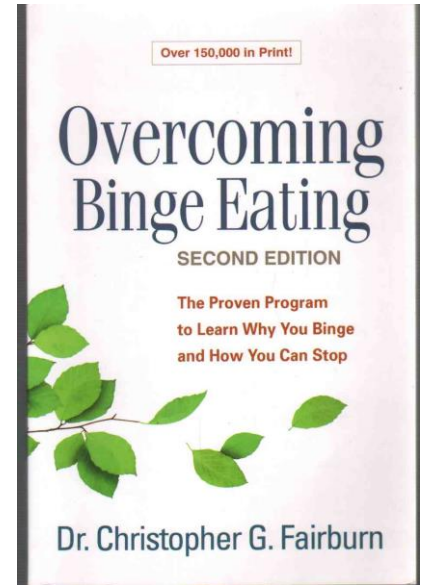

Cognitive Behavioral Therapy for Eating Disorders

Presented by Tina Coco Lai, ACSW, LMSW

Heartland Social Work Conference, March 11, 2022

Guidelines for Presentation

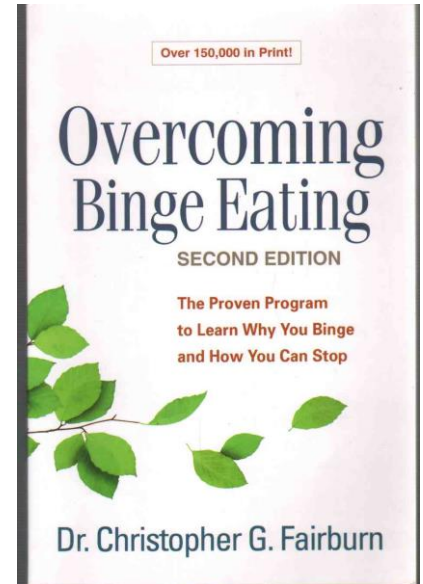
1. Interactive format
2. Chat box
3. Pause for questions
4. “You” = Person with unhelpful eating habits



Disclaimer

This presentation serves to ***introduce*** how CBT techniques are used to treat clients with eating disorders.

This is information that I learned from a course on eating disorders. I myself have not practiced these techniques. The material presented is for educational purposes only. **Be sure you receive proper training and supervision to practice this therapy.**





Our Roadmap

1. **Psychoeducation**
2. **Review of eating disorders in DSM-5**
3. **CBT-E Interventions**
4. **Resources**
5. **Open discussion!**

The experience:

“It starts off with my thinking about the food that I deny myself when I am dieting. This soon changes into a strong desire to eat. First of all, it is a relief and a comfort to eat, and I feel quite high.

But then I can’t stop, and I binge. I eat and eat frantically until I am absolutely full. Afterwards, I feel so guilty and angry with myself.”

(from *Overcoming Binge Eating*)

What causes people to have unhelpful eating behaviors?

- Genetics
- Trauma
- Asserting control over oneself
- Cultural pressures: Thinness for women, muscularity men
- Stress or emotional eating
- Being alone; boredom

—

**Q&A: Have you worked with clients
who experienced eating disorders?**

If yes, how many clients?

Mythbusters!

True or False:

1. Our bodies are mostly water. In fact, about 60% of our weight is water.

True or False:

1. Our bodies are mostly water. In fact, about 60% of our weight is water.

2. Our weight fluctuates throughout the day, and from day to day.

True or False:

1. Our bodies are mostly water. In fact, about 60% of our weight is water.

2. Our weight fluctuates throughout the day, and from day to day.

3. Vomiting or using laxatives removes most of the calories that have been recently consumed.

Eating disorders in DSM-5

1. Binge-Eating Disorder

(Prevalence: 2.8%)

- Binge eating: Eating large amounts of food in a short time, with the sense of a loss of control.
- Type of food
- Overweight
- Diagnostic threshold: At least once a week for 3 months

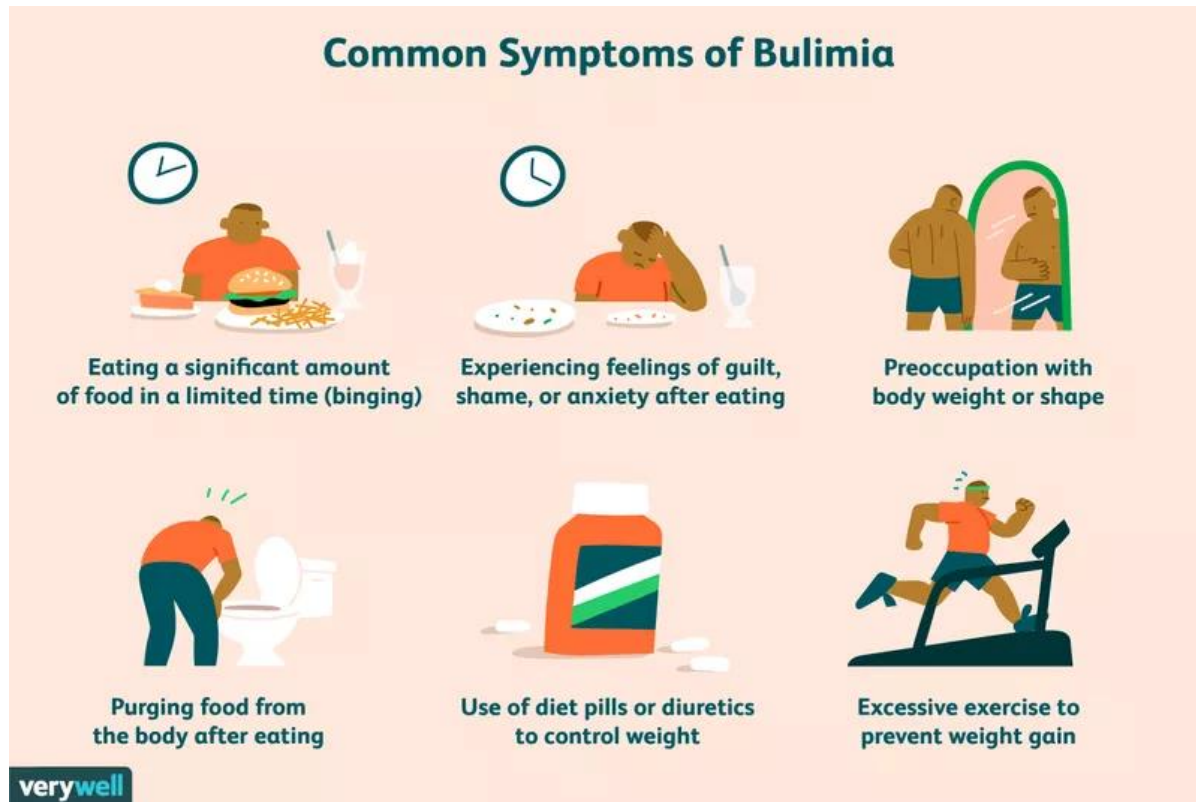


Eating disorders in DSM-5

2. Bulimia Nervosa

(Prevalence: 1%)

- Compensatory behavior: vomiting, laxatives, fasting, excessive exercise
- Extreme fear of gaining weight. Intensely unhappy with body size and shape.
- Can fall within normal range for weight



Eating disorders in DSM-5

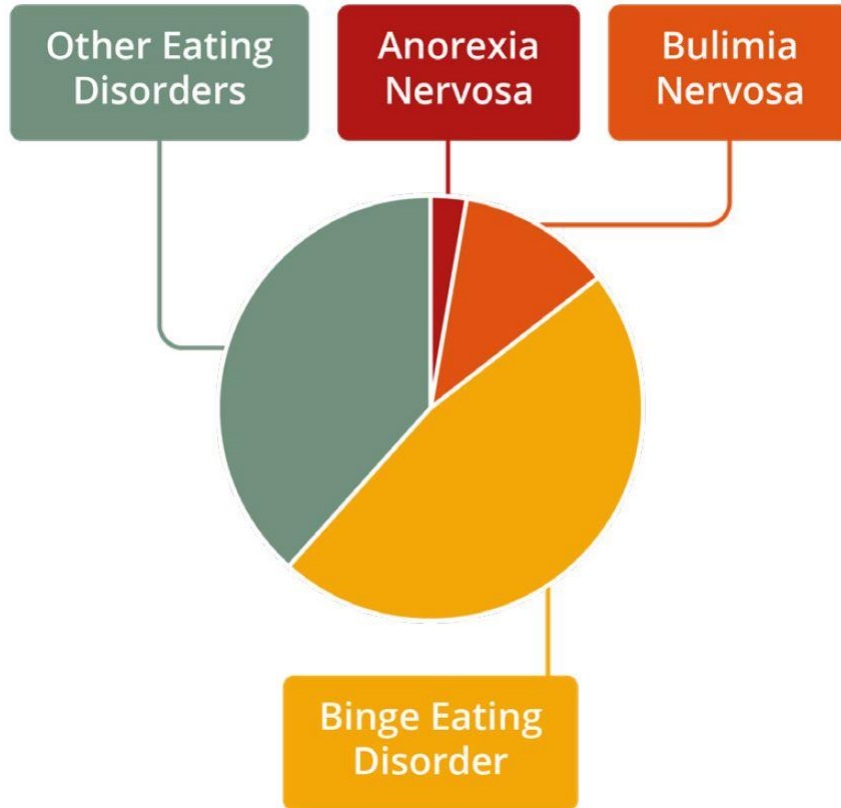
3. Anorexia Nervosa

(Prevalence: 0.6%)

- Extreme restriction in food intake
- Intense fear of gaining weight
- Distorted body image
- May be restricting type, or purging type
- Body mass index 17kg/m² or less. Example: 5'4" less than 110 pounds is considered underweight

	lbs	90	100	110	120	130	140
	kgs	41	45	50	54	59	64
ft/in	cm						
4'8"	142.2	20	22	25	27	29	31
4'9"	144.7	19	22	24	16	28	30
4'10"	147.3	19	21	19	25	27	29
4'11"	149.8	18	20	22	24	26	28
5'0"	152.4	18	20	21	23	25	27
5'1"	154.9	17	19	21	22	25	26
5'2"	157.4	16	18	20	22	24	26
5'3"	160.0	15	18	19	21	23	25
5'4"	162.5	15	17	19	21	22	24

Distribution of eating disorders: 9% pop.



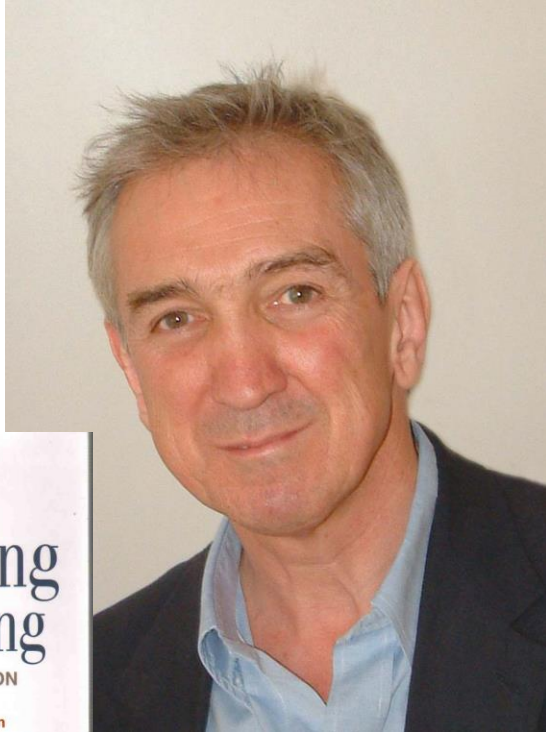
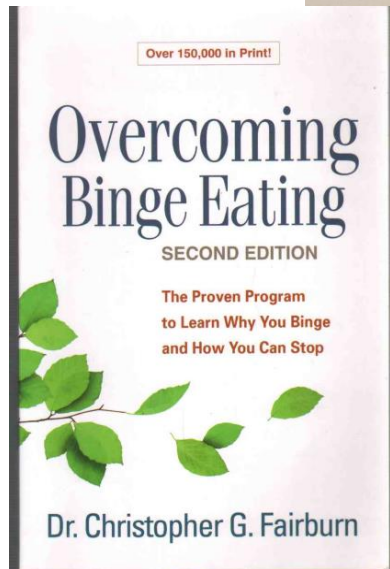
— **The experience:**

Unhealthy eating behavior

Pause and Check-in:

Observations?

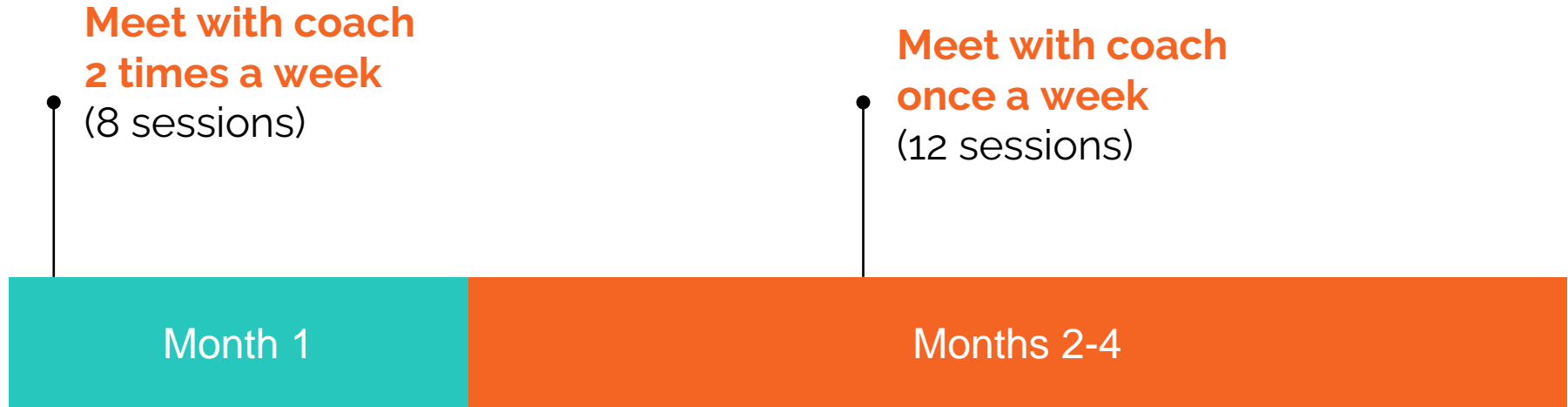
Questions?



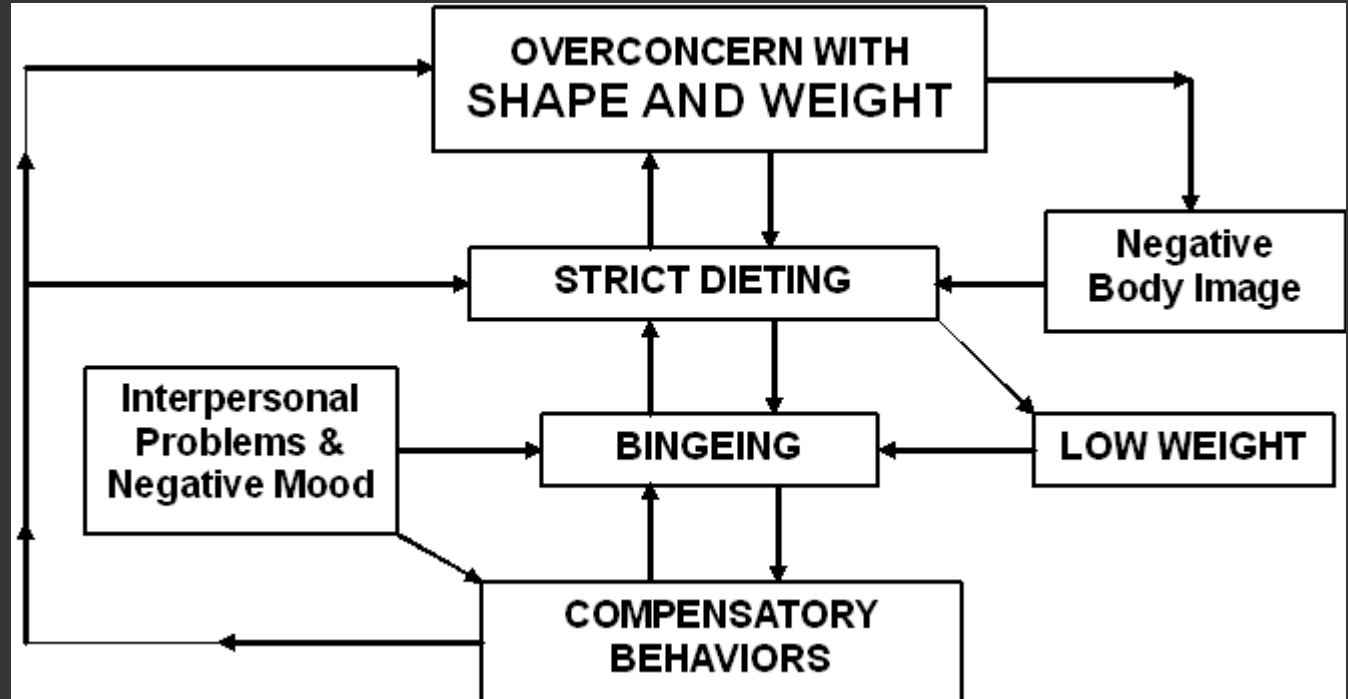
Meet Dr. Christopher Fairburn

- Professor of Psychiatry at University of Oxford. Researched eating disorders for over 40 years.
- Developed “**Enhanced cognitive therapy**” known as **CBT-E** to treat eating disorders. Program has 8 treatment modules.
- Published self-help book in 1995. Second edition in 2013.

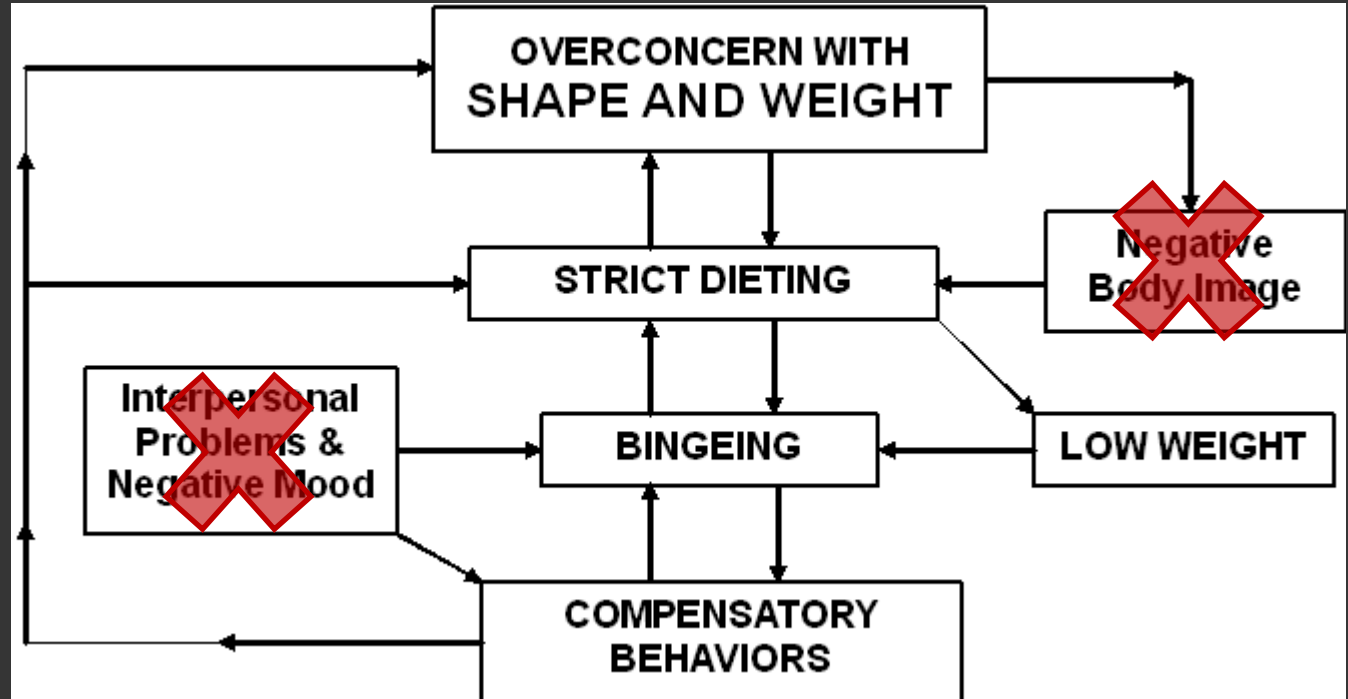
Timeline of CBT-E treatment, 20 sessions in 4-6 months



Eating disorder cycle



Eating disorder cycle



CBT-E program

Step 1: Starting Well

Self-monitoring
Weekly weighing

Step 2: Regular Eating

Establishing a pattern of regular eating
Stopping vomiting and misusing laxatives or diuretics

Step 3: Alternatives to Binge Eating

Substituting alternative activities
Identifying changes in weight

Step 4: Problem Solving

Practicing problem solving

Step 5: Taking Stock

Reviewing progress
Deciding what else needs to be tackled

Dieting Module

Tackling strict
dieting

Body Image Module

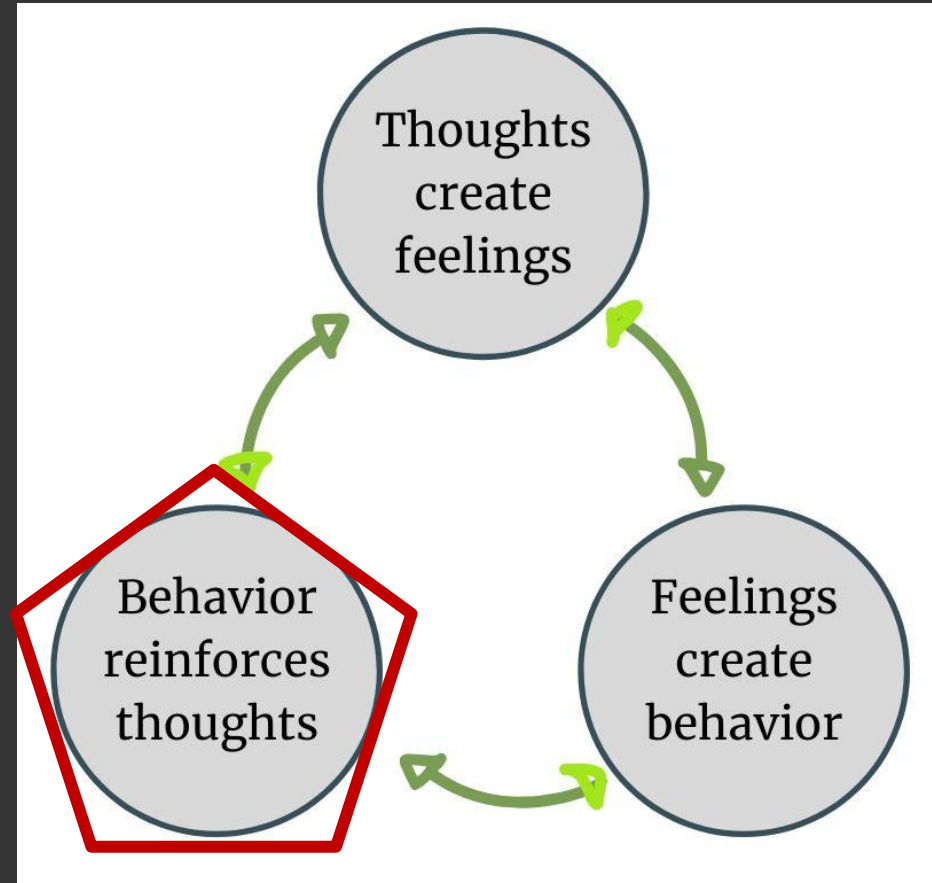
Addressing shape concerns, shape
checking, shape avoidance, and feeling fat

Ending Well

Maintaining progress
Addressing setbacks

Cognitive behavioral therapy:

Behavioral
modification



Week 1 and duration of treatment:

Step 1)

Monitoring sheet

Day			Date		
Time	Food and drink consumed	Place	*	V/L	Context and comments

Sample monitoring sheet

Time	Food/Drink	Place	*	V/L	Content, Thoughts, Feelings
7:30 am	Black coffee w/ splenda	Car			I am running late for work and I feel like I'm starting a bad day.
1:30 pm	Greek yogurt	Desk			So far, so good. Pleased with my self control.
2:30 pm	~20 chocolate chip cookies	Break room	*	V	Ugh!! Cookies left over from holiday party. I was out of control and could not stop until I finished the whole plate—why do I always do this??
5:00 pm	Cocktail and appetizer (2 egg rolls)	Bar			I don't need dinner.
8:30 pm	Family size bag of potato chips, one pint of ice cream	Kitchen	*	V	Before I opened the bag of chips, I knew I was going to binge and I ate the ice cream to help with the purge. I'm disgusting. I ate WAY too much and I don't need breakfast tomorrow.
10:00 pm					Went to the gym to run 4 miles.

(* Represents a binge episode, (V) represents vomiting, (L) represents laxative use

Rise Up & Recover App



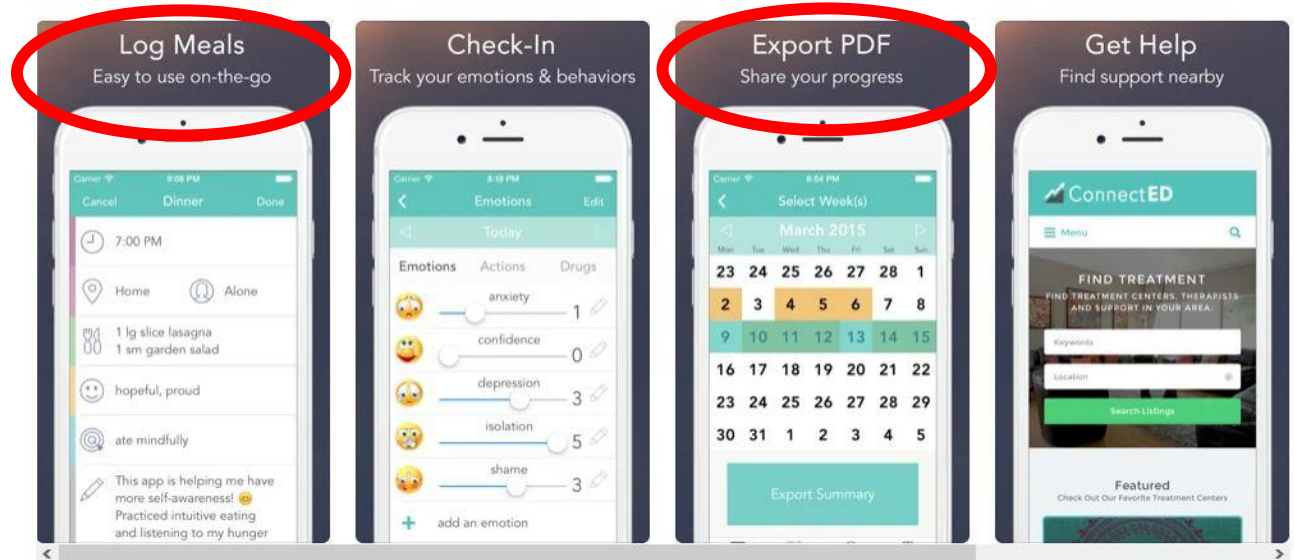
Rise Up + Recover: An Eating Disorder Monitoring and Management Tool for Anorexia, Bulimia, Binge Eating, and EDNOS 12+

Recovery Warriors L.L.C.

★★★★★ 4.7 • 222 Ratings

Free

iPhone Screenshots



—
**Week 1 and
duration of
treatment:**

Step 2) Weigh
only ONCE
per week

140

AN ENHANCED SELF-HELP PROGRAM

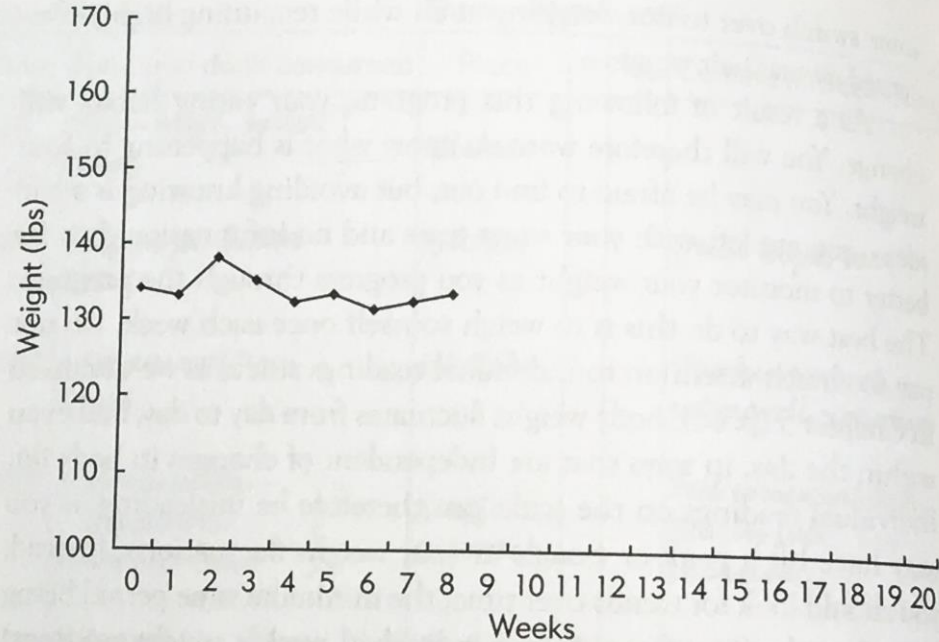


FIGURE 18. The weight graph of someone who is 8 weeks into the program.

Week 2 or 3:

Step 3)

Begin regular
eating and STOP
compensatory
behaviors

"Regular Eating"

Pattern of eating

- Breakfast
- (Mid-morning snack)
- Lunch
- Afternoon snack
- Evening meal
- Evening snack

Points to note

- Eat these meals and snacks, but do not eat between them
- Do not skip any meals or snacks
- Do not go more than four hours without eating
- Eat what you like in the meals and snacks, so long as you do not vomit or take laxatives to compensate
- Always know when (and roughly what) you are next going to eat

Week 2 or 3:

Step 3)

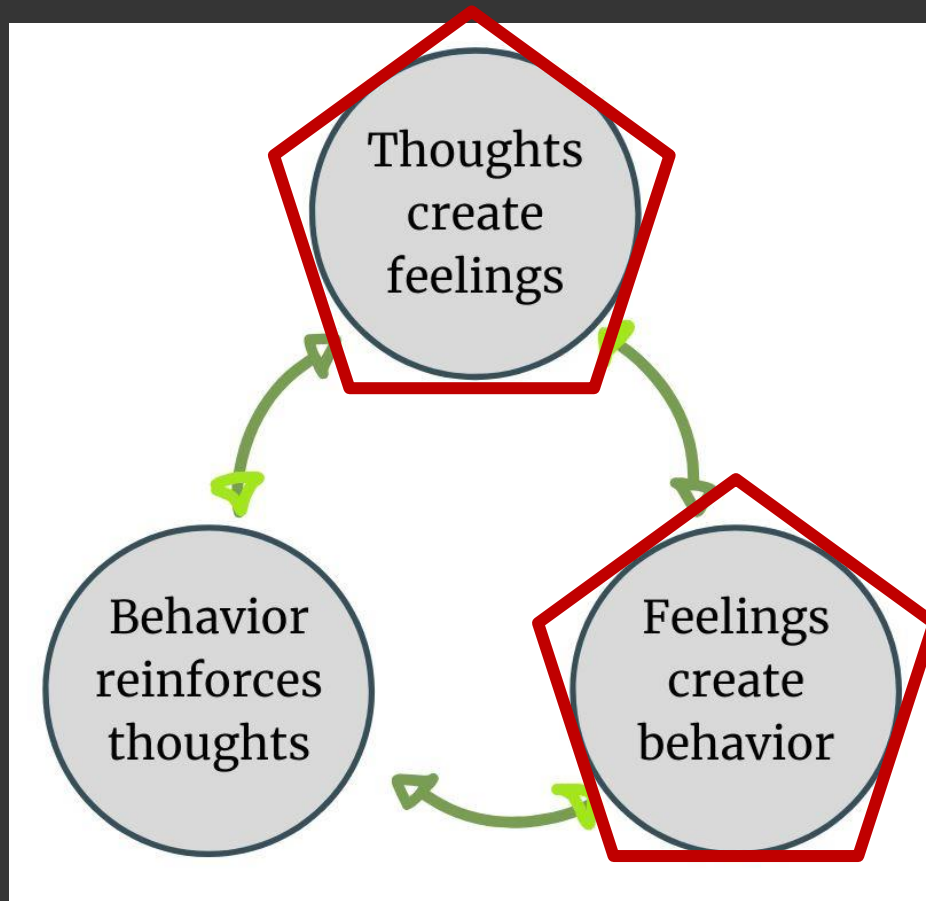
Plan weekly
meals ahead of
time

The image shows a blank weekly meal planner template. The title "Weekly Meal Planner" is at the top left. The columns are labeled "Monday", "Tuesday", and "Wednesday". The rows are labeled "Breakfast", "Morning Snack", "Lunch", "Afternoon Snack", "Dinner", and "Evening Snack". At the bottom, there is a "Water" section with icons of water glasses. The planner is decorated with a brown paper corner tab, a red pen, and a green plant.

Weekly Meal Planner	Monday	Tuesday	Wednesday
Breakfast			
Morning Snack			
Lunch			
Afternoon Snack			
Dinner			
Evening Snack			
Water	   	   	   

Cognitive behavioral therapy:

Cognitive
distortions &
feelings



Ongoing weeks:

Step 4)

Identify
cognitive
distortions

Catastrophizing: “What if I start eating regularly and lose control?”

All-or-nothing: “I’ll mess up my eating schedule and binge eat, so why bother trying!”

Fortune telling: “I’m going to gain X pounds from eating like that.”

Ongoing weeks:

“STOP
compensatory
behaviors?
How?”

Step 5) Develop
alternative
activities



Review: Weigh only ONCE per week

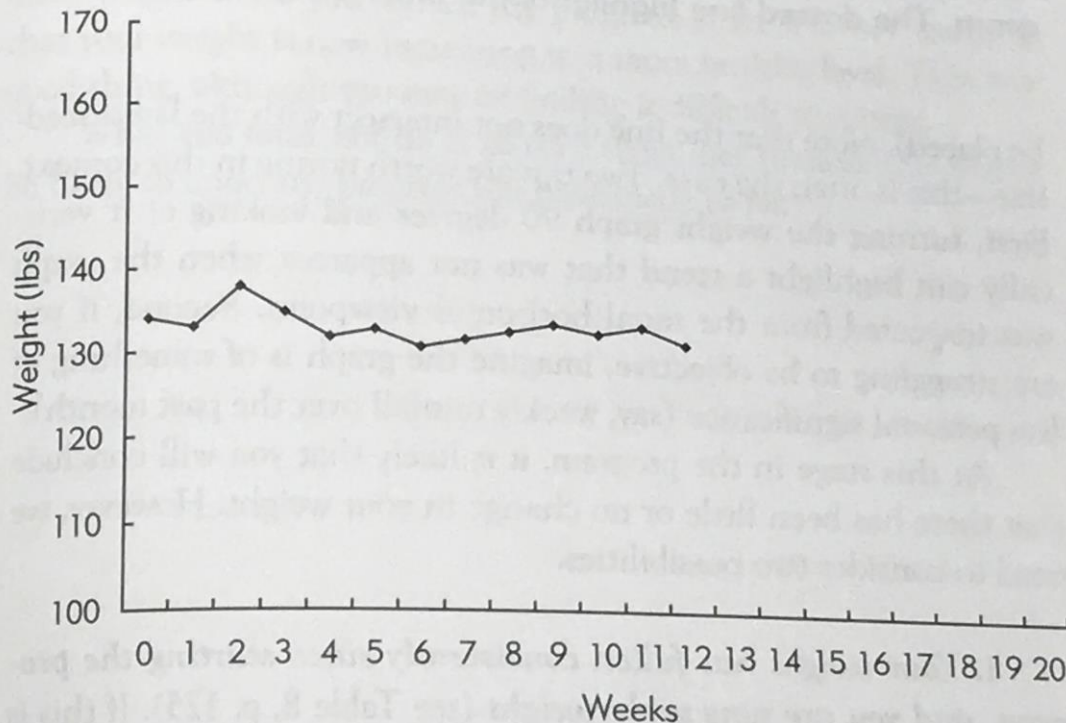
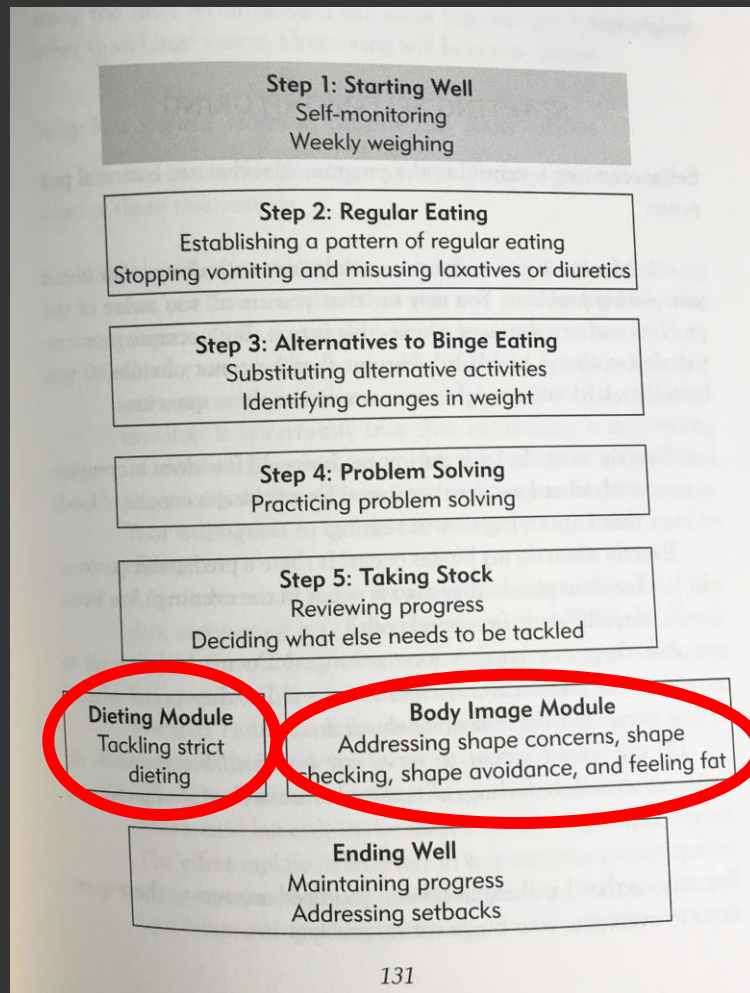


FIGURE 22. The weight graph of someone 12 weeks into the program.

Pause and Check-in:

Questions? Observations?

CBT-E program



Dieting module

3 Types of dieting:

- Delaying eating for long periods of time
- Restricting overall amount you eat
- Trying to avoid certain foods

Month 3:

Step 6)

Start introducing
forbidden foods
to your meals



Body image module

- Distorted body image
- Seeing flaws, overly critical



The experience:

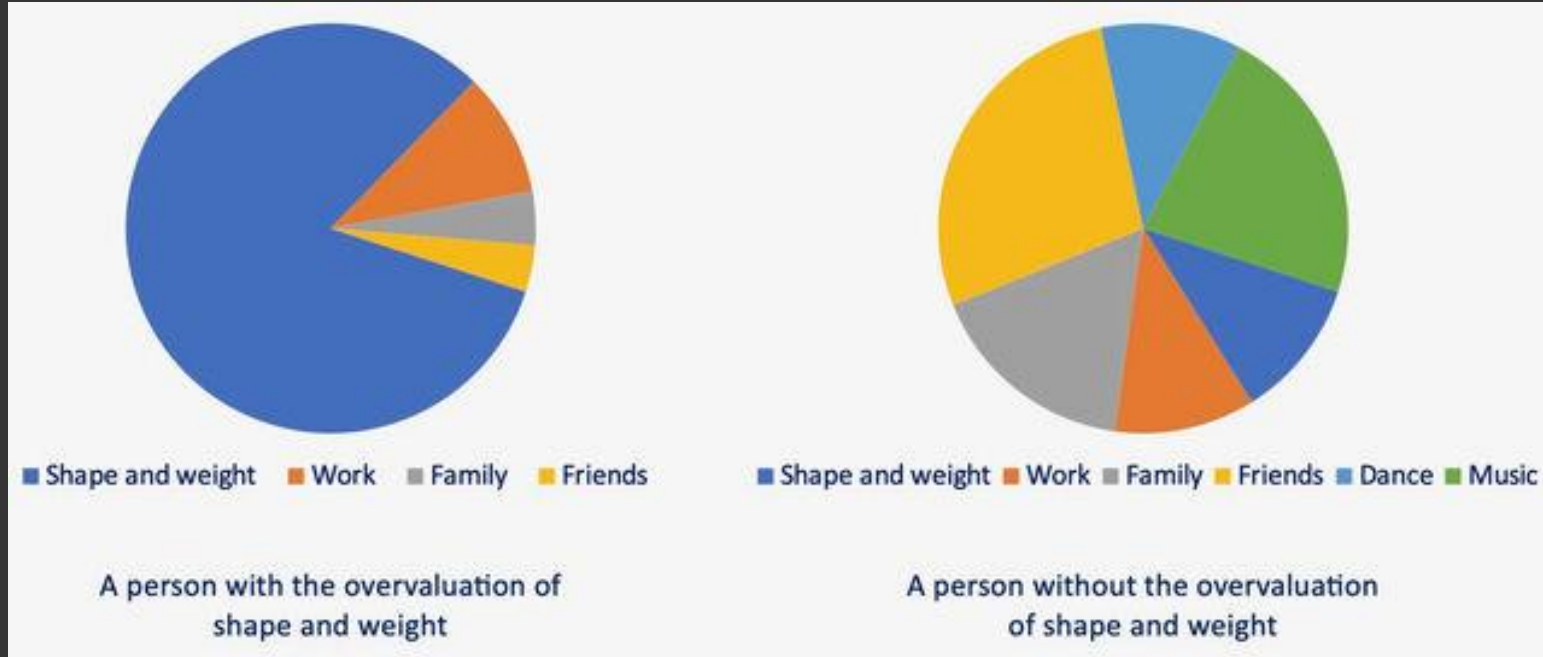
“My confidence and self-worth are deeply rooted in the idea that I must be physically attractive, thin. When I put on weight, even one pound, I risk being unattractive, and I see my future as bleak and lonely.

This thought fills me with despair, so I force myself to eat as little as possible.”

(from Overcoming Binge Eating)

Body image module:

Overvaluation of shape and weight



Body image record:

Step 6)

Monitoring
sheet

Time	Checking, etc	Place	Context, thoughts and feelings

Body image record:

Sample
client

Time	Checking, etc.	Place	Context, thoughts, and feelings
6:30	Looked at reflection in mirror (2 mins)	Kitchen	My face looks really fat
7:00	Looked in mirror while getting dressed- kept turning round and round (5 mins) pinched my fat rolls (2 mins)	Bedroom	Ughh my stomach is so gross
8:30	Checked to see if my backside looks big in this shirt (5 mins)	Bathroom at work	How can I be so fat already? I have only eaten breakfast!
10:00	Looked down at stomach while snacking (2 mins)	Desk	Cannot believe that my stomach is so big-it is making me grossed out to look at it-why can't I just be skinny?

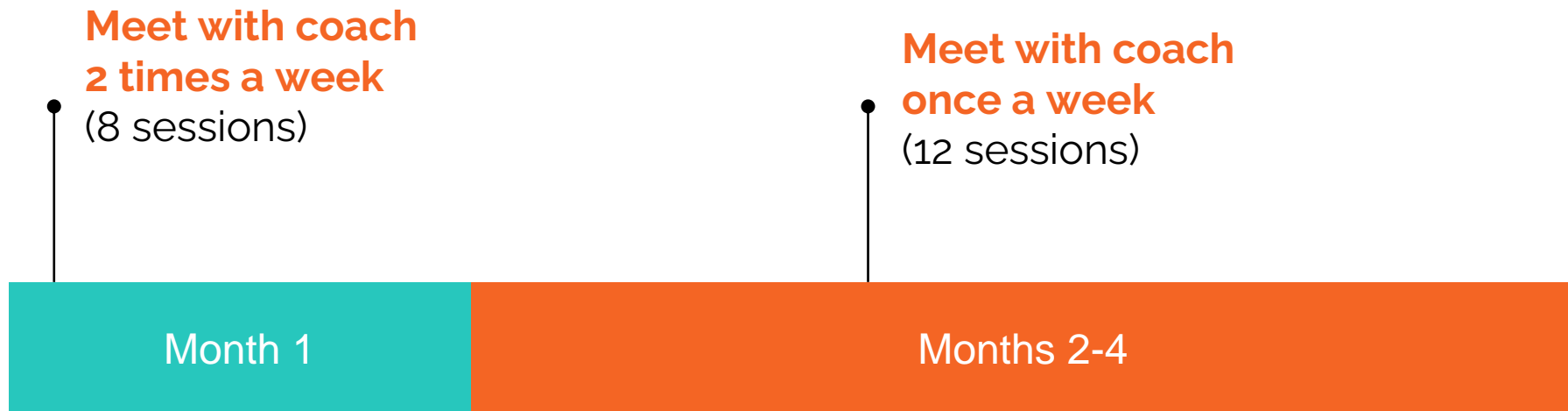
End of treatment: The C in CBT-E

Challenging and changing eating disorder thoughts

"ED SAYS..."	"RECOVERY SAYS..."
Don't eat the oatmeal or any carb at breakfast	Eat a serving of oatmeal or an equivalent grain at breakfast
I can only allow myself XXX calories today	Follow the meal plan you agreed to with your dietitian
I have to exercise today	I will let my body rest
I can only eat XX foods	I will eat a variety of foods

(Lee, 2019)

Timeline of CBT-E treatment, 20 sessions for 4-6 months



How to achieve best outcomes with CBT-E?

Client?

How to achieve best outcomes with CBT-E?

Client?

Social worker?

How to achieve best outcomes with CBT-E?

- Devote 20 weeks to the treatment = 5 months

How to achieve best outcomes with CBT-E?

- Devote 20 weeks to the treatment = 5 months
- **Work with a trained social worker or coach**

How to achieve best outcomes with CBT-E?

- Devote 20 weeks to the treatment = 5 months
- Work with a trained social worker or coach
- **Experimental mindset: Release the grip on controlling thoughts and say, “Let’s try this and see what happens...”**

How to achieve best outcomes with CBT-E?

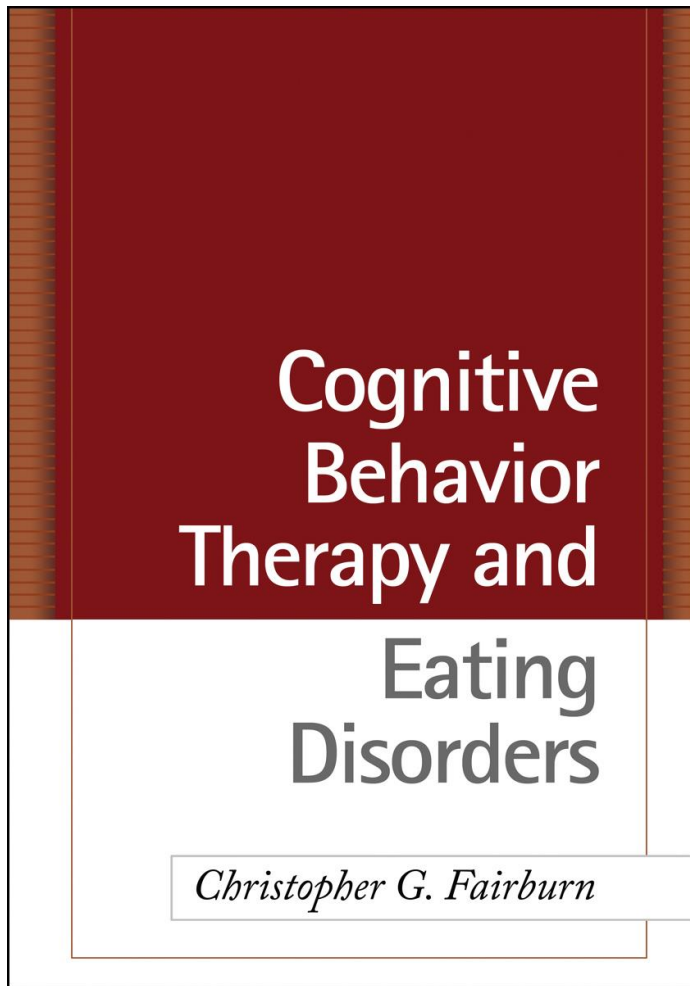
- Devote 20 weeks to the treatment = 5 months
- Work with a trained social worker or coach
- Experimental mindset: Release the grip on controlling thoughts and say, "Let's try this and see what happens..."
- **Accept relapses as opportunities to practice coping skills**

Critiques of CBT-E

1. Paternalizing tone

2. Oversimplified section on "Problem solving"

3. Need skills-building on interpersonal skills and distress tolerance (DBT).



Book for clinicians

- Clinician's manual published in 2008

CBT-E Resources: Fairburn's website with CBT-E handouts (<https://www.credo-oxford.com/4.4.html>)

Handouts from *Cognitive Behavior Therapy and Eating Disorders*

F2.3 - CBT-E formulation of bulimia nervosa

F2.4 - CBT-E formulation of "restricting" anorexia nervosa

F2.5 - Transdiagnostic CBT-E formulation

T4.2 - Points to make when describing CBT-E

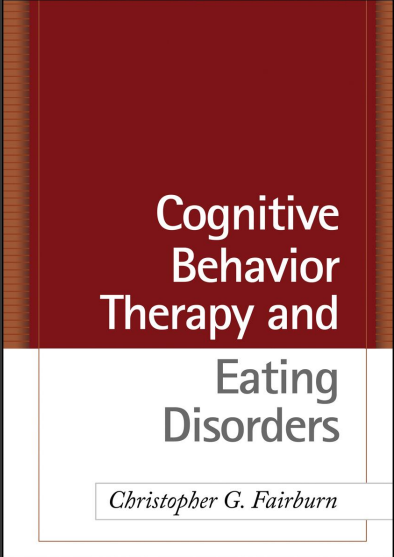
T5.1 - Topics to cover when assessing the eating problem

F5.2 - CBT-E formulation of eating disorder NOS in the patient's own words

T5.2 - Instructions for self-monitoring

F5.3 - Blank monitoring record

T6.1 - Topics to cover when educating patients about eating disorders



Cognitive Behavior Therapy and Eating Disorders

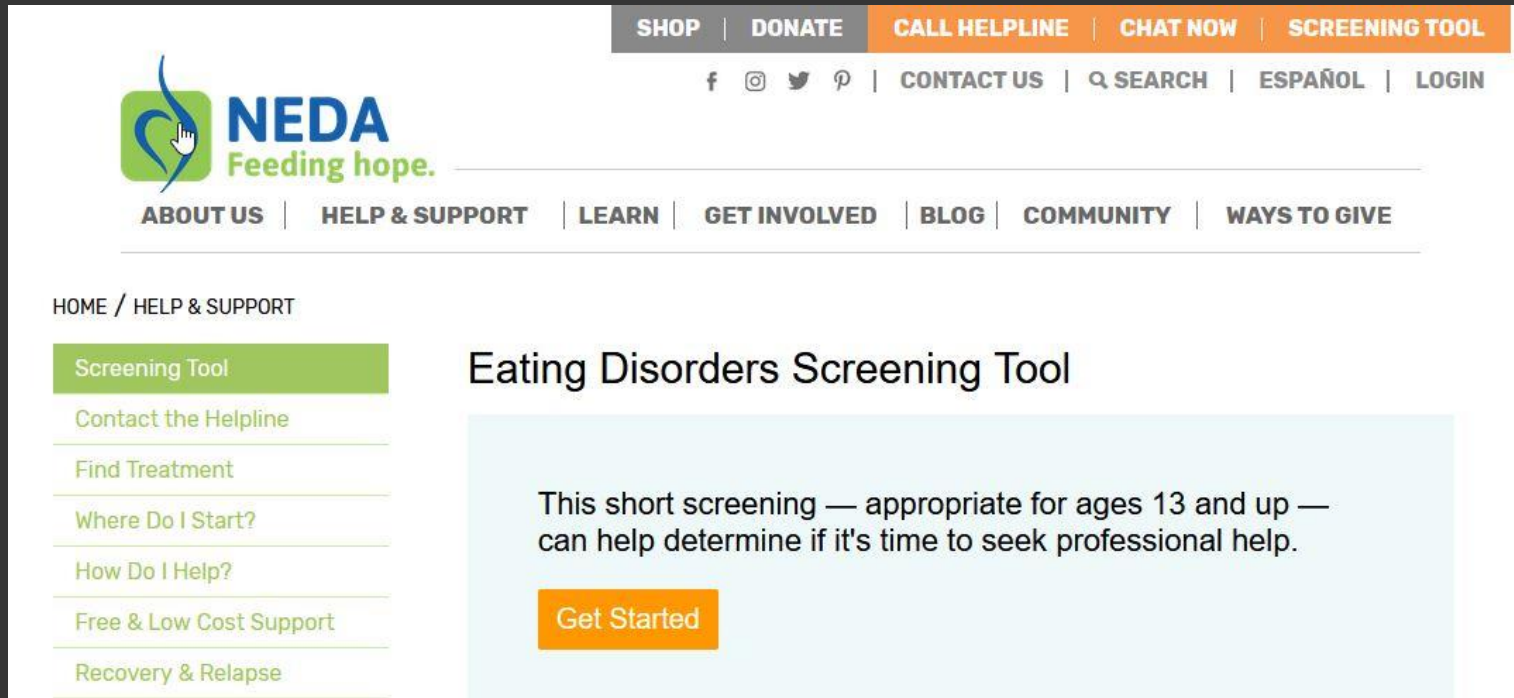
Christopher G. Fairburn

—
The experience:

Recovery

Resources: Eating disorders screening tool

(<https://www.nationaleatingdisorders.org/screening-tool>)



The screenshot shows the NEDA (National Eating Disorders Association) website. The header features the NEDA logo with the tagline "Feeding hope." and a navigation bar with links: SHOP, DONATE, CALL HELPLINE, CHAT NOW, and SCREENING TOOL. Below this is a secondary navigation bar with social media icons and links for CONTACT US, SEARCH, ESPAÑOL, and LOGIN. A third navigation bar contains links for ABOUT US, HELP & SUPPORT, LEARN, GET INVOLVED, BLOG, COMMUNITY, and WAYS TO GIVE. The main content area is titled "Eating Disorders Screening Tool" and includes a description: "This short screening — appropriate for ages 13 and up — can help determine if it's time to seek professional help." A prominent orange "Get Started" button is located below the description. On the left side, there is a sidebar menu with links: Screening Tool, Contact the Helpline, Find Treatment, Where Do I Start?, How Do I Help?, Free & Low Cost Support, and Recovery & Relapse.

NEDA
Feeding hope.

SHOP | DONATE | CALL HELPLINE | CHAT NOW | SCREENING TOOL

f | @ | | | CONTACT US | SEARCH | ESPAÑOL | LOGIN

ABOUT US | HELP & SUPPORT | LEARN | GET INVOLVED | BLOG | COMMUNITY | WAYS TO GIVE

HOME / HELP & SUPPORT

Screening Tool

Contact the Helpline

Find Treatment

Where Do I Start?

How Do I Help?

Free & Low Cost Support

Recovery & Relapse

Eating Disorders Screening Tool

This short screening — appropriate for ages 13 and up — can help determine if it's time to seek professional help.

Get Started

Resources: “18 Eating Disorder Books”

(<https://breakbingeeating.com/eating-disorder-books/>)

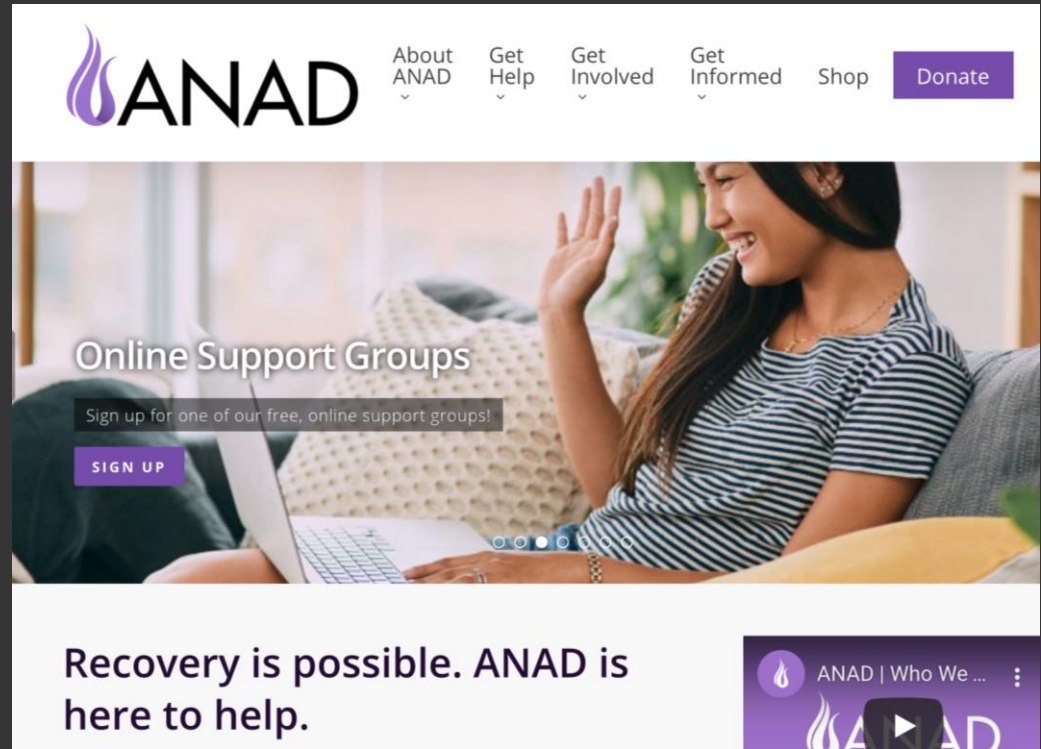


18 Best Eating Disorder Books Of All-Time To Improve Your Eating Behaviors (2022 Update)

Resources: ANAD (National Association of Anorexia Nervosa and Associated Disorders)

(<https://anad.org/>)

- Eating disorders helpline
(888) 375-7767
- Directory of regional treatment locations
- Peer support groups



Resources: ANAD (National Association of Anorexia Nervosa and Associated Disorders)

(<https://anad.org/>)

- Diversity of peer support groups
- 75-minute Zoom mtg.
- Capped at 20 participants?

Support Group Schedule

- LGBTQ+ Eating Disorder Support Group – Monday at 5pm EST / 2pm PST
- General Eating Disorder Support Group – Monday at 6pm EST / 3pm PST
- General Eating Disorder Support Group – Monday at 8pm EST / 5pm PST
- Black, Indigenous, and People of Color (BIPOC) Support Group – Monday at 8pm EST / 5pm PST [Starting on Feb 14, this group will meet at 7:30 EST/4:30PST]
- General Eating Disorder Support Group – Tuesday at 12pm EST / 9am PST
- Teens and Young Adults Support Group – Tuesday at 7pm EST / 4pm PST

References

Bay Area CBT Center. (2022). What is Cognitive Behavioral Therapy (CBT)? [Image of CBT cycle]. <https://bayareacbtcenter.com/what-is-cognitive-behavioral-therapy-cbt/>

Castro, Katelyn. (2018). Challenging Eating Disorder Thoughts. youngwomenshealth.org/wp-content/uploads/2018/09/recognizing-and-challengin-ed-thoughts.pdf

Cut. (2016, Feb 22). Binge Eating | Eating Disorders | One Word | Cut [Video]. YouTube. <https://youtu.be/yWHIAQ84AZM>

Cut. (2016, Feb 24). Recovery | People with Eating Disorders | One Word | Cut [Video]. <https://youtu.be/iErtF9lfl6M>

Fairburn, C.G. (2008). *Cognitive Behavior Therapy and Eating Disorders*. New York, NY: The Guilford Press.

Fairburn, C.G. (2013). *Overcoming Binge Eating, Second Edition: The Proven Program to Learn Why You Binge and How You Can Stop*. New York, NY: The Guilford Press.

References (continued)

Grave, R.D. (2020, July 10). Overvaluation of Shape and Weight in Obesity. Retrieved from <https://www.psychologytoday.com/gb/blog/eating-disorders-the-facts/202007/overvaluation-shape-and-weight-in-obesity>

International Fitness Association. (2021). Body Mass Index Chart. Retrieved from <https://www.ifafitness.com/book/bmi-chart.htm>

Khandelwal, S. (2015, Oct 8). Symptoms and solutions to stop binge eating. [Image of person eating at counter]. <https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/symptoms-and-solutions-to-stop-binge-eating/articleshow/49229449.cms>

Khera, G. (2019, Sept 13). Body dysmorphic disorder (BDD): Symptoms, Causes, and Treatment. [Image of body dysmorphic disorder]. <https://www.scientificanimations.com/body-dysmorphic-disorder-symptoms-causes-treatment/>

Lee, A.H. (2019). Challenging and Changing Eating Disorder Thoughts. Retrieved from <https://mirror-mirror.org/getting-help/challenging-and-changing-eating-disorder-thoughts>

References (continued)

National Association of Anorexia Nervosa and Associated Disorders. (2021). Eating Disorder Statistics. Retrieved from <https://anad.org/get-informed/about-eating-disorders/eating-disorders-statistics/>

National Eating Disorders Collaboration. (2021). Binge Eating Disorder (BED). [Image of eating disorders pie chart]. <https://nedc.com.au/assets/Fact-Sheets/Fact-Sheet-Binge-Eating-Disorder-.pdf>

National Institute of Mental Health. (November 2017). Eating Disorders. Retrieved from <https://www.nimh.nih.gov/health/statistics/eating-disorders.shtml>

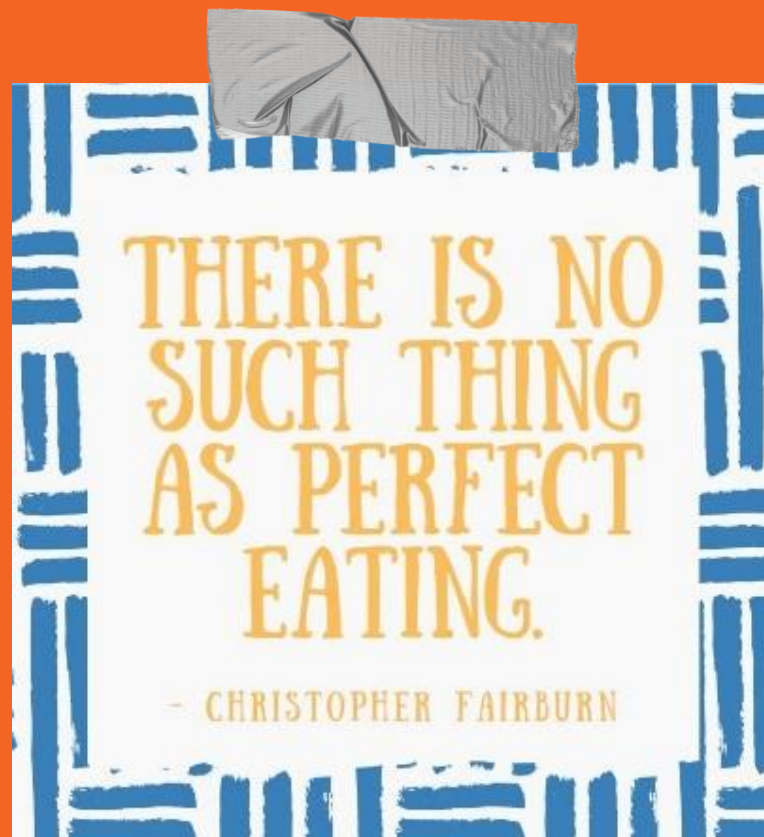
OnPlanners.com. (2022). Colourful meal planner. [Image of weekly meal planner]. <https://onplanners.com/template/colourful-meal-planner>

Recovery Warriors. (2021). Rise Up and Recover App. Retrieved from <https://www.recoverywarriors.com/app/>

Rudlin, K. (2021, Sept 8). Signs and Symptoms of Bulimia in Teenagers. [Image of common symptoms of bulimia]. <https://www.verywellmind.com/signs-and-symptoms-of-bulimia-in-teens-2609258>

Yawitz, K. (2021, March 31.) Got cravings? Urge surfing can help. Retrieved from <https://crossfit26.com/urge-surfing/>

Thank you for your
participation!



Scenarios:

Scenario #1: Alex and his anxiety around cake.

Alex is at his friend's birthday party and is offered a slice of cake. Alex hasn't eaten cake in a year because it was previously a fear food for him and he feels anxious eating.

What tools can he use from the CBT-E treatment?

(Castro, 2018)

Scenarios:

Scenario #2: Brenda and her urge to binge eat when depressed.

Brenda is home alone watching TV a few hours after dinner and is feeling sad. She used to binge eat cookies and candy when she was feeling lonely and in-between diets.

What can she do behaviorally to disrupt her mindset?

(Castro, 2018)

Binge video:

<https://youtu.be/yWHIAQ84AZM>

Recovery:

<https://youtu.be/iErtF9IfI6M>