

COVID-19 and Eating Disorders: Impacts and Action Steps

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About Dr. Dorie

- PhD – Biomedical Engineering (University of Michigan)
- MEd – Clinical Counseling (University of Akron)
- LPC – Licensed Professional Counselor (Colorado)
- LAC – Licensed Addiction Counselor (Colorado)
- CEDS – Certified Eating Disorder Specialist (IAEDP)
- Bestselling Author – Two Books; currently writing Third Book
- Media Features – ABC News, US News & World Report
- Former Board Member – National Speakers Association
- Former Volunteer – Eating Disorder Associations & Foundations
- Owner & Clinical Director – EDIT™ Training Institute, LLC
- Counselor & Supervisor – Eating Disorders & Addiction Treatment



COVID-19 Pandemic



Source: CNN.com

- As of 3/16/20, there have been 6500+ deaths worldwide
- The U.S. has 4000+ cases (70+ deaths)
- New York has the highest number of cases at 950 (7 deaths)
- Travel bans, business closures, community spread – affecting us all

Impacts on People with AN

- Disruptions in eating disorder rituals and routines
- Increased exercise outdoors, even in poor weather
- Food restriction due to fears of grocery shopping
- Higher risk of severe symptoms of COVID-19 due to underlying health issues of AN



Impacts on People with BN



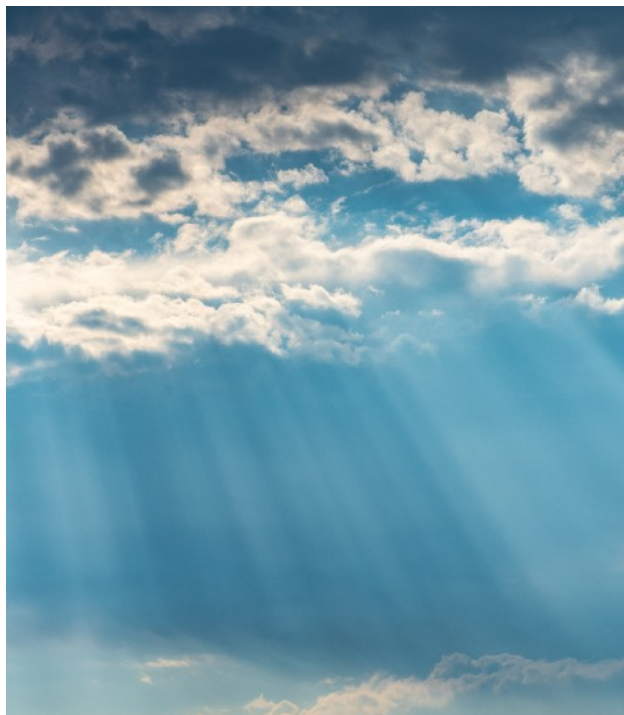
- Hoarding of binge foods which can worsen binge/purge behaviors
- More isolation due to social distancing, etc.
- Worsening of co-morbid issues such as Mood Disorders, Personality Disorders, Obsessive-Compulsive Disorder, Substance Use Disorder

- Hoarding of binge foods which can worsen binge behaviors
- Severe isolation due to guilt/shame of BED along with social distancing & business closures
- All types of EDs can be impacted by “catastrophic thinking”

Impacts on People with BED



Action Steps for People with EDs



*"You are the sky.
Everything else – it's just the weather."
– Pema Chödrön*

- Name your emotions while realizing YOU are NOT your emotions
- Be aware of attaching “facts” vs “fiction” to your emotions
- Stay connected with your eating disorder recovery community

Friends & Family:

- Demonstrate precautions while showing how to avoid OCD behaviors
- Take a walk together, or practice gentle movement such as yoga
- Grocery shop and enjoy meals together

Steps to Help People with EDs



Social Distancing in Nature

Steps to Help People with EDs



Instead of Meeting In-Person...

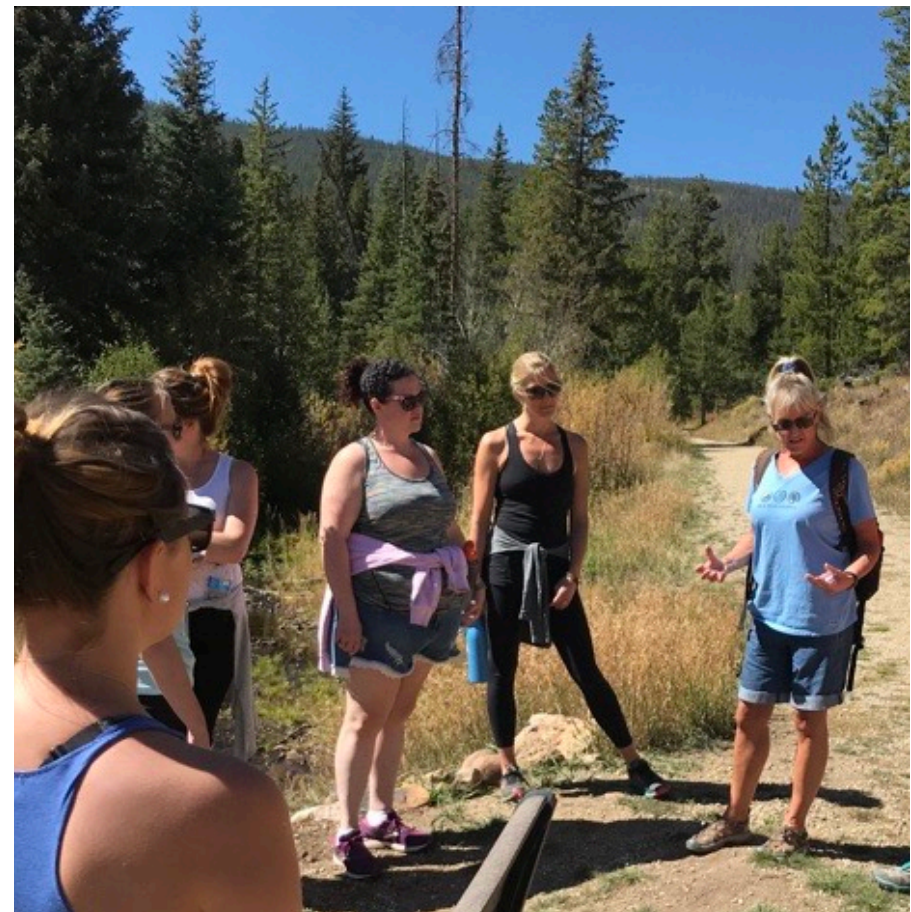
Clinicians & Coaches:

- Use audio/video conferencing
- HIPAA-compliant: zoom.us, doxy.me
- Consider providing free virtual groups, and reducing fees
- Be creative with your own ideas!

Clinicians & Coaches:

- Clients with a previous history of eating disorders may have a recurrence
- Hone your ED skills through EDIT™ online training & certification
- Expand your niche to work with EDs

Steps to Help People with EDs



EDIT™ Women's Retreat - 2019

What is EDIT™?

Feeding the Eating Disorder Mind with “Thought ED-ITs”



What is EDIT™?

Comprehensive Treatment for ALL Types of Eating Disorders

EDIT™ has roots in:

CBT / DBT / ACT
Voice Dialogue
Jungian
Transpersonal
Intuitive Eating
Mindfulness
...and many more



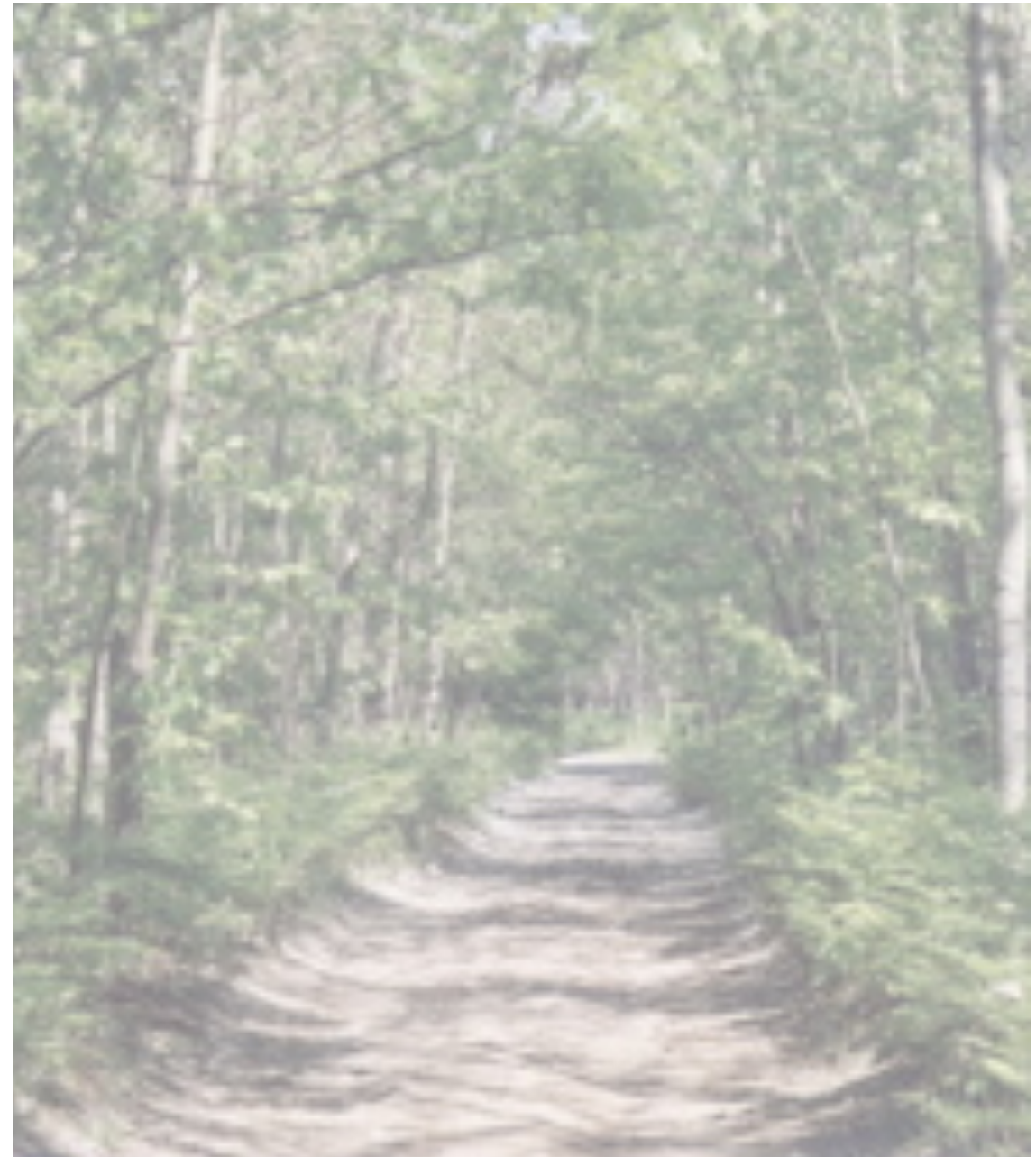
Love Your Self
Be True To Your Self
Express Your Self
Give To Your Self
Believe In Your Self

EDIT™ techniques address:

Values/Identity
Body Image
Nutrition/Fitness
Coping Skills
Core Issues
Holistic Self-Care
Relapse Prevention

The EDIT™ Principles

Love Your Self
Be True To Your Self
Express Your Self
Give To Your Self
Believe In Your Self



*Dr. Dorie took this photo on a hike across the state of Michigan in 1989.
It was the inspiration for the name of her business, Positive Pathways!*

- Explain “voices” of ED vs. IT
- Role play with client so they can witness you modeling the voice of IT
- Complete text bubbles to guide client to begin their own ED-IT dialogue

Love Your Self

Self-Image #1:
ED-IT Dialogue



Are you aware of a critical thought you've had recently – maybe one you're thinking *right now*? That's the voice of your Eating Disorder (ED), which is like an "inner critic." You also have an "inner guide" which speaks with compassion – that's the voice of your Intuitive Therapist (IT). It might seem like ED is the only voice you can hear in your mind, but as recovery progresses, you'll be able to turn up the volume of IT. Your EDIT™ Certified practitioner can model the voice of IT for you until you can hear IT clearly within your Self!

ED's critical thought (exactly as you say it to yourself):

IT's compassionate reply ("another possibility is..."):

ED's argument (what you'd say back to IT):

IT's nonjudgmental observation ("that's interesting..."):

ED's retort (what you think about this "other voice"):

IT's curious query ("what would happen if..."):

If you "get stuck," ask a friend or your EDIT™ Certified practitioner for help!

- What is client's ED voice saying?
- Encourage and validate the revealing of "food rules"
- Assist client to develop IT wisdom for each rule

Be True To Your Self

Intuitive Eating #5: Challenging Food Rules



The voice of your Eating Disorder (ED) probably has more "food rules" than you can count – pause for a moment to notice all of the do's/don'ts, goods/bads, shoulds/shouldn'ts that ED chatters on about when you're eating (or planning your next meal). These food rules are in the way of your needs for a variety of foods which truly satisfy all of the reasons why you eat. The inner wisdom of your Intuitive Therapist (IT) knows "food freedom"!

ED's critical thoughts ("Food Rules")	IT's inner wisdom ("Food Freedom")
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

If you "get stuck," ask a friend or your EDIT™ Certified practitioner for help!

- Teach client the link between Thoughts-Feelings
- MSU: Making Stuff Up!
- Emphasize that *all feelings are OK* but sometimes we can change our emotional state

Express Your Self

Awareness #2: Thoughts + Feelings Check-In



The range of emotions that are experienced throughout the day can be triggered by specific events, and thoughts about those events. For example, if the event is a rainy day, someone might think, "Oh no! I don't have my umbrella, so now I'm going to get soaking wet!" – and they might feel frustrated. But then they might think, "I guess this means I don't have to water my garden today!" – and they might feel content. You can't change an event, but you can change your thoughts about an event, which can change how you feel. Your Eating Disorder (ED) thoughts and behaviors can distract you from challenging emotions, but your Intuitive Therapist (IT) can guide you to explore your thoughts and feelings, which can help you to shift into a more helpful emotional state:

STEP 1 – What are you FEELING right now? (name one specific emotion) _____

STEP 2 – What is the EVENT that has triggered this feeling? (describe place, people, what happened):

STEP 3 – What are the THOUGHTS you had as a result of the event? (observations, your Self-Talk):

STEP 4 – What EVIDENCE supports your thoughts and conclusions about the event?

STEP 5 – What OTHER EVIDENCE counters your thoughts and conclusions about the event?

STEP 6 – Based on the other evidence, what OTHER THOUGHTS do you now have about the situation?

STEP 7 – With this new thought in mind, what are you FEELING right now? _____

STEP 8 – Write your THOUGHTS and FEELINGS about the experience of completing this worksheet:

- Review the four aspects of Self
- Guide client to identify Self-Care for each aspect
- Note how some Self-Care choices can access two, three or all four aspects of the Self

Give To Your Self

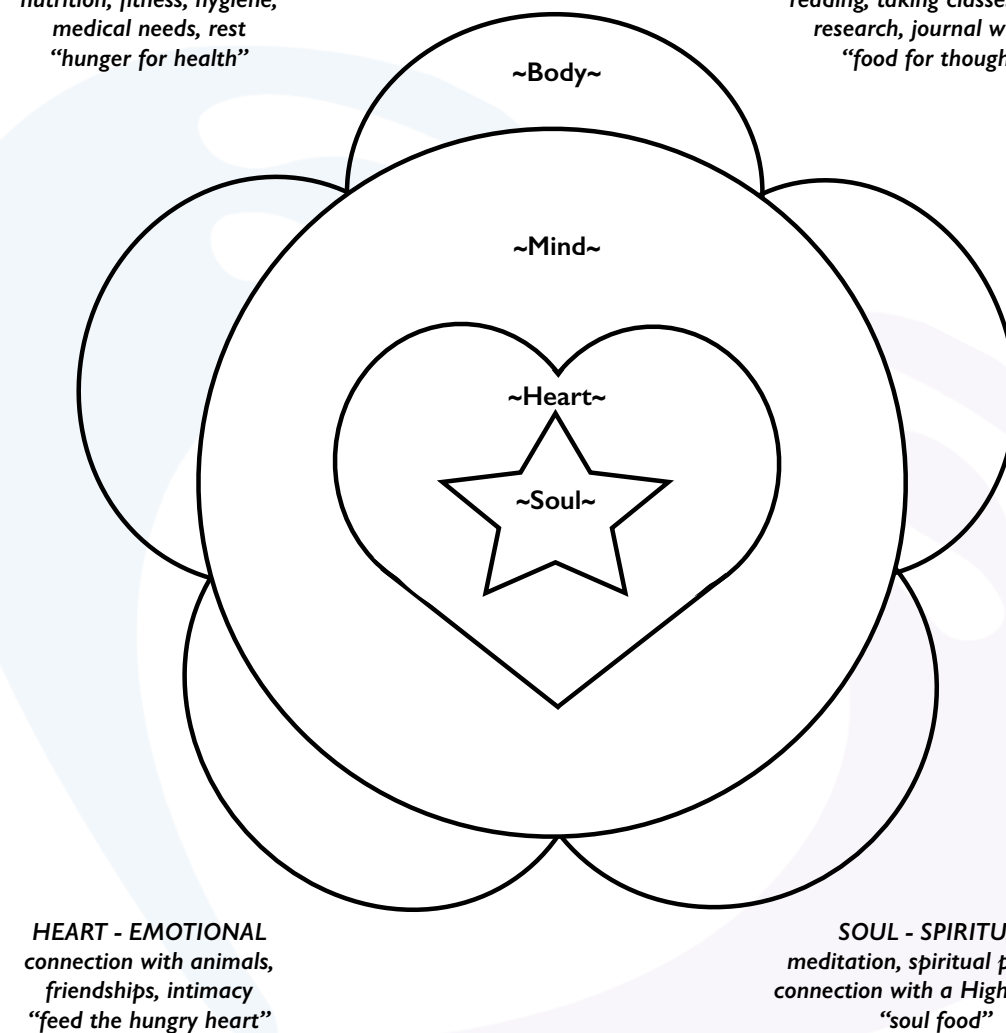
Self-Care Routine #3: Ways to Care for My Self



Consider your "True Self" in its four main categories – Body, Mind, Heart, Soul.
List Self-Care ideas for each:

BODY - PHYSICAL
nutrition, fitness, hygiene,
medical needs, rest
"hunger for health"

MIND - MENTAL
reading, taking classes, doing
research, journal writing
"food for thought"



- Use when client feels conflicted about recovery
- Top 2 corners reveal client's TRUST in recovery
- Bottom 2 corners reveal client's FEARS about recovery

Believe In Your Self

Recovery #1: Winning the War Within



Sometimes it can seem like you have a “war within” – between the positives and negatives of recovery. Sometimes you might feel committed to recovery, while other times you’re not so sure. It’s important to honor all of your thoughts and feelings about recovery, without judgment. Make notes on the “4-Corner Grid” illustration below:

<p>NEGATIVES of ED (consequences of quitting recovery)</p>	<p>POSITIVES of IT (benefits of staying in recovery)</p>
<p>POSITIVES of ED (benefits of quitting recovery)</p>	<p>NEGATIVES of IT (consequences of staying in recovery)</p>

In which corners of the grid did you write the most? Which corners seem most compelling? What is causing your “war within,” and how can recovery win? Ask your EDIT™ Certified practitioner for help to enhance the wisdom expressed on the top half of the grid, and to address any concerns revealed in the bottom half of the grid. Note your observations and action steps:

EDIT™ Certification



- Eating Disorder Peer Support Provider
- Eating Disorder Recovery Coach
- Eating Disorder Treatment Clinician
- Four Levels (I, II, III, IV)
- Deep Discounts starting at \$195



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Coronavirus Webinar (3/16/20)

*Get the resources mentioned in the webinar!
Enroll in EDIT™ Programs at a special rate!
Watch the recorded webinar ON DEMAND!*



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TONIGHT'S WEBINAR WILL BE UPLOADED SOON!



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