



An Evidence-based approach to mental health treatment and recovery

Katie Stuart, MS, LMHC

Clinical Field Site Coordinator, JU Clinical Mental Health Counseling Program

Natalie Arce Indelicato, Ph.D., LMHC

Clinical Director & Assistant Professor, JU Clinical Mental Health Counseling Program



**JACKSONVILLE
UNIVERSITY**

Program Overview

- ▶ Identify signs and symptoms of eating disorders and disordered eating
- ▶ Understand basic intuitive eating principles and how to integrate them into mental health treatment
- ▶ Provide research evidence to support intuitive eating
- ▶ Better understand how to incorporate psychoeducation, supportive language, and awareness of family dynamics into their work with clients and their families

Eating Disorders: DSM 5

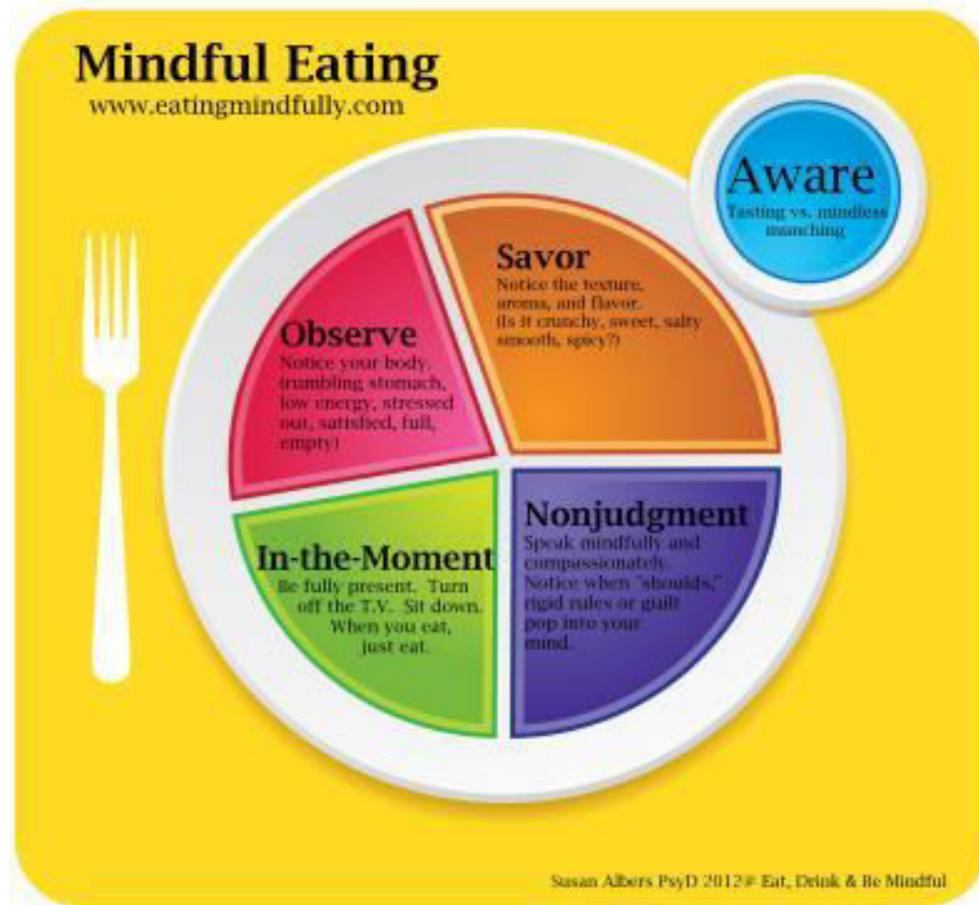
- ▶ Anorexia Nervosa Diagnostic Criteria Summary:
 - ▶ Restriction of eating leading to a significantly low body, intense fear of gaining weight or of becoming fat, and persistent behavior that interferes with weight gain, even though at a significantly low weight
 - ▶ Disturbance in the way in which one's body weight or shape is experienced, undue influence of body weight or shape on self-evaluation, or persistent lack of recognition of the seriousness of the current low body weight
- ▶ Bulimia Nervosa Diagnostic Criteria Summary:
 - ▶ Recurrent episodes of binge eating and inappropriate compensatory behaviors, occurring, on average, at least once a week for 3 months
 - ▶ Self-evaluation is unduly influenced by body shape and weight
- ▶ Binge Eating Disorder Diagnostic Criteria Summary:
 - ▶ Recurrent episodes of binge eating that are associated with three (or more) of the following: eating much more rapidly than normal, eating until feeling uncomfortably full, eating large amounts of food when not feeling physically hungry, eating alone because of feeling embarrassed by how much one is eating, feeling disgusted with oneself, depressed, or very guilty afterward
 - ▶ Marked distress regarding binge eating is present and the binge eating occurs, on average, at least once a week for 3 months
 - ▶ Binge eating is not associated with the recurrent use of inappropriate compensatory behavior as in bulimia nervosa and does not occur exclusively during the course of bulimia nervosa or anorexia nervosa.
- ▶ Other Specified Feeding or Eating Disorder
 - ▶ Symptoms characteristic of an eating disorder cause clinically significant distress or impairment in social, occupational, or other important areas of functioning predominate but do not meet the full criteria for any of the disorders in the diagnostic class

Disordered Eating Continuum: Signs & Symptoms

- ▶ Preoccupation, physical/emotional relationship to food/body, level of functioning

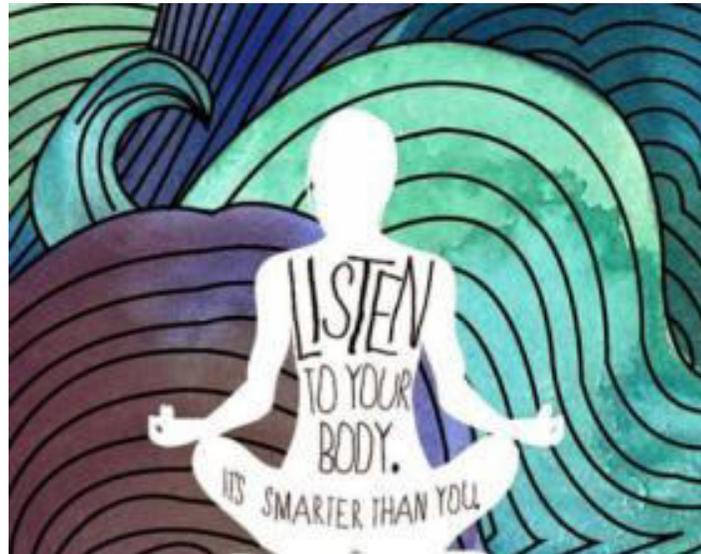


Experiential Exercise: Intuitive Eating Assessment Scale - 2



What is Intuitive Eating?

- ▶ A health-centered, non-diet approach that promotes dietary intake based on internal cues of hunger and fullness, body acceptance, and making behavior choices based on health as well as enjoyment.
- ▶ Based on Tribole & Resch (2012), “Intuitive Eating: A revolutionary program that works”



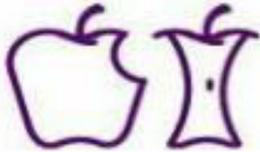
THE PRINCIPLES OF INTUITIVE EATING



1 REJECT THE DIET MENTALITY



2 HONOR YOUR HUNGER



3 CHALLENGE THE FOOD POLICE



4 MAKE PEACE WITH FOOD



5 RESPECT YOUR FULLNESS



6 DISCOVER THE SATISFACTION FACTOR



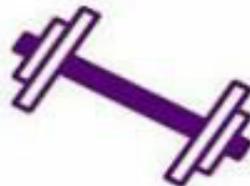
7 HONOR YOUR FEELINGS WITHOUT USING FOOD



8 RESPECT YOUR BODY



9 EXERCISE - FEEL THE DIFFERENCE



10 HONOR YOUR HEALTH



How to Integrate Intuitive Eating Principles in Counseling

- ▶ With the client
 - ▶ Psychoeducation
 - ▶ Restrict/binge cycle
 - ▶ Autonomy of the body
 - ▶ Biological and emotional cues/awareness
 - ▶ Hunger/fullness scale
 - ▶ Shifting focus from objective/external measures of body satisfaction to subjective/internal measures of body satisfaction
- ▶ Family Involvement
 - ▶ Family Psychoeducation
 - ▶ Supportive Language and Communication
 - ▶ Awareness of Family Dynamics
 - ▶ Establishing and verbalizing expectations

Experiential Exercise: Family rules and expectations about food and eating



Impact of weight bias and diet culture on treatment

“You can only take your clients as far as you have gone yourself.”

- ▶ Examining own core beliefs and assumptions about “health” and body size
- ▶ Weight bias and societal assumptions
- ▶ Diet culture - “pseudo-diets”
- ▶ Health at every size (HAES)

Resources

- ▶ Systematic research reviews:
 - ▶ Bruce LJ, Ricciardelli LA. (2016). A systematic review of the psychosocial correlates of intuitive eating among adult women. *Appetite*.96:454-472.
 - ▶ Schaefer, J.T., & Magnuson, A.B. (2014). A review of interventions that promote eating by internal cues. *Journal of the Academy of Nutrition and Dietetics*, 114(5), 734-60. doi: 10.1016/j.jand.2013.12.024
- ▶ Bacon, L. (2008). *Health at every size: The surprising truth about your weight*. Callas, TX: BenBella Books.
- ▶ Tribole, E., & Resche, E. (2012). *Intuitive Eating: A revolutionary program that works*. New York: St. Martin's Press.
- ▶ www.intuitiveeating.org/resources/studies/
- ▶ www.eatingwisdom.com/research-on-intuitive-eating/
- ▶ www.intuitiveeating.org/10-principles-of-intuitive-eating/