Fun In The Sun: ED Summer Support Tips

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Background

- Certified Eating Disorders Specialist
- 2006- Inpatient adolescent hospital
- Program Director for ED RTC
- Embody Love Movement Facilitator Candidate
- LTC in US Army Reserve
Background

- A Recovering People Pleaser…
Today We Will Discuss:

- General Reminders!
- Therapeutic Approach and Skills
- Support/ Planning at different stages of treatment and recovery
- Summer Plans- Including Staycations and Vacations!
- Returning to School/ College
- Achieving Your (New) Normal

Disclaimers:
- Broad audience
- Terms and Abbreviations
- Content ( *No Diagnostic Criteria *Triggering Content)
Summer Highlights:

• Less structure
• Less clothing
• Pool parties/ BBQs
• Radio/ TV/ Magazine ads
• Vacation??
General Reminders:

• Wear clothing that makes you feel comfortable and not body conscious
• Adhere to a schedule that has both structure and flexibility
• Be (or become) educated consumers of media (Jean Kilbourne)*
• Limit exposure to messages that evoke body negativity (turn the radio, flip the magazines at the check out line, etc)
• Engage in self-care and remain connected to your support
Why are these “General Reminders”? 

• Most have heard statistic that as many as 30 million in the US will suffer from ED*

• Research has shown at as much as 50% of population struggle with “disordered relationships with food, body, and exercise.”*

• Be kind, honest and respectful to yourself, and treat others with compassion and grace. Recognize you are valuable beyond measure, and believe that you have purpose and are unconditionally lovable.*
TOOLS!

“If the only tool you have is a hammer...” A. Maslow

- Dialectical Behavior Therapy (DBT) is a cognitive behavioral treatment developed by Marsha Linehan
- DBT skills training is focused on enhancing capabilities by teaching behavioral skills
- The DBT Skills are:
  - Mindfulness: being fully aware and present in this one moment
  - Distress Tolerance: tolerating pain in difficult situations
  - Interpersonal Effectiveness: asking for what you want and saying no while maintaining self-respect and relationships
  - Emotion Regulation: how to change emotions that you want to change
<table>
<thead>
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<th>What</th>
<th>How</th>
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<tr>
<td>Observe</td>
<td>One-Mindfully</td>
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<td>Describe</td>
<td>Effectively</td>
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<td>Participate</td>
<td>Non-Judgmentally</td>
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DBT States of Mind

• Remember your skills! Distress Tolerance:
  • Wise mind ACCEPTS
  • IMPROVE the moment
  • STOP

• Communicate! Interpersonal Effectiveness:
  • DEARMAN
  • GIVE
  • FAST
A Wise Mind ACCEPTS:

- Activities- hobbies, gardening, knitting
- Contributing- volunteering, doing something nice
- Comparisons- to a time when you were struggling more
- opposite Emotions- funny movie, a friend who is calming
- Pushing away- mentally taking a break, put on the shelf
- Thoughts/ Thinking- counting, word searches
- Senses- self soothing with five senses
IMPROVE the Moment:

- Imagery - safe place, visualization, listing successes
- Meaning - asking why we go through hard times, is there a purpose?
- Prayer
- Relax - deep breathing, muscle relaxation
- One thing at a time - grounding, here & now exercises
- Vacation - mini- vacations, breaks
- Encouragement - Affirmations
STOP

- Stop what you’re doing
- Take a few deep breaths
- Observe the situation
- Proceed effectively- do what works!
DEARMAN, (Objective/ Goal)

- Describe - the situation, sticking to the facts
- Express - your feelings, use “I” statements
- Assert - state what you want
- Reinforce - why it would be beneficial to the other
- Stay Mindful - to your biases, urges, intense feelings
- Appear Confident - maintain eye contact, pay attention to body language and tone of voice
- Negotiate - be willing to compromise and “give to get”
GIVE (Relationship)
FAST (Self-Respect)

- Gentle- treat others with kindness
- Interested- in other’s points, show by nodding
- Validate- reflect and check facts by paraphrasing
- Easy manner- be aware of body posture, tone, volume
- Fair- strive for mutually beneficial solutions
- no Apology- for disagreeing or speaking up
- Stick to Values- and not giving them up to appease
- Truthful- strive for authenticity in communications
### Dialectical Behavior Therapy Life Enhancement Skills At A Glance

**Skills Training AAA Model**
- Awareness
- Acceptance
- Action

**Core Mindfulness Skills**
- **What Skills**
  - Observe
  - Describe
  - Participate
- **How Skills**
  - One-mindedly
  - Effectively
  - Non-judgmentally

**Reality Acceptance Skills**
- Pain + Non-acceptance = Suffering
  - Radical Acceptance
  - Turn the Mind
  - Practice Willingness
  - Notice Willfulness
  - Loving Kindness

**Distress Tolerance Skills**
- **Temperature**
  - Intense physical sensations
  - Paced breathing
  - Paired Muscle Relaxation
- **Stop what you are doing**
  - Take some deep breaths
  - Observe the situation
  - Proceed effectively
- **Activities**
  - Contributing
  - Comparisons
  - Emotion opposites
  - Pushing away
  - Thoughts
  - Self-soothe with the senses
  - Imagery
  - Meaning
  - Prayer
  - Relaxation
  - One thing at a time
  - Vacation
  - Encouragement

**Create SMART Goals**
- **Specific**
- **Meaningful**
- **Achievable**
- **Recordable**
- **Timeline plan**

**VITALS to Success**
- Validate
- Imagine
- Take small steps
- Applaud yourself
- Lighten your load
- Sweeten the pot

**Emotion Regulation Goals**
- Identify, label, understand emotions
- Decrease unwanted emotion responses
- Decrease emotional vulnerability

**Emotion Regulation Skills**
- Identify, label, functions of emotions
- Mindful to emotions
- Check the facts of emotion responses
- Behavior chain analysis
- Problem solving
- Pros and cons
- Opposite action to emotion urges
- Respecting emotions
- Managing extreme emotions

**Interpersonal Effectiveness Skills**
- Describe
- Express
- Assert
- Reinforce
- Mindful
- Appear confident
- Negotiate
- Gentle
- Interested
- Validate
- Easy manner
- Fair
- Apology free
- Stick to values
- Truthfulness

**4 options 4 problems**
- 1. Tolerate the problem
- 2. Change your beliefs
- 3. Solve the problem
- 4. Stay miserable

**Behavior Analysis**
- 1. Name the behavior
- 2. Prompting event
- 3. Rate intensity Level
- 4. Note duration
- 5. List vulnerabilities
- 6. Behavior links: actions, body sensations, thoughts, events, feelings
- 7. Short term positive effects
- 8. Long term negative effects
- 9. Replace problematic links with skills
- 10. Apply skills until you find what works for you
Levels of Treatment

- Inpatient
  - Ct/ family may need support talking to school/ family
  - May need letter from team to cancel/ reschedule vacation

- PHP/ IOP
  - Ct/ family may need support planning to see friends/ family
  - May plan for weekend trips to practice for vacation
  - Team will provide meal plan/ activity level, recommendations regarding structure/ support at meals

- OP
  - Ct/ family may need guidance about vacation/ return to school
  - Team will provide meal plan/ activity level, recommendations regarding structure/ support at meals
Considerations for Vacation Planning: Type

• Beach vs. Mountains
• Active vs. Relaxing
• Close Family vs. Extended family/ friends
• Lodging (kitchen for meal prep vs. eating out)
• Ongoing appointments (via teletherapy platforms), as needed
Considerations for Vacation Planning: Activity Level/ Meal Plan

- Medically cleared for activity/ exercise
- Meal plan to support increased activity
- Any changes needed to meal plan to make it more flexible or so ct feels more supported
- If eating out, prep menus ahead? If lodging has a kitchen, purchase kitchen scale or measuring cups?
Retail Therapy??

• Communicate, communicate, communicate!!!

• Studies have shown that just imagining trying on swimsuits produce negative effects (low mood…self objectification-put this in notes only)

• Swimsuits won’t be the only challenge, wherever possible be aware of the big offenders of vanity sizing and try to avoid focusing on sizes to the extent possible

• Game plan what will be most supportive (a friend or family member who there strictly as support or who engages in activity)

• Don’t rush! Be mindful before, during, and after.

• Successive approximations…it doesn’t have to be all or nothing!
Swim Suit Season
Swim Suit Season
# Worst Offenders

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<tr>
<th>Women’s</th>
<th>Men’s</th>
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<tbody>
<tr>
<td>American Apparel (W/M)</td>
<td>Abercrombie &amp; Fitch</td>
</tr>
<tr>
<td>ModCloth</td>
<td>Hugo Boss</td>
</tr>
<tr>
<td>Zara (W/M)</td>
<td>Tommy Hilfiger</td>
</tr>
<tr>
<td>Forever 21</td>
<td>Calvin Klein</td>
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<tr>
<td>Nike</td>
<td>Nike</td>
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Outcome Goals

- Enjoyable vacation or successful progression in treatment
- Dealing with triggering situations
- Developing independence/return to life
- Practicing coping skills
- Developing balanced eating and exercise patterns
- Promoting balanced attitudes toward weight, eating and appearance
- Determining the next step in treatment
The “New Normal”…Whatever that looks like for you:

- Person Centered
- Family Focused
- Holistic
- Mindful/ Aware
- Vigilant
- Capable/ Competent (Ready, Willing, Able)
- Connected
References:


References, Continued


THANKS SO MUCH!!

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Have an awesome Summer!