This PowerPoint file is a supplement to the video presentation. Some of the educational content of this program is not available solely through the PowerPoint file. Participants should use all materials to enhance the value of this continuing education program.

Addiction:
Eating Disorders
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Social Work/Nursing/Counseling | 63414/313114/610114
Demand Feeding

Food may be used to fill all emotional needs
- loneliness
- boredom
- depression
- sadness

Learning to Use Food

People often use food to:
- dull pain
- reward accomplishments
- punish their failures by denying food

We want to help our clients to make food just “food.”

Emotional Hunger

Those with eating disorders may try to starve away their hunger by denying emotional needs through the denial of food
Denying the emotional emptiness feels better than acknowledging that the emptiness exists

Denying Hunger

Feels safer than acknowledging that the emotional hunger feels too big to fill
Fearful of becoming too “big” physically
Frightened of how big the emotional void may be
Those with binge eating disorders express emotional hunger through voracious intake of food
- to satisfy this “hunger,” a person will eat, but the “hunger” is never assuaged
- that person is then overcome with guilt and shame
- he/she purges to expel the food/feelings
- he/she may sleep to “escape” the pain
- punishment for the need and/or indulgence, he/she may use or restrict food as a weapon
- he/she may use or avoid food to self-destruct
- he/she may use or avoid food to protect

Social Hunger

Eating that is not because one is physically or emotionally hungry, but because others are eating and food is “there”
Always needing a reason to eat
Good and Bad Food

- In our era of “fat-free” food, society has emotionally labeled food as “good” and “bad”
- Emotional hunger is associated with physical and emotional deprivation
- Studies have shown that deprivation of certain foods, such as carbohydrates, can result in a decrease in serotonin levels, which may increase binge eating
- Deprivation of desired foods (because they are viewed as “bad”) is more likely to prompt binge eating than if those foods were freely eaten and “legalized”
- Part of the treatment of hunger is not only to differentiate between the various hungers, but also to help people with eating disorders “legalize” all foods to prevent restriction and/or bingeing

Hunger and the Stages of Change: Precontemplation

- The client needs psychoeducation
- The client needs to be educated about the differences between physical, emotional, and social/cultural hungers

Hunger and the Stages of Change: Contemplation

- Begin to explore with the client what it will be like for him/her to begin the change

Hunger and the Stages of Change: Preparation

- Explore alternative to his/her current “survival strategies”

Hunger and the Stages of Change: HALT

- Hunger → if/ when you feel physically hungry, eat
- Anger → if/ when you feel angry, release it – call a friend, punch a pillow, etc.
- Lonely → if/ when you feel lonely, reach out to someone
- Tired → if/ when you feel tired, sleep

Hunger and the Stages of Change: Action

- Always practice

Food: Fear and Restriction

Social Issues

- Our society worships thinness, especially in women
- The dieting industry sends a strong message of health and fitness
- The medical profession has issued alarming messages about the abysmal shape of the American public
Cultural Issues

- We are a nation of conflicting messages:
  - eat hearty, relax, and celebrate our abundance – but do not be slothful and gluttonous
  - deny gustatory pleasures

The Family

- Food becomes a filler, a comfort for the void
- Food, or the provision of food, replaces the other forms of nurturance children and families need:
  - connection
  - community
  - time
- Many children share meals with their parents, but the mood at the meal is oppressive, full of conflict, or cold
- There is plenty of food and the parents are there, but the social and emotional nurturance (the connection) is not there

Psychological Issues

- The word “fat” has deeper meaning for those who develop eating disorders
- Fat may mean:
  - I am burdened or overwhelmed with the feelings, needs, or wishes of another
  - I am unworthy, unwanted, a burden to my family, society, or the world
  - I am hateful, disgusting, or worthless because I believe, or was told, that I am bad, dirty, a slut, or a whore
  - I am imperfect, flawed, unforgiving, intolerant, or unkind because I feel anger, resentment, hatred, rage, or lack of love toward someone who neglected, ignored, hurt, abused, shamed, degraded, or terrified me

Binge Eating and Purging

- Clients who binge eat and purge are generally ashamed of their behavior
- They do not reveal these behaviors easily for fear of judgment, criticism, or abandonment
- Due to these fears, clients with eating disorders don’t always know how much binge eating and purging they are engaging in
- Not knowing protects them from shame
Body Image and Weight

- Most clients with eating disorders, no matter what their size, see their bodies as fat, ugly, and out of control.
- Their weight, whether high or low, represents in physical and concrete form – the pain, anguish, terror, rage, shame, or sorrow in their lives.
- The experience of overwhelming emotions is felt through the body.
- The will to suppress overwhelming feelings has been perverted into the will to control the body.
- As if controlling the body through being underweight or the constant refusal to allow the body the food it needs, it will thwart or obliterate those feelings or lighten the emotional load.
  - sadly, it works very well for a while.

Addiction: Eating Disorders

If you have any questions about the program you have just watched, you may call us at: (800) 424-4888 or fax (806) 743-2233. Direct your inquiries to Customer Service. Be sure to include the program number, title and speaker.

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