



## **Dietitians Role in the Eating Disorder Treatment Team**

“The two common elements in the home of an individual who develops an eating disorder are a focus on food and diet, and a significant degree of personality disturbance in one or both parents (Noelle Caskey, “Interpreting Anorexia”).

“By far, the most commonly seen eating-related disorders are a heterogeneous group of less severe problems centering around weight preoccupation and dissatisfaction with body image and diagnostically sub-threshold problems with eating and compensatory behaviors” (Klemchuck HP, Hutchinson CB, Frank RI, 1990; and Ash JB, Piazza E., 1995).

### **Education Phase:**

- Collect relevant information
- Establish a collaborative relationship between the person with the eating disorder and the registered dietitian.
- Define and discuss relevant principles and concepts of food nutrition and weight regulation.
- Present examples of hunger patterns, typical food intake patterns, and the total caloric intake of a person who has recovered from an eating disorder.
- Educate family/friends of appropriate.

### **Experimental Phase:**

- Help to separate food and weight-related behaviors from feelings and psychological issues (along with a therapist).
- Change food behaviors in an incremental fashion until food intake patterns are “normalized.”
- Learn to be comfortable in social eating situations.
- Help clients observe and understand how variations in their carbohydrate, protein, fat and caloric intake impacts their physical and emotional well-being.
- Help patients meet their physical needs.
- Includes the development of skills for identifying, satisfying and distinguishing emotional and physical hunger.
- Challenge distorted beliefs about food and weight.
- Must provide a purposeful, safe, long-term, supportive and nonjudgmental environment for the process of making changes with food to progress.
- “normal” eating/nutrition
- Hunger
- Hunger work
- Patterns of Eating
- Managing Hunger
- Satiety
- Physiological changes and their effects on appetite
- Food Rules and Myths
- Safe/scary food
- Emotional Eating
- Distorted thinking about food/weight/body
- Handling binge eating and purging, including prevention work
- Cravings
- Body Image
- Sensible Nutrition
- As a referral source