



## Treatment

### Recovery Kit

*Anorexia Nervosa*

*Binge Eating Disorder*

*Bulimia Nervosa*

*Negative Body Image*

*Guidelines For Talking  
About Your Eating Disorder*

*The Dangers of Dieting*

*Treatment For An  
Eating Disorder*

*What Causes An Eating  
Disorder*



### Treatment For An Eating Disorder

There are various treatment options available for eating disorders. It is important to have an initial assessment done by a therapist specializing in eating disorders to help determine an appropriate treatment plan. As the causes of eating disorders are complicated, and unique for each individual, it is important for treatment plan to address an individuals specific needs.

Eating disorders can be treated on an inpatient, outpatient and intensive outpatient (day program) basis. The initial evaluation can determine the appropriate level of care.

Whether a treatment is conducted on an inpatient or outpatient basis, almost all forms of treatment include a team approach of different eating disorder professionals.

These professionals include:

- ◆ **Psychologist/psychotherapist:** Psychotherapy can help people become aware of the factors underlying and contributing to their eating disorder. New ways to address and cope with emotions that do not involve food can be learned. Thoughts, feelings and behaviors related to food should also be addressed in therapy. Therapy can include individual, group therapy, and/or family therapy.
- ◆ **Nutritionist:** The nutritionist helps the individual “re-learn” the process of eating by assisting with the development of balanced dietary plans. Nutritionists can also address potential nutritional deficiencies and help provide accurate information about a balanced diet. This treatment is not about learning how to diet, but rather approach food in a balanced, healthy manner.
- ◆ **Psychiatrist:** At times, medication may be appropriate. Depression and other psychiatric disorders may occur along with the eating disorder. Medication is most effective when used with psychotherapy.



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- ◆ **Medical doctor:** It is important to have regular check ups to monitor possible physical side effects of the eating disorder. Symptoms of starvation and nutritional deficiency can occur and should be monitored.
- ◆ **Dentist:** Tooth decay is a possible side effect of regular vomiting, (tooth enamel is eroded by stomach acid). Regular check-ups and possible dental treatment is important. It is important to be honest with your dentist about purging behavior so he/she can adequately treat possible decay and also provide education about dental care and eating disorders.
- ◆ **Gynecologist:** Irregular menstrual periods are common physical effects of an eating disorder related to weight loss or fluctuation in weight. A gynecologist may monitor this. Use of contraceptives and pregnancy are common issues that may be complicated by an eating disorder, and may be important topics to address.

**People with eating disorders often find it difficult to get help, as their coping mechanism is being challenged. It is important to encourage a loved one to seek help if they are suffering from an eating disorder. With the appropriate treatment, an individual suffering from an eating disorder can again live healthfully with food and themselves.**