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Okay.

2 "Harvey, Melissa" (2451379968)

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Welcome and thank you for calling into Signa's 2024 eating disorder series. My name is Melissa Harvey and I'm a case manager for the eating disorder team. The conference will be opened up for Q and A at the completion of the presentation, although you do have the option of submitting.

3 "Harvey, Melissa" (2451379968)

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Questions during the teleconference, should the speaker choose to take questions during the presentation? You can follow along to the presentation through the teleconference. You can also access the presentation for today's seminar online at [cigna.com/eating disorders](https://cigna.com/eating-disorders). Scroll to the current topic section in the middle of your page and click on today's topic labeled finding peace with body image. Please note that not all policies covered today's topic.

4 "Harvey, Melissa" (2451379968)

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For more specific information on whether your policy covers topics discussed in today's seminar, please contact the eating disorder team by calling the number on the back of your insurance card. Today I have the pleasure of introducing Allison Willett. Allison or Allie Willett is a licensed clinical professional counselor.

5 "Harvey, Melissa" (2451379968)

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In the state of Idaho and the clinical medical, mental health counselor in the state of Utah, she has experienced working with chemical addictions and eating disorders. At Aspen wellness clinic, allie combines her degrees in psychology, art, and counseling.

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To foster creative and unique perspectives to research and treatment of clients with eating disorders. Allie enjoys working with adolescents, athletes, and individuals that struggle in their relationships with exercise. Our therapeutic approach is a combination of ACT, CBT, DBT, and adliarion.

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She also loves to include our in her sessions to help clients express

their feelings in creative ways. In her free time, she enjoys painting, running, traveling, and spending time with her two cats. Welcome Allie. Thank you.

8 "Alyee Willets" (2403457024)

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Thank you so much for the introduction. I'm very excited to be here again this year and share some of the tips and things that I've learned along the way about how to build a healthier body image or at least more neutral body image in a world that is obsessed with tearing us apart. So let's get started.

9 "Alyee Willets" (2403457024)

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These are the objectives of my presentation today, so overall, I hope that you will learn just general education about body image development and trends throughout the lifespan. We will be talking about obsessive exercise, social media, and dieting, and how all three of those can affect body image and negative.

10 "Alyee Willets" (2403457024)

00:02:39.080 --> 00:02:59.080

Ways and how we can respond as both professionals and individuals who coexist on this world. And then finally, we will participate in an experiential body acceptance exercise to help increase positive body image. So if you don't have anything already, if you want to just grab a pen and paper, that will be.

11 "Alyee Willets" (2403457024)

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Be towards the end of the presentation.

12 "Alyee Willets" (2403457024)

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Oops. Alright, so who am I as was mentioned earlier, I work in private practice, so I am a licensed clinical professional counselor in the state of Idaho and I am also a licensed.

13 "Alyee Willets" (2403457024)

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Clinical mental health counselor in the state of Utah. So prior to becoming a therapist, I worked as an art teacher for the city of Boise working primarily with refugees, and I also worked as a case manager. And in my experience as a therapist, I have worked at a couple of different substance and alcohol use centers.

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I've worked in a college counseling center and for the past seven years, as a psychiatric technician and leader as a therapist, I have

worked in the field of eating disorders. And my fun fact is my two cats are named after psychologists, so I have Albert Ellis, who also goes by Ellis, and Fritz Pearls who goes by Fritz, and above all else, my.

15 "Alyee Willets" (2403457024)

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My 1st thing after my name is that I'm human 1st. So I like to have presentations that can not only educate people but are also approachable, and if you have any questions at the end or would like something better explained I'm happy to answer those at the end of the presentation.

16 "Alyee Willets" (2403457024)

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Alright, so let's dive right in and talk about body image, and also before we begin, all of the images used in this presentation are used with consent from my friends and you may even see one of me as an adolescent in there. So these are not strangers, these are people who know that their images are out there, and I've consented to it. So, let's.

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Talk about body image. Body image in our definition that we'll be using today is the mental representation an individual creates of themselves and then the emotional response that they have to that representation. So if you imagine yourself in a negative light, you're going to have a negative response. If you imagine yourself in a more positive light, you're.

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00:05:00.850 --> 00:05:24.139

More likely to have a positive response to that. Our body image can be influenced by a lot of different things throughout our lives, including our upbringing, even where we were born, when we were born in the span of time, what we looked like, what culture we grew up in, even trauma, different events that occur in our, in and throughout our lives. And so body image.

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Unfortunately is one of those things where we can define and it can be influenced by countless factors throughout our lives. But it is often formed when we are really young, and it can grow and change and develop for better or for worse throughout our lifespan.

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So the self system begins early in infancy, and what this is, is the

idea that we, we act a certain way and we try to imagine how others may perceive us and then if we perceive that we are being viewed as doing something wrong or negative or positive, then we adjust. So it's.

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00:06:03.349 --> 00:06:37.019

Kind of like this interesting little adjustment system that we do subconsciously to feel ok in the world. And this primarily occurs by the people who are around us the most, which usually is our parents or our early caregivers. James Cooley invented a word for this called the Looking glass self. And the idea behind this is the same thing where we kind of adjust based on what we think other people or how we think other people view us and we try to find out if we're ok or if we're not ok and just adjust as we go.

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00:06:37.019 --> 00:06:55.289

The self system begins really early in infancy and by age four, most of us have a self representation or an idea of how we might be perceived by others, which is pretty crazy when you think about it and you look at a four year old and you don't realize they already have that going for them, but it does begin very, very young.

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00:06:55.289 --> 00:07:15.289

As we grow up, we continue to compare ourselves to others to try to figure out if we're ok or if we're not ok. And what we have found through research is that individuals are able to discount poor performance or the idea that they're not doing well in something if they believe it is not important to them. So.

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E.g., I, I really love to paint and I would say I'm fairly decent at it. However, I'm not very good at math. That's one of the things that's always been challenging for me. So if I were to go into a math exam today, I probably would not do very well. Even if I studied, you know, for a year, I probably wouldn't.

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00:07:36.619 --> 00:07:56.619

Not do very well. And I wouldn't be very hard on myself for that because it's not something that I've ever been really great at. However, if I were to do a painting and feel like I poured my heart and thole into it and then get very negative feedback, that is more likely to affect me pretty significantly and pretty negatively compared to something that.

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That is not important to me. So that's another thing that kind of comes into play as we're going into elementary school and sports and realizing that we are now getting judged more harshly maybe by other people than we were before. Sharing feelings is really important as an individual is growing up because it can help lower those feelings of ego centricism, which is the idea that kind of develops a little bit more towards teenagehood and adolescents where we feel like we are at the center of the universe. Everybody.

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00:08:26.959 --> 00:08:49.669

He feels that way it's normal part of growing up and is one of those things that we can challenge by sharing our feelings with one another and being real with one another, which I think honestly is a big theme throughout this presentation. And then finally, throughout early adolescence girls start reporting more dissatisfaction with their appearance than boys. And they're.

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00:08:49.669 --> 00:09:20.389

A lot of reasons behind this that I think are really coming into play. The 1st is that there is adult modeling that's happening, so if an individual has a mother, older sister, a mentor in their life who's talking poorly about themselves, then they're more likely to pick up on that and think that that's something that they need to be doing as well, even if it's subconscious. Further, there can also be a self fulfilling prophecy. So if we believe that girls off esteem lowers than.

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00:09:20.389 --> 00:09:47.779

It can actually come true because we believe it. So there's actually been different studies on this before where, they've done tests where they have a an individual taking a math test who maybe is female or presents as female, and they are told that females do worse on math, and then they actually do worse. So what we believe and what we say to younger generations does make a really big difference.

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Okay.

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So throughout the lifespan, like I mentioned before, our body image tends to ebb and flow. Throughout late childhood, and we'll see this later on a graph, our self esteem tends to drop as a whole. Now, there can be many reasons behind this, but we'll go more into that once I show you guys the graph because I think it's just.

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00:10:12.799 --> 00:10:34.189

A really great visual. So in adolescence, we do gain a lot of weight. Our bodies are changing and growing, and about 40 % of girls and 25 % of boys begin dieting in adolescents. And I'll share this later in my slides, but there is a huge pipeline from diets to eating disorders that occurs that cannot.

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This should not be ignored.

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00:10:36.839 --> 00:10:56.839

Additionally, puberty is beginning to happen earlier and earlier. So in our current generation, I don't know if it's the earliest it's ever been, but if not, it is definitely close. So as puberty happens earlier and earlier, individuals are more higher risk for developing an email.

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00:10:56.839 --> 00:11:15.179

Sorder later in life. They're also more likely to have sex at a younger age and to be oversexualized or grow up a lot faster than they really need to be. And for this reason, some individuals may try to completely avoid puberty altogether by restricting their food intake or dieting.

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00:11:15.179 --> 00:11:30.899

And part of the reason this might occur is because we want to fit in. Peer, the peer group is incredibly important in adolescence. It actually becomes more important to us than our view of what our family thinks of us, which is a little bit wild.

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00:11:30.899 --> 00:11:50.899

But we want to fit in and what we do is we put a lot more stock into how our peers see us versus our parents. And so if we feel that we are not fitting in with our peers, we'll do whatever it takes to make that happen so that we are NO longer sticking out. And generally we tend to make comparisons based off of people that.

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00:11:50.899 --> 00:12:13.909

We feel are approachable or comparable to us. So e.g., if I am five seven, I'm probably going to compare myself to people that are about the same height as me. I'm not gonna compare myself to people where it's incredibly unrealistic, whether they're incredibly shorter or

incredibly taller, whatever it is, we want to compare ourselves to people that we feel like we have a.

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00:12:13.909 --> 00:12:42.449

Hands where we could potentially have the same success them. And we do this two different ways. So, the 1st one is upward comparison. What that means is we find somebody who we think we can relate to on some dimension or another, and we believe that they're just a little bit better than us, maybe a lot of it better than us depending on the individual. And we see that person as attainable and that is our goal, so that's what we're striving for.

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00:12:42.449 --> 00:13:01.529

Well, on the other hand, that is not very attainable because we can't, we can't duplicate what that person is doing or we can't change our genetics. So to feel better, we actually compare down to people that we feel like are doing worse than us so that we feel better. And even as adults, we still do this. So.

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Very few people watch reality TV, because they're not feeling great, you know, a lot of people watch shows like that because they believe, well, at least I'm not doing as bad as X Y, Z So this is something that continues throughout our life. Again, one of those echoes of just trying to figure out if we're ok or if we're not ok.

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00:13:21.529 --> 00:13:42.199

As individuals grow up, if they are doing sports or activities that are important to them, they can actually have higher self esteem. And having higher self esteem can have lasting effects throughout your entire lifespan, which is wild because low self esteem can do the same thing as well. So higher self esteem and.

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00:13:42.199 --> 00:14:02.199

Early life is actually predictive of more positive relationships and fewer negative emotional experiences. And it also can increase your job satisfaction later in life. So kind of interesting. If we're really able to hone in on ourselves esteem at a young age, it can change the outcome of how we feel about our careers.

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00:14:02.199 --> 00:14:10.229

Even later in life, which just echoes how important it is.

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00:14:10.229 --> 00:14:30.229

All right, this is me, in my awkward adolescent years. So, as I mentioned earlier, the earlier that we can address negative self-esteem and negative body image, the more likely individuals are to have better outcomes. So the American Academy of Pediatrics actually recommends screening.

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All preteens in adolescents for eating disorders. So this maybe at your yearly appointments, this maybe at an appointment that's made out of the blue because the parent has concern about their adolescent. Whatever it is, it's something that should be screened for because it is so common. And that kind of goes with my 2nd point here. Since the start of COVID eating disorder treatment admissions among adolescents and young adults have increased incredibly significantly. And I don't believe I have that graph in here today, but there is a pretty staggering graph.

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00:15:03.949 --> 00:15:22.289

Off that just shows the number of admissions to emergency department visits or emergency department visits from adolescent struggling with an eating disorder and it has just gone way, way up during the pandemic. So not only is adolescents a very concerning and scary time for.

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00:15:22.289 --> 00:15:42.289

For, younger kids and for developing self-esteem and things like that and just being susceptible to peer pressure, but also the current generation of adolescence is based with that double whammy of the fact that they experienced COVID at the same time. And there's also been a lot of studies just showing how much COVID negatively impacted.

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Mental health. So e.g., if you were struggling with depression, anxiety, OCD or paranoia, eating disorders, even different addictions, the likelihood of them getting better during COVID was extremely low and the likelihood of them getting worse during COVID due to isolation, limited access to resources, et cetera.

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00:16:02.289 --> 00:16:19.709

Is really, really high. So we're seeing a lot of ripple effects in that and I would say that most of the adolescents that I work with, their eating disorders did start during COVID or they started just before and got significantly worse during that time.

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00:16:19.709 --> 00:16:40.139

So this is a graph of global self esteem throughout the lifespan, and I always think this graph is really interesting, so I'll explain it to you if you're not really familiar with how to read it and we'll, we'll talk a little bit about why this graph shows up the way that it does.

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00:16:40.139 --> 00:17:00.139

So on the left side here, we see self esteem and that's rated on the scale, and if you would like access to the entire study, I have also referenced it at the bottom, you can go ahead and look it up. But what, what we see here is that men and women start out about the same. And throughout our lifespan, both genders and our.

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Recognize that gender is on a continuum and this graph only represents two. So I do recognize that as well, but we we see that both genders go down in their perceived self esteem. And that is around the time cuberty is occurring right about when we are finishing college. It's almost done in all time though.

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Not finishing college, finishing high school. It's almost at an all time loop for both genders, and it is a little bit worse as you can see for women. So then we start college, we start to feel good about ourselves, competent in what we're doing. Again, going back to how we're able to discount the negative feedback we might get about something that's not important to us and we feel good about doing well and the things that are important to us. So usually in college we're doing things that are important.

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00:17:48.589 --> 00:18:05.459

And we see that self esteem go up, up, up as we're working on our careers, maybe starting families, maybe getting in your 1st house, whatever it is. And then about retirement age, self esteem tends to be at an all time high, which is kind of interesting.

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00:18:05.459 --> 00:18:25.459

And at this point, we, we may feel good about what we've been doing in our careers, we may feel fulfilled, we may have children that have grown up, we may hopefully own a house by then, and we might just feel good about what we've done in the hobbies and things that we've accomplished. And unfortunately.

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00:18:25.459 --> 00:18:49.849

After this, there's a pretty steep decline for both sexes. And so what we see is maybe feelings of lack of purpose come up or inability to engage in previously enjoyed hobbies because you're aging, maybe your connections are going down, there's more isolation, but there is a really big drop here, and I think that this gets missed a lot.

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Because I'm I mean i'm guilty as a therapist who specializes in adolescence, it is important to also recognize that towards the end of life or towards the end of the lifespan is also a time where eating disorders or disordered eating or low self esteem can also pop up. And just because this graph says this does not mean that this.

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00:19:10.699 --> 00:19:30.699

This is going to happen to everybody. I've done this presentation before and had feedback that this graph is very depressing, but this graph doesn't also, it doesn't have to be a self fulfilling prophecy, so it's just something to be aware of, something to keep in mind, and there are different ways that you can try to counteract that dip and self steam towards the end of it.

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00:19:30.699 --> 00:19:41.009

Lifespan and maybe this is trying new hobbies, making sure to invest in your connections, et cetera.

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00:19:41.009 --> 00:19:59.069

All right, so there are a lot of different risk factors that can come up for developing negative body image. So we all go through adolescence, we all go through puberty, we all go through difficulties in our lives, and not all of us develop really negative body image. So there's a lot of different factors that can come into play.

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The 1st one is being a victim of bullying, especially in adolescence. So just as feeling competent and accepted by your peers can positively influence your life later down the road, peer rejection is also linked with later problems down the road, so very important.

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00:20:17.489 --> 00:20:37.489

If an individual has gone through any kind of abuse, I would say especially sexual abuse or trauma, they are a lot more likely for developing an eating disorder or even disordered eating negative body image. If you have a history of different mental health concerns,

those can also come into play. So some of the ones that.

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00:20:37.489 --> 00:21:10.009

Come up to mind, just off the top of my head that can kind of coexist with eating disorders are depression, anxiety, OCD, body dysmorphia, all kinds of things like that. The items that are listed here in green are things that we will be talking about more in depth just because this presentation is only an hour long. We don't have time to go into every single one of these today, so I've chosen three to go into a bit more depth later. The 1st one will be image focused sports and the.

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2nd is frequent dieting. And later at the end, we'll talk about social media. But different personality types are also indicators that can or risk factors for negative body image later in life or currently. So e.g., when I've been working with the population I work with, I see a lot of individuals who are either.

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00:21:31.849 --> 00:21:51.849

They're risk adverse, which means that they, they don't like to take risk and these are typically the individuals who are struggling with restriction or restrictive eating disorders. And then I deal with a lot of individuals who engage in risky behavior. And these are the individuals who may engage in more impulsive eating disorders such as binge or self.

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I mentioned earlier how COVID affected, unfortunately this generation of adolescence particularly hard, but it also affects adults, so that's important to keep in mind as well. I thought this one was pretty interesting, so if you have a medical issue such as celiac disease or the inability.

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00:22:13.249 --> 00:22:33.249

Need to have any type of gluten or your lactose intolerant or you have pretty severe food allergies. A lot of times that can make you really scared of food, especially as a young kid because you don't know why that is happening or how to make it so it doesn't happen again. So in the beginning when you are experiencing.

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Medical issues such as celiac disease, you may start avoiding Gluten because that's what the dr. ordered. But then further down the line, you might start restricting other things as well because you're afraid

that that's going to happen again. We've talked a lot about early puberty, a little bit about age. Also being part of the LGBTQIA plus community is a huge risk risk factor risk factor, sorry, for developing negative body image. And if you want more information about this, I actually did a presentation for Cigna last year.

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00:23:07.219 --> 00:23:23.969

Where I touched more on this. And then finally, the etcetera is there because there are so many risk factors that we are learning about and this list is ever changing and it is impossible to get all of them just on one page, on one slide that we present on in an hour, so.

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Note that this list is not finite. So our body image can also be negatively influenced by our self talk. So depending on how we're talking about ourselves also impacts, what, what.

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00:23:43.969 --> 00:24:03.969

Behaviors we may engage in, whether they are destructive or non destructive. So I'm just gonna go through and provide some basic definitions of the differences between embarrassment, guilt, humiliation, and shame. Because they are often used interchangeably, but they are a little bit different. So of these four embarrass.

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00:24:03.969 --> 00:24:23.969

Is considered the least harmful or the least powerful, it's fleeting often funny and considered normal. So there might be something in my past where in the moment it was mortifying, but later down the road, you're able to see actually that was kind of funny. It's something that fades with time and that.

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00:24:23.969 --> 00:24:45.499

Power fades with time. Guilt is a little bit different, so this is the idea that I have done something bad or I did something bad. And guilt is actually helpful for us because it helps us recognize that we can do better in certain areas and motivates us to make change. Shame on the other hand, is the idea that I am bad and shaming someone to change to.

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00:24:45.499 --> 00:25:11.629

Does not work. And there's NO action in that moment. It's my whole entire being is a mistake. And then finally, humiliation is a little bit different because people deserve, believe that they deserve shame, but they don't believe that they deserve humiliation. So a lot of

times you get really angry and maybe we'll tell somebody about it. And all this research comes from Brenne Brown and I have a quote on here. What we don't need in the middle.

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00:25:11.629 --> 00:25:19.619

Instead of a struggle is shame for being human.

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00:25:19.619 --> 00:25:39.619

Shame messages often show up on social media, and as I was doing this presentation, I was just thinking how much social media has changed since I was younger and how it continues to change. I feel like almost daily. I I can't keep up with everything anymore. So we'll just kind of go through.

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Why that is an issue and what we can do about it. In 2017a survey of facial plastic surgeons found that 55 % of surgeons reported seen patients who requested to improve their appearance in selfies. So not even in real life out in the world with real humans, but just in selfies on the internet, which to me screamed.

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Is problematic. As of October 2022, there have been approximately 80 lawsuits. It's probably even more now, that have been filed in the United States against social media causing harm to adolescents, and some of those are specific to eating disorders. And one of the reasons why social media is so NO.

80 "Alyee Willets" (2403457024)

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Negative or seem to be so negative towards adolescents is because they compare their lives and images to things that are not real. So they are photoshopped or they are fake. And this is where I was really thinking about, how social media has continued to change and with AI, I think even as adults, sometimes it's hard to figure out.

81 "Alyee Willets" (2403457024)

00:26:44.769 --> 00:27:13.369

About what's real and what's fake, and that's with somebody who has a fully developed brain, who has a lot more life experience than an adolescent. So when we compare ourselves to individuals maybe that we've never met, and we're doing that upward comparison, we aren't able to realize that what they're showing on screen, all this happiness, glamour, perfection may not actually be true because we can't challenge it. So it can be incredibly damaging and just.

82 "Alyee Willets" (2403457024)

00:27:13.369 --> 00:27:19.649

Social media is honestly very scary in this day and age.

83 "Alyee Willets" (2403457024)

00:27:19.649 --> 00:27:39.649

Luckily there are some things that we can do to kind of mitigate the harm of social media. The 1st thing that we wanna do is kind of go back to that definition of shame and become more aware of this shame messages that we are receiving so that we can recognize and share experiences with others. So one of the ways that I like to do this is I like to have an.

84 "Alyee Willets" (2403457024)

00:27:39.649 --> 00:28:11.869

Adolescent or adults, really any age, go on social media and look at an ad from an influencer or maybe even a celebrity and have that individual ask themselves, who is selling this product? What message are they trying to get across to me so that I buy this product? Because oftentimes it's not very positive message. Who benefits from this product? What body types are not being shown? And after I've analyzed all these things, now how do I feel about trying to be sold this product? So really practicing.

85 "Alyee Willets" (2403457024)

00:28:11.869 --> 00:28:33.119

Seeing that critical awareness. And if you're able to do this in the group in a group setting, it can be very helpful because sharing with others actually helps reduce our feelings of shame and can increase our connection. And we can realize that we're not the only ones who feel this way because once we get out of our head, it's a lot less powerful.

86 "Alyee Willets" (2403457024)

00:28:33.119 --> 00:28:53.119

The important takeaway here is that everyone experiences shame, whether or not we choose to acknowledge it, it is there and it will affect us at some point in our lives. Another factor that I wanted to talk about is exercise. So I.

87 "Alyee Willets" (2403457024)

00:28:53.119 --> 00:29:08.729

I think exercise can be great and exercise can also be harmful and can be very connected to negative eating disorder behaviors or obsessive, preoccupation with looks or obsessive exercise et cetera.

88 "Alyee Willets" (2403457024)

00:29:08.729 --> 00:29:28.729

So 1st let's talk a little bit about those positive factors.

Participation in sports has been studied to show an increase in higher

self esteem. And as we talked about earlier, starting our self esteem high at the beginning of our life can make a lasting effect towards the middle and end of our life. So that's why there's this.

89 "Alyee Willets" (2403457024)

00:29:28.729 --> 00:29:57.649

Huge huge push for younger kids to be in sports and not just sports, but sports that are important to them because that'll make the biggest difference. And has also been shown to lower anxiety, depression, confusion, and anger. And then finally, it can help lower our self or body image concerns and obsessive self monitoring. So what that means is, really picking apart every aspect of your looks.

90 "Alyee Willets" (2403457024)

00:29:57.649 --> 00:30:27.319

That can go down if we are participating in a sport because we become more in tune with our body, what our body can do for us, what we can do with our body etc. However, there are some risk factors, as with most things, there's a darker side, and the 1st one of those is decreased intake. So, this kind of goes along with image focused sports where sometimes there's different cultures. I mean there's been a lot of chat in the.

91 "Alyee Willets" (2403457024)

00:30:27.319 --> 00:30:56.269

The running community recently about how even high level elite athletes have been encouraged to eat less because of the belief that they'll be faster. So sometimes this is internal dialogue that's happening, sometimes it's external, sometimes it's an open culture that just supports decreased intake to the point of damaging organs, muscles, things like that. And if an individual does have a decreased intake, they also have a higher risk of.

92 "Alyee Willets" (2403457024)

00:30:56.269 --> 00:31:07.859

Developing and eating disorder, and not only that but also severe medical problems that can last throughout their lifetime.

93 "Alyee Willets" (2403457024)

00:31:07.859 --> 00:31:27.859

So how can we lean into the positives of exercise? Because I think that as a whole, the eating disorder community has kind of shifted and changed, changed in our approach to treating eating disorders and exercise. Where in the past it used to be NO exercise ever. Now we're realizing how exec.

94 "Alyee Willets" (2403457024)

00:31:27.859 --> 00:31:47.859

Exercise can actually be helpful and how we can kind of lean in and tune our exercise to get the most benefits of it. And this is a really

cool study that was done in 2018 that helped point out some of those different recommendations and how individuals can use them throughout their lifespan. So what they did at.

95 "Alyee Willets" (2403457024)

00:31:47.859 --> 00:32:09.919

They had two instructors who both led a 16 min aerobic activity class and all the movements in the activity class were the exact same, but the scripts were different. So this person, oops, sorry, I'm going off, this person, had a script that was more focused on appearance, so what they.

96 "Alyee Willets" (2403457024)

00:32:09.919 --> 00:32:29.919

Would do is they would say things like, let's focus on getting rid of your love handles. Let's try to get into perfect bikini season or try to fit into XYZ where it was really, really focused on appearance. This group was more focused on function. So rather than saying things about what they look like, they would say.

97 "Alyee Willets" (2403457024)

00:32:29.919 --> 00:32:49.919

Say things like notice how strong your arms feel as you're holding up your body. Notice what your legs are doing for you right now. There was nothing about appearance. And what they found is that both groups had at least a little bit of an increase in body satisfaction, but the group that was more focused on function had higher.

98 "Alyee Willets" (2403457024)

00:32:49.919 --> 00:33:09.919

Body satisfaction, they felt more positive and they reported feeling strong after the class. And additionally, they were also more likely to return to the class than the other group. So the other group did have a little bit of body satisfaction, but they did feel objectified as well. And when you have self objectification, it isn'.

99 "Alyee Willets" (2403457024)

00:33:09.919 --> 00:33:29.919

The idea that your body is NO longer your body, but it's an object that should should be changed. And having that objectification makes you more likely to engage in harmful behaviors. And finally, instead of feeling strong, they felt ashamed and they were less likely to come back to the class. So even just our internal dialogue or if you were in a position of power.

100 "Alyee Willets" (2403457024)

00:33:29.919 --> 00:33:53.989

Friend, you coach athletes or work with kids adults, whoever it is, just be mindful of how you're talking about exercise and how you're conceptualizing it. So one example of what you can do is you can

conceptualize exercise as a way of improving your overall well being. So e.g., you can say this maybe out loud, have it.

101 "Alyee Willets" (2403457024)

00:33:53.989 --> 00:34:25.039

Got a sticky note, whatever you wanna do. But the phrase is honor your body, push yourself for whatever goal you have, whether it be getting stronger, relieving stress, running your fastest smile, but also modify as you need and respect your body. So being aware of what your body needs in the moments while also being able to push yourself to meet your goals, and we can't really talk.

102 "Alyee Willets" (2403457024)

00:34:25.039 --> 00:34:44.339

Without exercise without also talking about dieting and restriction. So a lot of this information actually comes from my former co worker, Danielle Roads, who is a fantastic dietician and she provided some statistics and some insight into dieting and the impact that it can have on us.

103 "Alyee Willets" (2403457024)

00:34:44.339 --> 00:35:00.899

So, 35 to 57 % of adolescent girls report engaging in crash dying, including fasting, self induced vomiting, diet pills or laxat abuse. Girls who diet are frequently.

104 "Alyee Willets" (2403457024)

00:35:00.899 --> 00:35:20.899

Or sorry girls who die it frequently are twelve times as likely to binge or overeats often in secret as girls who don't die it. And I have also seen this in my office, so even if you have that restrictive mindset where I can't eat XYZ, the more you tell yourself that, the more likely you are to engage and binge.

105 "Alyee Willets" (2403457024)

00:35:20.899 --> 00:35:41.009

And behaviors later because you can't, you can't have that mindset and eat moderation. 95 % of all dieters will regain the weight that they lost in one to five years, which is a huge statistic and just shows how often diets don't work.

106 "Alyee Willets" (2403457024)

00:35:41.009 --> 00:36:00.239

35 % of normal dieters quote unquote, progress to pathological dieting or lifelong dining, and of those, 20 to 25 % progress to partial or full syndrome eating disorders. So as I mentioned earlier, the pipeline from dieting to eating disorders is incredibly.

107 "Alyee Willets" (2403457024)

00:36:00.239 --> 00:36:20.239

Incredibly clear, and just shows how high of a risk it is if you are dining in an ineffective way, your risk of developing an eating disorder or disordered eating down the road goes up significantly. So what can we do about this? So again, these are some recommendations from a.

108 "Alyee Willets" (2403457024)

00:36:20.239 --> 00:36:38.549

Registered dietician, which I recommend speaking with a registered dietician if you have any questions about dieting rather than going to an influencer or a celebrity diet, whatever it is, I mean that's, that's what their degree is in and that's what they're there to do and how they can help you as an individual.

109 "Alyee Willets" (2403457024)

00:36:38.549 --> 00:36:58.549

So some of the recommendations that she have has includes keep your mealtimes and plans consistent. So what we want to do is we want to create this expectation, dinners around this time, we eat as a family, we eat the same foods. This is, this is what you can plan.

110 "Alyee Willets" (2403457024)

00:36:58.549 --> 00:37:18.549

On happening and this is the structure you can plan on having in your life. If you have children eat the same foods as them. Obviously there can be exceptions where maybe you have a medical condition or allergic reaction, whatever it is, but try as much as you can to eat the same foods as your child, and that again goes from that.

111 "Alyee Willets" (2403457024)

00:37:18.549 --> 00:37:46.279

Adult modeling of behavior. Refrain from making negative comments about food, especially a young among younger kids. If you have family meals, which is highly recommended, you can engage in different distractions or games at the table to help everybody feel comfortable. So some people get in their heads when they're eating, especially if you're going through an eating disorder or disordered eating and.

112 "Alyee Willets" (2403457024)

00:37:46.279 --> 00:38:06.799

Where I used to work, we would have things like food games or table games, not food games, where we would have different cards that were conversation starters or different things like that, just to help everybody feel comfortable at the table. You want to serve a wide variety of foods to teach individuals that all.

113 "Alyee Willets" (2403457024)

00:38:06.799 --> 00:38:30.139

Foods can fit in moderation, again, getting rid of that totally restrictive or forbidden mindset because it is not effective or

helpful. If you have an individual in your family or in your life who's going through an eating disorder, especially if you're a parent and you have an adolescent or adult in your family who's going through that, you want to reinforce what your loved one is working on with their.

114 "Alyee Willets" (2403457024)

00:38:30.139 --> 00:38:47.910

Treatment team. So that can mean going to family sessions, meeting with therapists dieticians, with your family member, whatever it is to make sure that you're on board and really asking your loved one how they want to be supported at Mealtimes because again, it is also very individualized.

115 "Alyee Willets" (2403457024)

00:38:47.910 --> 00:39:12.650

So how do you know when these factors that we've mentioned earlier have progressed from just factors into a warning sign? Well, there are different warning signs of an eating disorder that I can go over with you guys to kind of get a better handle and better idea of what, what to watch out for. So the 1st one is a preoccupy.

116 "Alyee Willets" (2403457024)

00:39:12.650 --> 00:39:32.650

Patient with weight or body size. And this is more than what you would consider quote unquote normal, for an adolescent young adults or even full grown adults. So this maybe things that affect their ability to go to work, to engage in previous hobbies, maybe they're avoiding.

117 "Alyee Willets" (2403457024)

00:39:32.650 --> 00:39:54.830

Spending time with friends et cetera. Any kind of change of an inappearance is something to take a note of, not something that you want to necessarily praise, so if you notice someone is losing weight, one of the things that's come up a lot for me as a therapist is I've had individuals who've been restricting and maybe eating 500 calories a day and they lose.

118 "Alyee Willets" (2403457024)

00:39:54.830 --> 00:40:20.330

Weight and then they've had people in their lives actually compliment them and say what they're doing is great, which does not vote well for someone who's already in an eating disorder. So you don't want to make comments like that, but you want to note, ok, that person's appearance is starting to change. I'm gonna kind of keep an eye on that. There can also be a lot of different changes in the body besides just weight, so that can be things like puffy cheeks, thinner hair.

119 "Alyee Willets" (2403457024)

00:40:20.330 --> 00:40:40.330

Within her skin brittle nails, maybe somebody feels cold, whatever it is, these things are things that are important to keep in mind and note. And if you have any concerns, honestly, my, my best advice is to meet with a dr. or a physician, especially if it's someone, if you're a parent and it's an adolescent, it's probably best to take.

120 "Alyee Willets" (2403457024)

00:40:40.330 --> 00:40:59.610

Take your adolescent to a dr. so that they can have that conversation and see, is this within the realm of what's normal or is this outside effect? Obviously, if you're an adult, that's something that you can do on your own, but that's my, my best piece of advice for that just to avoid any accidental, misunderstandings.

121 "Alyee Willets" (2403457024)

00:40:59.610 --> 00:41:19.610

There's also the different behavior patterns such as avoiding eating in public. So if you're in school or at work, this might mean just avoiding eating while you're at the job or at your desk. Extreme dining, including restriction of foods, food groups, meals in general, also things to be aware.

122 "Alyee Willets" (2403457024)

00:41:19.610 --> 00:41:41.990

And keep an eye on. If an individual has a decrease in academic or athletic performance, that can also be a warning sign. So sometimes it's interesting, some individuals who are very perfectionistic, they actually don't have an initial decrease in academic performance. Sometimes it happens later, but for some people, they actually don't.

123 "Alyee Willets" (2403457024)

00:41:41.990 --> 00:42:05.640

Experience that at all, which is why there's a wide variety of warning signs to be aware of. If someone is disappearing after all meals, after some meals or snacks, they might be vomiting, so that's important to keep in mind as well. If a previously outgoing person is starting to isolate more, again, something to kind of keep your blinders up about or keep your, your eyes open about.

124 "Alyee Willets" (2403457024)

00:42:05.640 --> 00:42:22.590

And then finally, if someone is exercising excessively. So again, that goes back to, is this exercise impairing their ability to attend school, to go to work, to engage in friendships, to engage in connection, their values, et cetera?

125 "Alyee Willets" (2403457024)

00:42:22.590 --> 00:42:46.190

So let's say you've gone through this list and you realize that you or someone close to you might be struggling with an eating disorder. What

do you do next? Well luckily there are a lot of resources out there that are free and readily available. So the very 1st thing that I would do is set up a treatment team. So the treatment teams that I work with, that.

126 "Alyee Willets" (2403457024)

00:42:46.190 --> 00:43:06.190

There's typically a therapist, a dietician who is eating disorder aware and eating disorder trained, a physician and or a psychiatrist. Not every individual I work with has a psychiatrist because not every single one needs it, but you want to at least have a physician to make sure that they are overseen medically and that you can make sure they.

127 "Alyee Willets" (2403457024)

00:43:06.190 --> 00:43:27.840

You're healthy. Start educating yourself and eating disorder signs, symptoms, and different care options. So e.g., there are many different levels of care available for eating disorders and they start with the highest which is inpatient, which is very similar to almost being in an emergency room or at least a hospital.

128 "Alyee Willets" (2403457024)

00:43:27.840 --> 00:43:47.840

Where there is 24 h care, you're not at your house, you're monitored and taken care of. And then the 2nd option is residential, which is one step down. So also 24 h care, you're also being monitored by, a physician, nurses, dieticians, therapists etc. Also.

129 "Alyee Willets" (2403457024)

00:43:47.840 --> 00:44:19.700

So not at home because it is a regi residential center. However, you might be more engaged in group therapy and things like that than you were before, just because you're a little bit more alive and nurshed than you were in the other level. The next level down is PHP or partial hospitalization programming, which I like to call a full time job because individuals are often there almost 40 h a week, but they go home at the end of the day and they stay with their families or roommates, whatever it is. And then finally, we have IOP, which is a half day or intensive outpatient.

130 "Alyee Willets" (2403457024)

00:44:19.700 --> 00:44:51.120

Patient programming where you are at home, you maybe working, you go to the program for a couple hours, and then you come home, and then finally outpatient, which is the level of care that I operate at where individuals come in about once a week. It's also important to be open to being open. So the field of eating disorders and mental health continues to grow and change, and you may not know everything and you may make some mistakes, and that's ok. You just have to be open and

flexible to feedback and be able and willing to change and take it.

131 "Alyee Willets" (2403457024)

00:44:51.120 --> 00:45:11.120

Other helpful resources include the website eating disorder hope, which has a hotline list available online. The national Eating Disorder Association has local and national chapters throughout the United States. And then finally free assessments are often offered either through the phone or in person with.

132 "Alyee Willets" (2403457024)

00:45:11.120 --> 00:45:28.530

Different treatment centers. So these treatment centers can do an assessment usually about an hour and a half to 2 h long, where you answer all of these questions and then they make a recommendation for what level of care to start up based on those answers.

133 "Alyee Willets" (2403457024)

00:45:28.530 --> 00:45:44.580

All right, so we are going to practice. If you have that piece of paper and writing you tencil handy, go ahead and grab it. So I'll give you about 30 s to get that going.

134 "Alyee Willets" (2403457024)

00:45:44.580 --> 00:46:16.070

Yeah, Alright, so what I'm gonna have you do, is I want you to take a minute to think about either your feet or your hands where they have taken you and what they do for you daily without recognition. So just think about that for a moment. Where did my hands take me? Where did my feet take me?

135 "Alyee Willets" (2403457024)

00:46:16.070 --> 00:46:21.090

What are the things that they do for me?

136 "Alyee Willets" (2403457024)

00:46:21.090 --> 00:46:40.230

And now I want you to write a note, just a quick note, to that body part, expressing gratitude for all that it's done for you. And just for the sake of time, maybe a sentence or two, something short, you know, like, thank you hand for giving me the ability to hold others hands or to.

137 "Alyee Willets" (2403457024)

00:46:40.230 --> 00:46:58.320

To touch different surfaces, to pet my cat, to write my feelings, whatever it is. If a hand or foot does not resonate with you, you can also choose a different body part that you feel more comfortable exploring. And I'm gonna give everybody.

138 "Alyee Willets" (2403457024)

00:46:58.320 --> 00:47:18.320

Maybe about a minute just to really hone in on that one body part that you chose and write one to two sentences thinking it for what it's done.

139 "Alyee Willets" (2403457024)

00:47:18.320 --> 00:47:38.320

Okay, uh.

140 "Alyee Willets" (2403457024)

00:47:38.320 --> 00:47:55.920

Yeah, if we were in person, I would invite people to share if they felt that they wanted to share or they felt comfortable doing that, but because we're online, these.

141 "Alyee Willets" (2403457024)

00:47:55.920 --> 00:48:15.920

This little, this little exercise in gratitude is just for each of each each and every one of you. So something that I like to do is I like to put this on a sticky note and put it somewhere that I'm going to see it. So thank you feet, for taking me to and from work every day. Thank you for taking me to new places. You know, somewhere that you see.

142 "Alyee Willets" (2403457024)

00:48:15.920 --> 00:48:47.750

Do that because it's really easy to lose recognition of all the things that our body does for us and instead try to completely change it and shrink it into something maybe it was never meant to be. So that's the, the small version of this and you can also do this with your entire body, which we don't have time for today, but it could be a fun challenge down the road. So my final thoughts are body images formed from a very young age and can be infected by many different factors. It all.

143 "Alyee Willets" (2403457024)

00:48:47.750 --> 00:49:07.750

Also can be changed throughout our lifespan, which is very hopeful. Protective factors include increasing positive experiences of things that are important to us and things that we want to be good at, having positive role models and participating in a sport. Everyone experiences shame, but the more we're aware of it, the.

144 "Alyee Willets" (2403457024)

00:49:07.750 --> 00:49:27.150

Unless it can impact us. Body image can be improved at any age, NO matter how old or how young you are, through body acceptance, a focus on functionality and neutrality. And finally, you are not alone. So help is available. Either local or nationally, there are many

resources and hotlines available out there.

145 "Alyee Willets" (2403457024)

00:49:27.150 --> 00:49:44.700

And this is one of my favorite quotes, and I said to my body softly, I want to be your friend. It took a long breath and replied. I have been waiting my whole life for this. And I I just love the sentiment of that.

146 "Alyee Willets" (2403457024)

00:49:44.700 --> 00:50:07.340

And I'm available for questions, but I just wanted to go over really quick, something at the end of my slides. So there are other therapeutic body image interventions that I wasn't able to touch on necessarily in depth today, but I did want to list them in case anybody wants to look them up later, so they are listed to.

147 "Alyee Willets" (2403457024)

00:50:07.340 --> 00:50:27.340

Towards the end of the slides, as well as different books that I recommend. So I'm a book reader. I love that. The handheld version is my favorite. So different books here that I recommend, some are on eating disorders, some are in different mental health issues, and then there are some support specific ones. So those are.

148 "Alyee Willets" (2403457024)

00:50:27.340 --> 00:50:38.408

The ones if you have an individual in your life who has an eating disorder and you want to learn about how to best support them. And that being said, now I'm open for questions.

149 "Harvey, Melissa" (2451379968)

00:50:38.408 --> 00:50:53.870

Okay, thank you. It does look like a few questions came in so we can run through these and then if anybody has any other questions, feel free to submit them through Slido. So.

150 "Harvey, Melissa" (2451379968)

00:50:53.870 --> 00:51:04.423

The 1st one that popped up, I I'm not sure if this was meant to be a question per se, but, any thoughts that you might have about body dysmorphia after bariatric weight loss?

151 "Alyee Willets" (2403457024)

00:51:04.423 --> 00:51:24.290

Surgery. Yeah, yeah, I think that happens a lot. I've actually had, a lot of clients who are going through that because I mean it's difficult, so I've had some clients who have had the sleeve, where they maybe not, they can't necessarily practice intuitive eating the way that I would love for them to be able to.

152 "Alyee Willets" (2403457024)

00:51:24.290 --> 00:51:40.748

Because they have a different relationship with their bodies. So I would say yes, it is something that I see a lot of and it's probably something we will continue to see more of. It can, it can be very tricky and I think it's one of those ones where you should definitely have a dietician on your team as well.

153 "Harvey, Melissa" (2451379968)

00:51:40.748 --> 00:51:53.559

Okay, thank you. The 2nd one is it common to see a transition from one eating disorder to another, e.g., from interacts universative muscle dysmorphia as adolescent males mature.

154 "Alyee Willets" (2403457024)

00:51:53.559 --> 00:52:14.660

Sure. Yes, a hundred percent. So most of the clients that I work with have dealt with multiple eating disorders throughout their lives. So the cycle that I would say that I see the most is an individual will restrict and they will be quote unquote really good at it or get very sick for a long time. And then after.

155 "Alyee Willets" (2403457024)

00:52:14.660 --> 00:52:34.660

After a while, your body just can't take it anymore. And so then they'll often turn to Benjing, and once they turn to Benjing, they will feel guilty and then they will start purging or self induced vomiting, and sometimes that gets too much, and so then it's back to being. Then maybe it's this obsessive exercise, then maybe some more muscle dysphoria. So it is very.

156 "Alyee Willets" (2403457024)

00:52:34.660 --> 00:52:47.130

Common for eating disorders to ebb and flow, and so that's why when I work with my clients, I like to say we need to focus on the underlying issue, otherwise this is going to pop up in another way later in your life.

157 "Harvey, Melissa" (2451379968)

00:52:47.130 --> 00:53:02.798

Right, thank you for that. And the last one as of right now, what are signs of orthoroxia? Are food fixations a part of this orderly eating and how do you properly or safely start a calorie deficit?

158 "Alyee Willets" (2403457024)

00:53:02.798 --> 00:53:24.110

Diet. Ooh, that one's tricky. So. Yeah. I would recommend speaking with a dietician to get specific advice. The dieticians that I have worked with are more focused on building healthier habits rather than

weight loss alone. So I, one of the pieces of advice I would say is not spoke.

159 "Alyee Willets" (2403457024)

00:53:24.110 --> 00:53:49.820

Focus on numbers if you are trying to lose weight, focus on those healthy habits instead because weight may or may not follow. And then some of the signs of orthoroxia actually can be really similar to eating disorders. So, it can be cutting out entire food groups, believing you have to eat only clean foods, things like that, which can be ok to a small extent if that's your personal preference, but.

160 "Alyee Willets" (2403457024)

00:53:49.820 --> 00:54:20.187

As with all mental health diagnoses, we want to look at the level of impairment. So is it affecting your ability to eat with your family, eat with your friends, engage in things that are important to you. If it is, those are all really big signs. So if you're spending more time, looking for this pure organic food or going to the gym than engaging in the things that are important to you, like spending time with your family or friends, that would be a really big warning sign. But those are definitely individuals who should be meeting with a dieticianist.

161 "Harvey, Melissa" (2451379968)

00:54:20.187 --> 00:54:33.245

Okay, thank you. And we did have one more come in. What is a good way to approach an acquaintance who is exhibiting strong signs of an eating disorder.

162 "Alyee Willets" (2403457024)

00:54:33.245 --> 00:54:45.540

Sure. Yeah, so I recommend reading some of those books that I had at the very end there. Those can give you a great starting point, but one of the things I would say is even just.

163 "Alyee Willets" (2403457024)

00:54:45.540 --> 00:55:05.540

Going to that acquaintance, if you feel comfortable talking to them, I don't know how close this acquaintance is, but saying, hey, you haven't seemed like yourself lately, is there anything you want to talk about? Is there anything going on? How can I best support you? Because it is also hard, Sometimes the signs of an eating disorder maybe mimicking something else and.

164 "Alyee Willets" (2403457024)

00:55:05.540 --> 00:55:25.540

You could be wrong, you know, just as you could be wrong thinking someone doesn't have an eating disorder or they do. It's important that we have those open communications and we give that individual a

time to talk, and if they do share that they're struggling, then I would recommend helping them get set up with that team that I mentioned. So a therapist, definitely a dietician.

165 "Alyee Willets" (2403457024)

00:55:25.540 --> 00:55:27.929

In and a physician on board.

166 "Harvey, Melissa" (2451379968)

00:55:27.929 --> 00:55:45.900

Thank you. Looks like that is all the questions that we have. Unless anybody has a last minute submission, see.

167 "Harvey, Melissa" (2451379968)

00:55:45.900 --> 00:56:05.900

Okay, doesn't look like anything else is coming in. Well, thank you everyone for attending and thank you Allie for providing such wonderful information. Again, if anyone has questions about the therapies discussed today, please contact the eating disorder team by calling the number on the back.

168 "Harvey, Melissa" (2451379968)

00:56:05.900 --> 00:56:28.945

Of your insurance card. Before you leave the presentation, please take a few minutes to complete the survey about your experience today. Make sure to mark your calendars to join us on 25 June when we will be discussing the dreaded C word and eating disorder treatment, which is compassion with Gabrielle Catch of Coastal collaborative Care LLC.

169 "Alyee Willets" (2403457024)

00:56:28.945 --> 00:56:36.780

Thanks everyone. Thank you.