

2-27-2018

The Renfrew Center: Are Eating Disorders Emotional Disorders?

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The Renfrew Center

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The Renfrew Center

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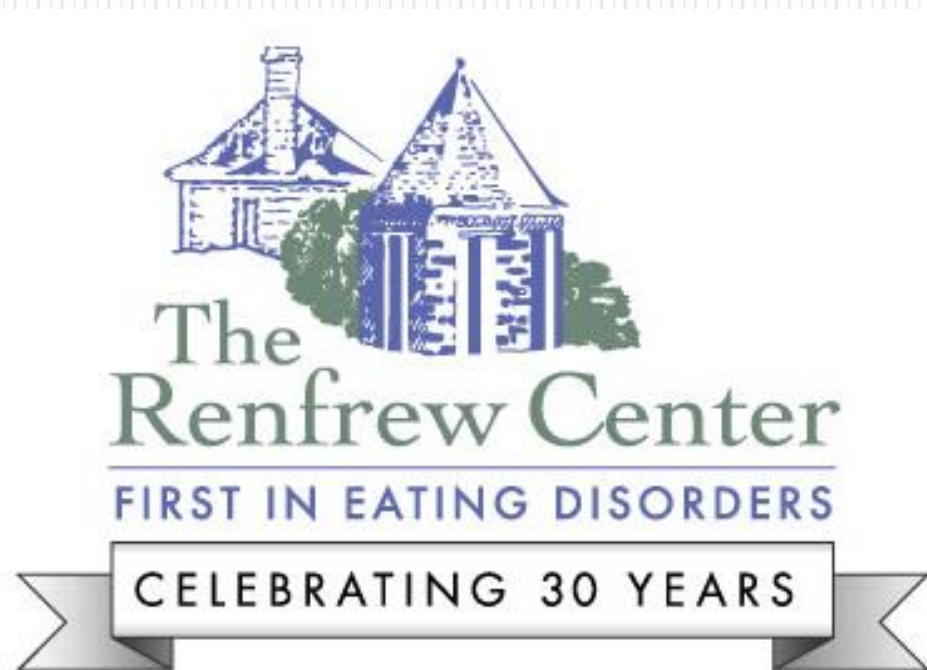
Recommended Citation

Cramer, Wendy MEd; Bank, Katie MA, BC-DMT, LPC; and Garin, Maggie RD, "The Renfrew Center: Are Eating Disorders Emotional Disorders?" (2018). *Explorer Café*. 68.

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The Renfrew Center: Are Eating Disorders Emotional Disorders?



Agenda

Wendy Cramer, Med

- Senior PRR
 - Brief Overview of Renfrew

Katie Bank, MA, BC-DMT, LPC

- Creative Arts Therapist, Licensed Professional Counselor

Maggie Garin, RD

- Registered Dietitian
 - Common Eating Disorders, Warning Signs, Emotions
- Mindful Eating Exercise & the ARC

The Renfrew Center

- Have you heard of us?
- What primary concern do we treat?
 - What is it?
 - Co-occurring concerns



Continuum of Care

The Renfrew Center is unique. We offer a full continuum of comprehensive services including:

- Residential Treatment (RES)
- Day Treatment Program (DTP)
- Intensive Outpatient Program (IOP)
- Outpatient Treatment
 - Individual therapy
 - Individual nutritional therapy
 - Individual psychiatric consultation
 - Groups
- Alumni Services

The Renfrew Center

- Visualization
 - Who does it influence?
 - Who do we treat?
- Diversity



Common Eating Disorders

- Anorexia Nervosa
 - Restricting type
 - Binge eating/purging type
- Bulimia Nervosa
- Binge Eating Disorder
- Avoidant/Restrictive Food Intake Disorder
- Other Specified Eating Disorder

Warning Signs

- Moodiness or change in attitude
 - Depression, anxiety, OCD
 - Perfectionism, control issues
 - Feelings of worthlessness, low self-esteem
- Changes in work or school performance or undergoing a significant life event
- Body image complaints
 - Body checking, frequently weighing themselves, negative self talk



Warning Signs

- Counts calories, skips meals, avoids certain food groups
- Sudden weight loss or gain
 - Obsessive/Over-exercising
 - But also may be at a normal weight for age and height
- Menstrual irregularities
- Decline in athletic performance, frequent injuries
- Frequent trips to the bathroom, especially after meals
- Swollen glands in the neck or throat
- Dizziness
- Feeling cold frequently

Eating Disorders Are Emotional Disorders

Emotions arise at the place where
mind & body meet

There is difficulty recognizing,
expressing, tolerating, managing, or
showing emotions

“It is not uncommon to hear someone with an eating disorder describe their relationship with their body as that of one with a stranger or even an enemy.”

- Kleiman, S., & Hall, T.

The Avoidance Problem

- ❖ Emotions themselves are not unsafe, dangerous or threatening
- ❖ Attempts to **avoid** uncomfortable and painful emotional experiences drives unsafe, threatening and dangerous behavior (symptom use).



Let's Practice Mindful Eating!

“Mindful Eating is eating with intention while paying attention.”

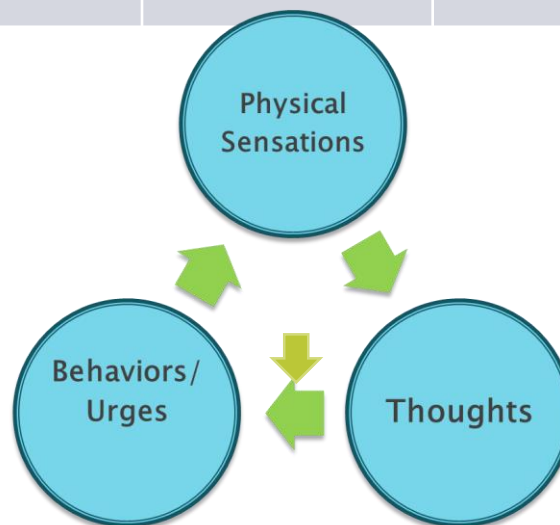
Kati Konersman RD, CDE



“The ARC” of an Emotional Experience

Date/ Time	Situation or Trigger	Physical Sensations	Thoughts	Behaviors/ Urges	What happens next?
	A		R		<i>Short C Long</i>

Helping to develop an understanding of the antecedents and consequences of common emotional experiences



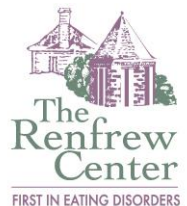
The 3-Component Model

**For more information or to make a
referral please contact:**

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Questions?

