

Reflections

A Quarterly E-newsletter

Volume I

Issue I

Welcome to the first edition of the OEDA quarterly newsletter! We hope to offer readers hope & inspiration, education, and awareness of outreach events as well as a sense of community.

OEDA has been active and growing since its inception in December 2008. We are thrilled to announce we have reached over 1,600 individuals throughout the state during a variety of OEDA sponsored outreach events last year.

One of the most exciting 2009 events, "Conversation of Hope," which featured esteemed author Joe Kelley, brought over one hundred Oklahoman's together to raise

OEDA's Mission

Oklahoma Eating Disorders Association (OEDA), a not-for-profit organization, is dedicated to the prevention of disordered eating, eating disorders, and negative body image by raising awareness, providing education, and serving as the leading resource of support and identification of treatment resources throughout Oklahoma and neighboring states.

awareness of eating disorders. The response in Tulsa was so wonderful that we are making this an annual event. This year we have renowned author of "Life Without Ed," Jenni Schaefer as our guest speaker. More details will be posted as the event grows near.

Please check the website calendar regularly for updates on current events and outreach events related to eating disorders & body image.

We are gearing up for another big year and hope you are excited to get involved!

<http://okeatingdisorders.org>

--Lisa Gibson, MS, RD/LD

A note from the President

We are excited to share with you our first OEDA quarterly e-newsletter. This has been a desire from the beginning, and we are thrilled to finally be launching our first issue! We hope the OEDA community will find benefit from each section of the newsletter, whether you are a professional or one whose life has been personally touched by an eating disorder. We have many voices joining together in this mission!

As OEDA journeys through its second year I wanted to share this quote:

"Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will." - George Bernard Shaw



--Jaime N. Buecker, LPC

LOVED ONE'S NOOK--SUBMISSIONS FROM OUR READERS*

Calling Those Who Love or Care for Someone with an Eating Disorder,

My wife, Deborah, and I deeply love someone with an eating disorder. We vividly remember the initial realization of this fact (of the presence of the eating disorder) and the fear and feeling of isolation we experienced. The journey remains lonely much of the time. It seems very few, if any, people outside the treatment team understand what we face. The entire media industry seems to be against our loved one and so, against us. Our family and friends offer strong love and support, but they don't completely understand some of the basic principles this journey demands of us. All this adds up to a feeling of isolation and loneliness as I stated earlier.

Along the way, Deborah and I found great strength and encouragement from those who were part of the treatment team and those who loved someone with an eating disorder. The unfortunate part of those encounters is they were few and far between. They occurred during a time of in-patient or intense out-patient care.

Deborah and I feel the establishment of a support group for those who love and care for someone with an eating

disorder would be a huge encouragement and strong anecdote for loneliness. A support group can provide a venue for education as there are willing professionals in eating disorder treatment to be present at these meetings and provide sound information. It can serve as a natural springboard to becoming more involved in raising public awareness of the disorders and how we might unite to fight them. Most importantly, it will be a place to listen, share, laugh, cry, and learn with others who understand. After all, sharing our unique and common experiences with each other will certainly reduce our feelings of loneliness and isolation. I believe we will receive encouragement from each other so that we can continue to support the ones we love.

We hope you will join us at our first Loved One's Support Group meeting on September 13th at "The Coffee House" (corner of 3rd Ave and Knoblock St.) at 7:30pm.

--Todd Green

*E-mail your story to info@okeatingdisorders.org for possible submission!

REDEFINING BEAUTY

Beauty queens, models, movie stars, musicians: our society constantly has a focused lens on these people when measuring beauty and worth. We live in a world where beauty is marketed, and if you don't live up to society's "idea" of what it means to be beautiful then you fail. This is what we tend to convince ourselves of as it causes our relationship with food to suffer.

We as humans (I am definitely including myself here) often limit ourselves to not looking or thinking outside the box with many things in life, such as: religion, science, politics, the economy etc. This list really could go on and on and I truly believe that "beauty" is something that should be a part of this list, a long side our relationship with food and the Divine.

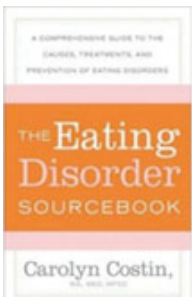
I recently started reading the book, *Women Food and God* by Geneen Roth. It is an incredible book so far, I definitely recommend reading it! In her book Geneen talks about our relationship with food, and how we take care of our bodies reflects all of our beliefs. I would like to share a quote with you that Geneen used in her book from Courtney E. Martin's book, *The Christian Scientist*.

"So many perfect girls were raised entirely without organized religion, and the majority of the rest of us experiences 'spirituality' only in the form of mandatory holiday services with a bog-haired grandmother. Overlay our death of spiritual exploration with our excess of training in ambition, and you have a generation raised largely without a fundamental sense of divinity. In fact, our worth in the world has always been tied to our looks... not the amazing miracle of mere existence."

As I read this I paused in total amazement and the line "the amazing miracle of mere existence" touches my soul in a way that words can't fully explain. To rethink beauty is to rethink what it is that we place so much of our emphasis on. The world is tied and focused on our looks but I truly believe there is a beauty far greater than that which is from the world. The fact that we have been beautifully and wonderfully created is the essence of what beauty is. It is the amazing miracle of our existence.

I encourage you to take a few moments each day to recognize the unique beauty of your existence in this world.
--Kristia Ford

BOOK REVIEW: *THE EATING DISORDER SOURCEBOOK* BY CAROLYN COSTIN



I was thrilled when asked to review books that are pertinent to disordered eating for OEDA. There are many excellent ones out there, and I love to read. I knew immediately my first review would be *The Eating Disorder Sourcebook* by Carolyn Costin. In private practice, parents and friends of clients struggling with disordered eating are often at a loss for guidance. *The Eating Disorder Sourcebook* is usually the first title that I recommend to them.

Ms. Costin waged her own battle with anorexia in the 1970's when little was known about treatment. She fought her way to recovery and subsequently became a therapist specializing in the treatment of disordered eating. She is highly recognized in her field as a lecturer and author and for many other related accomplishments.

The Eating Disorder Sourcebook begins with factual information about criteria for an eating disorder. The author informs the reader of the cultural context regarding relationship with food. She helps us to understand the interplay of our national obsession with dieting and the development of disordered eating. She explores the integration of genetics, environment and media in the development of eating disorders. Ms. Costin also addresses specific issues related to gender and race.

A common question parents ask is, "Why is my child destroying herself?". The author offers a detailed explanation of disordered eating as an adaptive function. Her use of case examples helps the reader to comprehend the complexity of the adaptive function. Other questions I commonly hear are, "What do I say or not say about eating or food at meal times?" and "How should I comment about her appearance?" There is a section of "do's and don'ts" about these subjects.

Clinicians will find helpful the detailed information concerning assessment and treatment. The author discusses treatment philosophy and provides vignettes that illustrate how to "put the eating disorder out of a job." I have marked a section of the book pertaining to laboratory tests and use it often to explain to parents and clients why it is important to obtain those blood tests. I truly appreciate Ms. Costin's inclusion of alternative treatment methods. I have had much success with teaching clients methods of self-regulation that include guided imagery and mindfulness practices. She even mentions EEG brain biofeedback otherwise known as neuro-feedback. Research using this modality has shown it is effective for treating anxiety that is so pervasive with our clients.

I highly recommend this book for anyone who wants a comprehensive, sensitively written overview of the development and treatment of disordered eating.
--Chylene DeLarre, LPC



THE CLINICIAN’S CORNER

**Metaphors of Recovery:
Avoiding the Falls**

When I am working with a client who is well into recovery from her eating disorder, I often ask, “What has been most helpful in our therapy together?” In some form or another, she will inevitably answer that the metaphors we developed to depict and explore major themes in her life were especially meaningful. Metaphors are powerful tools with which to capture complicated dynamics underlying disordered eating. They provide potent, symbolic images that can be shared between therapist and client in an intimate, individualized way. Like a picture, an accurate metaphor is worth a thousand words. Through this column, I will share the metaphors that promoted healing and hastened recovery for my clients over the past twenty years.

For clients with bulimia, reducing the frequency of purging is often an initial goal. We begin by attempting to identify common triggers, situations, and feeling states that precipitate urges to binge and/or purge. Many clients have told me that there are times when nothing seems to help. One client put it this way: “I get in this state where it is too late to use the coping mechanisms I’ve learned. Nothing can stop me then. I know I’m going to eat, and I know I’m going to purge. It’s like I just check out and go on auto pilot. Once I’m in that place, it’s going to happen, no matter what.” We developed a metaphor for this situation called “Going Over the Falls.”

Most of us have seen a cartoon where some poor character is paddling a canoe in a river with an increasingly fast current. At first it appears fun, and the character temporarily looks like she

is enjoying herself. However, as the rapids speed up and the water turns turbulent and frothy, she becomes distressed and begins to flail around in attempts to paddle to shore, look around for help, or even paddle backwards. In the cartoon version, these efforts always fail. Our heroine inevitably plunges over an enormous water fall and into the churning water below.

This scenario is an obvious metaphor for the purging episode described by my client. There comes a point when the “current” of her emotions flows too rapidly, and she is swept past the point of being able to use alternative coping mechanisms. Like white water rapids, the stream of thoughts and feelings becomes uncontrollable, and she is swept “over the falls,” which is powerfully symbolic of the act of purging.

To make therapeutic use of the metaphor, I ask my clients to practice identifying signals “up river” so that they can utilize effective coping strategies before the current becomes too strong. Like noticing signs on the riverbank saying, “Danger: Water Fall Ahead,” we explore “signs” of a potential purging episode such as boredom, loneliness, anger, stress, hunger, fullness, or relationship conflict. Next, we develop ways of responding to the signs, like the smart girl in the canoe who turns back upstream, paddles to the riverbank, or abandons her canoe for a river raft navigated by an experienced guide. When applied to eating disordered behavior, these responses symbolize avoiding purging through distracting, returning to the “solid ground” of a meal plan and/or coping strategies learned in treatment, and (especially!) contacting a trusted friend, group member, or therapist and asking for help.

Over the years, my clients have individualized this metaphor to make it applicable to their unique “signs,” “river conditions,” “swiftly moving currents,” and strategies for avoiding the “fall” of a purging episode. Together, we create images and symbols that vividly portray elements of their eating disorder, and illuminate new solutions. Metaphor is a creative and effective method on the journey to recovery.

--Julie Dupell, PhD

Calendar

July 16, 2010

Board Meeting--OKC

September 10, 2010

Brown Bag Symposium --Stillwater

October 8-11, 2010

NEDA Annual Conference--NYC, NY

October 15, 2010

Board Meeting--Tulsa

November 6, 2010

Conversation of Hope -- OKC

November 12-14, 2010

Renfrew Conference -- Philadelphia

January 21, 2011

Board Meeting--Stillwater

Contributors

JULIE DUPELL, PHD

Dr. Dupell is a licensed psychologist specializing in the prevention and treatment of eating disorders. She co-founded the Disordered Eating Center of Central Oklahoma (DECCO, LLC) in Norman, OK. She is a founding member of OEDA and chair of the Speaker’s Bureau Committee.

CHYLENE DELARRE, LPC

Ms. DeLarre is a local Licensed Professional Counselor in private practice. She specializes in the treatment of disordered eating and is a founding member of OEDA.

KRISTIA FORD

Ms. Ford is a graduate student at OCU and is the Volunteer Coordinator for OEDA.

**A SPECIAL THANK YOU TO
COURTNEY ARMSTRONG**

AND

SHARLA ROBBINS, PHD