

- EATING DISORDERS EXPLAINED FROM A TRAUMA LENS
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- WHACK A MOLE
- The Symptoms
- **What Drives These Symptoms is Trauma**
 "What happened to you that should not have happened to you"
 and/or
 What should have happened to you that didn't happen"
- Informational processing between the physiological and the psychological showing the continuous cycle of top down bottom up
- Three Areas of Focus
- Polyvagal Theory – Hyperarousal
- Polyvagal Theory – Hypoarousal
- Polyvagal theory - Window of Tolerance
- Shock trauma
- Shock trauma activates the F,F,F and mobilizes us to escape from threat
- It manifests as physiological dysregulation, PTSD for example
- Treatment for trauma is to process the somatic felt sense of survival terror and threat using various trauma resolution techniques
- Moving clients toward biological completion and reduction of symptoms
- Developmental trauma
- Developmental trauma is more than just physiological dysregulation
- Dysregulation is often caused by distorted identifications and self image
- Thus, we need to know what the nervous system "activation" is about; i.e., what are the emotional states that are driving the nervous system dysregulation
- Moving clients toward emotional completion (not simply biological completion as in shock trauma)
- Developmental trauma is rooted in attachment disruption
- Developmental Trauma – Attachment Trumps Authenticity
- Origins of Shame and blame
- Shame gets created when the environment of the child can't support the needs of the child
- Children will blame themselves and learn that their protest or healthy life force directed toward getting their needs met gets shut down, and that energy when turned inward says there is something wrong with them and they are to blame for the lack of support
- Children shut down their needs and develop strategies and survivor styles that we see as traits especially for patients with eating disorders
- Reflection Exercise
- Notice in this moment how you experience the following in your body, mind and thoughts.
- Shame
- Compassion
- Anger

- We call the difficult choices between the life force committed to getting ones needs met and the adaptations (survival styles & identifications) we had to make to survive, the Core Dilemma
- What's Underneath the Iceberg
- As adults, this turns (unconsciously) into:
- I need to connect but I am afraid to
- I need to attune but I am afraid to
- I need to trust but I am afraid to
- I need autonomy but I am afraid to
- I need love and sexuality, but I am afraid to
- Survival traits for ED Clients
- Clients Experience Relief with Their Behaviors
- Understanding the Cycle: example Binge eating
- Understanding the Cycle: Anorexia
- Feelings Mountain
- Clients get stuck in this chain because they use food or their disordered behaviors not to feel
- They start off with an emotion or intolerable or uncomfortable thought
- Clients will see experience the "mountain of feeling" that is coming up for them.
- They will jump off the mountain immediately
- They never learn that they can successfully feel a feeling, they believe it will never end, the distress is solved with behaviors there is no WOT or distress tolerance
- Common Interventions – Top Down
- **Instill hope**
- **Stabilize eating**
- **Dietitian referral**
- **Give eating disorder a separate identity**
- **Use of CBT, DBT**
- **Acknowledge how well the eating disorder is working for you**
- **"Fat is not a feeling"**
- **Reduce blame**
- **Acknowledge fears of client/ family**
- **Put family to work**
- Using Somatic Work to Increase Distress Tolerance
- Focused Breathing Techniques
- Breathing Technique

Ocean Breathing

- Guided Imagery Beginning to Connect To the Body
- In order to notice distress in the body Clients need to connect to the body. Here is an example of a way to begin to get clients into their bodies.
- Surface Sensations
- Internal Sensations
- Assessment Questions
- Resources

- Heller, LaPierre, (2012) *Healing Developmental Trauma*, Berkeley, California: North Atlantic Books
- Porges, S. W. (2011) *The Polyvagal Theory*, New York: W.W Norton
- Sweeton, J. (2019) *Trauma Treatment Toolbox*, Wisconsin: PESI Publishing & Media
- Anorexia Nervosa and Related Eating Disorders, Inc.
www.anred

For people struggling with anorexia or bulimia

www.something-fishy.com

- National Eating Disorders Association
www.nationaleatingdisorders.org
- General Information and list of treatment centers across the country
www.edreferral.com