

BODYWHYS

The Eating Disorders Association of Ireland

PiLaR Programme - Supporting Families: Combining education, experience, skills and support: What we have learned.

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Supporting families / carers

- Supporting families has been at the heart of the work of Bodywhys since its inception in 1995.
- The eating disorder slowly, but forcefully, takes over the entire household, changing dynamics, changing routines, changing the atmosphere.
- Eventually, the entire household becomes consumed by the eating disorder, and it is often at this point that we meet people

Experience on support services

- The need and demand for answers and information from family is far greater than from the person with an eating disorder.
- They were looking for answers, for information, for a way of understanding what was going on for their child.

Beginnings

- Pilot in Sligo
- 6 Weeks
- 3 Small groups
- What worked
- What didn't work
- Evaluation

Limerick 2014: Expectations

- To learn about eating disorders and recovery. To gain insight and understanding.
- How to help my family member, where to get help and information
- To get personal support and seek reassurance.
- How to cope with emotions and how to remain calm in stressful situations
- To learn how to cope as family members/to learn new skills to cope and help
- To talk to other parents in similar situations, to share with a group

Dublin 2018: Expectations

- To understand better how I can support without being over-anxious and dominated by the disorder
- Coping skills / How to help my daughter / Support
- To become more informed so as to be more supportive
- Understanding and patience for him, to keep supportive
- To learn / cope
- To hear from other parents
- We hope to get some help – any welcome!
- Support and maybe learn something new about eating disorder, and maybe hope!
- To gain insight
- Understanding the mindset and strategies

Families want..

- Information
- To understand
- How to support in a helpful way
- Understand the mindset of a person with an ED
- What does it mean that an ED is not just about food?
- How can they be resilient?

Week 1 – ‘Understanding Eating Disorders’

- General introduction on how to understand an eating disorder
- How to understand the dynamics and processes involved in the different eating disorders
- How to understand the ways in which a person gets caught up in an eating disorder and why it is so difficult for change to happen – Kate's story
- This is followed by time to ask questions, and to propose specific topics which families wish to have addressed in week 2 and 3.

Week 2 and 3 – tailored according to the specific topics suggested by families / topics already prepared.

- Understanding the mindset of a person with an eating disorder
- Distinguishing between the eating disorder and your person
- Communication: Active listening skills – how to have a conversation!
- How to help someone to acknowledge they have an eating disorder

- Helping a person to accept help
- How does change happen?
- Dealing with rejection / shutting down / anger
- Understanding your person's triggers for ED thoughts and behaviours / tackling triggers
- Managing mealtimes
- Dealing with getting older
- Helping siblings to cope and understand

- Managing special occasions (eg. Christmas, Easter, eating out, birthdays)
- Dealing with routine, and routine during recovery
- Self esteem / how to help someone to feel better in themselves
- Colluding with the eating disorder
- Coping with relapse

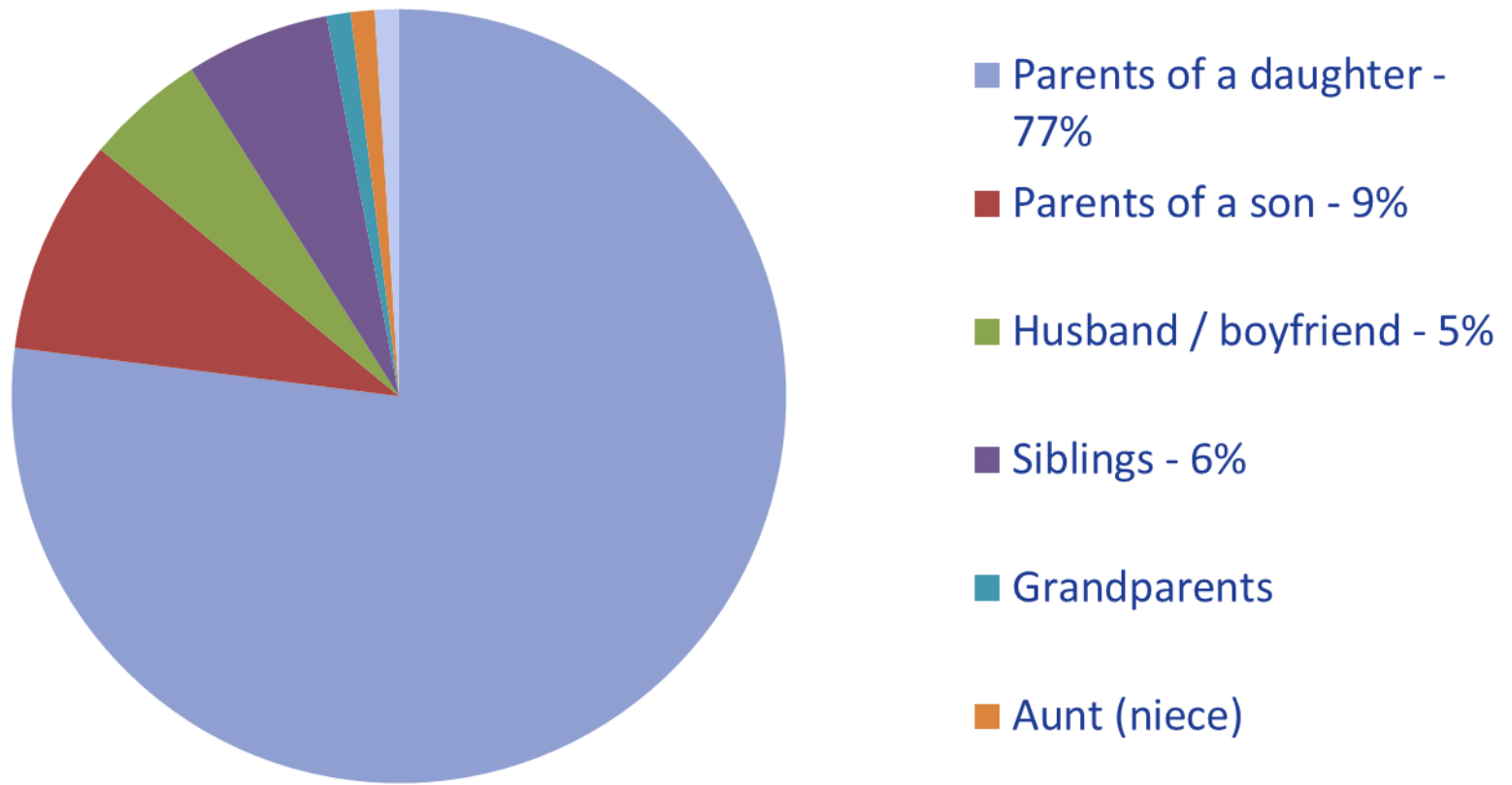
Week 4 - 'Understanding the Recovery Process'

- What does recovery mean?
- What happens in the recovery process?
- What is recovery like for someone with an eating disorder
- Moving forward and using supports

Note: throughout the four weeks of the PiLaR programme there is a focus on self-care, which is vital for the people who are supporting a person through recovery from an eating disorder.

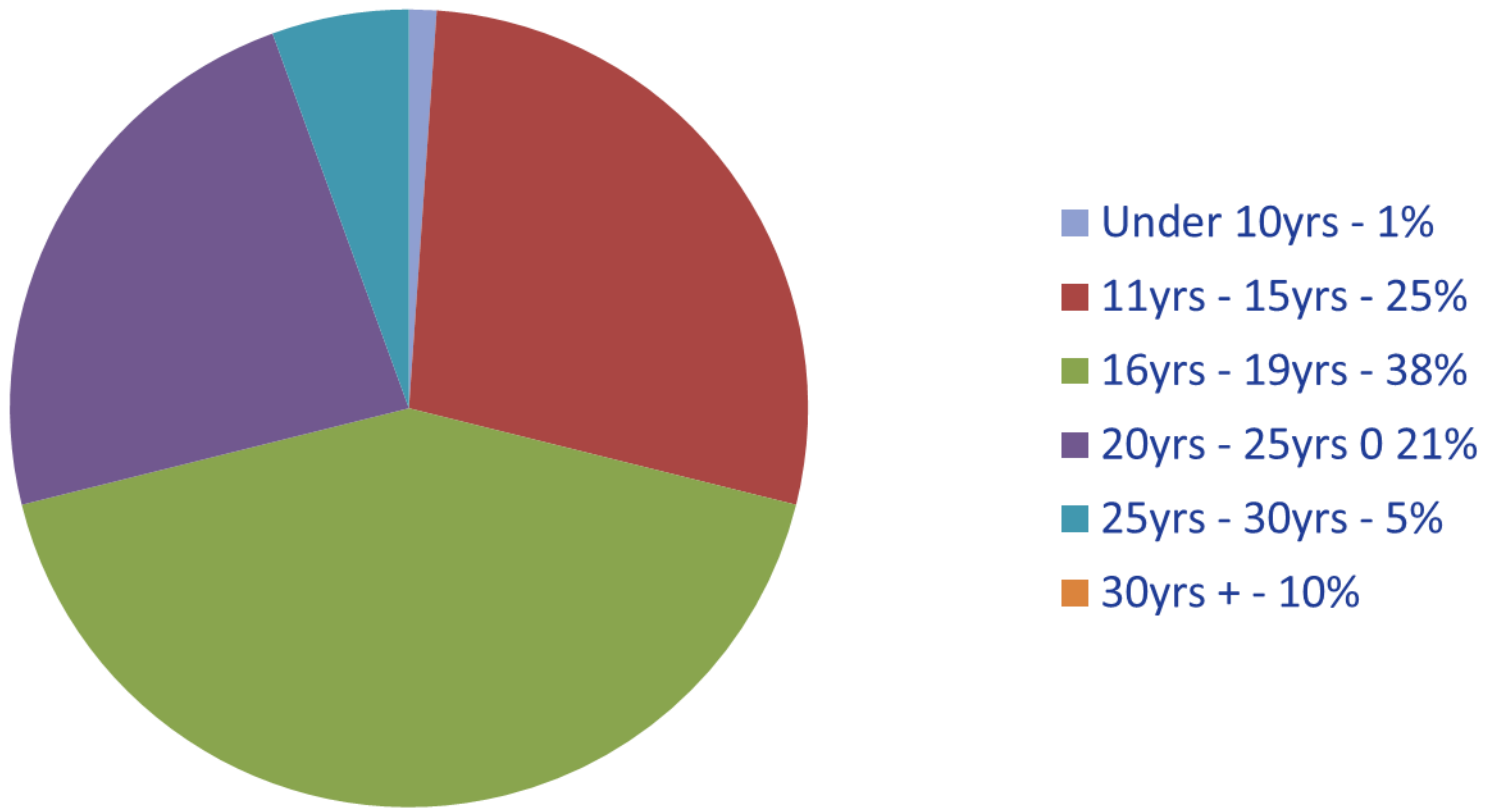
Who has come to the PiLaR Programme?

Who?



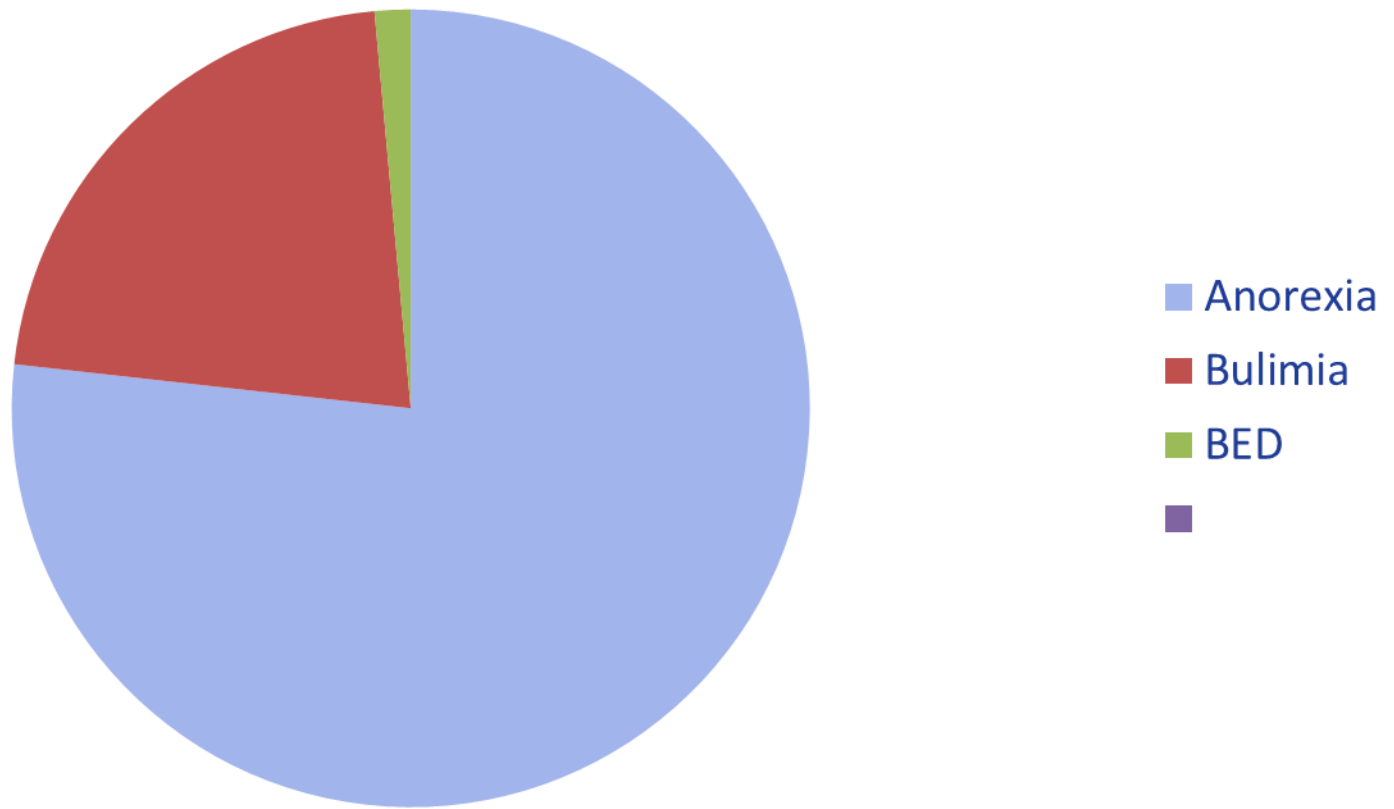
Age of PWED?

Age of PWED

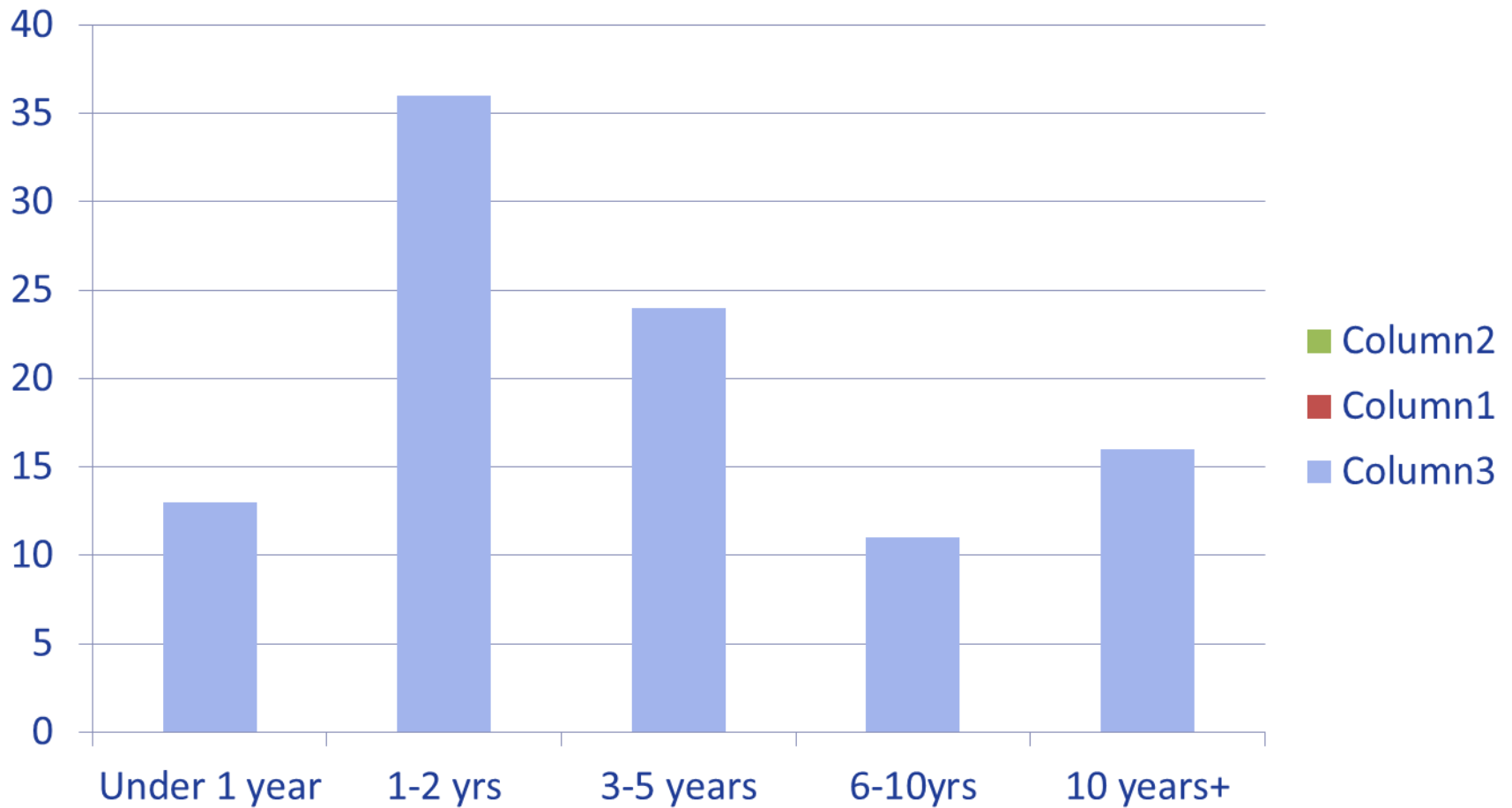


Type of Eating Disorder

Eating Disorder Type



Duration of Eating Disorder

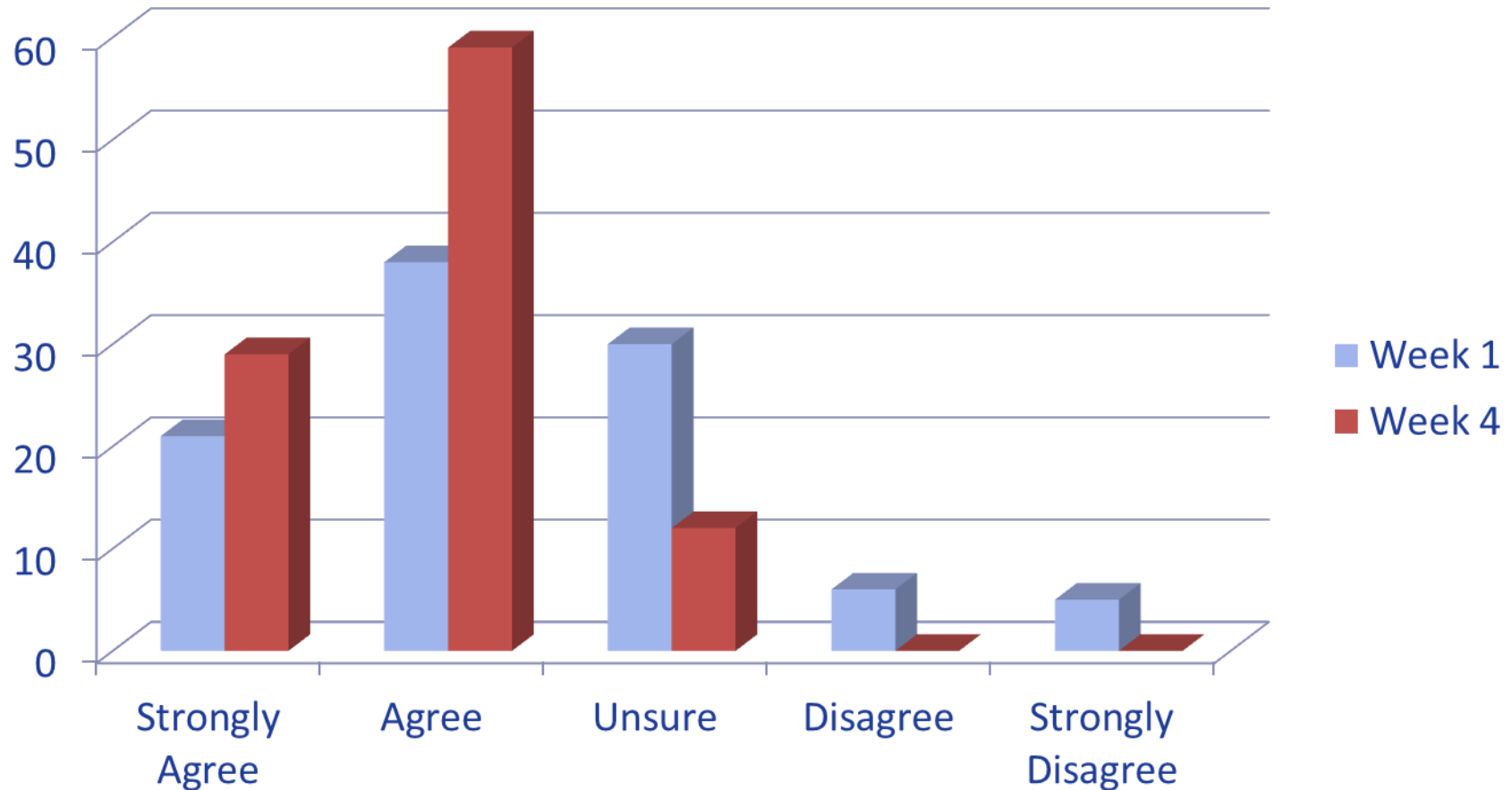


- 82% in treatment, 18% not in treatment
- 24% attending CAMHS, 15% inpatient, remainder in some form of treatment

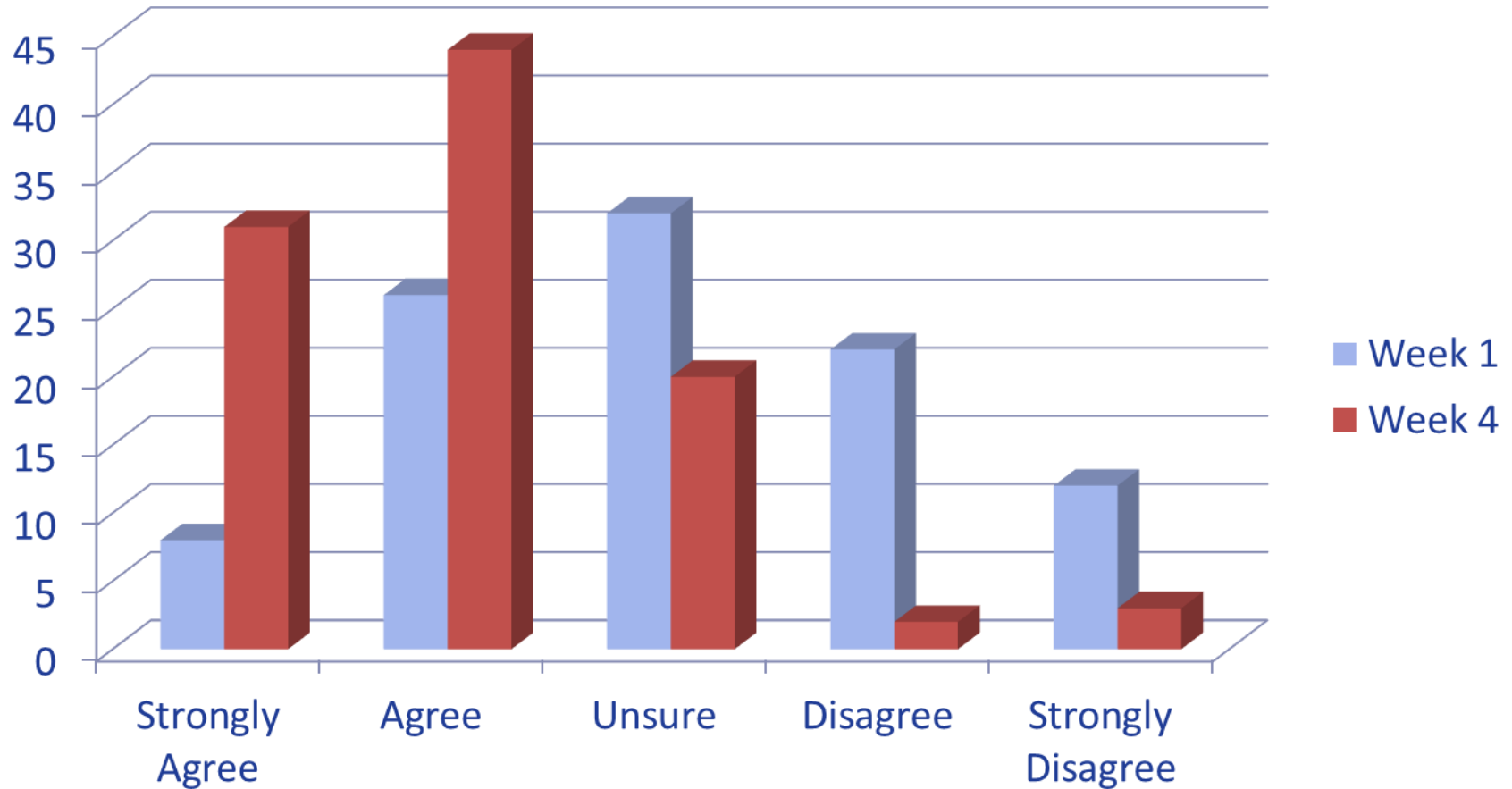
Evaluation

1. “I feel confident to support my loved one through this.”
2. “I feel supported as a parent / carer of a person with an eating disorder.”
3. “I know where to turn when I am confronted with a difficult situation.”
4. “I believe recovery is possible.”

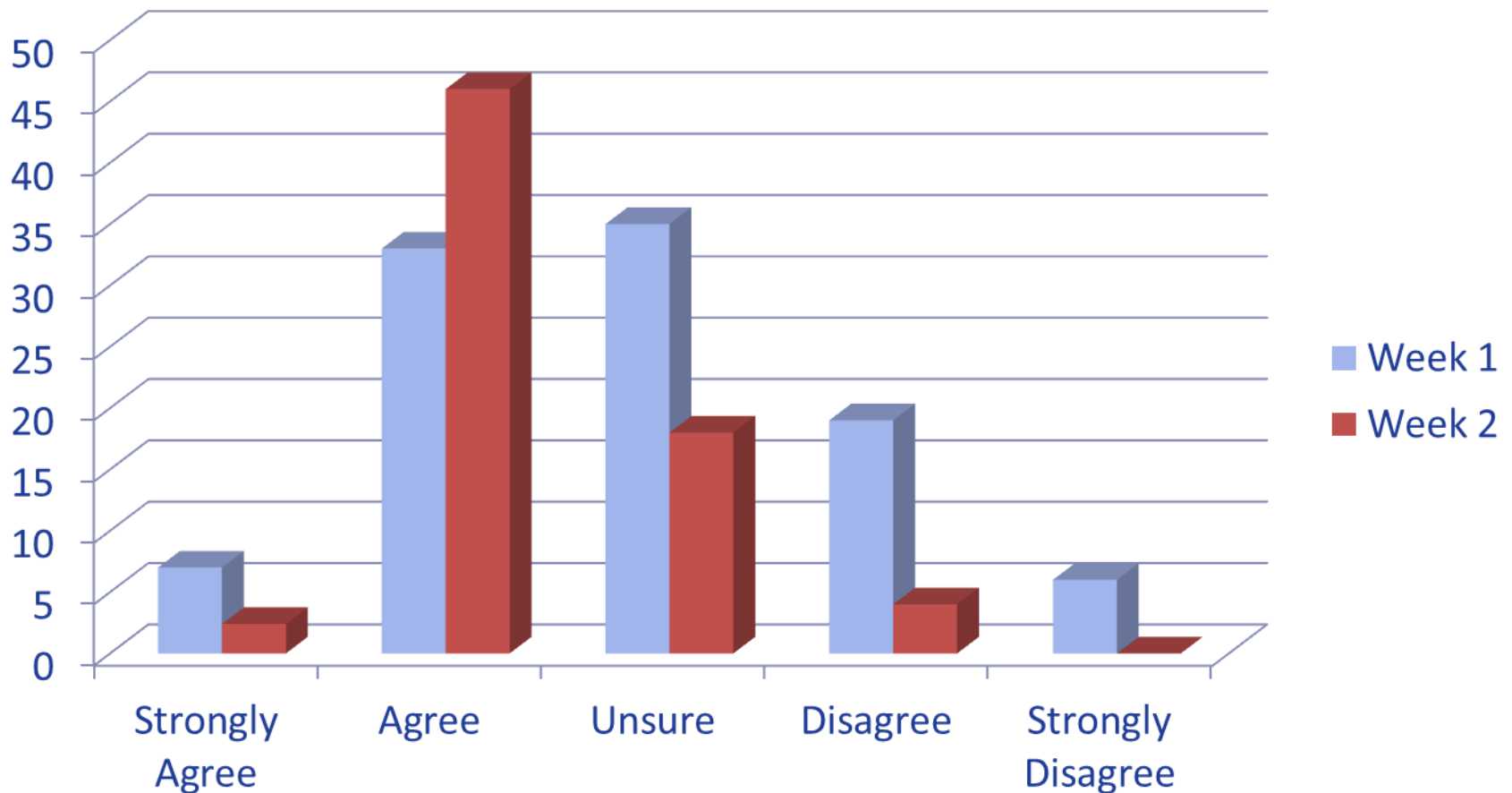
I feel confident to support my loved one through this.



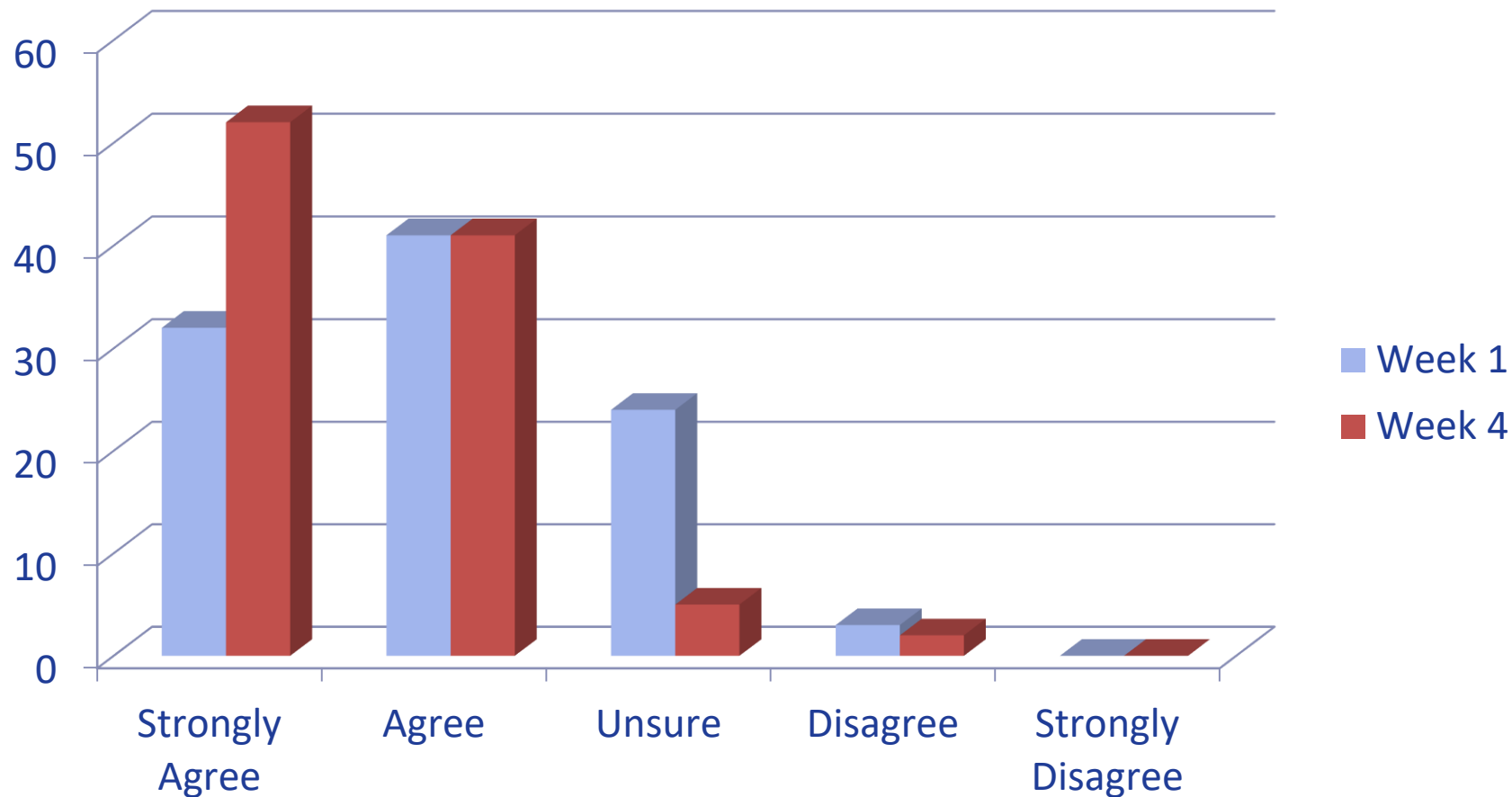
I feel supported as a parent / carer of a person with an ED.



I know where to turn when I am confronted with a difficult situation.



I believe that recovery is possible.



What have I learned?

- I don't have the answers!
- Sense of hopelessness
- Benefit in being in the same room as other people
- No single best approach
- You never know what will make the difference
- Change isn't about grand gestures
- Aim is to rebuild confidence

Improvements / changes?

- More, more, more..
- Think about having separate groups for certain parents (SEED)
- Finding answers takes time
- Keep trying to find a balance in the group

Aysia's Parents experience

PiLaR Testimonials..

- For all those who are faced with the life changing situation of caring for someone with an eating disorder, this is the perfect place to start. You will leave with a different perspective and feel more equipped to care for someone and yourself
- Course was something my husband and I could share and try to be together in supporting our daughter. It gave me a clear insight into ED and how best to approach

Pilar testimonials

- “A course like this should be compulsory – when referral is made to CAMHS, this course should be offered during the waiting time. Empower parents / inform them / help them.”
- “This was a brilliant course. Very Informative. Very professionally run. Course notes are excellent. Thank you so much for your knowledge. Parents are left floundering trying to cope with a child with an ED with no knowledge or clue on how to support the child. This course should be run more often and CAMHS should be telling parents about this service you run. I truly enjoyed coming to each session.”

- A course that if at all possible, you should try to attend if you are carrying or living with someone with an eating disorder. It is a huge help to understand and accepting that the person has an eating disorder
- I am a parent of a young girl with anorexia. The course has been the best source of education on the eating disorder and it helped me to appreciate how my daughter is feeling. It is helping me to deal with the challenges we are facing in a better way

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Questions?

Thank you