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Acceptance Anorexia Behavior	Binge Body Bulimia	Cognitive Commitment Eating	Egodystonic Meals Mindfulness	Nutrition Planning Treatment
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New Oakland NEWS

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Why Can Eating Disorders Be So Difficult to Address?

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but there is a significant portion of the clinical population that does not improve with traditional CBT interventions.

Acceptance and Commitment Therapy (ACT), is part of a “new wave” of CBT treatments that utilizes the concept of “mindfulness” as part of six core intervention strategies ACT is a relatively new approach to treatment and has shown promising results with the ED population.

Mindfulness is a core part of eating disorders treatment, especially with regard to mindful eating and mindful observation of one’s feelings to manage reactive behaviors.

ACT is a contextual, behavioral approach that allows individuals to move towards what is important to them and develop psychological flexibility. It focuses on the process of letting go of change, which can, ironically, help induce positive change.

Clients with EDs, especially those with Anorexia Nervosa, are typically overly-focused on control and change strategies, which perpetuates the unhealthy eating behaviors.

The ACT approach, which includes letting go of the power struggle with the ED, can be very helpful in decreasing rigid, perfectionist, and rule-driven behaviors.

Our New Oakland ED program always considers some of the following as we key questions develop a therapeutic approach for each individual.



Would reinforcing mindfulness as part of ACT-based treatment increase motivation to change?

Would reinforcing “mindfulness” help decrease ED symptoms?

Would the practice of mindful acceptance change the way this individual might perceive his or her eating disorder?

In planning treatment for ED clients, our goal should be to help understand whether a “mindfulness approach” would best support ED recovery.

Our experience shows that, in many cases, there is a correlation between the practice of “mindfulness” and good clinical outcomes.

It’s a dynamic and exciting time for improving the way eating disorders are understood and addressed. While treatment can sometimes be challenging, future investigation and practice will provide guidance about the best application of ACT and mindfulness-based therapeutic techniques in the treatment of EDs.

New Oakland to Host Continuing Education Event on Eating Disorders for Clinicians



by **Dr. Kathy Chen, New Oakland Clinical Director and Eating Disorders Program Leader**

Banker says. “My goal is always to help share the latest best thinking on approaches to identifying and addressing eating disorders. They are one of the critically important mental health challenges facing our society today.”

For mental health professionals across our region, New Oakland is proud to announce we will be hosting a half-day educational seminar to explore the diagnosis and treatment of eating disorders.

The event will held on **Friday, June 9 from 8:00 am – 12:00 noon** at the **Michigan State University Management Education Center, 811 W Square Lake Rd, Troy, MI.**

The education event will provide 3 hours of state-approved continuing education. Cost is \$29 and includes breakfast and refreshments the day of the event.

We’re honored to have as our featured presenter **Judith D. Banker, MA, LLP, FAED**, one of the nation’s leading experts on eating disorders and their treatment.

“It’s exciting to be a part of this continuing education program for professionals,” Ms.

Ms. Banker is founder and executive director of the Center for Eating Disorders which marks its 30th anniversary in 2017. She is also a fellow and past president of the Academy for Eating Disorders (AED) and lectures internationally on a range of topics including research-practice integration, effective eating disorder treatment, and early identification and screening .

As the leader of New Oakland’s eating disorder program, I’m pleased not only to be helping organize the program, but also to be joining Dr. Banker as a conference presenter.

If you are a mental health professional, to register for the event, please visit: **NewOakland.eventbrite.com** or email us at **EDContinuingEd@newoakland.org**. We look forward to seeing you in June!

24-Hour Crisis Hotline
877-800-1650



To learn more about New Oakland’s state of Michigan-licensed FACE to FACE Partial Hospital Program, visit us online at www.NewOakland.org

Why Can Eating Disorders Be So Difficult to Address?



by Dr. Kathy Chen, New Oakland Clinical Director and Eating Disorders Program Leader

Individuals who struggle with an eating disorder (ED) like Anorexia Nervosa, Bulimia or Binge Eating Disorder, view their ED as a part of their identity, rather than a problem to be addressed and solved.

Known as an “egosyntonic view” of the condition, this identification with ED often contributes to treatment resistance, which can manifest as non-compliance with meal plans, lack of willingness to receive feedback, and low motivation for utilizing health-oriented coping strategies.

These behaviors can be extremely challenging for the clinician and lead to a lack of progress towards recovery for the client. This stalemate has the potential to continue to put the client’s health in jeopardy as well as contribute to burn-out of the treating clinician.

Separation of the client from ED

An important part of ED treatment is to separate the healthy part of oneself from the ED. The practice of separation can serve many purposes, such as de-identifying from the ED, decreasing feelings of shame, and promoting opportunities for healthy change.

The ability to co-exist with and to take a step back from emotional discomfort can often be a counter-intuitive process, especially when traditional treatment approaches have focused on changing or stopping emotional pain.

Indeed, having the ability to have a brief conversation with one’s eating disorder



rather than view the ED, which is essentially a part of oneself, as an enemy is an essential practice in self-acceptance.

Change and acceptance

Cognitive Behavioral Therapy (CBT) has long been the prescribed method of treatment for several mental illnesses. CBT focuses on the ways in which one’s thoughts are connected with one’s behaviors and feelings.

CBT is typically change-focused, seeking to change one’s ways of thinking, feelings and behaviors. CBT has proven successful in many cases,

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New Oakland Announces Opening of Eighth Southeast Michigan Location, Serving Flint and Genesee County

New Oakland is excited to announce the opening of our newest location in Flint Township.

The latest addition to the New Oakland roster of service sites is located at **2401 South Linden, Flint, MI 48532** (as shown in the map below near the intersection of I-75 and I-69). The phone number is **(810) 957-4310**



“We are tremendously excited to be able to bring our services to the people of Genesee County,” says New Oakland President, Kevin Sendi.

“We believe our presence in this often underserved southeast Michigan community will extend our ability to provide care throughout our region.”

New Oakland’s new Flint location is expected to be open and operational beginning April 1

5 Things You Shouldn’t Say To Someone With An Eating Disorder



By Jennifer Rollin, MSW, LCSW-C
www.jenniferrollin.com

This article was originally published at *The Huffington Post* on Feb. 27, 2017.

From the steady stream of diet ads on TV, to the calorie counts on restaurant menus, our weight-obsessed world is challenging for people in recovery from an eating disorder. When a loved one is battling with an eating disorder, it can be hard to know what to say. But here are five statements that you avoid saying to someone with an eating disorder.

1. You look so healthy. Saying “you look so healthy” is often a well-intentioned effort to tell the person that you are supportive of their recovery. However, often their eating disorder voice will twist any appearance-related comments into a negative sentiment about their body.

It is generally a good rule of thumb to avoid making any comments about the person’s weight, body, or appearance. Someone with an eating disorder is usually entrenched in negative thoughts about their weight and body.

Therefore, it can be helpful to pay them a compliment that has nothing to do with their outward appearance. A more helpful statement might be, “You look much happier,” or “You seem to be more at peace with yourself.”

2. You look way too thin. On the flip side, telling a person with an eating disorder that they look “too thin” can also be triggering. At their core, eating disorders are not really about a person’s weight. Often engaging in eating disorder behaviors, is a way to feel more in control of their lives, cope with past trauma, or to numb difficult emotions.

Telling someone that they look too thin may be exactly what their eating disorder voice wants to hear. Often there is no weight that their eating disorder voice will deem to be “too thin.”

A more helpful statement might point out your concern over the person’s behaviors and how it is impacting their life, rather than focusing on their weight.

An eating disorder is a mental illness, and therefore it is impossible to determine someone’s level of suffering based upon their physical appearance.

3. You don’t LOOK like you have an eating disorder. Telling the person that they “don’t look like they have an eating disorder” only serves to fuel their disordered thinking. Their eating disorder voice will tell them that they are “not sick enough” to seek help. Denial is an integral component to eating disorders and this statement insinuates that the person does not “look sick enough” to have an eating disorder.

Everyone who is struggling with an eating disorder deserves to seek treatment, regardless of his or her weight. Eating disorders come in one size: miserable.

4. I need to lose some weight. Engaging with your loved one in a discussion about your own latest diet program is counterproductive and can also be highly triggering.

Instead, try to engage in discussions with the person about things that are unrelated to food, weight, and exercise. He or she already spends a huge amount of time thinking about these topics and could probably use a mental break.

5. Why can’t you just eat that? Asking someone to “just eat” implies their eating disorder is a choice. If treatment were as simple as telling the person to just “suck it up and eat,” we would have no need for residential centers, therapists, or nutritionists.

Telling someone with an eating disorder to “just eat,” is like saying to someone with a broken leg, “just walk.”

Eating disorders are not a choice. No one would choose to watch in terror as their hair falls out, to lose their friends because they cannot go out to eat, to exercise despite physical pain, or to binge eat until they feel like they are going to explode.

Instead, try to express to the person that you understand they are not choosing to feel and behave this way. However, they can choose to work towards recovery, and you are here to support them every step of the way.

Rather than shaming them, encourage the person to seek professional help from a therapist, psychiatrist, or dietitian — preferably one who specializes in eating disorders and health at every size.

The Bottom Line

If we can begin to eradicate some of the triggering and unhelpful comments that

are made to those with eating disorders, we can fight back against the misconceptions and stigma that surround these life-threatening illnesses

With access to appropriate treatment and support, individuals with eating disorders can go on to lead productive and meaningful lives. Full recovery is possible!

Jennifer Rollin, MSW, LCSW-C: is an eating disorder therapist in Rockville, Maryland. Connect with Jennifer through her website at www.jenniferrollin.com

New Oakland locations to serve you

Center Line Center
26522 Van Dyke Avenue
Center Line, MI 48015
586-759-4400

Clarkston Center
6549 Town Center Drive
Clarkston, MI 48346
248-620-6400

Clinton Township Center
42669 Garfield Road
Clinton Township, MI 48038
586-412-5321

Farmington Hills Center
32961 Middlebelt Road
Farmington Hills, MI 48334
248-855-1540

Flint Center
2401 South Linden, Suite A
Flint, MI 48532
810-957-4310

Livonia Center
31500 Schoolcraft Road
Livonia, MI 48150
734-422-9340

Southgate Center
13305 Reeck Road
Southgate, MI 48195
734-225-2090

Warren Center
8150 E. 13 Mile Road
Warren, MI 48093
586-825-9700

FACE to FACE Crisis Services
877-800-1650
(24 hours/day)

Meet Judith Banker, MA, LLP, Keynote Presenter at New Oakland’s June 9 Continuing Education Event



Judith Banker, MA, LLP, FAED is the founder and Executive Director of the Center for Eating Disorders in Ann Arbor, which was established in

1983. She will be the featured keynote presenter at New Oakland’s continuing education conference on eating disorders at the MSU Management Education Center in Troy on June 9.

Ms. Banker has years of experience with eating disorders program development

and clinical consultation. She is a member of the Professional Advisory Panel of F.E.A.S.T. (Families Empowered and Supporting Eating Disorder Treatment), a member of the Advisory Board of the Academy for Eating Disorders (AED), a member of the Scientific Advisory Board for the Global Foundation for Eating Disorders and is a professional consultant to Project Heal-Southeast Michigan Chapter.

Ms. Banker is also past President and a Fellow of the AED. The 2011 recipient of the AED Clinical Leadership Award, Ms. Banker lectures internationally on clinical treatment.

Her research and publications address a range of topics including research-practice integration, effective eating disorder treatment, and early identification and screening for eating disorders.

“The key to progress in eating disorder treatment — or any evolving area of health care — is sharing best information and best practices with the people on the front lines of actually delivering that care,” Ms. Banker says.

“That’s why I’m so pleased to be part of New Oakland’s June continuing education program. I think events like this one can make a world of difference.”