



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
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Background

- A Recovering People Pleaser...



I am a
Recovering
People Pleaser
(is that okay?)

The image shows a handwritten note on a yellow background. The text is written in black ink and reads: "I am a Recovering People Pleaser (is that okay?)". The word "Recovering" is written in a cursive style and is underlined. Below the text are five simple smiley face drawings. The third smiley face from the left is circled in black ink.

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

DBT Core Mindfulness Skills

What	How
Observe	One-Mindfully
Describe	Effectively
Participate	Non-Judgmentally

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

<p>Skills Training AAA Model</p> <p>Awareness Acceptance Action</p> <p>Core Mindfulness Skills</p> <p>What Skills How Skills</p> <p>Observe One-mindfully Describe Effectively Participate Non-judgmentally</p> <p>Reality Acceptance Skills</p> <p>Pain + Non-acceptance = Suffering</p> <ul style="list-style-type: none"> • Radical Acceptance • Turn the Mind • Practice Willingness • Notice Willfulness • Loving Kindness 	<p>Create SMART Goals</p> <p>Specific Meaningful Achievable Recordable Timeline plan</p> <p>VITALS to Success</p> <p>Validate Imagine Take small steps Applaud yourself Lighten your load Sweeten the pot</p>	<p>4 options 4 problems</p> <ol style="list-style-type: none"> 1 Tolerate the problem 2 Change your beliefs 3 Solve the problem 4 Stay miserable <p>Behavior Analysis</p> <ol style="list-style-type: none"> 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
<p>Distress Tolerance Skills</p> <p>Temperature Intense physical sensations Paced breathing Paired Muscle Relaxation</p> <p>Stop what you are doing Take some deep breaths Observe the situation Proceed effectively</p> <p>Activities Contributing Comparisons Emotion opposites Pushing away Thoughts Self-soothe with the senses</p> <p>Imagery Meaning Prayer Relaxation One thing at a time Vacation Encouragement</p>	<p>Emotion Regulation Goals</p> <ul style="list-style-type: none"> • Identify, label, understand emotions • Decrease unwanted emotion responses • Decrease emotional vulnerability <p>Emotion Regulation Skills</p> <ul style="list-style-type: none"> • 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 <p>Accumulate positive emotions Build skills mastery Cope ahead for emotional events</p> <p>treat Physical iLness Eat balanced meals Avoid drug use Sleep balanced Exercise regularly</p>	<p>Interpersonal Effectiveness Skills</p> <p>Describe Express Assert Reinforce</p> <p>Mindful Appear confident Negotiate</p> <p>Gentle Interested Validate Easy manner</p> <p>Fair Apology free Stick to values Truthfulness</p>



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

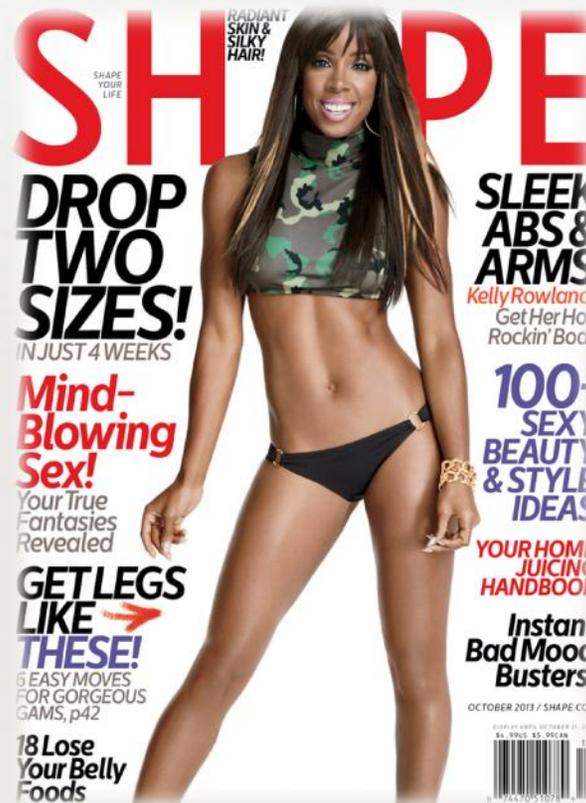
Considerations for Vacation Planning: Activity Level/ Meal Plan

- 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



Worst Offenders

Women's	Men's
American Apparel (W/M)	Abercrombie & Fitch
ModCloth	Hugo Boss
Zara (W/M)	Tommy Hilfiger
Forever 21	Calvin Klein
Nike	Nike





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

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THANKS SO MUCH!!

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