Trauma and Eating Disorders: Interventions Utilizing EMDR and Art Therapy Techniques

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Mississippi Trauma Informed Care Conference
September 25, 2019 - 10:45a-12:15p
Break out session A

Objectives

- Be able to identify the role that trauma plays in eating disorders, as well as the main types of eating disorders utilizing a history taking form. (30 Mins)
- Be able to explain and implement therapeutic art techniques, to include storytelling, with regard to body image as a result of trauma using EMDR resourcing in the treatment of eating disorders. (30 Mins)
- Through a practicum, participants will be able to demonstrate integration of the use of art therapy techniques and EMDR in the treatment of trauma and eating disorders in individuals, couples, and families into their framework of treatment. (30 Mins)

Can you guess which one of these people has an eating disorder?

No! There has to be an assessment.
Assessment Sheet

History of Eating Disorder

Check any that pertain to you:
- restricted intake
- intense fear of being obese
- claiming to feel fat when others say you are not
- felt compelled to maintain your body weight at a minimum for your age and height
- starving
- diet pills
- self-induced vomiting
- laxative abuse
- diuretic abuse
- compulsive exercise
- sneak eating
- stealing food/hoarding
- recurrent episodes of binge eating; how many times per week ______
- consumption of high carbohydrate, fat, or sugar foods (circle any that apply)
- weight fluctuations (10 lbs or more) due to binge/fast cycle
- self-depressing thoughts and moods following binges
- history of trying numerous kinds of diets

9/10/2019

How long does a binge usually last?
- Less than 1 hour
- 1-2 hours
- More than 2 hours

What time of day do you usually binge? ____________________________________________

How old were you when you first began to binge? _____ years old

How long have you had a problem with binge eating? _____ days   _____ months   _____ years

What is the longest period of time that you have been abstinent from binge eating since this problem began?
________________________________________________________________________________

Describe a typical binge:
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

Binge is terminated by:
- sleep
- pain
- self-induced vomiting
- social interruption
- other ______________________________

Binge eating behavior
Have you ever had an episode of eating a large amount of food in a short period of time?
- no
- yes

Please circle on the scales below how characteristic the following symptoms are of the patient's binge eating:
- Never
- Rarely
- Sometimes
- Often
- Always

Consumes a large amount of food during a binge
- 1
- 2
- 3
- 4
- 5

Eats very rapidly
- 1
- 2
- 3
- 4
- 5

Feels out of control when eating
- 1
- 2
- 3
- 4
- 5

Feels miserable or annoyed after a binge
- 1
- 2
- 3
- 4
- 5

Gets uncontrollable urges to eat and eats until feels physically ill
- 1
- 2
- 3
- 4
- 5

Binge eats in private
- 1
- 2
- 3
- 4
- 5

Purging behavior
Have you ever vomited or spit out food after eating in order to "get rid" of the food eaten?
- no
- yes

How old were you when you induced vomiting for the first time? _____ years old

How long have you been using self-induced vomiting? _____ days   _____ months   _____ years

How soon after eating do you induce vomiting? 0-15 mins 15-30 mins 45-60 mins 1 hour or longer

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<th>Description</th>
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PURGING BEHAVIOR CONT’D
Have you ever used laxatives to control your weight or “get rid” of food?
— no
— yes
How old were you when you first took laxatives for weight control? _____ years old
Are you currently using laxatives?
— no
— yes
How often? ____________________________ How many? ____________________________
What kind? ____________________________ Last use? _______________________________

DIETING BEHAVIOR
Have you ever been on a diet?
— no
— yes
How old were you when you went on your first diet? _____ years old
Have you ever been on a severely restrictive diet such as a liquid diet or fast?
— no
— yes
Describe: ________________________________________________________________

DIETING BEHAVIOR CONT’D
What is the most weight you have lost at one time? ____________________
Did you gain it all back? ____________________ Plus more? ____________________
Have you ever used diet pills?
— no
— yes
What kind? __________________________________________________________________________
When was your last use? ____________________ How long did you use them? ____________________
Have you ever used diuretics?
— no
— yes
How often? _______________________________
First use was: __________________________  Last use was: __________________________
Have you ever used exercise to control your weight?        no
— yes
Describe your most excessive daily exercise routine:
_______________________________________________________________________________________________
When was this?  _______________________________________________________________________________________
What is your most current exercise routine?
___________________________________________________________________

Trigger Questionnaire
Name:____________________________________________                  Date:________________________
Describe what events (external or internal experiences) recently caused or currently cause you to feel a
desire to binge, purge, or restrict. External experiences can include certain people, places, activities, objects,
behaviors, etc. Internal experiences can include feelings, thoughts, bodily sensations, memories, etc.
For the last column, rate the strength of the urge to use (LOU) when you think about the external and/or
internal experience now - from “0” none to “10” the strongest urge you have ever experienced.

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<tr>
<th>External Experiences</th>
<th>Internal Experiences</th>
<th>Rate strength of urge to use from 0 to 10</th>
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Developed by Silke Vogelmann Sine, Ph.D. and Larry F. Sine, Ph.D.
Eating Disorders Know No Class

- Eating disorders range across a span of all socio-economic classes

What is an Eating Disorder?

“a pathological relationship of a person to a mood-altering process involving food, weight, and shape in expectation of a rewarding experience”

- DSM-V Criteria/Signs and Symptoms (Form)
- A Self-Regulatory Adaptation (Function)
- An Angel in Disguise (Soul)

Overview of Eating Disorders

- Anorexia
- Bulimia
- Binge Eating Disorder (BED)
- Rumination Disorder
- Pica
- Avoidant or Restrictive Food Intake Disorder
- Eating Disorder Not Otherwise Specified (Refer to DSM-V for subtypes)
Anorexia

Anorexic Family Profile

Surface:
- Healthy
- High-achieving
- All-American

Actual:
- Father: Outward, focused on appearance
- Mother/Daughter: Secret allies

Actual:
- Enmeshed
- Doesn’t want patient to separate
- Overprotective
- Rigid
- More nurturing/understanding
- Lacking conflict resolution
- Poor boundaries

80% of young women on college campuses have some type of pathogenic eating disorder
- Anorexics can live on sugar, caffeine, and cigarettes for days
The Eating Disorder Continuum

Compulsive Overeater
Bulimia
Bulimarexia
Anorexia Nervosa
Bulimia Nervosa

Bulimic Family Profile

Surface:
- Dysfunctional
- High-achieving

Actual:
- Father: Rage-aholics
- Mother: Never involved; emotionally unavailable

Typical Parents Are:
- Alcoholic
- Controlling
- Demanding
- Distant
- Emotional
- Passive
- Deny their pain

Contrasting Features

Anorexia Nervosa
- Introverted / Low self-esteem
- Eating behavior = source of pride
- Less sexually active
- Loss of sexual drive
- Amenorrhea (women)
- Death from starvation
- Model child / perfect

Bulimia Nervosa
- More extraverted / Intense relationships
- Eating behavior = source of shame
- More sexually active
- Change in sexual drive
- Variable amenorrhea
- Death from hypokalemia or suicide
- Behavioral abnormalities
Binge Eating Disorder

- Recurrent episodes of binge eating characterized by:
  - Eating more than most people would eat during similar period
  - Sense of lack of control during the episodes
  - Binge eating occurs twice a week for 6-month period
  - Marked distress about binge eating
  - Does not meet other criteria for eating disorders

- During most binge episodes, at least 3 of the following:
  - Eating more rapidly than usual
  - Eating until feeling uncomfortably full
  - Eating large amounts of food when not hungry
  - Eating large amounts of food with no planned mealtimes
  - Eating alone, due to embarrassment
  - Feeling disgusted, depressed, or guilty after overeating
  - Eating large amounts of food due to anxiety, loneliness, boredom, or depression

Medical Complications of Food Addiction (A Partial List)

- Cravings
- Hypertension
- Heart attacks
- Strokes
- Diabetes
- Varicose veins
- Hemorrhoids
- Degenerative arthritis (hips and knees)
- Chronic constipation

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(continued)
What Produces Food Cravings?

- sugar
- artificial sweeteners
- white flour
- alcohol
- caffeine

Solution is to increase protein!

Healthy Food Planning

- Dairy
- Fruit
- Protein
- Vegetables
- Starch

Blood Sugar

- Blood sugar spikes
- Balanced blood sugar
Healthy Brain vs. Addicted Brain

PET (Positron Emission Tomography) scan of a brain on sugar and a brain on cocaine.

PET (Positron Emission Tomography) scan of a normal brain, a cocaine-addicted brain, and the brain of an obese individual.

Goals for Treatment

1. Interrupt binge/purge cycle
   a. Naltrexone medication (intervenes on the compulsive urges to binge and purge)
2. Normalize eating patterns
3. Increase self-esteem
4. Promote self-responsibility
5. Stabilize chaotic thought patterns
6. Repair physical damage
7. Explore leisure time activities
8. Begin to repair family structure
9. Educate - recovery and relapse tools
3 Art Techniques

1. Extended Resourcing / Body Image Art Technique
2. Storytelling
3. Vision Board

1. Extended Resourcing / Body Image Art Technique

A. Ask the client to draw 7 or 8 pictures of the parts of their body that they like. On the back of each picture have the client write down a positive belief and feeling for that body part.

B. Install each picture separately using slow BLS (bilateral stimulation) to activate the feelings and sensations associated with the illustrated body part.

Source: Adapted from Roy Kiessling; Lauren Stern, MA-ATR-BC, LPC

Extended Resourcing / Body Image Art Technique

Mouth

Belief: "Words can be powerful"

Feeling: "Good"
Foot
Belief: “I am stronger and stable”
Feeling: “Secure; stable”

Naturally Curly Hair
Belief: “It is pretty; true to myself”
Feeling: “Proud of Italian family legacy for curly hair”

Teeth
Belief: “I have a pretty smile”
Feeling: “Lucky; grateful for braces”
Extended Resourcing / Body Image Art Technique

**Back**

Belief: “It supports me”

Feeling: “I like it”

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**Eyes**

Belief: “I have pretty eyes; they are the window to my soul”

Feeling: “Good”

---

**Collarbone/Shoulders**

Belief: “My shoulders let me know if I take on too much responsibility”

Feeling: “Open”
C. Ask the client to draw a full-bodied picture and to include a positive belief and feeling for their body. Install.

Extended Resourcing / Body Image Art Technique

Entire Body

Belief:
“I am good and healthy; I can treat my body well and use it to help others”

Feeling:
“Relief”

Steps A-C

Source: Adapted from Roy Kiessling’s model; Lauren Stern, MA, ATR-BC, LPC
2. Storytelling Art Technique:
Art Series Example of Original Onset of Memory of Most Disturbing Event When the Eating Disorder First Started

40

41

42
I found him sitting in Inter® restaurant holding hands across the table with a woman.

We both went home. It's 11-7 shift.

He tells me he is "flirting" with another woman when he gets off work. He goes to her house.

1982. It's a boy! Who are you? I am asleep. I heard your entire conversation. We hope just had our first baby! How could you do this? Calling her! How much do you need it?
1984
I refuse to continue to put up with your unfaithfulness to me. You have repeatedly spent your time with other women, with your family picking up girls.

1985
Our second son is born. He does not help me. I see him getting very close to other women.

1987
I find letters he has written and received from another woman. What is the meaning of this? You have a family and love them.
Practicum

3. EMDR Vision Board Art Technique

- spiritual
- lifestyle
- personal
- work
- relationships
EMDR Vision Board

Resources