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## A Holistic Approach to Eating Disorder Treatment

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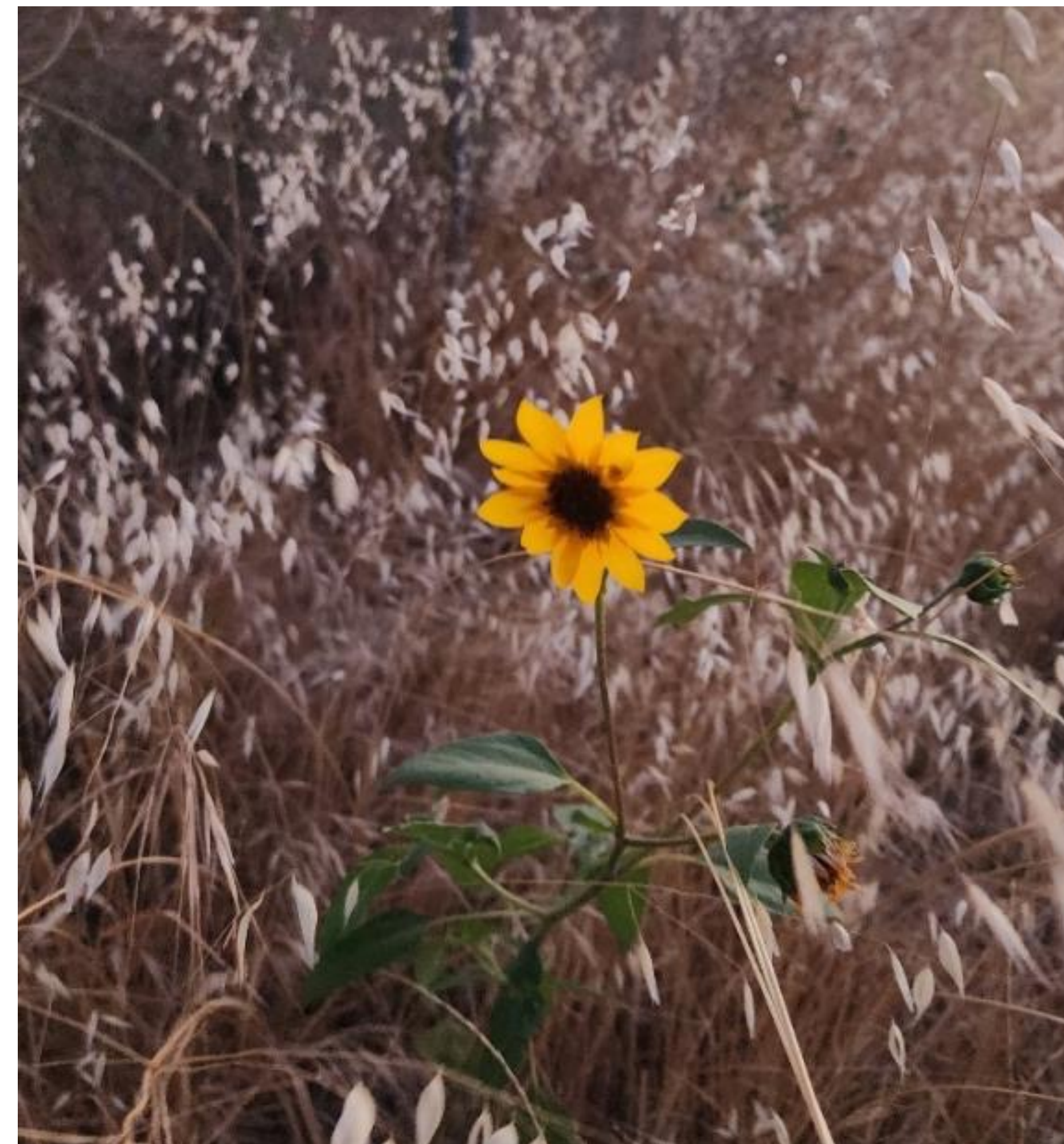
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# A Holistic Approach to Eating Disorder Treatment

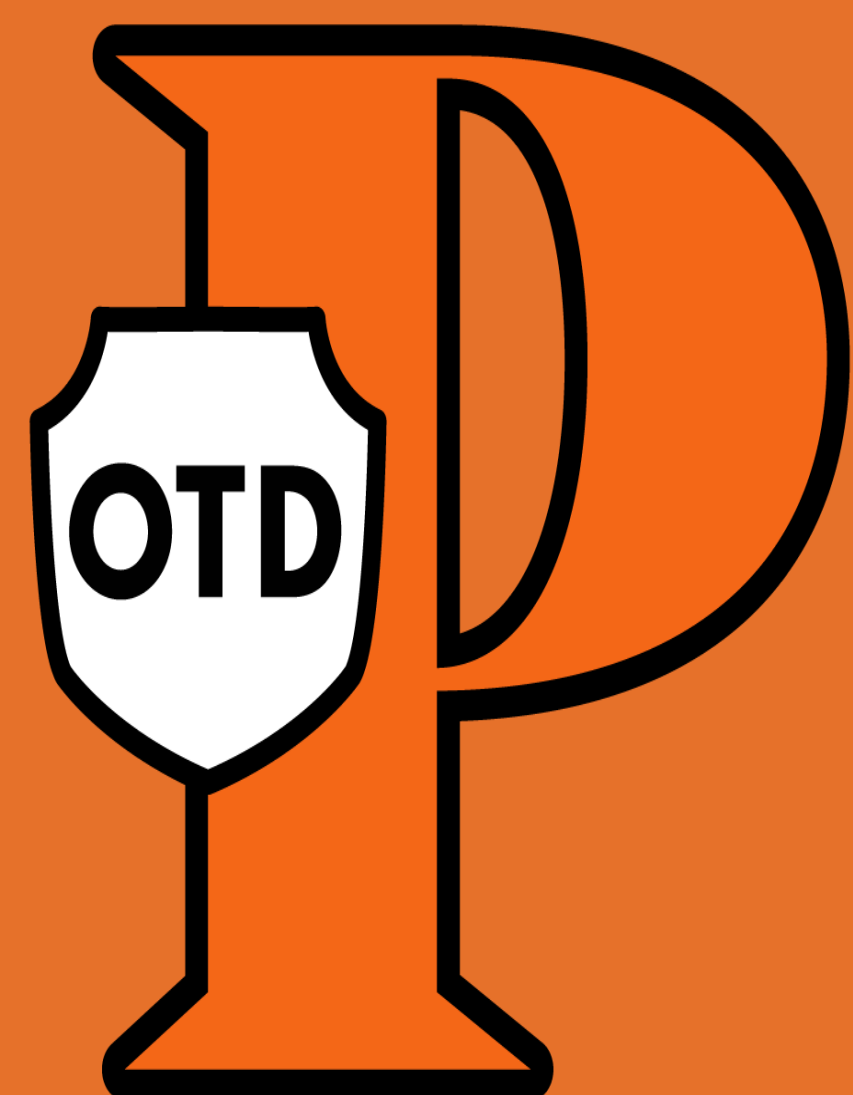
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# Background

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## Population

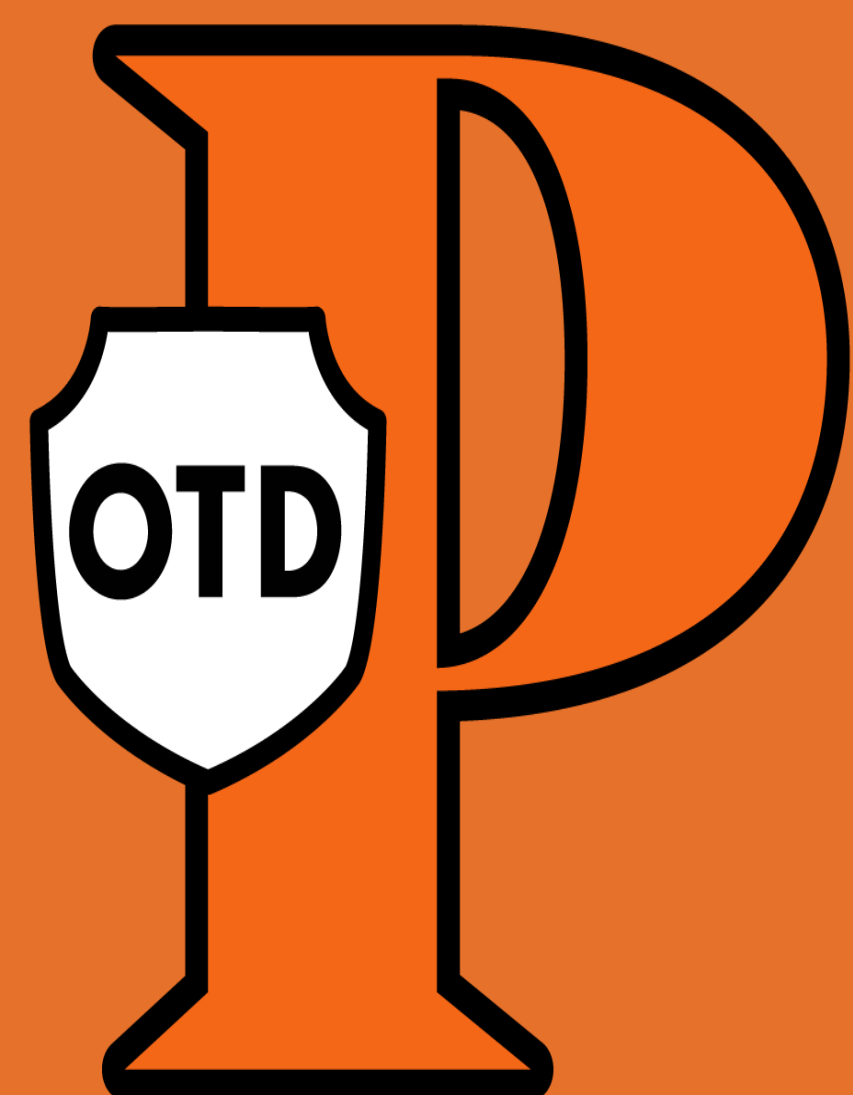
Individuals with eating disorders

Eating disorders (EDs) are detrimental mental health conditions that can cause harmful effects on a person's overall self, particularly concerning self-image and attitudes toward food

## Statistics

- Affect 9% of the United States population, resulting in 28.8 million Americans experiencing an eating disorder in their lifetime
- Second most dangerous mental health condition
- Often co-occur with other diagnoses: depression, anxiety, post-traumatic stress disorder, or substance use

(APA, n.d.)



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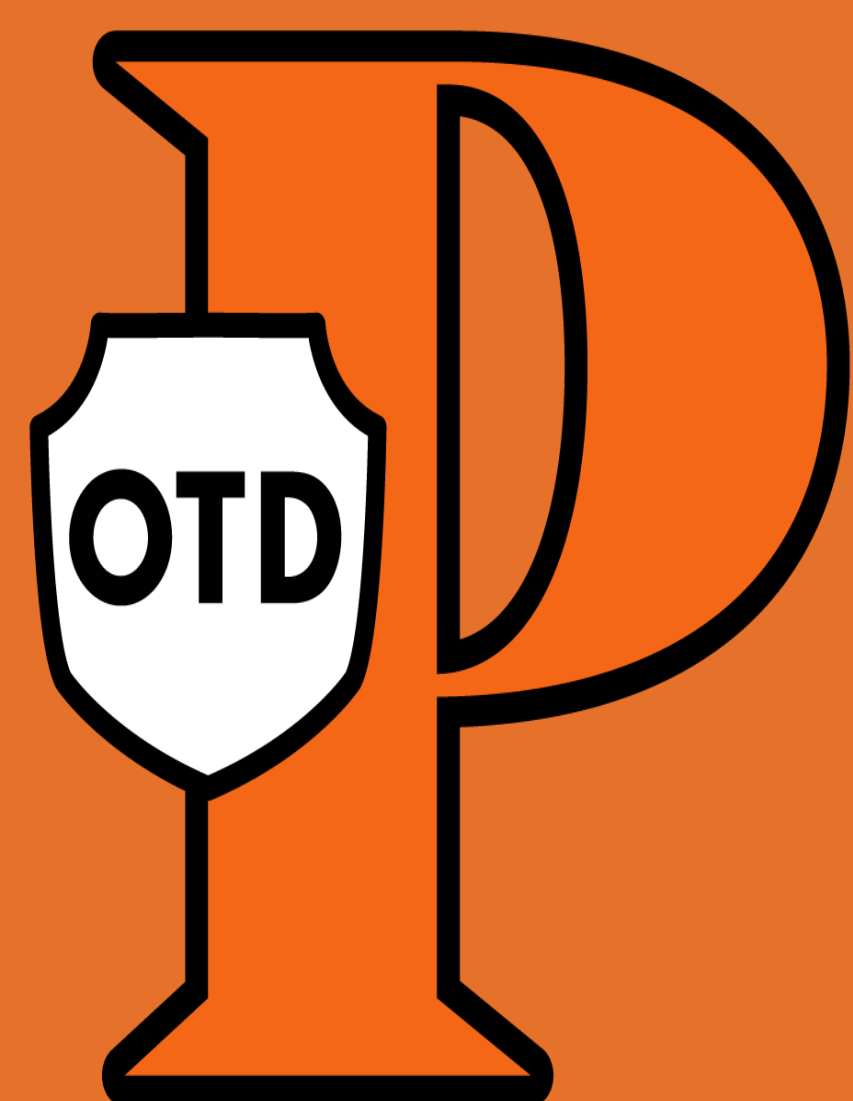


# Literature Review

- **Key Themes:**
  - OT's role in sustaining recovery
  - OT's position within a mental health setting
  - Barriers to treatment
  - Correlation between sensory stimuli and mental health illnesses
- **Big Picture:**
  - Limited to no research on OT's direct application to ED care



(Bailliard & Whighma, 2017; Burroughs et al., 2016; Clark & Nayer, 2012; Kazdin et al., 2017; Roberts et al., 2018); Swarbrick & Noyes, 2018)



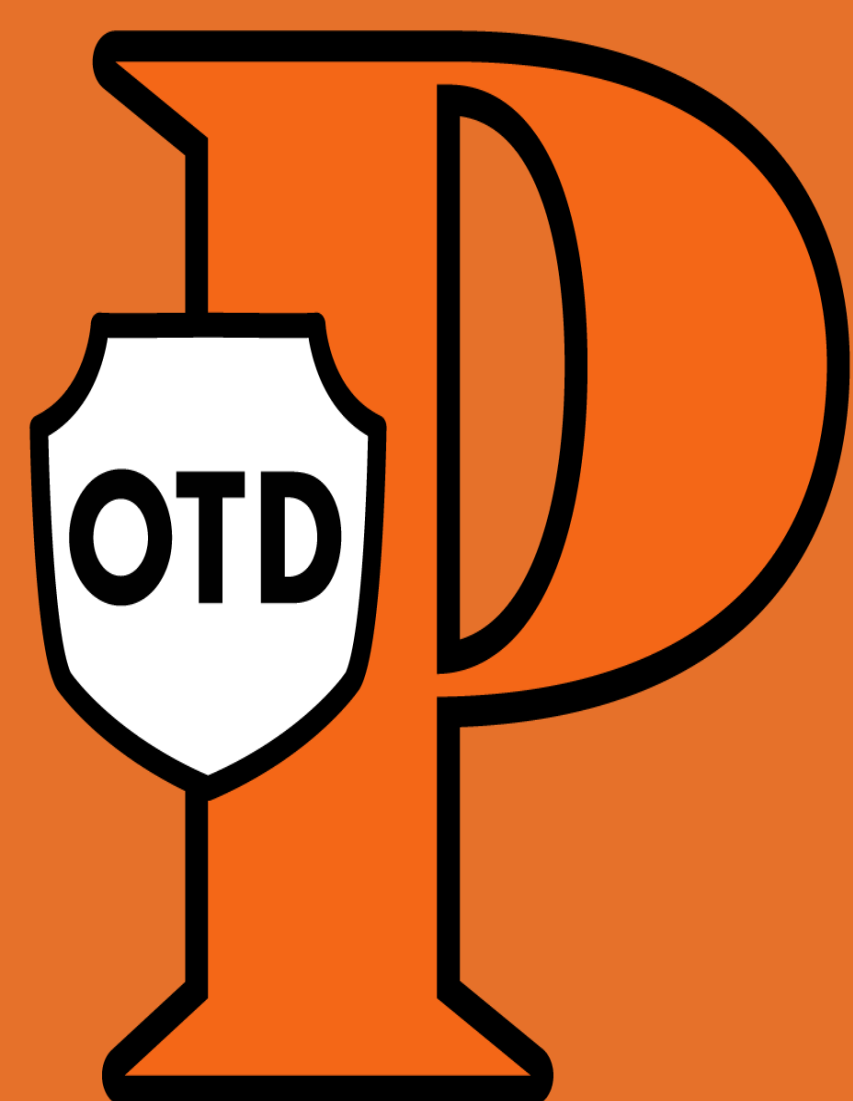
# Needs Assessment

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## Consisted of...

- Literature review
- Needs assessment with Renee
  - She shared similar experiences aligned with the literature review
  - The need to promote group therapy
  - Incorporating more trauma-informed care (TIC) in standard OT treatment

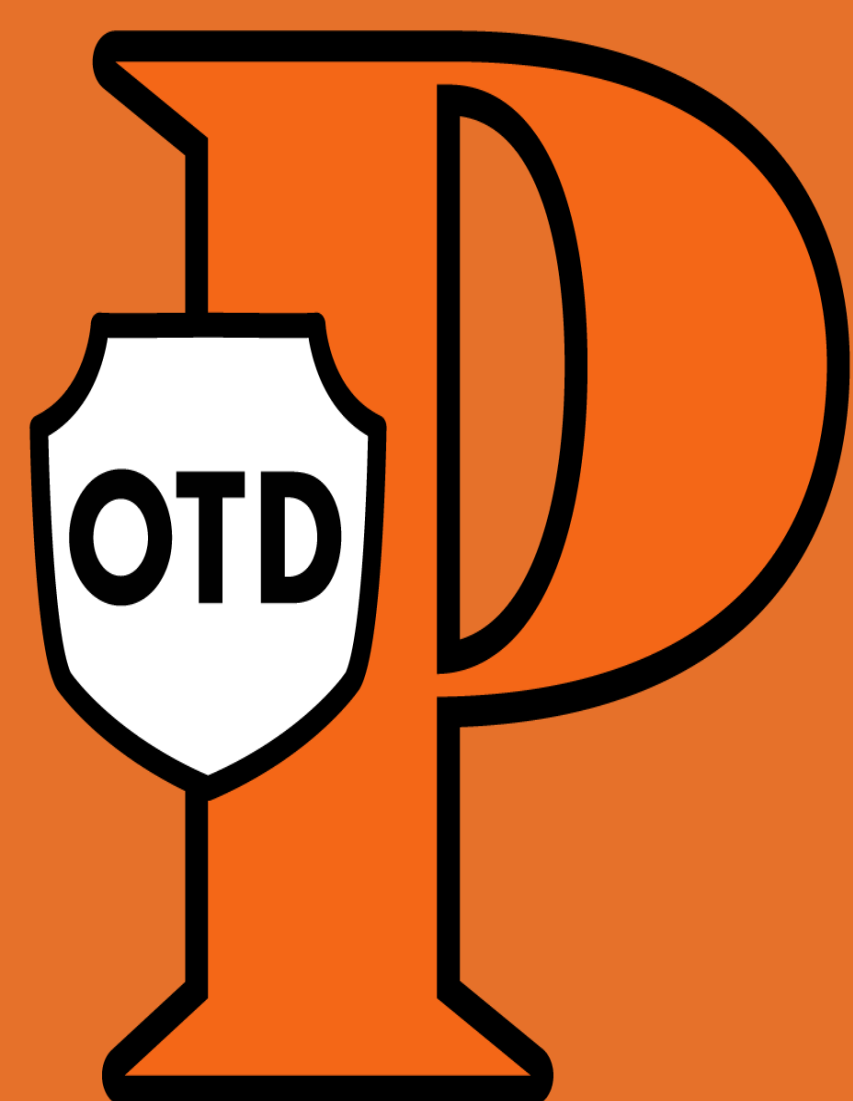
(Bailliard & Whighma, 2017; Burroughs et al., 2016; Clark & Nayer, 2012; Kazdin et al., 2017; Roberts et al., 2018); Swarbrick & Noyes, 2018)





# Program Purpose

- Focused on advocacy and program development
- Advocacy
  - In-service presentation
  - Educational brochure on TIC
- Program Development
  - Six-week group therapy program manual



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# Guiding Models

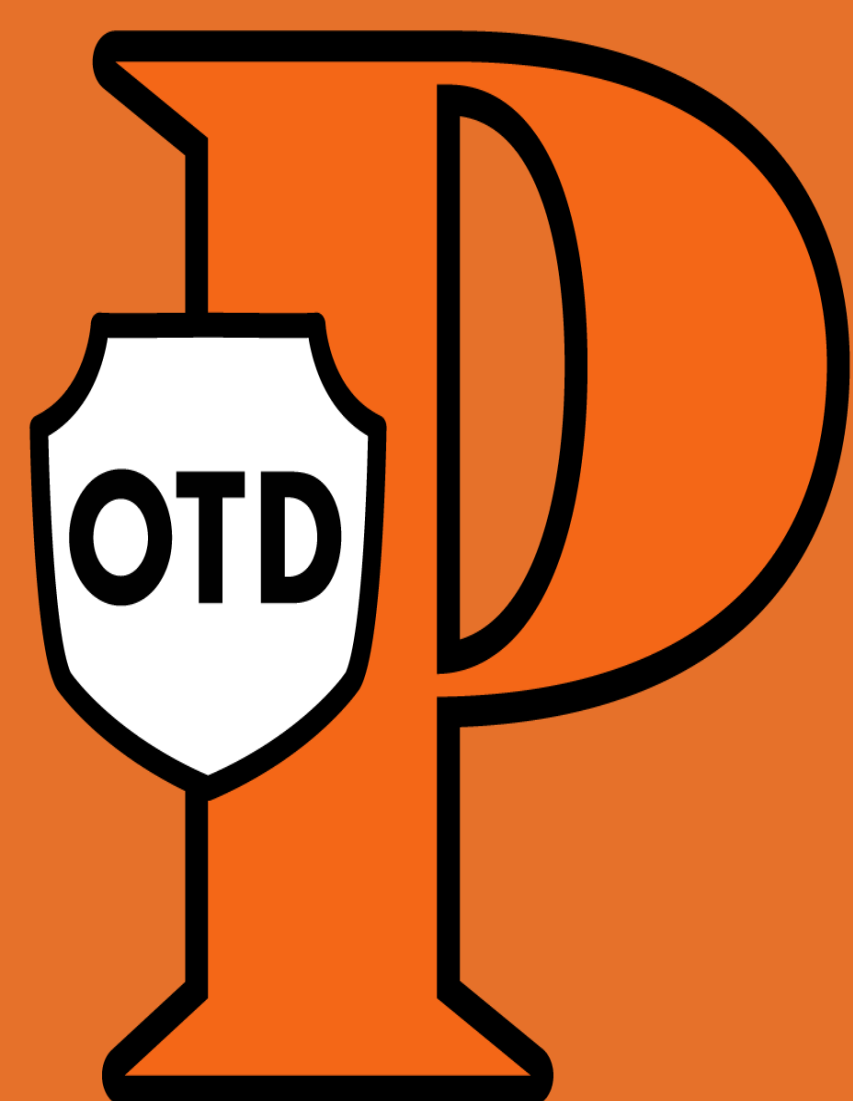
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## **Biopsychosocial (BPS) Model**

- Versatile and inclusive approach
- Highlights the client's strengths, challenges, wants, and needs

## **Trauma-Informed Care (TIC) Model**

- Beneficial for vulnerable populations
- Allows OTs to be empathetic, sensible, and conform to meet the emotional needs of each client
- Provides a more collaborative approach by providing client safety and autonomy with care

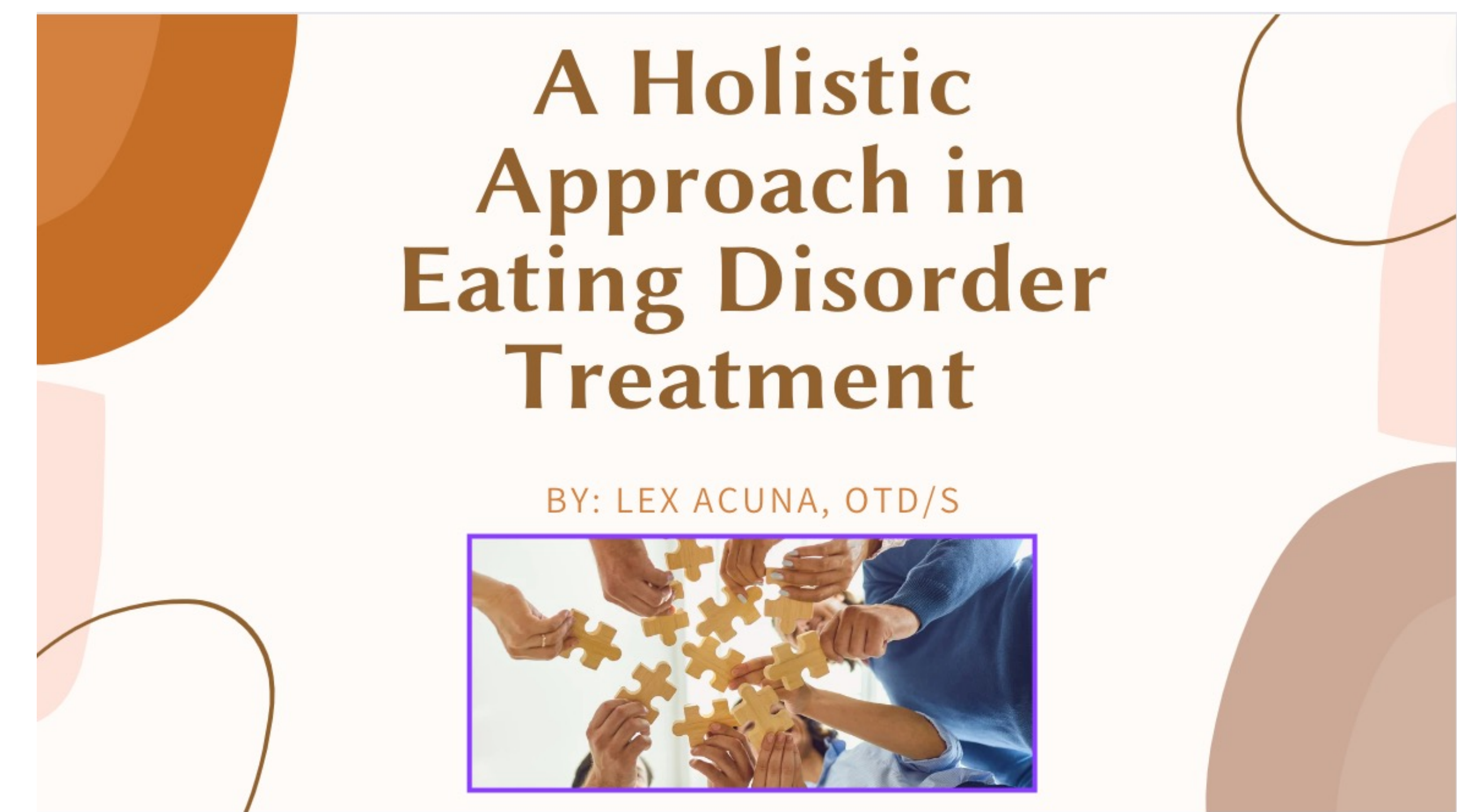




# Outcomes

1. In-Service Presentation
2. Trauma-Informed Care Distinct to OT
3. Self-Regulation: Your Sensory Toolbox

1.




2.

**What is Trauma?**

Trauma arises from exposure to emotionally distressing or life-threatening incidents or events that have enduring negative impacts on an individual's functioning and overall well-being, including their mental, physical, social, emotional, and spiritual aspects.

(Trauma Informed Care Implementation Resource Center, 2022)

**Trauma is more prevalent in healthcare settings than anticipated, with a significant percentage of clients, ranging from 60% to 90%, having experienced trauma in their lives.**



**These reported percentages reflect only a portion of the cases, as many instances of trauma go unreported.**

(Dengo, et al., n.d.)

**What Can Cause Trauma?**

Please note that the following list is not comprehensive:

- Sexual, physical, or emotional abuse
- Neglect
- Bullying
- Victim or witness to violence
- Natural disasters
- Death of a loved one
- Unsafe/stable home environment
- Military trauma
- Parental drug/alcohol use
- Lifelong medical diagnosis (i.e., spinal cord injury)
- Incarceration

(Carson, 2022; Dengo, et al., n.d.; Sussex Publishers, n.d.)

**Resources for Survivors of Traumatic Events**

Here are some examples of 24/7 free resources available to your clients, catering to their diverse cultural backgrounds and specific needs.

**Disaster Distress Helpline**  
Call or Text (1.800.985.5990)

**National Sexual Assault Hotline**  
Call (1.800.656.4673)

**National Domestic Violence**  
Call (1.800.799.7233)

**National Suicide Prevention Lifeline**  
Call (1.800.273.8255)

**Deaf Hotline**  
Video Phone (1.855.812.1001)  
Email: [hotline@adaweb.org](mailto:hotline@adaweb.org)

**Trans Hotline**  
Call 1.877.565.8860

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**The Trauma Informed-Occupational Therapy Model: "TIC-OT"**



**A revised approach that emphasizes a more comprehensive and inclusive provision of care.**

(Dengo, et al., n.d.)

Lex Acuna, OTD/S

3.

## Session 1 of 6

**Group Title:** "Self-Regulation: Your Sensory Tool Kit"

**Session Title:** "Self-awareness of Triggers & Coping Strategies"

**Format:**

**Total Time:** 95 minutes

- **Introduction:** 20 minutes
- **Potential Break:** 5 minutes
- **Activity:** 20 minutes
- **Reflection:** 20
- **Application:** 20 minutes
- **Summary/Preview of the following weeks:** 5 minutes
- **Questions:** 5 minutes

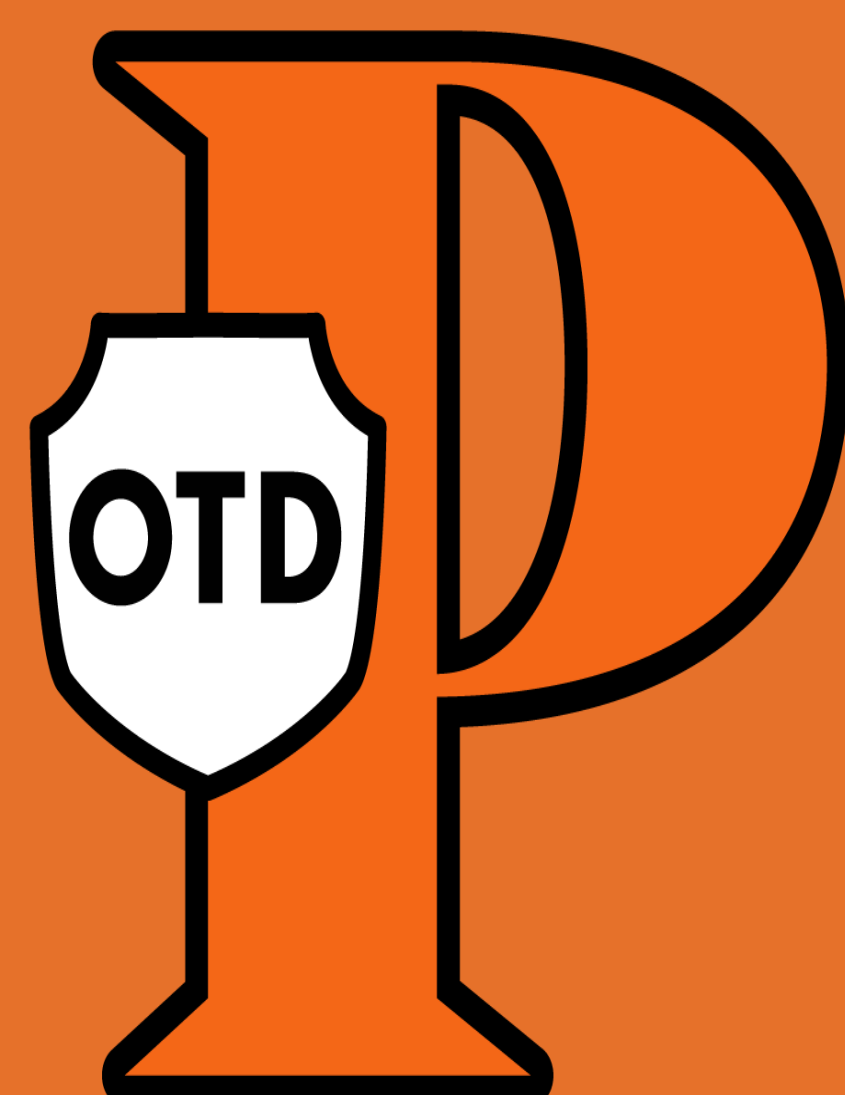
**Supplies:**

- 7 composition notebooks
- 7 pens/pencils/highlighters
- 7 program outlines

**Description:**

**1. Introduction**

- **Ice breaker/warm-up:** Introduce name and three things you would like the group to know about yourself (i.e., favorite movie, memory, activity, role, etc.). The facilitator will begin sharing to reduce stress of sharing first.
- **Purpose of 6-Week Group:** The intended purpose of this group is to address and practice self-awareness and create and implement healthy coping mechanisms to manage daily distress or intense emotions utilizing our unique sensory systems. In the following 5 weeks, individual stressors and triggers will be addressed. Focused awareness is the first step towards experiencing and learning various coping skills. Exploring various coping mechanisms in our group will provide the support needed to determine which techniques will suit your individualistic needs using your senses. Acknowledging the techniques that may work best for you will help in creating a "sensory tool kit." The sensory tool kit is intended to become a go to list or source you can mentally or physically return to whenever you are in distress and are in need of a healthy coping skill to help you through your daily thoughts and feelings.



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# Discussion

## The Next Steps ...

- Providing an in-service presentation to the Center of Discovery in Danville, CA

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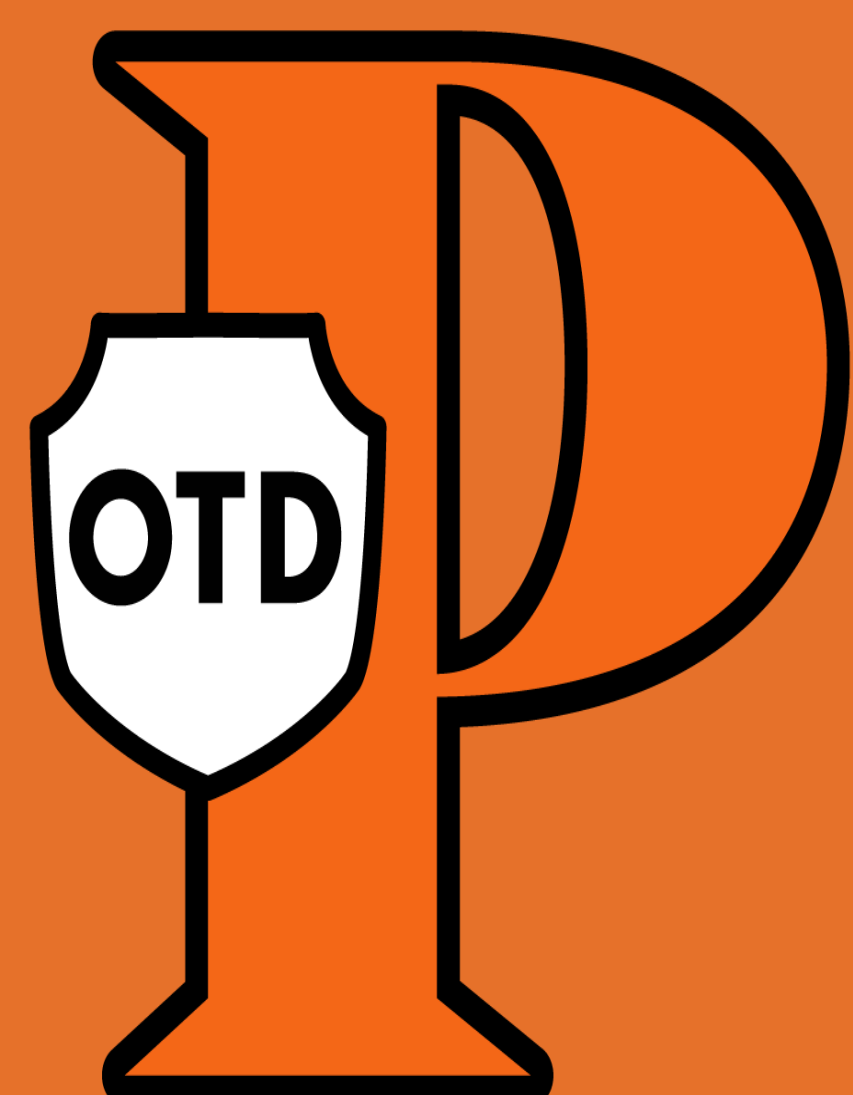
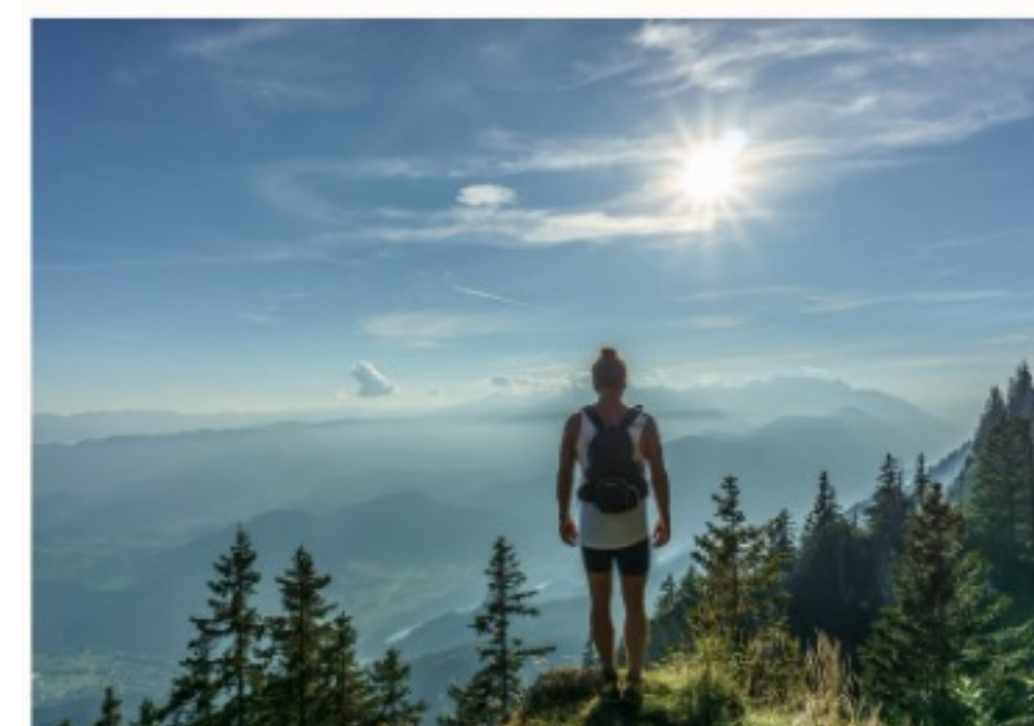
OTs can help clients perceive and handle food more openly and acceptingly by increasing their exposure to certain textured foods through their touch, smell and visual senses.

**Example:** Building exposure to sticky-textured foods by having the client engage in an activity with non-food-related objects that is meaningful to them, such as an art project. The client uses tape for the activity to build confidence towards in handling and eating sticky food.



### Why is Using Therapeutic Use of Occupations Important?

"Activities make up who we are and guide us in how to live our lives in a meaningful way"



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# Impact

- Promoting job positions for OTs within ED clinics
- Implementing six-week program in future practice
- Advocating

## Weekly Group Topics

**Week #1:** “Self-awareness of Triggers & Coping Strategies”

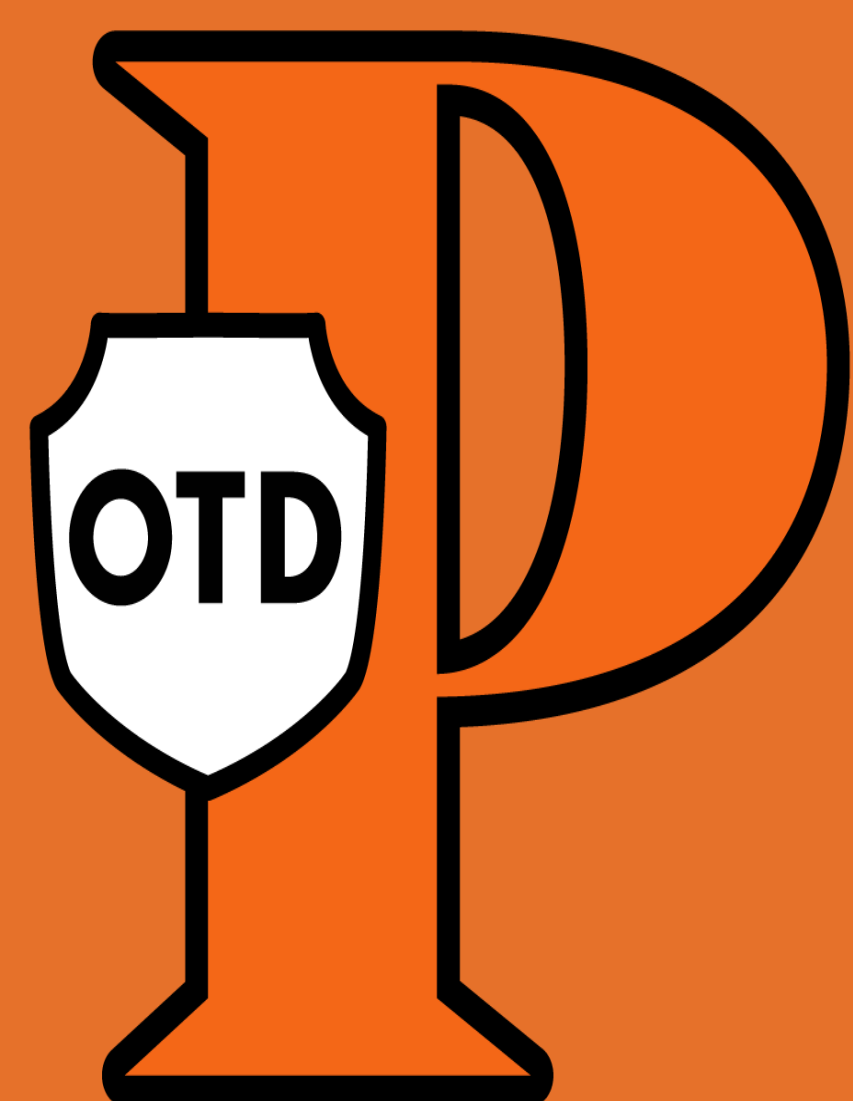
**Week #2:** “Coping Through Your Senses: Your Playlist”

**Week #3:** “Coping Through Your Senses: Your Happy Place”

**Week #4:** “Coping Through Your Senses: Touching Your Feelings”

**Week #5:** “Coping Through Your Senses: Balanced and Mindful Movements”

**Week #6:** “Coping Through Your Senses: Emotional Body Mapping and Group Summary”



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# Acknowledgements

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I would like to express my sincere gratitude to...

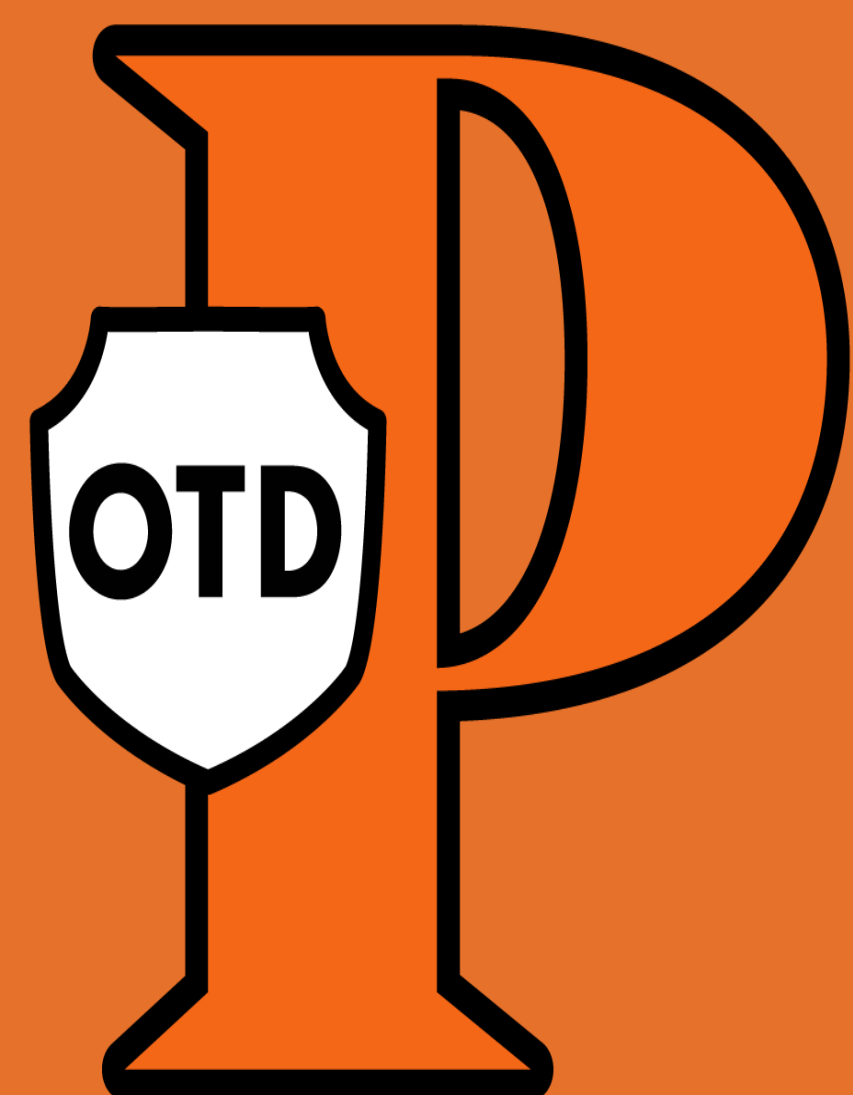
Dr. Kathryn Wise

Dr. Renee Outland

The faculty and staff of the UOP OTD Department

The 2023 cohort

My family, friends and significant other



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