Working With The Complex Eating Disorder Client: Self-harm, Trauma, And Substance Abuse

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ANOREXIA NERVOSA

BULIMIA NERVOSA

GENERAL CHARACTERISTICS
These are the cornerstones/symptoms that indicate a problem
- Disorder of secrecy
- Disorder of self-deception
- Disorder of denial
- Disease of motivation
- Represents deficits in capacities for self-regulation
- Biopsychosocial/familial morass
Commonalities Between Eating Disorders, Chemical Dependency, Traumatic Disorders & Self-Injury

EATING DISORDERS

SELF-INJURY

DUAL DIAGNOSIS

TRAUMA

Self-Harm Behavior and Eating Disorders

Personality Disorders and Eating Disorders

Self-Regulation Treatment: Two Areas of Focus
Self-Regulation: The Structural Process

Basics: Model
- Safety
- Security
- Physical Well-Being
- Coherency
- Congruency
- Consistency

Foundation Skills:
- (Inter)communication
- (Inter)cooperation
- Connectedness
- Collaboration
- Honesty

Actions:
- Focus
- Determination
- Direction
- Commitment
Self-Regulation: The Relationship Context
To Treat or Not To Treat