carly" (1833054464)
00:03:36.060 --> 00:03:39.330

During an initial assessment. Gee.

32 "Carly" (1833054464)

00:03:39.330 --> 00:03:47.280

Really kind of minimize the experience that she had. She was just like, yeah, I have my preferences for foods doesn't really bother me.

33 "Carly" (1833054464)

00:03:47.280 --> 00:03:54.150

Um, didn't express interest in wanting to try new foods. In fact, she actually experiences.

34 "Carly" (1833054464)

00:03:54.150 --> 00:03:57.570

Drive and anxiety when trying new foods, um.

35 "Carly" (1833054464)

00:03:57.570 --> 00:04:05.940

And the only thing that she did share was that she had some really significant physical symptoms such as difficulty sleeping.

36 "Carly" (1833054464)

00:04:05.940 --> 00:04:09.300

Headache Holden tolerance fatigue.

37 "Carly" (1833054464)

00:04:09.300 --> 00:04:14.310

Decreased appetite, and then labs that indicated on your deficiency anemia.

38 "Carly" (1833054464)

00:04:14.310 --> 00:04:19.740

And so her physical symptoms are so significant that when I was talking with mom.

39 "Carly" (1833054464)

00:04:19.740 --> 00:04:23.160

It I got a little bit more into.

40 "Carly" (1833054464)

00:04:23.160 --> 00:04:27.179

What might be going on and so, mom shared that she.

41 "Carly" (1833054464)

00:04:27.179 --> 00:04:31.589

You see the air on the slide that she's always been a picky eater.

42 "Carly" (1833054464)

00:04:31.589 --> 00:04:37.019

That she has a weird food combinations. The example that she gave me

was, um.

43 "Carly" (1833054464)
00:04:37.019 --> 00:04:40.469
Spaghetti, we'll catch up as an example.

44 "Carly" (1833054464)
00:04:40.469 --> 00:04:45.479
Um, and she's losing her safe foods and what that means that.

45 "Carly" (1833054464)
00:04:45.479 --> 00:04:48.929
There are foods that she used to be able to eat and now.

46 "Carly" (1833054464)
00:04:48.929 --> 00:04:55.079
She's even losing some of those so that her dietary intake is getting even smaller.

47 "Carly" (1833054464)
00:04:55.079 --> 00:05:02.009
Her gross charts that I requested from her pediatrician, demonstrate that she hasn't gained weight in the past year.

48 "Carly" (1833054464)
00:05:02.009 --> 00:05:10.289
Which means that she's not eating enough to support her growth and development. Um, and that causes her to fall off her own individual growth curve.

49 "Carly" (1833054464)
00:05:10.289 --> 00:05:20.549
And her dietary assessment indicates that she has a low protein intake as well as a low fruit intake and she has no vegetable consumption.

50 "Carly" (1833054464)
00:05:20.549 --> 00:05:24.209
Um, the low protein intake is probably 1 of the reasons.

51 "Carly" (1833054464)
00:05:24.209 --> 00:05:34.199
For the iron deficiency anemia also shared that at mealtime. So g is the oldest of 5 children.

52 "Carly" (1833054464)
00:05:34.199 --> 00:05:40.829
And that the younger siblings are starting to pick up on the fact that, Gee does not have to.

53 "Carly" (1833054464)

00:05:40.829 --> 00:05:47.489

Finish your plate, or try a new food and so it creates some drama when they have to.

54 "Carly" (1833054464)

00:05:47.489 --> 00:05:52.109

Eat those foods and their older sister doesn't, um.

55 "Carly" (1833054464)

00:05:52.109 --> 00:06:04.619

And so what that what that tends to create for mom and dad is that they have to basically become a short order chef in order to make meals that accommodate all of their different children.

56 "Carly" (1833054464)

00:06:04.619 --> 00:06:11.879

As you might imagine that's very time consuming and stressful. So, mom is dealing with the stress of not only her own.

57 "Carly" (1833054464)

00:06:11.879 --> 00:06:20.669

Her oldest child that is struggling to nurse herself adequately, but also is trying to balance that with the needs of the other children in the community.

58 "Carly" (1833054464)

00:06:21.899 --> 00:06:27.359

This is a pretty common presentation of, um, this is not the.

59 "Carly" (1833054464)

00:06:27.359 --> 00:06:33.209

Only presentation of and we're gonna go get a little bit more into details about that next.

60 "Carly" (1833054464)

00:06:34.469 --> 00:06:42.629

So, what is our Fed is the shorthand for avoiding restrictive food intake disorder.

61 "Carly" (1833054464)

00:06:42.629 --> 00:06:48.119

Um, it is an eating disorder, so it was recently added into.

62 "Carly" (1833054464)

00:06:48.119 --> 00:06:51.869

The DSM 5, which I'll go over next.

63 "Carly" (1833054464)

00:06:51.869 --> 00:07:00.239

Um, but the characteristics of our, that our president is that it

involves limiting the amount or the type of food.

64 "Carly" (1833054464)

00:07:00.239 --> 00:07:04.829

That a person eats due to sensory characteristics of food.

65 "Carly" (1833054464)

00:07:04.829 --> 00:07:08.459

Um, so this might be this is.

66 "Carly" (1833054464)

00:07:08.459 --> 00:07:15.329

Like, how the food looks, or how food tastes in my mouth, or how the temperature of food.

67 "Carly" (1833054464)

00:07:15.329 --> 00:07:18.449

Um, those tapes of.

68 "Carly" (1833054464)

00:07:18.449 --> 00:07:23.789

Things that we, maybe some, that maybe foods, like really crunchy and that sounds really loud in our ears.

69 "Carly" (1833054464)

00:07:23.789 --> 00:07:28.379

So, it could be related to a sensory characteristic of food. They don't like.

70 "Carly" (1833054464)

00:07:28.379 --> 00:07:33.959

There might be a fear of bad things happening of the particular food.

71 "Carly" (1833054464)

00:07:33.959 --> 00:07:39.779

Um, that could be gagging throwing up choking um.

72 "Carly" (1833054464)

00:07:39.779 --> 00:07:43.049

Any other types of those symptoms.

73 "Carly" (1833054464)

00:07:43.049 --> 00:07:48.419

Um, and so often how this emerges is that, um.

74 "Carly" (1833054464)

00:07:48.419 --> 00:07:53.219

A person might have a stomach flu after having.

75 "Carly" (1833054464)

00:07:53.219 --> 00:07:58.109

Chicken Nuggets, let's say, and then it becomes hard for them to.

76 "Carly" (1833054464)

00:07:58.109 --> 00:08:05.009

Any other type of protein food, or becomes difficult for them to eat any food in general because they are so fearful of.

77 "Carly" (1833054464)

00:08:05.009 --> 00:08:12.149

Um, so that fear of reverse of consequences leading them to limit the amount, and the type of food that they consume.

78 "Carly" (1833054464)

00:08:13.169 --> 00:08:18.479

3rd, the 3rd characteristic that we might see is a lack of interest in food.

79 "Carly" (1833054464)

00:08:18.479 --> 00:08:26.669

Um, so this might stem from not feeling as hungry. It might stem from that. They don't necessarily get the same like.

80 "Carly" (1833054464)

00:08:26.669 --> 00:08:29.879

Pleasure from eating food that some of us night.

81 "Carly" (1833054464)

00:08:29.879 --> 00:08:33.029

Um, the important thing to know about RFIs, though.

82 "Carly" (1833054464)

00:08:33.029 --> 00:08:38.069

Is that restriction is not due to body image concerns.

83 "Carly" (1833054464)

00:08:38.069 --> 00:08:41.519

So this is what makes it different from.

84 "Carly" (1833054464)

00:08:41.519 --> 00:08:44.549

Other eating disorders that you might be.

85 "Carly" (1833054464)

00:08:44.549 --> 00:08:48.389

In terms of like anorexia, bulimia and cheating.

86 "Carly" (1833054464)

00:08:48.389 --> 00:08:54.269

It's also not better explained by another circumstance or diagnose

condition.

87 "Carly" (1833054464)

00:08:54.269 --> 00:08:58.679

Meaning that, let's say they're on medication for.

88 "Carly" (1833054464)

00:08:58.679 --> 00:09:03.989

Adhd and not suppressing their appetite and then that makes them less interested in food.

89 "Carly" (1833054464)

00:09:03.989 --> 00:09:11.909

We would want to address the ADHD in the medication, um, to ensure that they're getting adequate nourishment. And that would not be.

90 "Carly" (1833054464)

00:09:11.909 --> 00:09:25.199

In our fit diagnosis so you may be wondering how common is our fed um, it's a relatively new diagnosis so it was added to.

91 "Carly" (1833054464)

00:09:25.199 --> 00:09:29.519

Um, the diagnostic and Statistical Manual of mental disorders so that is.

92 "Carly" (1833054464)

00:09:29.519 --> 00:09:36.059

The DSM that I referred to earlier um, and the current manual that we're using is the 5th edition so.

93 "Carly" (1833054464)

00:09:36.059 --> 00:09:41.609

That's where we get side. So, at this time, the statistics are pretty preliminary.

94 "Carly" (1833054464)

00:09:41.609 --> 00:09:49.829

Um, it's pretty common to see that our fit is observed in young children, but it's important to know that it's not a child's.

95 "Carly" (1833054464)

00:09:49.829 --> 00:09:54.239

Illness, um, we see that.

96 "Carly" (1833054464)

00:09:54.239 --> 00:09:59.069

Diagnosis occur across ages, genders, race.

97 "Carly" (1833054464)

00:10:00.329 --> 00:10:05.819
All sorts of demographics, um, and so, uh, different abilities and so.

98 "Carly" (1833054464)
00:10:05.819 --> 00:10:12.149
I don't want us to think that, oh, if it, an adult is presenting to my office or my child's and adult this.

99 "Carly" (1833054464)
00:10:12.149 --> 00:10:18.089
This is for them, um, of those diagnosed with.

100 "Carly" (1833054464)
00:10:18.089 --> 00:10:22.499
20% say they avoid foods because of sensory issues.

101 "Carly" (1833054464)
00:10:22.499 --> 00:10:26.579
About 50% say they have a fear of vomiting or a choking.

102 "Carly" (1833054464)
00:10:26.579 --> 00:10:30.779
Which is the fear of a versus consequences? Subtype.

103 "Carly" (1833054464)
00:10:30.779 --> 00:10:37.649
33% are diagnosed with a new disorder, so that could be depression for example.

104 "Carly" (1833054464)
00:10:37.649 --> 00:10:42.179
75% are diagnosed with an anxiety disorder.

105 "Carly" (1833054464)
00:10:42.179 --> 00:10:46.349
And 20 are diagnosed with autism spectrum.

106 "Carly" (1833054464)
00:10:46.349 --> 00:10:53.549
Um, and so I do want us to spend a little bit more time talking about autism and your divergence and that's coming on.

107 "Carly" (1833054464)
00:10:53.549 --> 00:10:57.719
Um, so we'll kind of keep that in your brain if you will.

108 "Carly" (1833054464)
00:10:59.129 --> 00:11:06.029
So some questions that you might ask, um, about your child, yourself, a patient, um.

109 "Carly" (1833054464)
00:11:06.029 --> 00:11:11.309
Be and the person that you're thinking about, as you're listening to this presentation.

110 "Carly" (1833054464)
00:11:11.309 --> 00:11:18.719
Do they have a limited number of accepted foods? So less than 10 is about the number that I look for.

111 "Carly" (1833054464)
00:11:18.719 --> 00:11:25.079
Um, do you, or someone, you know, avoid entire food group so.

112 "Carly" (1833054464)
00:11:25.079 --> 00:11:29.789
No protein food's no fruits. No vegetables. These tend to be the most common.

113 "Carly" (1833054464)
00:11:29.789 --> 00:11:34.709
Food groups that are, um, avoided in because.

114 "Carly" (1833054464)
00:11:34.709 --> 00:11:41.579
If we think about these different foods, they might be different from time to time. So protein isn't always cooked the same way.

115 "Carly" (1833054464)
00:11:41.579 --> 00:11:48.839
Fruits and vegetables 1 might be brewed because they're 1 might be more bitter or sour and 1 might be more sweet.

116 "Carly" (1833054464)
00:11:48.839 --> 00:11:55.739
Um, vegetables may be different sizes when you cook them, versus, when you serve them raw they have different taste properties.

117 "Carly" (1833054464)
00:11:55.739 --> 00:12:01.079
And so the unpredictability of these foods can make them more challenging for.

118 "Carly" (1833054464)
00:12:02.789 --> 00:12:08.609
Do you have difficulty trying new foods? Um, so this isn't just like, oh, like I try not to try new foods. This is.

119 "Carly" (1833054464)

00:12:08.609 --> 00:12:12.869

A marked increase in anxiety.

120 "Carly" (1833054464)

00:12:12.869 --> 00:12:17.309

That comes with trying things that are outside of your food.

121 "Carly" (1833054464)

00:12:19.259 --> 00:12:24.359

Have you or someone, you know, in unintentionally lost weight recently.

122 "Carly" (1833054464)

00:12:24.359 --> 00:12:28.559

Or are you having difficulty maintaining your growth or your weight.

123 "Carly" (1833054464)

00:12:28.559 --> 00:12:36.269

This might be it's a good indicator that something's going on. If the child is not growing, according to their growth curve.

124 "Carly" (1833054464)

00:12:36.269 --> 00:12:48.989

Or, if somebody's unintentionally, does your relationship with food impact your ability to do daily activities and this is the thing that separates our fed from picking eating.

125 "Carly" (1833054464)

00:12:48.989 --> 00:12:52.979

Picking eating some children will.

126 "Carly" (1833054464)

00:12:52.979 --> 00:12:56.699

Grow just kind of on their own they'll discover new foods.

127 "Carly" (1833054464)

00:12:56.699 --> 00:13:05.099

With there's a impact on what it's called, psychosocial, functioning, meaning that it's very difficult for me to do.

128 "Carly" (1833054464)

00:13:05.099 --> 00:13:11.399

Activities in my world, so that might mean it's difficult for me to eat lunch. It's.

129 "Carly" (1833054464)

00:13:11.399 --> 00:13:15.509

Well, it's difficult for me to go spend the night at at friend's house.

130 "Carly" (1833054464)
00:13:15.509 --> 00:13:21.089
Um, I can't I avoid parties because they might not have foods that I like. Um.

131 "Carly" (1833054464)
00:13:21.089 --> 00:13:24.839
Those tapes I avoid going to restaurants.

132 "Carly" (1833054464)
00:13:24.839 --> 00:13:30.089
Things like that um, and finally the last, um.

133 "Carly" (1833054464)
00:13:30.089 --> 00:13:33.869
Question that I have on here is, do you have signs of a nutrient deficiency?

134 "Carly" (1833054464)
00:13:33.869 --> 00:13:42.119
Um, signs and symptoms of nutrient deficiencies are wide and varied, because there are many nutrients that our body needs.

135 "Carly" (1833054464)
00:13:42.119 --> 00:13:45.599
Ah, which is why having only 10 accepted foods.

136 "Carly" (1833054464)
00:13:45.599 --> 00:13:51.179
Is challenged in order to get those different micro nutrients so, vitamins and minerals.

137 "Carly" (1833054464)
00:13:51.179 --> 00:13:56.639
These can be as varied as feeling fatigued or short of breath.

138 "Carly" (1833054464)
00:13:56.639 --> 00:14:01.919
Um, having stress fractures, if you have low calcium.

139 "Carly" (1833054464)
00:14:01.919 --> 00:14:07.079
Up to feeling like you are having.

140 "Carly" (1833054464)
00:14:07.079 --> 00:14:11.429
Like, a heart palpitation or different cardiac rhythms.

141 "Carly" (1833054464)
00:14:11.429 --> 00:14:16.859

Um, so these the symptoms can be wide and varied and so working with.

142 "Carly" (1833054464)

00:14:16.859 --> 00:14:20.069

A nutrition professionals very important in these cases.

143 "Carly" (1833054464)

00:14:23.729 --> 00:14:27.779

And now I'm going to slightly change gears, but I promise it's for, um.

144 "Carly" (1833054464)

00:14:27.779 --> 00:14:33.209

We're gonna talk a little bit about Neuro divergence and then.

145 "Carly" (1833054464)

00:14:33.209 --> 00:14:36.659

I do want us to learn some.

146 "Carly" (1833054464)

00:14:37.679 --> 00:14:44.579

Terminology 1st, so the 1st is Neuro diversity. So this refers to.

147 "Carly" (1833054464)

00:14:45.594 --> 00:14:59.454

The fact that there are just different levels of cognition for every single person. So each human mind is unique and has infinite variability of how much they comprehend what they comprehend and how they comprehend.

148 "Carly" (1833054464)

00:14:59.729 --> 00:15:05.189

And this term was coined by Judy singer.

149 "Carly" (1833054464)

00:15:05.189 --> 00:15:13.589

This is not because because neuro diversity refers to the infinite variability of the human cognition.

150 "Carly" (1833054464)

00:15:13.589 --> 00:15:19.199

A person cannot be neuro diverse. It's speaking to like, the spectrum that exists.

151 "Carly" (1833054464)

00:15:19.199 --> 00:15:22.349

Of the uniqueness in different ways. Our mind works.

152 "Carly" (1833054464)

00:15:22.584 --> 00:15:37.584

Or different minds, according to Judy singer, narrow diversity's, a state of nature, to be perspective. So similar to how we have many different types of trees and many different types of animals and many different types of process that grow.

153 "Carly" (1833054464)
00:15:37.584 --> 00:15:39.294
There's not 1 that's better than the other.

154 "Carly" (1833054464)
00:15:39.539 --> 00:15:43.379
All are worthy of being respected and so similarly with.

155 "Carly" (1833054464)
00:15:43.379 --> 00:15:48.299
The ways that our brains work, all all people of different human cognition.

156 "Carly" (1833054464)
00:15:48.299 --> 00:15:51.719
Um, cognitive abilities deserve to have.

157 "Carly" (1833054464)
00:15:51.719 --> 00:16:00.179
The respect, um, it is not an individual diagnostic tool. Um, it is an analytical tool for.

158 "Carly" (1833054464)
00:16:00.179 --> 00:16:06.029
Examining social issues, and I think it's also important for as a clinician I think of.

159 "Carly" (1833054464)
00:16:06.029 --> 00:16:13.469
The fact that each of my clients is going to be an individual and therefore have their own way of comprehension and.

160 "Carly" (1833054464)
00:16:13.469 --> 00:16:17.489
Cognition, and how do I adapt on an individual level?

161 "Carly" (1833054464)
00:16:20.009 --> 00:16:24.749
So, again, narrow diversity is not a diagnosis, especially not for individuals.

162 "Carly" (1833054464)
00:16:25.769 --> 00:16:31.049
The 2nd, term that I want people to be aware of is Neuro divergent.

163 "Carly" (1833054464)
00:16:31.049 --> 00:16:36.539
And so this is an umbrella term for individuals who have a mind brain that diverges from what is.

164 "Carly" (1833054464)
00:16:36.539 --> 00:16:45.119
Air quotes typical, um, and this is not a term meant for exclusion, but rather inclusion. So.

165 "Carly" (1833054464)
00:16:45.119 --> 00:16:51.569
Mental health conditions might that might fall under the neuro divergence umbrella.

166 "Carly" (1833054464)
00:16:51.569 --> 00:16:57.029
Would be things like ADHD dyslexia.

167 "Carly" (1833054464)
00:16:57.029 --> 00:17:04.199
Depression anxiety, PTSD, like trauma um, many other things fall under.

168 "Carly" (1833054464)
00:17:04.199 --> 00:17:07.799
This narrow, divergent umbrella. Those are just to name a few.

169 "Carly" (1833054464)
00:17:07.799 --> 00:17:13.769
And so it's important to think about that. A Neuro divergent person may experience.

170 "Carly" (1833054464)
00:17:13.769 --> 00:17:18.809
Our fit in and of itself can also be considered a form of Neuro.

171 "Carly" (1833054464)
00:17:21.389 --> 00:17:25.439
So, I want us to think about our client g.

172 "Carly" (1833054464)
00:17:25.439 --> 00:17:32.309
So, in addition to having been diagnosed with also diagnosed by her therapist with ADHD.

173 "Carly" (1833054464)
00:17:32.309 --> 00:17:39.269
Anxiety and depression, all 4 of these diagnoses can change the way a person thinks.

174 "Carly" (1833054464)
00:17:39.269 --> 00:17:45.959
Experience is the world and they're all forms of narrative virgins and so in working with.

175 "Carly" (1833054464)
00:17:45.959 --> 00:17:52.439
Gee, I have to work collaboratively with the therapist, but also understand like, how does.

176 "Carly" (1833054464)
00:17:52.439 --> 00:17:56.129
Their ADHD their anxiety depression and play into.

177 "Carly" (1833054464)
00:17:56.129 --> 00:17:59.759
Their ability to meal prep.

178 "Carly" (1833054464)
00:17:59.759 --> 00:18:03.839
Grocery shop, make their food experience their field.

179 "Carly" (1833054464)
00:18:03.839 --> 00:18:11.159
Satisfied by their food and helps that realistic expectations for them as well as effective treatments.

180 "Carly" (1833054464)
00:18:11.159 --> 00:18:21.419
For them in collaboration with the client course so you might be wondering why in the world would she take this.

181 "Carly" (1833054464)
00:18:21.419 --> 00:18:34.289
Segue into divergence. Um, I think it's important because in addition to living in a fat phobic world, racist world, we also live in enable this world and so neuro divergent person.

182 "Carly" (1833054464)
00:18:34.289 --> 00:18:38.129
Experiences many micro regressions and it often sounds.

183 "Carly" (1833054464)
00:18:38.129 --> 00:18:45.599
Like, being told that their way is weird, um, we're being coerced to do things in a normative way. So, a lot of my.

184 "Carly" (1833054464)
00:18:45.599 --> 00:18:49.769

Some of my Neuro divergent.

185 "Carly" (1833054464)
00:18:49.769 --> 00:18:52.979
Patients, it's really hard for them to.

186 "Carly" (1833054464)
00:18:52.979 --> 00:18:57.449
Sit at a dining room table without having anything to.

187 "Carly" (1833054464)
00:18:57.449 --> 00:19:07.019
Not any coping strategies and so that is probably the typical air
quote, way of having a family meal. And so we'll talk a lot about how
do we.

188 "Carly" (1833054464)
00:19:07.019 --> 00:19:15.089
Accommodate instead, of course, and to normative, they might feel
overlooked because of their unique way of doing something.

189 "Carly" (1833054464)
00:19:15.089 --> 00:19:21.239
Um, and there are a lack of accommodations in general to help them be
successful. And these are just.

190 "Carly" (1833054464)
00:19:21.239 --> 00:19:26.429
Some forms of micro aggression that I could think of as a.

191 "Carly" (1833054464)
00:19:26.429 --> 00:19:30.809
As somebody who would likely be considered in Neuro, typical.

192 "Carly" (1833054464)
00:19:30.809 --> 00:19:40.319
And what's important to know is that these microaggressions add up and
the impact narrative or just person neuro divergent person's
experience.

193 "Carly" (1833054464)
00:19:40.319 --> 00:19:47.579
In both accessing care, but also implementing strategies. And so we
have to understand how is their brain working and how.

194 "Carly" (1833054464)
00:19:47.579 --> 00:19:52.139
Can I as a clinician or how can I, as a parent or a provider?

195 "Carly" (1833054464)

00:19:52.139 --> 00:19:55.769

Work with this person.

196 "Carly" (1833054464)

00:19:55.769 --> 00:20:05.009

To help them be successful and so that's why I wanted to incorporate that into the dietary purchase for.

197 "Carly" (1833054464)

00:20:05.009 --> 00:20:10.139

A lot of times the dietary purchase for our can be.

198 "Carly" (1833054464)

00:20:11.279 --> 00:20:17.789

Coercing somebody into a more formative way of eating and experience.

199 "Carly" (1833054464)

00:20:19.439 --> 00:20:24.959

And so I have been doing a lot of my own work in the.

200 "Carly" (1833054464)

00:20:24.959 --> 00:20:32.879

Area with somebody who specializes in, um, carrying partner, divergent people.

201 "Carly" (1833054464)

00:20:32.879 --> 00:20:37.679

And so through my work with that person, I have.

202 "Carly" (1833054464)

00:20:37.679 --> 00:20:42.179

Done some restructuring of how I approach our fair diagnosis.

203 "Carly" (1833054464)

00:20:42.179 --> 00:20:50.009

And so now my dietary approaches for I believe that they should be individualized.

204 "Carly" (1833054464)

00:20:50.009 --> 00:20:54.839

Accommodating and strength faced and supporting, not fixing.

205 "Carly" (1833054464)

00:20:56.579 --> 00:21:03.149

So, the reason that I think that these 3 things are important, is that by not.

206 "Carly" (1833054464)

00:21:03.149 --> 00:21:10.919

Immediately going in and fixing and doing all the things. Um, I'm not

putting my clients in a state of fight or flight so.

207 "Carly" (1833054464)

00:21:11.939 --> 00:21:16.709

As we read earlier in the statistics, majority of.

208 "Carly" (1833054464)

00:21:16.709 --> 00:21:21.119

Patients with have an anxiety disorder.

209 "Carly" (1833054464)

00:21:21.119 --> 00:21:25.799

And what that means is that their body is in a state of fight or flight.

210 "Carly" (1833054464)

00:21:25.799 --> 00:21:30.869

And fighter flight, how often explain it to clients? Is that.

211 "Carly" (1833054464)

00:21:30.869 --> 00:21:37.829

Let's say you're walking in the woods and you come across a air. Your body either prepares to fight the bear.

212 "Carly" (1833054464)

00:21:37.829 --> 00:21:41.879

Run away from the bear, or sometimes it just freezes because it doesn't know what to do.

213 "Carly" (1833054464)

00:21:41.879 --> 00:21:48.149

And that is regulated by the picture that you'll see on the slide.

214 "Carly" (1833054464)

00:21:48.149 --> 00:21:52.499

Um, and so parasympathetic activity is the.

215 "Carly" (1833054464)

00:21:52.499 --> 00:21:59.279

Call me body calming, the nervous system and then there's the sympathetic nervous system.

216 "Carly" (1833054464)

00:21:59.279 --> 00:22:04.559

And that's the fight or flight response. And so a lot of my clients, when they show up.

217 "Carly" (1833054464)

00:22:04.559 --> 00:22:10.079

Are in that fighter flight sympathetic nervous system activation

stage.

218 "Carly" (1833054464)

00:22:10.079 --> 00:22:15.539

Um, and so a lot of times that we have to work on 1st, is that.

219 "Carly" (1833054464)

00:22:15.539 --> 00:22:20.759

We need to kind of dial down the sympathetic and increase the parasympathetic.

220 "Carly" (1833054464)

00:22:20.759 --> 00:22:27.329

To help them learn regulation and calming strategies. So that way they can even access the work that we're doing.

221 "Carly" (1833054464)

00:22:27.329 --> 00:22:31.829

And so calming the body in mind is a top priority.

222 "Carly" (1833054464)

00:22:33.839 --> 00:22:42.989

So, now we'll go through our a little bit more specifics on what does individualized care look like what does it look like to accommodate? Not fixed.

223 "Carly" (1833054464)

00:22:42.989 --> 00:22:45.989

What does it look like to be a string based provider?

224 "Carly" (1833054464)

00:22:47.699 --> 00:22:51.779

So 1 of the ways that we can individualized.

225 "Carly" (1833054464)

00:22:51.779 --> 00:22:56.609

Or 1 of the clients with an diagnosis are unique.

226 "Carly" (1833054464)

00:22:56.609 --> 00:23:02.789

And so each of them will have unique concerns and so ways that we can work to individualize treatment is.

227 "Carly" (1833054464)

00:23:02.789 --> 00:23:06.569

That are there current wait versus their wheat history?

228 "Carly" (1833054464)

00:23:06.569 --> 00:23:16.619

Occurred food patterns and how it's changed over time, all current

conditions that need to be taken into consideration for how their brain my experience, the world differently.

229 "Carly" (1833054464)

00:23:16.619 --> 00:23:20.579

Eating environment, and if it's accommodating for them to be successful.

230 "Carly" (1833054464)

00:23:20.579 --> 00:23:25.289

In different coping strategies for them to regulate their nervous system and.

231 "Carly" (1833054464)

00:23:25.289 --> 00:23:30.299

Be successful at that meal so we'll start with.

232 "Carly" (1833054464)

00:23:30.299 --> 00:23:34.289

Weight restoration and so wait restoration.

233 "Carly" (1833054464)

00:23:34.289 --> 00:23:39.479

Might be necessary for our clients, or it might not. And so.

234 "Carly" (1833054464)

00:23:39.479 --> 00:23:54.419

the reason that it might need to be a part is that one of the things that we saw is part of the diagnosis diagnosis of is that they can have low energy intake or inadequate nutrient intake and that can impact a client's growth

235 "Carly" (1833054464)

00:23:54.419 --> 00:23:59.429

Development and overall health and so oftentimes what I will do with.

236 "Carly" (1833054464)

00:23:59.429 --> 00:24:10.409

My clients is, I will ask them for a week history. If they're an adolescent, I will ask for their growth chart. I will also have that information verified by their position.

237 "Carly" (1833054464)

00:24:10.409 --> 00:24:16.199

Um, that's if it's available, if not, then we'll kind of work on.

238 "Carly" (1833054464)

00:24:16.199 --> 00:24:19.799

Formalizing, the amount of food that they're having.

239 "Carly" (1833054464)
00:24:19.799 --> 00:24:23.099
Um, and see, kind of where their body wants to be.

240 "Carly" (1833054464)
00:24:24.809 --> 00:24:30.389
Either way whether or not a child, a person has to wait restore or not.

241 "Carly" (1833054464)
00:24:30.389 --> 00:24:37.649
I am going to work with them towards nutritional adequacy and making sure that they're eating enough food overall to support their body.

242 "Carly" (1833054464)
00:24:37.649 --> 00:24:41.819
And I'll do that primarily focusing on accepted foods.

243 "Carly" (1833054464)
00:24:41.819 --> 00:24:44.939
And an accommodating eating environment, which we'll talk about here.

244 "Carly" (1833054464)
00:24:46.049 --> 00:24:53.129
Oftentimes, they will discuss the use of a multi vitamin to address low vitamins, mineral intake. Um, multi vitamins.

245 "Carly" (1833054464)
00:24:54.299 --> 00:24:57.299
Are a great support um, they don't.

246 "Carly" (1833054464)
00:24:57.299 --> 00:25:02.099
Replace fruits and vegetables, but they are really great support.

247 "Carly" (1833054464)
00:25:02.099 --> 00:25:05.699
For clients with RFIs, in order to get.

248 "Carly" (1833054464)
00:25:05.699 --> 00:25:09.539
Some of the vitamins and minerals that they might be missing. Um.

249 "Carly" (1833054464)
00:25:09.539 --> 00:25:18.359
And then if they feel that they want to work on adding in foods that might provide those vitamins and minerals, then that's something that we do that we can work on.

250 "Carly" (1833054464)

00:25:19.979 --> 00:25:26.759

It's important to know that malnutrition itself can increase the fight or flight response. And so.

251 "Carly" (1833054464)

00:25:26.759 --> 00:25:33.539

Increasing the overall energy intake can be calming. There might be an initial response that is distressing.

252 "Carly" (1833054464)

00:25:33.539 --> 00:25:39.029

But over time, it can and help them use the part of their brain that.

253 "Carly" (1833054464)

00:25:39.029 --> 00:25:47.669

Is able to do a little bit more problem solving, um, processing, um, apply coping skills.

254 "Carly" (1833054464)

00:25:54.239 --> 00:25:59.369

And as a note on accepted foods, um, accepted foods.

255 "Carly" (1833054464)

00:25:59.369 --> 00:26:02.879

May stay the same for clients. So, 1 of the things that I'll ask.

256 "Carly" (1833054464)

00:26:02.879 --> 00:26:09.269

During my initial assessment is, are there foods that are easier for you to eat, or stay for you to eat.

257 "Carly" (1833054464)

00:26:09.269 --> 00:26:14.639

Are there foods that you used to eat and you don't need anymore? Are there foods that are.

258 "Carly" (1833054464)

00:26:14.639 --> 00:26:19.049

Difficult for you to eat, or you just have never tried them.

259 "Carly" (1833054464)

00:26:19.049 --> 00:26:22.469

Um, and so when.

260 "Carly" (1833054464)

00:26:22.469 --> 00:26:25.499

And then towards the end of my assessment, or.

261 "Carly" (1833054464)

00:26:25.499 --> 00:26:28.919

Maybe not even at my assessment, but as I'm working with that client.

262 "Carly" (1833054464)

00:26:28.919 --> 00:26:34.019

I'll ask them are there foods that you want to try.

263 "Carly" (1833054464)

00:26:34.019 --> 00:26:37.139

I think that it's really important for.

264 "Carly" (1833054464)

00:26:37.139 --> 00:26:43.619

Clients to be able to advocate for themselves and eat foods that match their preferences.

265 "Carly" (1833054464)

00:26:43.619 --> 00:26:49.679

And this is 1 of those ways that we can accommodate and not coerced people into.

266 "Carly" (1833054464)

00:26:49.679 --> 00:26:54.719

Neuro typical ways of behaving and eating that they might.

267 "Carly" (1833054464)

00:26:54.719 --> 00:26:58.349

Just like that spaghetti with catch up and.

268 "Carly" (1833054464)

00:26:58.349 --> 00:27:02.819

Why does there need to be shamed added to that experience?

269 "Carly" (1833054464)

00:27:02.819 --> 00:27:06.629

And so a lot of times by focusing on.

270 "Carly" (1833054464)

00:27:06.629 --> 00:27:11.399

The 1st, question of what are foods that are your accepted foods.

271 "Carly" (1833054464)

00:27:11.399 --> 00:27:17.969

I want my clients to be able to advocate for their needs without shame. So that way they can go into.

272 "Carly" (1833054464)

00:27:17.969 --> 00:27:22.589

Different food situations and be successful because they have access to their subject foods.

273 "Carly" (1833054464)
00:27:23.639 --> 00:27:30.599
The final question are there foods you want to try? It's in bold because I think that this is what.

274 "Carly" (1833054464)
00:27:30.599 --> 00:27:40.889
As a younger clinician, I thought that RFI treatment was about it was like, let's add X number of foods and that will be successful. Our treatment.

275 "Carly" (1833054464)
00:27:40.889 --> 00:27:44.669
And so I do want to just kind of put it out there that.

276 "Carly" (1833054464)
00:27:44.669 --> 00:27:49.829
If my clients are, I am very happy with my clients if they are.

277 "Carly" (1833054464)
00:27:49.829 --> 00:27:53.069
Eating in a nursing amount of food.

278 "Carly" (1833054464)
00:27:53.069 --> 00:28:00.179
And are able to use coping skills and are having some satisfaction, which may, or may not be in it.

279 "Carly" (1833054464)
00:28:00.179 --> 00:28:03.869
Accessible for some clients, but, um.

280 "Carly" (1833054464)
00:28:03.869 --> 00:28:09.089
Ideally, that's what they're able to do, and then they have the.

281 "Carly" (1833054464)
00:28:10.619 --> 00:28:17.189
Autonomy to be able to and the agency to be able to decide if they want to try new.

282 "Carly" (1833054464)
00:28:17.189 --> 00:28:26.969
Some of my clients do want to try new foods, because they think it'd be nice to be able to enjoy a hot dog on a bun when they go to a cook out or a party. Um.

283 "Carly" (1833054464)
00:28:26.969 --> 00:28:31.409
Some of my clients do not want to do that and that is okay, but.

284 "Carly" (1833054464)
00:28:31.409 --> 00:28:35.309
It it should come from them and being able to.

285 "Carly" (1833054464)
00:28:35.309 --> 00:28:38.849
Um, have that agency to decide if they.

286 "Carly" (1833054464)
00:28:38.849 --> 00:28:43.289
Want to try new foods, not something that is pushed on them by a clinician.

287 "Carly" (1833054464)
00:28:43.289 --> 00:28:48.539
Or even by a caregiver and so.

288 "Carly" (1833054464)
00:28:48.539 --> 00:28:53.579
It's important to know that not all our fit clients will progress to adding new foods. And that is okay.

289 "Carly" (1833054464)
00:28:53.579 --> 00:28:56.849
Food preferences are allowed and they are accepted.

290 "Carly" (1833054464)
00:28:56.849 --> 00:29:03.059
When someone expressed interest in trying new foods, I think it's helpful to kind of talk about, um.

291 "Carly" (1833054464)
00:29:03.059 --> 00:29:06.869
The approach that I use, um, so.

292 "Carly" (1833054464)
00:29:06.869 --> 00:29:14.099
I, it's called through training, but the way that I explain it to clients, when they've expressed interest in new.

293 "Carly" (1833054464)
00:29:14.099 --> 00:29:18.449
Is that I view your intake as a rubber band?

294 "Carly" (1833054464)
00:29:18.449 --> 00:29:25.079
And so over time, or what I'm trying to do is, I'm not trying to expand your food preferences.

295 "Carly" (1833054464)
00:29:25.079 --> 00:29:29.549
So quickly that your rubber band breaks, instead I'm trying to.

296 "Carly" (1833054464)
00:29:29.549 --> 00:29:34.349
Slowly and gradually, like, massage it out to make it a little bit bigger.

297 "Carly" (1833054464)
00:29:34.349 --> 00:29:41.009
And so 1 of the ways that I help my clients do that is by trying things that are similar.

298 "Carly" (1833054464)
00:29:41.009 --> 00:29:47.129
And only changing 1 thing out of time. So what I mean, by that, and this is where the food training name gets.

299 "Carly" (1833054464)
00:29:47.129 --> 00:29:51.989
It's name is that let's say we start with a Tyson Sprint chicken nugget.

300 "Carly" (1833054464)
00:29:51.989 --> 00:29:57.179
Which is their accepted food? Um, I might start by saying, okay.

301 "Carly" (1833054464)
00:29:57.179 --> 00:30:07.619
Let's find a chicken nugget. That's pretty similar, but let's see if we can get into a different brand. So that way we're a little bit more flexible with our brand same food. Different brand.

302 "Carly" (1833054464)
00:30:07.619 --> 00:30:12.359
And so what that does is that creates something that is familiar.

303 "Carly" (1833054464)
00:30:12.359 --> 00:30:16.769
Um, and helps them build confidence.

304 "Carly" (1833054464)
00:30:16.769 --> 00:30:21.749
Ideally, helps them build confidence as they're trying.

305 "Carly" (1833054464)
00:30:21.749 --> 00:30:29.219
Let's say that goes well, with trying a different brand chicken nugget they can stop there if that gives them.

306 "Carly" (1833054464)
00:30:29.219 --> 00:30:32.639
What they're looking for, but let's say they also.

307 "Carly" (1833054464)
00:30:32.639 --> 00:30:37.289
Want to try and progress to, like, grilled chicken or that's their ultimate goal.

308 "Carly" (1833054464)
00:30:37.289 --> 00:30:42.479
And so maybe we try, like, grilled chicken nuggets or a grilled chicken that's cut up into.

309 "Carly" (1833054464)
00:30:42.479 --> 00:30:46.109
Smaller pieces that kind of look like grilled chicken nuggets.

310 "Carly" (1833054464)
00:30:46.109 --> 00:30:49.199
Um, and let's see.

311 "Carly" (1833054464)
00:30:49.199 --> 00:30:58.914
That doesn't go well, and we need to repeat that a couple times and we might do that a couple times, or they might just say, you know, that that's it's too challenging or I don't really like it. And that's okay.

312 "Carly" (1833054464)
00:30:58.914 --> 00:31:06.294
They do have the autonomy to make that decision and keep with the chicken nuggets, or they can stay with the girl chicken nuggets.

313 "Carly" (1833054464)
00:31:06.539 --> 00:31:11.069
Or we may progress to a girl chicken rest. Um, and so.

314 "Carly" (1833054464)
00:31:11.069 --> 00:31:17.849
All along this way, we're trying to only change, like, 1 thing at a time. Are we changing.

315 "Carly" (1833054464)
00:31:17.849 --> 00:31:24.779
The brand, but keeping things similar are we keeping the size similar, but changing the coding on the outside?

316 "Carly" (1833054464)

00:31:24.779 --> 00:31:29.039

Are we changing the way that it's presented versus.

317 "Carly" (1833054464)

00:31:29.039 --> 00:31:32.429

Not, um, and so all of these different things.

318 "Carly" (1833054464)

00:31:32.429 --> 00:31:36.179

Contribute to the experience and there are ways that we can.

319 "Carly" (1833054464)

00:31:36.179 --> 00:31:40.679

Expand preferences, but there also can be viewed.

320 "Carly" (1833054464)

00:31:40.679 --> 00:31:46.529

As ways to accommodate at the table as well, and we'll get more into a combinations.

321 "Carly" (1833054464)

00:31:48.749 --> 00:31:55.889

1 of the things that I do tell my clients that when we are trying to foods is that it can increase that fight flight response.

322 "Carly" (1833054464)

00:31:55.889 --> 00:32:02.369

Um, and so it really should only be done when a client's body and brain is more nourished. If I start.

323 "Carly" (1833054464)

00:32:02.369 --> 00:32:06.629

Trying new foods too soon. What that might do is that.

324 "Carly" (1833054464)

00:32:06.629 --> 00:32:14.429

Thinking about again like that, they're in the woods, right? If we are, like, trying to decide if we want to fight or flee from the side of a bear.

325 "Carly" (1833054464)

00:32:14.429 --> 00:32:20.669

My body is also not like, oh, you know, I'm really hungry right now that those are competing.

326 "Carly" (1833054464)

00:32:20.669 --> 00:32:25.169

Thoughts, uh, um, and so.

327 "Carly" (1833054464)

00:32:25.169 --> 00:32:37.589

what that means is for my clients is that when they're in that activated flight response it can be more challenging to eat a nursing amount of food and so if they're trying to wait restore or even just get to them more

328 "Carly" (1833054464)

00:32:37.589 --> 00:32:41.819

Nutritionally adequate place. Trying new foods can make that very challenging.

329 "Carly" (1833054464)

00:32:41.819 --> 00:32:48.809

So we want to make sure that the body and brain is more nourished that they have coping skills for a fight or flight response.

330 "Carly" (1833054464)

00:32:48.809 --> 00:32:52.799

Um, in order to set them up to be the most successful.

331 "Carly" (1833054464)

00:32:57.269 --> 00:33:03.329

Moving on to Co, occurring conditions conditions are critical to keep in mind.

332 "Carly" (1833054464)

00:33:03.329 --> 00:33:09.749

1 trading any eating disorder. Um, and it's important to know that Co occurring conditions may change.

333 "Carly" (1833054464)

00:33:09.749 --> 00:33:16.529

And so having a treatment approach, or members on the treatment team is a really important.

334 "Carly" (1833054464)

00:33:16.529 --> 00:33:23.879

Um, is really important to be able to understand how a client might be progressing.

335 "Carly" (1833054464)

00:33:23.879 --> 00:33:30.599

Or showing more signs of other conditions popping up, or 1, that might be more active than the other.

336 "Carly" (1833054464)

00:33:30.599 --> 00:33:35.669

Um, having a comprehensive.

337 "Carly" (1833054464)

00:33:35.669 --> 00:33:40.589

And collaborative intervention on how to move forward is really important.

338 "Carly" (1833054464)

00:33:40.589 --> 00:33:47.609

And it should include all members of the support system. So when I'm working with clients, I'm working with.

339 "Carly" (1833054464)

00:33:47.609 --> 00:33:52.679

Up in their therapist, oftentimes a physician if they have a psychiatrist.

340 "Carly" (1833054464)

00:33:52.679 --> 00:33:55.679

And then I'm working with their caregivers as long as I have.

341 "Carly" (1833054464)

00:33:56.964 --> 00:34:10.404

These people, um, and what that does is it creates a support system that is understanding of the different things that are going on and how to best support them. So that way, there's not only 1 person who knows how to.

342 "Carly" (1833054464)

00:34:10.679 --> 00:34:18.389

And that helps them feel understood, heard that they, that their concerns are valid that their struggles are valid.

343 "Carly" (1833054464)

00:34:18.389 --> 00:34:22.859

And that's a really healing part of having.

344 "Carly" (1833054464)

00:34:22.859 --> 00:34:28.769

A dietary approach that takes into account called current conditions, because if I continue to expect.

345 "Carly" (1833054464)

00:34:28.769 --> 00:34:35.999

My clients that have a hard time grocery shopping. It's like, well, it's just walking around aisles. Like, what's the big deal?

346 "Carly" (1833054464)

00:34:35.999 --> 00:34:41.399

Um, but they might have a hard time because of trauma they've experienced at the grocery store or.

347 "Carly" (1833054464)

00:34:41.399 --> 00:34:51.029

They have a hard time putting together a list of food, or they have a hard time meal planning because that takes a lot of executive functioning. And so it's really helpful to have.

348 "Carly" (1833054464)

00:34:51.029 --> 00:34:55.259

To have those other treatment team members and support systems to help.

349 "Carly" (1833054464)

00:34:55.259 --> 00:34:59.909

Have like, very targeted interventions that are going to set that person up for success.

350 "Carly" (1833054464)

00:35:03.779 --> 00:35:06.899

Ask for the eating environment, um.

351 "Carly" (1833054464)

00:35:06.899 --> 00:35:12.779

It's important for me, it's always important to know, like, what is the real time like.

352 "Carly" (1833054464)

00:35:12.779 --> 00:35:18.269

Um, and what makes their mealtime less stressful or more enjoyable.

353 "Carly" (1833054464)

00:35:18.269 --> 00:35:26.489

Um, because food is already distressing for many our clients, if it's anything outside of their comfort zone.

354 "Carly" (1833054464)

00:35:26.489 --> 00:35:31.949

And so from the answers that I get from those questions.

355 "Carly" (1833054464)

00:35:31.949 --> 00:35:38.039

I try to help families, create an eating environment that helps a client regulate, but having.

356 "Carly" (1833054464)

00:35:38.039 --> 00:35:43.619

Lighthearted conversation incorporating coping skills, whether that includes like.

357 "Carly" (1833054464)

00:35:43.619 --> 00:35:47.249

Having distractions such as, like, playing music or.

358 "Carly" (1833054464)
00:35:47.249 --> 00:35:54.359
Eating while watching TV, instead of eating at the dinner table, or allowing them to have like a fidget at the table.

359 "Carly" (1833054464)
00:35:54.359 --> 00:36:01.469
Um, and so finding ways that we can create a positive eating environment or.

360 "Carly" (1833054464)
00:36:05.909 --> 00:36:11.639
Then for coping strategies, um, it's important to know that there isn't 1, right. Way to cope.

361 "Carly" (1833054464)
00:36:11.639 --> 00:36:16.049
This is these are some real time coping skills that.

362 "Carly" (1833054464)
00:36:16.049 --> 00:36:20.759
I encourage clients to try before during and after meals.

363 "Carly" (1833054464)
00:36:20.759 --> 00:36:26.399
However, hoping or calling strategies are unique to each person.

364 "Carly" (1833054464)
00:36:26.399 --> 00:36:35.399
So, all these are some of the skills that I help my clients with, um, they also learn many skills with their therapist as well.

365 "Carly" (1833054464)
00:36:36.419 --> 00:36:48.479
And so whatever they learn with their therapist, I also try to collaborate the therapist and see how it might apply before during and after. Um, but some examples of of coping before hand before meal.

366 "Carly" (1833054464)
00:36:48.479 --> 00:36:53.189
Is maybe, like, doing a mindful activity.

367 "Carly" (1833054464)
00:36:53.189 --> 00:36:57.179
during the puzzle coloring

368 "Carly" (1833054464)
00:36:58.229 --> 00:37:03.809
Doing homework, maybe sitting outside, um, just having a change of

scenery can be very.

369 "Carly" (1833054464)

00:37:03.809 --> 00:37:09.119

Call me and soothing playing with the pets are doing something that you enjoy.

370 "Carly" (1833054464)

00:37:09.119 --> 00:37:16.139

It'd be helpful. Um, sometimes it clients will find more success when they're able to help with dinner because they.

371 "Carly" (1833054464)

00:37:16.139 --> 00:37:20.459

Know, what is being served um, and so that can help them.

372 "Carly" (1833054464)

00:37:20.459 --> 00:37:23.639

Get used to the idea of what they're having at the table.

373 "Carly" (1833054464)

00:37:23.639 --> 00:37:29.069

Um, also talk to a support person, you'll see that kind of across before during, and after.

374 "Carly" (1833054464)

00:37:29.069 --> 00:37:42.659

During a meal, I might encourage my clients to try different breeding techniques. Um, do a distracting activity. Like, I mentioned, walking TV, listening to music.

375 "Carly" (1833054464)

00:37:42.659 --> 00:37:48.689

Playing like dinner games I'll often have families use, um.

376 "Carly" (1833054464)

00:37:48.689 --> 00:37:57.389

There's a cube of table topics, and just asking questions that everybody takes a chance answering that have nothing to do with food.

377 "Carly" (1833054464)

00:37:57.389 --> 00:38:02.189

That are non contentious topics. Um, so that way we can create an enjoyable.

378 "Carly" (1833054464)

00:38:02.189 --> 00:38:09.029

Eating experience, um, sometimes clients just need to take a break and that's okay. Um, kind of setting.

379 "Carly" (1833054464)
00:38:09.029 --> 00:38:12.960
a timeframe whether it's five or ten minutes take a break

380 "Carly" (1833054464)
00:38:12.960 --> 00:38:17.550
Um, and then come back and, um, as like a reset.

381 "Carly" (1833054464)
00:38:17.550 --> 00:38:23.010
Sometimes we'll talk about positive mealtime affirmations, such as,
um.

382 "Carly" (1833054464)
00:38:23.010 --> 00:38:26.580
I can do this or.

383 "Carly" (1833054464)
00:38:27.750 --> 00:38:32.580
This is 1, like 1 meal out of time, things like that. That are, um.

384 "Carly" (1833054464)
00:38:32.580 --> 00:38:37.020
Kind of breaking it down a little bit more in helping build their
content on the table.

385 "Carly" (1833054464)
00:38:37.020 --> 00:38:46.140
And then, for after a lot of those things are very similar to before
so doing a mindful activity, something distract distracting.

386 "Carly" (1833054464)
00:38:46.140 --> 00:38:50.040
Getting outside to calm down.

387 "Carly" (1833054464)
00:38:50.040 --> 00:38:59.820
Playing with the pet, doing a chore or doing homework. Um, and again,
of course, talking to support people about how you're feeling and what
supports you need.

388 "Carly" (1833054464)
00:39:03.450 --> 00:39:06.780
So, um, now we're.

389 "Carly" (1833054464)
00:39:06.780 --> 00:39:11.130
Kind of revisiting g, um, in her nutrition therapy.

390 "Carly" (1833054464)

00:39:11.130 --> 00:39:16.560

So, her treatment team includes a pediatrician, her dietitian, which was me.

391 "Carly" (1833054464)

00:39:16.560 --> 00:39:25.890

A therapist and a psychiatrist um, and so I think it's important you'll see the green up in the corner. I'll kind of use that as a summary. Um.

392 "Carly" (1833054464)

00:39:25.890 --> 00:39:29.250

But where to start with that, um.

393 "Carly" (1833054464)

00:39:29.250 --> 00:39:39.090

I always try to start with listening. I'm listening to g's concerns, listening to mom's concerns. And so some of the dietary concerns that I picked out from.

394 "Carly" (1833054464)

00:39:39.090 --> 00:39:43.530

My initial assessment, but also from follow up appointments are that.

395 "Carly" (1833054464)

00:39:43.530 --> 00:39:46.560

The all times are stressful for both. Um.

396 "Carly" (1833054464)

00:39:46.560 --> 00:39:51.240

And for that, there's a lack of growth in the past year.

397 "Carly" (1833054464)

00:39:51.240 --> 00:39:54.570

And that there's a decreasing number of accepted foods.

398 "Carly" (1833054464)

00:39:54.570 --> 00:39:59.490

And so the next step for me was to work with a therapist.

399 "Carly" (1833054464)

00:39:59.490 --> 00:40:03.960

To work on calming strategies to reduce the fight response.

400 "Carly" (1833054464)

00:40:03.960 --> 00:40:09.780

I just in talking with them, I heard how much stress was happening at mealtimes both in.

401 "Carly" (1833054464)

00:40:09.780 --> 00:40:13.620

Prep for the actual mealtime with trying different foods.

402 "Carly" (1833054464)

00:40:13.620 --> 00:40:17.760

4 g, and then afterwards of dealing with the.

403 "Carly" (1833054464)

00:40:17.760 --> 00:40:21.090

Conflict with siblings and things like that.

404 "Carly" (1833054464)

00:40:22.260 --> 00:40:27.420

As a dietitian, I talked with mom about positive mealtime environment for her, and all the kids.

405 "Carly" (1833054464)

00:40:27.420 --> 00:40:33.600

Um, so this includes she having access to accepted foods, especially if she doesn't like what's being served.

406 "Carly" (1833054464)

00:40:33.600 --> 00:40:43.380

Focusing on increasing g's energy intake through use of accepted foods only so we're not we're taking all new foods off the table at this point.

407 "Carly" (1833054464)

00:40:43.380 --> 00:40:47.580

I asked you to start taking a multi vitamin, um, and then.

408 "Carly" (1833054464)

00:40:47.580 --> 00:40:53.460

Specifically, when that contains iron, um, and try to have vitamin C I think she did.

409 "Carly" (1833054464)

00:40:53.460 --> 00:40:58.830

Enjoy orange juice so we tried to incorporate orange juice when she was taking her iron supplement.

410 "Carly" (1833054464)

00:40:58.830 --> 00:41:04.170

To help with the absorbed ability of the iron to help with her iron efficiency in India.

411 "Carly" (1833054464)

00:41:05.760 --> 00:41:11.280

When her weight is mostly restored key, then expressed interest in having a food that she used to eat.

412 "Carly" (1833054464)
00:41:11.280 --> 00:41:18.780
And so then g, and I try this food in an appointment and work to integrate this into her overall meeting pattern.

413 "Carly" (1833054464)
00:41:18.780 --> 00:41:25.800
And so you'll see from the summary that nutrition therapy, the target wasn't to make her eating.

414 "Carly" (1833054464)
00:41:25.800 --> 00:41:32.580
Nutrition therapy was focused on reducing stress at mealtime. So how do we accommodate.

415 "Carly" (1833054464)
00:41:32.580 --> 00:41:38.130
To help make mealtimes successful, improving her iron status, which was.

416 "Carly" (1833054464)
00:41:38.130 --> 00:41:43.020
A large part of several of the symptoms physical symptoms that she reported.

417 "Carly" (1833054464)
00:41:43.020 --> 00:41:48.240
Um, increasing the acceptance of her favorite foods, so.

418 "Carly" (1833054464)
00:41:48.240 --> 00:41:52.080
We're working on increasing her overall nutritional advocacy.

419 "Carly" (1833054464)
00:41:52.080 --> 00:41:57.900
By simply focusing on accepted foods, and when we did that, we found that her appetite did increase.

420 "Carly" (1833054464)
00:41:57.900 --> 00:42:05.820
Because she wasn't so stressed out about all the new students, and getting her back to her growth curve to improve her growth and development.

421 "Carly" (1833054464)
00:42:05.820 --> 00:42:12.360
When she expressed interest in having a new food, um, that was her.

422 "Carly" (1833054464)

00:42:12.360 --> 00:42:16.200

I asked that question of, are there foods that you want to try.

423 "Carly" (1833054464)

00:42:16.200 --> 00:42:26.670

Um, and she did want to try a food that she used to, like um, so it was kind of answering that 2nd, question that I ask of are there, is that you used to, like.

424 "Carly" (1833054464)

00:42:26.670 --> 00:42:37.050

But haven't eaten in a while. Um, and so I think we worked on piece, um, as her food that she wanted to integrate. Um, we did have to.

425 "Carly" (1833054464)

00:42:37.050 --> 00:42:46.170

Actually pause for a while, because when we started working on the food that she used to, like, she had an increase in her flight response.

426 "Carly" (1833054464)

00:42:46.170 --> 00:42:50.280

And that caused her to reduce her overall intake.

427 "Carly" (1833054464)

00:42:50.280 --> 00:42:56.430

And it also allows her to lose weight and so we had to pause those in order to.

428 "Carly" (1833054464)

00:42:56.430 --> 00:43:01.110

Um, in order to kind of move forward and get back to re, establishing.

429 "Carly" (1833054464)

00:43:03.000 --> 00:43:09.360

So, I do want to leave a fair amount of time for questions. People have them. Um, so, in summary, um, clients with.

430 "Carly" (1833054464)

00:43:09.360 --> 00:43:16.230

And diagnosis are very unique and so they have unique concerns. Um, so, Kim.

431 "Carly" (1833054464)

00:43:16.230 --> 00:43:19.320

From concerns about growth.

432 "Carly" (1833054464)

00:43:19.320 --> 00:43:24.180

Eating in front of friends, um, physical symptoms that they might

experience.

433 "Carly" (1833054464)

00:43:24.180 --> 00:43:28.410

The fears that they have around food or reverse consequences.

434 "Carly" (1833054464)

00:43:28.410 --> 00:43:35.790

Um, so there's usually a lot of both physical nutrition work that we have to do and then a lot of helping them with the psychological.

435 "Carly" (1833054464)

00:43:35.790 --> 00:43:39.210

Thoughts and feelings that they have around food.

436 "Carly" (1833054464)

00:43:40.560 --> 00:43:46.890

Uh, nutrition therapy for our should be individualized. Um, and we can individualized nutrition by.

437 "Carly" (1833054464)

00:43:46.890 --> 00:43:52.740

focusing on the patient that's here in front of us what is their overall nutritional status

438 "Carly" (1833054464)

00:43:52.740 --> 00:43:57.630

What are the ways in which they need accommodating? And so what.

439 "Carly" (1833054464)

00:43:57.630 --> 00:44:01.470

Are the things that I can do as a dietitian to make their mealtime.

440 "Carly" (1833054464)

00:44:01.470 --> 00:44:08.700

Are successful and supportive, um, what are the ways that I can help them to.

441 "Carly" (1833054464)

00:44:08.700 --> 00:44:13.680

Advocate for their needs both how much they need, but also their accepted foods.

442 "Carly" (1833054464)

00:44:13.680 --> 00:44:19.020

Um, so those are different ways that we can be accommodating us professionals.

443 "Carly" (1833054464)

00:44:19.020 --> 00:44:24.960

Um, nutrition therapy should really be straight space so not operating from a.

444 "Carly" (1833054464)

00:44:24.960 --> 00:44:29.010

You need to fix, um, but rather like, this is what you bring to the.

445 "Carly" (1833054464)

00:44:29.010 --> 00:44:35.070

Table let me as a provider, or as a parent adapt how I'm working with, you.

446 "Carly" (1833054464)

00:44:35.070 --> 00:44:39.720

To really help you be as successful as you can.

447 "Carly" (1833054464)

00:44:39.720 --> 00:44:44.550

And so if their brain is working slightly different than what you're.

448 "Carly" (1833054464)

00:44:44.550 --> 00:44:49.380

Providing interventions too, like, being able to be flexible and adaptable.

449 "Carly" (1833054464)

00:44:49.380 --> 00:44:52.590

Is important to successful in nutrition therapy for our good.

450 "Carly" (1833054464)

00:44:52.590 --> 00:44:56.340

And then you need to be supportive and again, not.

451 "Carly" (1833054464)

00:44:57.960 --> 00:45:07.200

If ever you're in doubt of where to start calming the body and mind is a very good place to start with treatment and we do that by focusing on.

452 "Carly" (1833054464)

00:45:07.200 --> 00:45:17.010

How to make mealtimes more supportive? What does the person need in order to have a successful mealtime and then also working on.

453 "Carly" (1833054464)

00:45:17.010 --> 00:45:20.640

Only focusing on accepted foods at the beginning.

454 "Carly" (1833054464)

00:45:21.780 --> 00:45:27.810

A nutrition therapy is not about fixing our patients. It's about addressing their individual concerns.

455 "Carly" (1833054464)

00:45:27.810 --> 00:45:32.880

Teaching them to advocate for their nutritional needs and food preferences without.

456 "Carly" (1833054464)

00:45:32.880 --> 00:45:40.500

And this is something that I want my clients all of my clients to do across any eating disorder is being able to.

457 "Carly" (1833054464)

00:45:40.500 --> 00:45:49.260

Advocate for their nutritional needs and not have to experience shame around asking for more food or asking for specific types of food. And so.

458 "Carly" (1833054464)

00:45:49.260 --> 00:45:52.860

That should be the same for, um, even though.

459 "Carly" (1833054464)

00:45:52.860 --> 00:46:02.280

The root of the fear is different, so yeah, I think it's, I'm ready for questions.

460 "Carly" (1833054464)

00:46:02.280 --> 00:46:03.055

There are any.

461 "Carly" (1833054464)

00:46:36.375 --> 00:46:38.235

Allison were there any questions.

462 "Allison oaks" (472643840)

00:46:40.740 --> 00:46:51.750

This is Sandy I looked like, I think Allison's back on now I'm back on. I apologize. She has to drop there so okay, so we got a few things here.

463 "Allison oaks" (472643840)

00:46:51.750 --> 00:47:01.405

We have, this is amazing. Thank you. My daughter is 16, and seems like sometimes she has real RFI symptoms, but sometimes it's maybe rebellion defiance.

464 "Allison oaks" (472643840)

00:47:01.615 --> 00:47:06.955

Welcome this control that she will eat foods for her grandma that she won't eat at home.

465 "Carly" (1833054464)

00:47:09.600 --> 00:47:17.820

I think that it could be a worthwhile discussion, um, not even necessarily going at it from, like, a, is this it or not?

466 "Carly" (1833054464)

00:47:17.820 --> 00:47:26.670

But rather like, seeing if there is something about eating at grandmas, it's not a very uncommon experience for many of my clients where.

467 "Carly" (1833054464)

00:47:26.670 --> 00:47:37.170

They can excuse me, um, eat in certain places with greater ease and then other other environments are more difficult for them to eat.

468 "Carly" (1833054464)

00:47:37.170 --> 00:47:41.310

And so, I think like, being curious about it, um.

469 "Carly" (1833054464)

00:47:41.310 --> 00:47:46.200

They are 16, so there could be some rebellion happening for sure. Um.

470 "Carly" (1833054464)

00:47:46.200 --> 00:47:49.290

Even if there is an diagnosis, there's.

471 "Carly" (1833054464)

00:47:49.945 --> 00:48:00.175

There's the adolescent piece of being 16 as well, but I think that if we come at it from a curious place, we can understand a little bit better about what is it about Grandma's house?

472 "Carly" (1833054464)

00:48:00.205 --> 00:48:07.945

Um, it might be that they feel that they have to be a little bit more naming in that unique space, whereas they can be more themselves at home.

473 "Carly" (1833054464)

00:48:08.250 --> 00:48:18.210

That's a pretty common theme. So unfortunately, as parents, we tend to sometimes feel the worst of our child's behavior because we're their safe landing space.

474 "Carly" (1833054464)

00:48:18.210 --> 00:48:23.700

Where they can refuse foods and not have to try new things. And so I think just being.

475 "Carly" (1833054464)

00:48:23.700 --> 00:48:28.230

Curious about what is it that is different in that space versus.

476 "Carly" (1833054464)

00:48:28.230 --> 00:48:34.200

1 with you. All right, thank you.

477 "Allison oaks" (472643840)

00:48:34.200 --> 00:48:43.440

All right, we have another question, I think my 10 year old has our fed. What can we do to start to help him eat any more things.

478 "Carly" (1833054464)

00:48:43.440 --> 00:48:47.700

Mm, hmm. Yeah. Um, I think like.

479 "Carly" (1833054464)

00:48:48.720 --> 00:48:53.070

So, I would think like, starting.

480 "Carly" (1833054464)

00:48:53.070 --> 00:49:06.780

To, like, maybe go into the pediatrician and see if his growth and all that is being impacted if it is then definitely reach out to a dietician. I know myself I see. As young as 8. um.

481 "Carly" (1833054464)

00:49:06.780 --> 00:49:19.140

And a lot of times the work that I do with a 16 year old with our fed, or a 30 year old with is very different than an 8 or 10 year old with a lot of it does tend to be on.

482 "Carly" (1833054464)

00:49:19.140 --> 00:49:30.390

Supporting parents, and so a lot of the time what I'll focus on is those coping skill, um, things and, like, coaching parents on. How do we have.

483 "Carly" (1833054464)

00:49:30.390 --> 00:49:33.720

And accommodating eating space, um.

484 "Carly" (1833054464)

00:49:33.720 --> 00:49:39.480

And how to facilitate conversations around what is difficult about the

food and so, I think asking like.

485 "Carly" (1833054464)

00:49:39.480 --> 00:49:42.690

Why is it challenging for you to eat?

486 "Carly" (1833054464)

00:49:42.690 --> 00:49:53.160

Set food at that age they may, or may not know, but then trying different things of. How do we make mealtimes more fun? Do we put foods on a fun plate? Do we.

487 "Carly" (1833054464)

00:49:53.160 --> 00:50:05.250

Only serve the foods, like I mentioned in the presentation, like only serving the food that we know that they'll eat for a little bit of time in order to calm things down. Maybe they're having a really.

488 "Carly" (1833054464)

00:50:05.250 --> 00:50:13.110

Maybe it's like, testing week at their school and so that's why all of sudden, foods McCarter or they are feeling as.

489 "Carly" (1833054464)

00:50:13.110 --> 00:50:16.800

Competent in other areas of their life. Um.

490 "Carly" (1833054464)

00:50:16.800 --> 00:50:21.300

So, oftentimes the work that I do with parents are.

491 "Carly" (1833054464)

00:50:21.300 --> 00:50:28.980

With an 8 to 10 year old is more with the parents and so working with the dietician could be helpful even at that young age.

492 "Allison oaks" (472643840)

00:50:28.980 --> 00:50:32.940

Hi, thank you.

493 "Allison oaks" (472643840)

00:50:32.940 --> 00:50:36.660

And someone had the question of, do you offer a virtual appointment?

494 "Carly" (1833054464)

00:50:36.660 --> 00:50:40.830

I do, um, I am currently not accepted.

495 "Carly" (1833054464)

00:50:41.155 --> 00:50:56.005

New patients, but because I have a baby myself, um, but I have a dietitian that, um, works with me and she is seeing people virtually it depends on where people reside, um,

496 "Carly" (1833054464)

00:50:56.035 --> 00:51:00.775

based on telehealth laws and things like that. But, um, yeah, my.

497 "Carly" (1833054464)

00:51:00.830 --> 00:51:01.440

Hey.

498 "Carly" (1833054464)

00:51:01.440 --> 00:51:08.580

I don't know if there's a way to share information, but my business is devoted recovery. Um, and I'm based in Virginia.

499 "Allison oaks" (472643840)

00:51:08.580 --> 00:51:22.980

In Fairfax, Virginia. Okay. All right then we have the connection of sensory issues or faint vomiting or choking, um, to rfcic seems obvious is the.

500 "Allison oaks" (472643840)

00:51:22.980 --> 00:51:27.480

Casual connection between mood or anxiety disorders and our.

501 "Carly" (1833054464)

00:51:29.490 --> 00:51:36.750

I don't know that. Um, it's like I said, it's a fairly new diagnosis so I don't know that there's necessarily a causal relationship.

502 "Carly" (1833054464)

00:51:36.750 --> 00:51:43.290

Established really for anything. It's more of just like these are the things that we tend to see overlap.

503 "Carly" (1833054464)

00:51:43.290 --> 00:51:52.950

Um, and so, to my knowledge in general, when we think about eating disorders, there tends to be what's called, like a bio psycho, social.

504 "Carly" (1833054464)

00:51:52.950 --> 00:52:01.590

Route meaning like biology um, so there could be a genetic predisposition or, um, this type of eating disorder.

505 "Carly" (1833054464)

00:52:01.590 --> 00:52:09.960

Psychological meaning that there might be preexisting anxiety, or they

have.

506 "Carly" (1833054464)

00:52:09.960 --> 00:52:17.610

Like, a slow to warm up temperament so it doesn't necessarily have to be a diagnosed disorder. It could be like their personality type. Um.

507 "Carly" (1833054464)

00:52:17.610 --> 00:52:25.470

And then the social part, which is like, our environmental trigger. So, especially like, with the.

508 "Carly" (1833054464)

00:52:25.470 --> 00:52:30.390

Fear vomiting like, if they've had an episode of vomiting, like, that can be like the.

509 "Carly" (1833054464)

00:52:30.390 --> 00:52:38.100

Social trigger, um, or then the reduction in the overall intake. Um, but I don't know that there's.

510 "Carly" (1833054464)

00:52:38.100 --> 00:52:41.550

Usually, I'm eating disorders. It's a pretty complex.

511 "Carly" (1833054464)

00:52:41.550 --> 00:52:48.810

Route, um, and so as a clinician, especially as the dietitian, like, my focal point is.

512 "Carly" (1833054464)

00:52:48.810 --> 00:52:54.450

What are the behaviors that I am like that are presenting here? And now.

513 "Carly" (1833054464)

00:52:54.450 --> 00:52:59.160

What are the things that I need to address for this person to be like.

514 "Carly" (1833054464)

00:52:59.160 --> 00:53:05.280

Physically safe, so, like, if someone's really losing weight or at a low body weight, like, I have to work on those things.

515 "Carly" (1833054464)

00:53:05.280 --> 00:53:10.440

Versus what are the things that I can accommodate? So can they just.

516 "Carly" (1833054464)

00:53:10.440 --> 00:53:17.850

Work on their accepted foods for the time being until we can gain the weight. And then are there other areas that we might need to.

517 "Carly" (1833054464)

00:53:17.850 --> 00:53:23.370

Look at, um, but I don't know that there's, um, this is the.

518 "Carly" (1833054464)

00:53:23.370 --> 00:53:27.690

This is the 1 thing that causes eating disorder or a.

519 "Carly" (1833054464)

00:53:27.690 --> 00:53:33.210

Specifically our fed. Okay.

520 "Allison oaks" (472643840)

00:53:33.210 --> 00:53:40.950

And let's see, someone had a question asking if this could manifest in late teens, early twenties.

521 "Allison oaks" (472643840)

00:53:40.950 --> 00:53:49.320

Saying that she knew a girl who ate with her family previously was a cave and happy and excited about food and family interactions.

522 "Carly" (1833054464)

00:53:50.910 --> 00:53:55.320

dan what's interesting yeah mm hmm oh sorry go ahead was there where the question

523 "Allison oaks" (472643840)

00:53:55.320 --> 00:53:59.100

There just as an additional that, um.

524 "Allison oaks" (472643840)

00:53:59.100 --> 00:54:03.090

As well, as the system with the cooking process.

525 "Carly" (1833054464)

00:54:03.090 --> 00:54:11.490

I mean, it could be, so there could be a couple things going on. So, remember an diagnosis. There can't be. Um, it can't.

526 "Carly" (1833054464)

00:54:11.490 --> 00:54:18.390

Otherwise be explained by something else so, a lot of times in adolescence, we start to see a shift on, like.

527 "Carly" (1833054464)

00:54:18.955 --> 00:54:32.275

Who opinions matter most um, so when they're younger parent opinion matters, most when they're teens, they tend to value the peer influence more than the parent influence.

528 "Carly" (1833054464)

00:54:32.725 --> 00:54:36.355

Um, much too many parents. Dismay. Um, and so.

529 "Carly" (1833054464)

00:54:36.660 --> 00:54:40.380

There could be a potential influence going on there.

530 "Carly" (1833054464)

00:54:40.380 --> 00:54:51.420

There could be an increase in stress, especially as you get into, like, upper high school ages when they're thinking about their future leaving for college things like that.

531 "Carly" (1833054464)

00:54:51.420 --> 00:54:59.880

So, there could be anxiety at the root of it and then because of how the physical symptoms that come with anxiety, it could make it harder to eat.

532 "Carly" (1833054464)

00:54:59.880 --> 00:55:07.140

Um, or it could be a manifestation of this so there's nothing that says this has to occur in.

533 "Carly" (1833054464)

00:55:07.140 --> 00:55:11.190

Or in early childhood, um.

534 "Carly" (1833054464)

00:55:11.190 --> 00:55:14.850

We do see that often, but that that is not the only.

535 "Carly" (1833054464)

00:55:14.850 --> 00:55:20.160

Presentation, especially for the, like, lack of interest in food and the, um.

536 "Carly" (1833054464)

00:55:21.420 --> 00:55:28.320

And the fear of adverse of consequences, like, somebody could get a stomach flu at any time. And, like.

537 "Carly" (1833054464)

00:55:28.320 --> 00:55:32.310

That kind of being the trigger for it. Um, so.

538 "Carly" (1833054464)

00:55:32.310 --> 00:55:47.070

And it also depends on the level of which is impacting their psychosocial functioning. So their ability, I think it mentioned, like, their ability to participate in meals, Cook, things like that. So that could be an impact on psychosocial, functioning.

539 "Carly" (1833054464)

00:55:47.070 --> 00:55:52.110

Or it could be that they're an adolescent now and so it's kind of weighing, um.

540 "Carly" (1833054464)

00:55:53.130 --> 00:55:59.430

What is what, um, but always erring on the side of, like, there could be something here and so potentially having them.

541 "Carly" (1833054464)

00:55:59.430 --> 00:56:04.230

Evaluated by a trade professional and again, like, focusing on.

542 "Carly" (1833054464)

00:56:05.280 --> 00:56:09.360

What is presenting here and now and how can I help this person with.

543 "Carly" (1833054464)

00:56:09.360 --> 00:56:23.725

What's in front of me and, um, as a dietitian, like, I, I can't diagnose eating disorders and that's to me is almost a, a blessing because I can just say, like, you know, I see that you're restricting limiting your food intake and that your weight is dropping like,

544 "Carly" (1833054464)

00:56:23.845 --> 00:56:26.875

we need to intervene on these 3 things type thing. Um.

545 "Carly" (1833054464)

00:56:27.150 --> 00:56:33.780

Where I don't necessarily have to I leave the diagnosing to the therapist and the physician's. Really? Um, so that's going to make.

546 "Carly" (1833054464)

00:56:33.780 --> 00:56:37.680

Okay.

547 "Allison oaks" (472643840)

00:56:38.880 --> 00:56:46.680

So, when I had the question to know, do you know how often sort of an

estimated percentage? Did they see this disorder and adult.

548 "Carly" (1833054464)

00:56:48.060 --> 00:56:53.160

Yeah, I don't know that we have I don't have great data on that off hand.

549 "Carly" (1833054464)

00:56:53.160 --> 00:57:02.070

I would say that the most common presentation or the most, like, most of the statistics point to childhood.

550 "Carly" (1833054464)

00:57:02.070 --> 00:57:13.830

Onset, um, but we see that even with, like, our statistics for other eating disorders that have been around longer like anorexia, for instance, that there's kind of like natural bias in.

551 "Carly" (1833054464)

00:57:13.830 --> 00:57:17.190

Like, how the statistics are collected.

552 "Carly" (1833054464)

00:57:17.190 --> 00:57:21.720

Because there's not a lot of awareness at.

553 "Carly" (1833054464)

00:57:21.720 --> 00:57:31.890

The physician level for, like a general practitioner. Um, and so a lot of eating disorders get missed or misdiagnosed or or.

554 "Carly" (1833054464)

00:57:31.890 --> 00:57:35.790

They get a delayed, um.

555 "Carly" (1833054464)

00:57:35.790 --> 00:57:39.265

Diagnosis because they're like, let's fill out all these other things.

556 "Carly" (1833054464)

00:57:39.655 --> 00:57:51.025

Um, and there are probably many people that are currently adults that are like, oh, I finally have like, a diagnosis for what I've been experiencing since I was 8, but are just now receiving a diagnosis because.

557 "Carly" (1833054464)

00:57:51.240 --> 00:58:01.230

It just recently became a diagnosis to receive. Um, so, I think with it being still a fairly new diagnosis, it's hard to, like, whittle it

down to, like, what is adult onset versus, like.

558 "Carly" (1833054464)

00:58:01.230 --> 00:58:06.570

Adults being diagnosed with something that they've had for a very long time. So I don't know that there's.

559 "Carly" (1833054464)

00:58:06.570 --> 00:58:11.010

I don't have great data on that. Unfortunately. Okay.

560 "Allison oaks" (472643840)

00:58:12.240 --> 00:58:18.150

Right and someone asked they, they are an eating disorder therapist at a treatment facility.

561 "Allison oaks" (472643840)

00:58:18.150 --> 00:58:30.420

Have a question about a client who is not late restored, should we still follow the same foods that during meals for this client, or continuing to encourage exposure and use the foods from all food groups?

562 "Allison oaks" (472643840)

00:58:30.420 --> 00:58:35.310

Client, just like snacks, primarily hot Cheetos.

563 "Carly" (1833054464)

00:58:35.310 --> 00:58:42.870

Yeah, I think treatment facilities are really hard. So I do just want to validate.

564 "Carly" (1833054464)

00:58:42.870 --> 00:58:51.990

That I worked in the treatment center for many years before moving to outpatient. And the reason it's difficult is that it it tends to be fairly outcomes based. And so.

565 "Carly" (1833054464)

00:58:51.990 --> 00:59:00.060

A lot of outcomes aren't like, how is a client feeling at a meal? It tends to be like, how many foods they added you're there for arc and treatment. Um, but.

566 "Carly" (1833054464)

00:59:00.060 --> 00:59:08.790

Are similar to anorexia, like wheat restoration has to be the 1st goal. Um, and when we know that if we.

567 "Carly" (1833054464)

00:59:08.790 --> 00:59:22.195

Increase the variety of food that's more likely to cause them to shut down and eat less. Um, I think that it is worthwhile to pause exposures, or at least reduce the frequency at which you are doing exposures.

568 "Carly" (1833054464)

00:59:22.195 --> 00:59:25.705

If you are doing them and focus on the weight restoration 1st.

569 "Carly" (1833054464)

00:59:25.980 --> 00:59:36.120

There might be other oftentimes there is a need for nutritional supplements for and so I will often talk with my clients about.

570 "Carly" (1833054464)

00:59:36.120 --> 00:59:42.270

What are nutritional supplements that we can tolerate in order to bump up our intake? Because.

571 "Carly" (1833054464)

00:59:42.270 --> 00:59:45.930

Some of the foods that they like, aren't necessarily.

572 "Carly" (1833054464)

00:59:45.930 --> 00:59:51.090

Packing much of a punch in terms of the nutrition needed to wait restore because.

573 "Carly" (1833054464)

00:59:51.090 --> 00:59:55.650

The metabolism can get so high so fast for people that need to wait restore.

574 "Carly" (1833054464)

00:59:55.650 --> 00:59:58.680

Um, and so we'll try.

575 "Carly" (1833054464)

00:59:58.680 --> 01:00:07.290

Like, milkshakes or, like, pumped up movies or think that they might like, but then, like, making them like.

576 "Carly" (1833054464)

01:00:07.290 --> 01:00:10.710

Nutritionally focused to help with the way the restoration. So.

577 "Carly" (1833054464)

01:00:10.710 --> 01:00:13.950

But, yeah, treatment centers are.

578 "Carly" (1833054464)
01:00:13.950 --> 01:00:18.060
A little bit more nuancy in terms of.

579 "Carly" (1833054464)
01:00:18.060 --> 01:00:22.740
Treating because I think the current model is not.

580 "Carly" (1833054464)
01:00:22.740 --> 01:00:27.930
Necessarily, um, friendly to.

581 "Carly" (1833054464)
01:00:27.930 --> 01:00:31.860
Are friends with are fit that are divergent.

582 "Carly" (1833054464)
01:00:31.860 --> 01:00:41.880
And that's really challenging. Okay so, 1 additional question.

583 "Allison oaks" (472643840)
01:00:41.880 --> 01:00:52.800
And somebody would just was asking where you're located, how they can get a bit more info because they've been trying to find some specialists. And it's hard to get people that understand our fed.

584 "Carly" (1833054464)
01:00:52.800 --> 01:00:58.230
Yeah, I can I use the chat feature and put my info in Alison.

585 "Allison oaks" (472643840)
01:00:59.460 --> 01:01:04.530
I believe so. Yeah, so it looks like you can only go to panelists.

586 "Carly" (1833054464)
01:01:04.530 --> 01:01:11.910
Oh, okay. Yeah, so I am, um, you can find me I'm, I'm.

587 "Carly" (1833054464)
01:01:11.910 --> 01:01:23.190
My website is devoted recovery dot com and I'm located in Fairfax, Virginia. Um, I do have a North Carolina license in a DC license.

588 "Carly" (1833054464)
01:01:23.190 --> 01:01:30.420
Um, my, there are certain states that do allow for, um.

589 "Carly" (1833054464)
01:01:30.420 --> 01:01:39.150

Telehealth, um, yeah, I was looking at the dropdown, Sandra, and it still is only letting me do panelists.

590 "Carly" (1833054464)
01:01:42.210 --> 01:01:45.780
Um, but, um.

591 "Carly" (1833054464)
01:01:47.730 --> 01:01:53.220
I'll send it to you. Um, sorry I'm trying to do 1 thing.

592 "Carly" (1833054464)
01:01:53.220 --> 01:02:03.060
Too many things at 1 time so I'm putting my information in the chat. Um, so that way you can reach out to me.

593 "Carly" (1833054464)
01:02:03.060 --> 01:02:09.060
I am based in Fairfax, Virginia, but there are some states that allow you to do telehealth from Virginia but if.

594 "Carly" (1833054464)
01:02:09.060 --> 01:02:13.470
For some reason, you're in a state that is not.

595 "Carly" (1833054464)
01:02:13.470 --> 01:02:21.600
Compatible with somebody practicing without a license. Um, I do have a pretty extensive network so should be able to help you find somebody who is eating disorder.

596 "Carly" (1833054464)
01:02:21.600 --> 01:02:30.840
Specialized in your area. All right. Not concludes our questions there. So.

597 "Allison oaks" (472643840)
01:02:30.840 --> 01:02:41.880
I just want to say, thank you so much for attending and thank you for providing such wonderful information for us. Today. Again if you have any questions therapy discussed today.

598 "Allison oaks" (472643840)
01:02:41.880 --> 01:02:46.380
Contact the team by calling the number on the back of your insurance.

599 "Allison oaks" (472643840)
01:02:46.380 --> 01:02:55.020
Calendars and join us next month on May 23rd, or we will be discussing eating disorders and adolescents.

600 "Allison oaks" (472643840)
01:02:55.020 --> 01:02:58.230
Strategies for providers and loved.

601 "Allison oaks" (472643840)
01:03:01.830 --> 01:03:05.250
Thanks everybody, thank you.