

Working Toward Recovery

Irish National Eating Disorders  
Conference 2018

#edconf18

welcome

# 9 Truths about Eating Disorders

- **Truth #1:** Many people with eating disorders look healthy, yet may be extremely ill.
- **Truth #2:** Families are not to blame, and can be the patients' and providers' best allies in treatment.
- **Truth #3:** An eating disorder diagnosis is a health crisis that disrupts personal and family functioning.
- **Truth #4:** Eating disorders are not choices, but serious biologically influenced illnesses.
- **Truth #5:** Eating disorders affect people of all genders, ages, races, ethnicities, body shapes and weights, sexual orientations, and socioeconomic statuses.
- **Truth #6:** Eating disorders carry an increased risk for both suicide and medical complications.
- **Truth #7:** Genes and environment play important roles in the development of eating disorders.
- **Truth #8:** Genes alone do not predict who will develop eating disorders.
- **Truth #9:** Full recovery from an eating disorder is possible. Early detection and intervention are important.

# Cynthia Bulik

- *“The single best way to fight stigma is with truths. These consensus “9 Truths” are the new scaffold on which we will build our advocacy efforts for eating disorders. United around these principles, we can enlighten public understanding about eating disorders and advocate effectively for treatment access and resources.”*

# Current status?

- Not enough is being done – fewer resources ...
- Many are not getting adequate access to appropriate services

# What we must recognise

- There is no 'one size fits all' therapy!
- Many therapies help, but not everyone is helped by one single therapy approach.
- Need for continuing education/training and keeping up to date with developments in eating disorders research across the world.

# “Extraordinary Times”

- “We are witnessing extraordinary times in the clinical and biological sciences. This is not the time to stubbornly defend dogma.” (Strober, 2012:915)

Dr. Michael Strober - Chair of Eating Disorders and Professor of Psychiatry at the David Geffen UCLA School of Medicine,

# Prof Bryan Lask

- “Rather than determinedly sticking to the view that ‘my treatment is superior to yours’, why is it not possible to be interested in the findings, seek replication, and wonder which patients may benefit from which treatment?” (Lask, 2013: 184)
- ‘Can I try to be more of a walking question mark, than a stampeding exclamation mark?’
- (Lask, 2013:185)

# Slides

- Links for all slides from today's conference will be available next week on
  - [www.conferencenetworking.ie](http://www.conferencenetworking.ie)
  - [www.bodywhys.ie](http://www.bodywhys.ie)

# Housekeeping!

- Fire Exits
- PLEASE TURN YOUR MOBILE PHONE OFF OR SWITCH TO 'AIRPLANE' MODE
- Free Wi-Fi
- #edconf18
- Tea/coffee break 11:00-11:30
- Lunch from 12:50-14:00
- You may collect Attendance Certificates at the lunch break

# THANK YOU!

- All of you, for turning up today
- Speakers and poster presentations
- Trinity College Dublin for the use of this lecture theatre and facilities
- Jeni Ryan, Administrative Officer – Events, School of Nursing & Midwifery, Trinity College Dublin
- The staff of ZEST, for all the good food
- BODYWHYS – Jacinta Hastings (CEO), Helen McSherry, Barry Murphy(Communications) and numerous volunteers
- Books supplied courtesy of Clarendon Medical, 43 Clarendon Street, Dublin 2.

# Morning Programme

- 09:45 – **Keynote Address:** Prof Ivan Eisler: **Mechanisms of Change in Family Therapy for Adolescent Anorexia Nervosa**
- **11:00 – Break**
- 11:30 – Dr. Sara McDevitt, Consultant Child and Adolescent Psychiatrist, HSE National Clinical Lead for Eating Disorders : **‘Developing an evidence and values-based eating disorder services: the HSE approach’**
- 12:10 – Harriet Parsons, Training & Development Manager, BODYWHYS Ireland: **PiLaR Programme - Supporting Families: Combining education, experience, skills and support: What we have learned.**
- 12:50 – 14:00 LUNCH

# Afternoon programme

- **14:00 – 16:00 Body Image Workshop; Main Lecture Theatre**
- **Prof. Michel Probst - “The body”: a challenge for patients with eating disorders and their therapists.”**
- **OR**
- **14:00 – 16:00 Families and Carers session**
- **14:00 Prof. Ivan Eisler - ‘Working with families to facilitate changes in eating behaviours of the young person with an eating disorder’**
- **15:00 Dr. Sara McDevitt - ‘HSE eating disorder services: what patients and families can expect under the new Model of Care’**
- **16:05 – 16:30 Main Lecture Theatre - Final Discussion, Comments, Feedback**