WEBVTT

1 "Shelby " (1418838784)
00:00:00.000 --> 00:00:05.274
Okay Welcome.

2 "Allender, Lauren" (4201516544)
00:00:05.274 --> 00:00:22.950
And thank you for calling into Cigna's 2024 eating Disorder awareness series. My name is Lauren Allender and I'm a case manager for the eating disorder team. Due to the format of this call, you will not be able to ask questions during the teleconference. The conference will be opened up for Q and A at the completion of the presentation.

3 "Allender, Lauren" (4201516544)
00:00:22.950 --> 00:00:38.850
Although you do have the option of submitting questions during the teleconference. You can follow along to the presentation through the teleconference. You can also access the presentation for today's seminar online@www.cigna dot com/eating disorders.

4 "Allender, Lauren" (4201516544)
00:00:38.850 --> 00:00:58.850
Scroll to the current topic section in the middle of your page and click on today's topic labeled supporting through connection. Please note that not all policies cover today's topic. For more specific information, if your policy covers cop topics discussed in today's seminar, please contact the eating disorder team by calling the number on the back of your.

5 "Allender, Lauren" (4201516544)
00:00:58.850 --> 00:01:20.060
Assurance card. Today I have the pleasure of introducing Shelby Milm. Shelby has been working at the run through center of Radner since August of 2022. Since her time at run through, she has been in the role of primary therapist and now clinical team leader. Prior to working at the run through center, Shelby was an athletic trainer at the University of Pennsylvania for four years.

6 "Allender, Lauren" (4201516544)
00:01:20.060 --> 00:01:40.670
At this time, Shelby was using her knowledge from her undergraduate degree of athletic training as well as graduate degree of sports psychology to help her athletes return from injury as confidently as possible. Shelby recognized very quickly that she enjoyed helping the athletes more psychologically than she did physically, which is when she decided to pursue a career.

7 "Allender, Lauren" (4201516544)
00:01:40.670 --> 00:01:46.919

Of mental health professional. Welcome Shelby. Hi everyone.

8 "Shelby " (1418838784)
00:01:46.919 --> 00:02:02.720
Everyone, thank you for joining. We're gonna get into this in a little bit, and we're gonna go through, we have a little bit of an overview of what we're gonna learn today and I'm hoping that some of you maybe walk away with a little bit more insight into what ange disorder is. Maybe some of you walk away.

9 "Shelby " (1418838784)
00:02:02.720 --> 00:02:19.770
With more tactical skills, maybe something to think about more so if they're interacting with an eating sorter, even maybe self or with another or they're trying to support someone with an email disorder. So, really the emphasis here is how can we support someone as we continue?

10 "Shelby " (1418838784)
00:02:19.770 --> 00:02:34.860
To stay connected, and I'll share a little bit more why that's super important and something that we utilize and I think even without run through I still believe that connection can be a good antidote, if you will, to not only eating sworders, but a lot of mood conditions.

11 "Shelby " (1418838784)
00:02:34.860 --> 00:02:56.870
So I think to get started I think it's really important to understand like my perspective and intentions, so my perspective is coming from partial hospitalization program, intensive outpatient level of care and outpatient level of care. Interpersonal relationships or just relationships when we're interacting with another person or.

12 "Shelby " (1418838784)
00:02:56.870 --> 00:03:13.770
Are a group of people are everywhere, and they're everything. You might even hear me today. I talk a lot about the interpersonal relationships or relationships that we hold with things. So maybe our body or maybe our food, all of the things that like come up.

13 "Shelby " (1418838784)
00:03:13.770 --> 00:03:33.770
When thinking about eating disorders and things that impact them. I do consider myself a very heavy relational therapist, so, you know, kind of keeping that in the back of your mind is that this is not the end all be all to all treatments. It's not the end all be all to all eating disorders, but this is kind of the perspective that I hold and something that we utilize here at the Renford Center.

14 "Shelby " (1418838784)

00:03:33.770 --> 00:03:53.770
When, when I have seen it used right, there's a huge huge benefit. There these are transferable skills. So, you know, I think a lot of times we're thinking about how places, people, memories interact with one another, just like, like I was saying, the interpersonal relationship of it all, right? So if we're.

15 "Shelby " (1418838784)
00:03:53.770 --> 00:04:25.140
We're thinking about, well, you know, my relationships with other people feel super connected. Well, then, you know, you can also utilize these skills by thinking about maybe other things, other objects or maybe more of self. And then we're gonna also focus on supporting when it feels supporting when it is beneficial and feels both supportive to both entities. So I think this is super important, when we think about supporting because I think often what happens is someone can support the supports in an emed disorder.

16 "Shelby " (1418838784)
00:04:25.140 --> 00:04:40.649
With a named disorder can oftentimes feel like I am supporting, I'm doing everything that I need to do, and sometimes that doesn't necessarily land like the support that that individual may need. So.

17 "Shelby " (1418838784)
00:04:40.649 --> 00:04:59.759
Really want to emphasize this that I am coming to you all with a few different perspectives. That does not mean that this way is the right way or the perfect way. There can absolutely be more other things and you know, this is just part of the puzzle when supporting and kind of working through eating disorder.

18 "Shelby " (1418838784)
00:04:59.759 --> 00:05:20.779
Okay overview, so we're gonna talk about a little bit of eating disorders I think it's really difficult to talk about eating disorders without having any sort of insight into what they are. We're gonna look at understanding the concepts of connection. We're gonna look at understanding the relationships between eating dis.

19 "Shelby " (1418838784)
00:05:20.779 --> 00:05:42.139
Orders and connection barriers that we might see with connection and navigating disconnection. Before we kind of get more into this, I do encourage individuals if they have access to a piece of paper or pen or maybe even like your notes section in your app.

20 "Shelby " (1418838784)
00:05:42.139 --> 00:06:00.359
There's gonna be a couple of times where the best way to think about

these things is actually to think about them through ourself so we can understand these concepts a little bit deeper. So yeah, if you have access to a pen paper or note section in your phone, go ahead and pull that out. There's gonna be some times where I actually ask you to think about it for yourself. So eating disorders one oh one.

21 "Shelby " (1418838784)
00:06:00.359 --> 00:06:19.529
This is not everything, so I, you know, I encourage you, feel free to ask questions, additional questions about the content that I share here is not, does not answer some of the questions that maybe you're hoping to be answered today. But yes, this is not everything, and I know it's not everything, and we would need more than an hour to go over and over.

22 "Shelby " (1418838784)
00:06:19.529 --> 00:06:39.529
A more overview about eating disorders, so feel free to drop some of those questions in the chat. So I love this and I know that inside out too is kind of taking the storm by nation. And so the one thing that I will say is that everything that we teach here about emotionality, is inside out.

23 "Shelby " (1418838784)
00:06:39.529 --> 00:06:59.529
I recently watched inside out one to just get a refresher and it just, it really kind of, it I felt a little bit of pride knowing that the concepts that we're teaching here are the concepts that are in inside out. And so, that being said, eating disorders are an emotional disorder. There's a couple, there's a slide in this deck that you'll see that really goes over it right like the.

24 "Shelby " (1418838784)
00:06:59.529 --> 00:07:28.129
There is a physical part about eating disorders. It's the observable aspect that we typically see, but the thing about the eating disorders is that it is a behavior that is engaged with because of an emotion that's really difficult to cope with. So eating disorder symptoms are behavioral attempts to influence change or control painful emotional states. And it doesn't necessarily have to be painful emotional states, but just something that is super uncomfortable and something that we don't know.

25 "Shelby " (1418838784)
00:07:28.129 --> 00:07:48.319
That we don't know how to cope with. I'm seeing a couple people say that it's scratchy, so let me know if moving back helps a little bit. Even disorders may also develop as a way to attempt to communicate with others. You know, I think we are living in a world that is doing a better job, being able.

26 "Shelby " (1418838784)
00:07:48.319 --> 00:08:08.319
To relay or kind of teach the skills and how we can communicate our feelings or even just talking about our feelings. But, you know, there's still a lot of work to go with that, so eating disorders and just like tantrums, right? I think oftentimes, right, we, that's a common one in children and I am referencing a child because I think a lot of times even adults.

27 "Shelby " (1418838784)
00:08:08.319 --> 00:08:28.319
Sometimes don't know how to articulate what we feel or how we feel, and so it ends up coming out behaviorally and eating disorders can be one of them. Eating disorder behaviors function to regulate emotions. So think of eating disorders as a coping skill. And I know I know what you're thinking of like, well, I wouldn't ever endorse evening disorders, and for sure, right? And I think some.

28 "Shelby " (1418838784)
00:08:28.319 --> 00:08:44.699
Thing that I really emphasize when I'm working with someone, when I'm 1st getting to know why they utilize an email disorder, right? And some of them might say, well, it's really hard for me to sit with the emotions of guilt or disgust if I feel a certain way about my body, right?

29 "Shelby " (1418838784)
00:08:44.699 --> 00:09:01.409
I don't want to condone that, right? And disgust guilt, shame are such hard emotions. And so that individual found something that helped them cope with that emotion. And so, right, if they can learn ways.

30 "Shelby " (1418838784)
00:09:01.409 --> 00:09:21.409
To cope with those motions, that's a learned behavior then they can learn to cope without the eding disorder. A lot of things and I may reference this kind of as we go, but we we think of an eating disorder as an emotion driven behavior. So edds is kind of the short term, if you will, but emotion driven behaviors are everywhere.

31 "Shelby " (1418838784)
00:09:21.409 --> 00:09:42.229
Right, like there is an emotion between behind every behavior that we engage in. So just something to think about when you think about eating disorders so eating disorder as an emotional disorder, so, you know, we are gonna experience negative affects more intensely and more.

32 "Shelby " (1418838784)

00:09:42.229 --> 00:10:16.579
Frequently, so, there's actually a subtype and we won't get to that as much today, but there is a subtype of an eating disorder, it's called arfid, and it's avoidant restrictive food intake disorder, and they actually have super tasters. And so just like that, individuals with emotional with an eating disorder actually are like super fuelers. And so I do think that there's a negative connotation around being sensitive. But the reality of the situation is most people with eating disorders are feelers. They are very sensitive. So something that might impact somebody else, they're going to feel.

33 "Shelby " (1418838784)
00:10:16.579 --> 00:10:41.039
Feel that so much more deep and so much more intensely, right? And so when we feel things more intensely, like think about, you know, I think pain, physical physical pain, if that's going to impact us so much stronger, right? We, there might be a more urgency to go to the. Or the hospital, but someone that doesn't feel or has a higher pain tolerance, right, might not feel like they need to go to the hospital, but that doesn't still mean that they are injured or harmed.

34 "Shelby " (1418838784)
00:10:41.039 --> 00:11:01.039
They view emotional experiences as unwanted and tolerable. So, right, if we think about, I think a really common example to this, and the concept that we talk about here at run through and the concept that I think is kind of a more broader scope concept is like this idea of meta emotions, right? So hypothetically, let's say.

35 "Shelby " (1418838784)
00:11:01.039 --> 00:11:22.789
That I was feeling sad today, and I was going home to my partner and I felt guilty about feeling sad because I didn't want to impact his emotional experience. I'm NO longer focused on being sad. I am focused on feeling guilty that I might impact him negatively. And so there's a lot of that like meta emotions, that primary and that secondary emotions, which is oftentimes leading us to engage.

36 "Shelby " (1418838784)
00:11:22.789 --> 00:11:42.929
Page in maladaptive experiences. I'm gonna pop up to the right hand box. So these unhelpful strategies ultimately backfire and keep symptoms going, right? And so this is called negative reinforcement. So eating sorters are a negative reinforcement because just like I was saying earlier, right? It's important to praise them for finding something that makes them feel better.

37 "Shelby " (1418838784)
00:11:42.929 --> 00:12:02.929
And it does make them feel better, and it makes them feel better like

that and for them to learn to use a more adaptive coping skill, would actually have to mean that they would have to sit in that discomfort. And so by them feeling better, quicker, right? Anyone would do that. We can't blame anyone for trying to make themselves.

38 "Shelby " (1418838784)
00:12:02.929 --> 00:12:29.899
Feel better in sticking with something that does make it feel better. And the negative part of that is that there are long term maladaptive and adverse consequences of engaging in the eating disorder even momentarily or over time. So like I was referencing this slide earlier, so I think about the eating disorder as like an iceberg, right? So above the surface, we.

39 "Shelby " (1418838784)
00:12:29.899 --> 00:12:54.839
We, we're gonna see restriction, we might say chewing and spinning, we might see hyperfixation on certain foods or on body image. We might see a few foods, so people might say that they're fearful of engaging in food or might avoid foods at all costs. We might see binging and we might see purging. So these are the behaviors that we might see on the surface, right? Like we're actually observing these types of things. We actually also might observe mood.

40 "Shelby " (1418838784)
00:12:54.839 --> 00:13:14.839
That changes because of that as well. And then below the surface, what's really happening, like I said, this is an emotional disorder, so we might see below the surface, right? And if it's difficult to articulate these things, then we may not even know that they're going on. But anxiety depression, shame, fear. A lot of times we are seeing more and more of an immune sorter related.

41 "Shelby " (1418838784)
00:13:14.839 --> 00:13:29.879
That were kind of linked to or associated with a trauma response, so avoidance, mindlessness perfectionism, and also narrative urgence, autism spectrum disorders, and additional comorbid conditions. So right, like if you think about, I'm gonna get to this in a little bit.

42 "Shelby " (1418838784)
00:13:29.879 --> 00:13:49.879
I think a lot of times we're hearing supports say, you know, like, the vehicle's not that scary, just eat it, right? And essentially what you're, you're that the impact of that can be so consequential, but it's hard for us to recognize if we're not sure or not aware that what's below the surface and what's driving the import is actually something extremely painful.

43 "Shelby " (1418838784)

00:13:49.879 --> 00:13:51.479
Okay.

44 "Shelby " (1418838784)
00:13:51.479 --> 00:14:11.479
So changing face of E disorders, so I think there's a lot of myths out there and I think I actually have a slide on a couple of myths that I think are important to go over, but we're just seeing a lot more diversity and whether that's age, ethnicity, socioeconomic status, LBGTTQ plus size, and like I said in the last slide, a lot of co orbit.

45 "Shelby " (1418838784)
00:14:11.479 --> 00:14:43.279
That's also associated with eating disorders, so we're actually seeing less and less eating disorders that stand alone and actually the eating disorder becomes a symptom of something much deeper and much more, chronic than just like engaging in those eating sorder behaviors themselves. So this one I believe I, this one I believe has a couple of clicks slides too, but this slide is going over the prevalence, so, we have anorexia, nervosa, ballenia nervo.

46 "Shelby " (1418838784)
00:14:43.279 --> 00:15:13.849
Been eating and then osped. Osped is other specified feeding eating disorders. So with this one, the slide that this slide is important to take home because I think when people think of eating disorders, we think of anorexity and rivosa. And what this slide essentially is telling you visually is that that's actually the, the lowest rate of eating disorder that we're seeing. So osbad, other specified eating disorder, the, that one is a much more broader, but it's also kind of including, it's more inclusive in terms of body image.

47 "Shelby " (1418838784)
00:15:13.849 --> 00:15:31.979
But there's also a restriction piece there. So just kind of giving you a prevalence. I know that we probably think in disorders are anorexu nervosa and what comes with that and right this slide is really showing you that bellenium nervosa, benjian disorder, and osped are actually more prevalent diagnoses and more prevalent insertters that we're seeing.

48 "Shelby " (1418838784)
00:15:31.979 --> 00:15:54.979
Yeah, I'll go through this really quick, so common myth that I think just kind of challenge some of the thoughts that we might believe are things that we see on, in the media or if we see on the internet or just things that we see more of that are not true or beliefs that we hold. So eating sort of our choice. I.

49 "Shelby " (1418838784)
00:15:54.979 --> 00:16:15.619
I, I can just tell loved ones tea and food and they will snap out of it. I wish that was the case. I also don't wish that that was the case because then I'd be out of a job. But, right, that's just not the reality of a situation and I think after kind of going more into a new sorder, and kind of recognizing that it is an emotional disorder, we can see that, right. It isn't just that.

50 "Shelby " (1418838784)
00:16:15.619 --> 00:16:50.389
Not easy. There's a lot of fear and there's a lot of emotional constraint below the surface. Doesn't everyone struggle with eating disorders and or body image these days? I hear this so, so, so often, and the sad thing about it is that might be true and right, we don't want to normalize these messages because if we normalize them, right, we'll start to accept the fact that this is the reality of the circumstances, and right, like that's not kind of a world that we all want to live in. Anorexia is the only serious eating disorder. I'm I'm being cognizant of time.

51 "Shelby " (1418838784)
00:16:50.389 --> 00:17:10.389
Time as well because I do want people to walk awa walk away with practical skills, so I may not spend as much time as I had originally planned on the next few slides about the impact that it can have on the body, but anorexia, benjing sorter per bolimin nervosa, asset, all of them can have adverse consequences.

52 "Shelby " (1418838784)
00:17:10.389 --> 00:17:30.389
And are serious eating disorders. As a parent, there's not much I can do to help my child recover. You cannot recover for your child and there is so much that you can do to help your child recover. Eating disorders are a girl thing. You know, I think this is really challenging kind of to speak about this because eating disorders only.

53 "Shelby " (1418838784)
00:17:30.389 --> 00:17:48.719
Only work with people that identify as, will she her or female, but there are absolutely a prevalence of males that have or and are experienced in in source. So, you know, although.

54 "Shelby " (1418838784)
00:17:48.719 --> 00:18:08.719
Run through may not help all of all of the populations eating disorders are not exclusive. So the next few slides are going over the effects of the whole body. And so I'll just kind of let each slide kind of stay there for a couple of seconds. So I know.

55 "Shelby " (1418838784)
00:18:08.719 --> 00:18:28.719
And you all have the slide deck so you can kind of read through this as well. But I think just putting this here recognizes and shows that like ok actually great like visually, we can see or visually we can't really see the consequences of an instorder, but the two that I focus on there are balemia and anorexia, but there are consequences of.

56 "Shelby " (1418838784)
00:18:28.719 --> 00:19:00.019
Asset as well, so I'm not gonna spend a whole lot of time on those two slides just to save some time for what we have left to come, but they are in the slide deck and so I really encourage you to look in them and just, you know, I think in general, take these diagnoses and these conditions a little bit more seriously. So I do reference the rent for a relational approach.

57 "Shelby " (1418838784)
00:19:00.019 --> 00:19:18.719
Like I said I am a relational therapist. I think that I've always somewhat been more relational than anything, and then I think run through really just kind of drove that home. I've seen what connection and helping other other people work through disconnection and interconnection can bring them, even, you know, eating sworder, mood, all those types of things. So.

58 "Shelby " (1418838784)
00:19:18.719 --> 00:19:38.719
If I am to reference things later on, when I say interpersonal, that means like with others or with something more than just ourself. Interopersonal, meaning with oneself, so interpersonal is like, what is our relationship with ourself? Interpersonal is what our, is our relationship with others and other things. So I'll.

59 "Shelby " (1418838784)
00:19:38.719 --> 00:19:58.719
Talk about this a little bit more, but one of the things that helps run through be so successful, and this is not me talking up run through I do believe in the system, but because I'm a relational therapist, some of the things that I've seen kind of show through in that way is like the community meal you model. We do operate mostly in groups, and so that really helped individuals challenge.

60 "Shelby " (1418838784)
00:19:58.719 --> 00:20:18.719
Other thoughts that they people don't care or people wouldn't listen or people don't understand what they're going through and the reality of the situation is it is actually the most caring, authentic, vulnerable, the place where people actually would understand the most. It emphasizes the importance of group work. Groupwork is something

that we, we just can't get away from.

61 "Shelby " (1418838784)
00:20:18.719 --> 00:20:36.599
I think it kind of goes, I'll talk about this a little bit more. We live in a world that emphasizes an individualistic model, and this model kind of emphasizes the collectivist model, and so you'll see a lot more connection in this way, allowing ourself to be vulnerable and be met with vulnerability.

62 "Shelby " (1418838784)
00:20:36.599 --> 00:20:56.599
A mutuality. So yeah, I'll leave it that. One thing to think about with the disorders, which I think can help us if you are someone that's listening to this and, you are someone that's curious about en disorders because of, knowing someone in it is that en disorders are extremely.

63 "Shelby " (1418838784)
00:20:56.599 --> 00:21:22.139
The ego centric. I love this little depiction of this, everything you look for, all that you perceive has a way of proving whatever you believe. And so with individuals with in disorders, they, they can only see the world that they are living in. And so whatever they believe in terms of how they're being supported, right? Like that is their truth and it is extremely extremely challenging for them to start to challenge that. And a big.

64 "Shelby " (1418838784)
00:21:22.139 --> 00:21:42.139
A big barrier to that when individuals are 1st getting started in imme sorta treatment is because of how male nourished they can be. Even if you are not extremely extremely at the highest level malnourishment, if you are not nourished, your brain is extremely impacted by that. And so when, and we see it all the times when individuals start to become more nourished and start.

65 "Shelby " (1418838784)
00:21:42.139 --> 00:22:06.019
To engage in meal plans that are met for their, their, their body and their energy intake, you actually start to see them challenge their own thoughts and be able to see situations from a different perspective. And that allows them to kind of stay more connected because they're more understanding, they're more empathetic and they're more open to the fact of like, ok, maybe something more could be going on and maybe how.

66 "Shelby " (1418838784)
00:22:06.019 --> 00:22:28.579
My viewing this situation is not a hundred percent true. So I think

this idea of what is connection feels very straightforward, but all of us have a different perspective on connection. And so when I say this and when I'm thinking about connection and disconnection, what we call that is relational images. And so all the.

67 "Shelby " (1418838784)
00:22:28.579 --> 00:22:53.329
Just have a different perspective of what feeling connected is. We've all come from different backgrounds, we all have different, different families of origins. We all have different history of relationships. All of those things are different for all, all of us, including myself. And so when we, when we think about connection, we are thinking about connection from how we know connection. And so there is a way of connection.

68 "Shelby " (1418838784)
00:22:53.329 --> 00:23:09.719
And that we can think about that maybe either more adaptive or more healthy or something that can help us to move through disconnection and support where we can view things a little bit different. And so the examples that I talk about here.

69 "Shelby " (1418838784)
00:23:09.719 --> 00:23:29.719
The example I would like to share in this with this slide is like right like if we believed that people could not be trusted, right? The way that we interact with other people would be much different that than if our belief was people make mistake and can still be trustworthy. And so I think, you know, this, I had asked you guys to pull out a piece of pet.

70 "Shelby " (1418838784)
00:23:29.719 --> 00:23:54.149
And paper, and so I think this is a good moment to kind of think about, ok, what is my relational imaging? What do I believe? What stories, what truths, what beliefs do I hold about my connection and what connection with other people is? Maybe some of us actually believe that connection is few and far between. Maybe we don't believe that it's truly capable. Maybe we only feel like we can find true connection within our family.

71 "Shelby " (1418838784)
00:23:54.149 --> 00:24:10.349
Within our family's dynamic or maybe with one or two close friends. So yeah, just taking a quick 2nd to think about, ok, what does connection look like to me? Do I think the connection's possible? Does connection feel fleeding? And just spending a little bit of time because that belief impacts the way that we interact with other people.

72 "Shelby " (1418838784)

00:24:10.349 --> 00:24:33.319
Yeah, here, this is not, these are not the only four pillars. There's other pillars that can be included when it comes to connection. When I think about these pillars, these pillars, the reason that I'm using all four of these is because they're adaptive, and when I use the word adaptive I'm talking about they are growth.

73 "Shelby " (1418838784)
00:24:33.319 --> 00:25:05.449
Emphasizing and they help us move through things instead of regress or stay stagnant. So with connection, we see recognition and caring about the the others impacts or the impact on others and encouragement of authenticity, mutuality and approaching versus avoiding. So we're gonna start with the impact versus intention. So in each of I think the next.

74 "Shelby " (1418838784)
00:25:05.449 --> 00:25:39.049
Or so slides, I kind of give an example of all of the pillars of connection and disconnection. So impact versus intention. So this one is gonna be in relation to recognition and caring about the impact on others. So, imagine someone right I think this is the example that I used a little bit ago, right? There's nothing to be scared of. It's just a bagel. So imagine you're sitting across from someone that has a needne disorder or maybe you're not sure maybe you're skeptical if they have a heating disorder, and you see them just kind of like pushing the bagel away around, maybe they're pausing, maybe they're taking a long time, maybe.

75 "Shelby " (1418838784)
00:25:39.049 --> 00:26:00.329
The moment they start eating, they completely shut down and they're NO longer engaging verbally with you, right? And so you're, you go to support in a way that you know how and that is by saying there's nothing to be scared of, it's just a babel. And by and some of you might be listening to be like, yeah, it is just a babel, there is nothing to be scared. And I hear you, I get it. I see it all of the time, right? So your intention is that.

76 "Shelby " (1418838784)
00:26:00.329 --> 00:26:20.329
You are trying to encourage, you're trying to support and try to help the individual with the eating sort eating sort of see that it may not be as scary as they are making it out to be. You're trying to help them move into that behavior that is adaptive and helpful. The impact that it could have, I'm not saying they will always have this impact, but the impact.

77 "Shelby " (1418838784)
00:26:20.329 --> 00:26:41.669

Fact, maybe that this person that is scared may not feel silly, that they should not feel scared. They could lead, that could lead them to judging, which would lead to a bigger emotion and increase avoidance to enjoyment of food, right? And so if, if that feels like they feel silly, right, their imp how this would impact.

78 "Shelby " (1418838784)
00:26:41.669 --> 00:27:01.669
Them, right? Would maybe they would feel less open to eating around you because it may feel like they don't underst, they don't feel understood. So recognizing that, that your intention, even if your intention, is I am trying to encourage them, right? That is your truth and that is true, right? Like you actually try.

79 "Shelby " (1418838784)
00:27:01.669 --> 00:27:25.339
Truly maybe trying to encourage them and it is possible that it could land with them differently than the way that you would like it to. And so that the recognition of like if your loved one or the person that you're trying to support or that friend or that person you're sitting across from was to say, you know, hey, Shelby, I, I know that you're trying to help and that you saying that there's nothing to be scared of, it's just a bagel actually is not helping me.

80 "Shelby " (1418838784)
00:27:25.339 --> 00:27:45.949
So approaching versus avoiding, which is one of the pillars. So the the example right is the support or supports. See that their loved one is struggling to get started on a meal. See as they are perceived, upset, and withdrawn. Sorry, this is how we are perceived.

81 "Shelby " (1418838784)
00:27:45.949 --> 00:28:13.159
Being this individual. To approach something is to actually just acknowledge it. So acknowledge what you're noticing. Is everything ok? It seems like you might be upset and I can't help but notice you might be having a hard time getting started. What can I do to help, right? So, and this skill is extremely extremely extremely transferable, right? I said that at the beginning that some of these might be transferable outside of evening disorder rate. There's a ton of times where we might know someone that's going through something that's hard and challenging. And we actually might spend.

82 "Shelby " (1418838784)
00:28:13.159 --> 00:28:36.149
Spend more time or we might spend time avoiding, right? And approaching, maybe approaching doesn't have to be trying to resolve them of the emotions that they're feeling, and that is not what we're trying to do. We're trying to support them by moving into the emotion and feeling the emotion. And so avoiding, right, is kind of sending

this message that one rate, like maybe you like maybe.

83 "Shelby " (1418838784)
00:28:36.149 --> 00:28:56.149
It's not noticeable enough, right? And that can really send someone with an evening disorder to try harder to be perceived and to actually go deeper into their evening disorder. So approaching, and it doesn't have to be perfect, you don't know what, you don't have to know what you're going to say, but even just saying, hey, I'm noticing something is coming up. Can I help you?

84 "Shelby " (1418838784)
00:28:56.149 --> 00:29:16.309
Okay Mutuality, so supports, I think this is the same example. Yep. So sees that their loved one is struggling to get started on their meal, sees that they are perceivably upset. So the supports, the way that they respond to this, this is demonstrating mutuality, and I'll get into that in a 2nd. So based on what you.

85 "Shelby " (1418838784)
00:29:16.309 --> 00:29:40.309
But based on what you've shared with me in the past I can tell you you're having a hard time. I want to help you and I'm learning how to understand eating disorders. Right now, I'm not sure how to best support you, but I want to learn what would be most helpful to hear from me right now. So the 1st sentence alone demonstrates mutuality. It means that there has been a prior conversation that the two of you have had that you listen to and that you are trying to implement and that you unders.

86 "Shelby " (1418838784)
00:29:40.309 --> 00:30:01.069
This, the line about I'm not sure how to best support you, but I want to learn, right? There's a piece of vulnerability. People are always looking for the other person to be vulnerable 1st, but it's the last thing that we are willing to share. And so right if I was sitting across, if I was sitting across to someone that was trying to offer me support and they're like, I don't know what to do, but I want.

87 "Shelby " (1418838784)
00:30:01.069 --> 00:30:27.769
Help teach me, right? That's some essentially them saying I I'm not perfect. I don't know what to do, but help me. Let's do this together, right? That would immediately lower my guard and I would be willing to be a little bit more vulnerable with that person. We're gonna go into some disconnection pillars, so shame, tone policing, silencing, non mutuality, and avoiding versus approaching. So two of the concept.

88 "Shelby " (1418838784)
00:30:27.769 --> 00:30:36.509

Those are similar, but obviously in a different format than the, the connection.

89 "Shelby " (1418838784)
00:30:36.509 --> 00:30:52.229
So earlier we saw what it might look like to approach, right? So really recognizing naming what we're seeing in front of us. With avoiding, so I give you the example for the approaching rate, is everything ok? It seems like you must be upset. It seems like you're having a hard time getting started.

90 "Shelby " (1418838784)
00:30:52.229 --> 00:31:11.879
What can I do to help? Avoiding, is engaging in normalized conversations and behaviors as if you typically would do. This can look right like very verbal, right? Like really trying to engage in, in a conversation even if that individual is shut down or it could be like engaging in less eye contact.

91 "Shelby " (1418838784)
00:31:11.879 --> 00:31:31.879
It could be actually leaving the room that that individual might be in, and so this is also very transferable, it does not have to be in sort of related, but when we see someone that is visibly upset, and this is another time for you to reflect, when you see someone that is upset, whether it's in disorder, whether it's a friend family loved one, right? How do you engage without.

92 "Shelby " (1418838784)
00:31:31.879 --> 00:31:52.369
Do you approach? Do you say something? Anything at all? Or do you avoid? What comes up in you, right? Is it that we are fearful we're not gonna know what to say? Are we guilty or shameful? Is there a thought that maybe we did something to cause them to feel upset? Is there a lack of doubt that we will be able?

93 "Shelby " (1418838784)
00:31:52.369 --> 00:32:12.299
To help them through whatever is coming up for them. But avoiding, right, is minim minimizing the concern and leaves them feeling unseen and sometimes not even feeling sick enough. So right, this example is for the avoiding versus the approaching.

94 "Shelby " (1418838784)
00:32:12.299 --> 00:32:33.769
Non mutuality, so another one that we went over earlier when it comes to mutuality, so the supports, it sees that sees that the loved one is struggling to get started on their meal, sees that they are perceivably upset and withdrawn. The support, if they were demonstrating mutuality, right, which we went over earlier, based on

what you you have shared with me in the past, I can.

95 "Shelby " (1418838784)
00:32:33.769 --> 00:33:04.489
Tell that you're having a hard time. I want to help you and I want to learn how to understand your im sorder, right? We're talking about just naming something in the vulnerability. Right now I'm not sure how to best support you, but I want to learn what would be the most helpful thing to hear right now, right? When we're engaging in non mutuality and we are engaging in disconnection, and I know that sometimes it's really hard to hear of like wow, if I'm not actively engaging in connection, then I'm actually engaging in disconnection. But supporting in the way you believe they should be supported and what should work. So not being.

96 "Shelby " (1418838784)
00:33:04.489 --> 00:33:32.969
Receptive to feedback on what would work better for them. So right, imagine, I'm just thinking, imagine a loved one was like when I'm at dinner and you see me pausing for more than 3 min, I need you, I need you to kind of say to me, you know, I see you pausing for 3 min. How can you help me? And I need you to do this, right? When your natural inclination is to say, Shelby, you know.

97 "Shelby " (1418838784)
00:33:32.969 --> 00:33:52.969
We've paused for 3 min, it's time to get going, right? That loved one has told you before that that does not work for them. And even though they have said that, we, we feel like that is the best way to help them. And sometimes that maybe true. Sometimes they're, they may need support that they don't want, but they need.

98 "Shelby " (1418838784)
00:33:52.969 --> 00:34:12.119
And if they are saying I know what I need for support and what you're doing is not it. And if we continue to do that, that essentially is saying, I am not willing to change what I am doing for you to help you move through what you are going through. And that's gonna cause non mutuality, which is gonna cause disconnection.

99 "Shelby " (1418838784)
00:34:12.119 --> 00:34:33.419
Yeah Shaving silencing, tone policing, so I'm putting these all, all three together or all two together. So the example here is the support finds food and food wrappers hidden away in the back of the child's closet while helping them find something they have misplaced. The support.

100 "Shelby " (1418838784)
00:34:33.419 --> 00:34:51.929

Hey, I've noticed I noticed what looks like food and food wrappers headed in the back of the closet, what's going on? Individual with the e sworder says it's hard to explain, and this support says it can't be that hard to explain, just tell me what you're doing. Do you think I don't feed you enough? What else are you hiding? Right? And so I think a big thing here is emphasis.

101 "Shelby " (1418838784)
00:34:51.929 --> 00:35:11.929
On the tone and the pacing. If I was to engage in the 1st support segment of, hey, I noticed, I noticed what looks like food wrappers and food hidden in the back of your closet, like what's going on, right? That feels a little bit more feels a little bit more nurturing, understanding gentle versus a support that might say, hey, I noticed what looks like food and food wra.

102 "Shelby " (1418838784)
00:35:11.929 --> 00:35:39.989
1st hit in the back of your closet, what is going on, right? And then the same thing in the 2nd one. It can't be that hard to explain. Tell me what you're doing. Don't you think that i'm feeding you enough, right? Even that one alone essentially is saying, you are now making yourself that support is making themselves the point of contention. What else are you hiding? As if because they're hiding this means that they're hiding everything else, right? That is really gonna cause that individual to feel shamed, silenced, and tone policed.

103 "Shelby " (1418838784)
00:35:39.989 --> 00:35:59.989
Okay, what is connection? So this is for all my visual learners, in front of you, you see a very vibrant forest forest. I've shown this to individuals that I've worked with adults that I've worked with, and like they have even kind of come up with a.

104 "Shelby " (1418838784)
00:35:59.989 --> 00:36:19.989
Well other things that like makes them think of connection when they think about something that is lush as this, right? So 1st and foremost, the colors, the colors stick out to you, everything looks bushy and bright and lush, right? And that means that things have been nourished there. The other thing that someone has said is that when they, they think about the when they think about visually a lush force.

105 "Shelby " (1418838784)
00:36:19.989 --> 00:36:43.709
They they hear, right, like heavy streams, they hear animals and insects and birds, all of those things like chatting, communicating, it's very loud, it can actually be quite loud in a lush force where it is the home to many creatures, if you will. And so right that

emphasizes that the noise that communication demonstrates good connection versus, like I said, for all my visual learners.

106 "Shelby " (1418838784)
00:36:43.709 --> 00:37:04.909
If we were in disconnection, right? We're gonna think of like very desolate, a desolate like a desert, right? And so this is this is what's really important, right? A good takeaway, kind of thinking about the relational imaging, right? I asked you what you thought of connection. And if I was to ask you the same thing about disconnection, some of you might say, I try to.

107 "Shelby " (1418838784)
00:37:04.909 --> 00:37:24.909
Avoid disconnection at all costs, right? And the reality of the situation is, is that both ecosystems are necessary. If we stay in a desert for too long, right? We might actually start to believe that there's NO way out of the desert. And if we were to kind of start to move through the desert, we actually might get to something that looks as.

108 "Shelby " (1418838784)
00:37:24.909 --> 00:37:28.859
Is the forest that we saw in the last slide.

109 "Shelby " (1418838784)
00:37:28.859 --> 00:37:48.859
So, like I was saying, right, when we when we saw the 1st line of connection, everyone has a different experience with connection and we have a different relational imaging, and this one's for all of my feelers out there. When we are in connection, we are feeling increased energy, and so right like I think about sometimes at fruit I will.

110 "Shelby " (1418838784)
00:37:48.859 --> 00:38:10.909
Want everyone to kind of think of it for themselves, right? I know that I have experienced times where I am so stressed or tired or worn out that I don't want to go meet up with my friends at book club. But I also know that some of those individuals that I, that I am with in book club, right, I feel really connected to. And so I always lead book club feeling a lot more energized. And so connection leads you fo.

111 "Shelby " (1418838784)
00:38:10.909 --> 00:38:41.870
Feeling more energized. It does not feel you, it does not make you feel decreased energy, which is what disconnection would lead you feeling. It increases your desire to be more connected, it gives you incre increased clarity, increased knowledge, and increase sense self of worth, sense of worth, right? So in connection, you kind of know

where you in that individual stand, things feel clear. The opposite is to be said with disconnection. We're gonna find ourself turning away from relationships, we're gonna find ourself avoiding them.

112 "Shelby " (1418838784)
00:38:41.870 --> 00:39:01.870
And maybe some of us actually can identify some of the relationships in our life that we do avoid, and then right, we might experience increa increased confusion, right? Being like I don't I don't know where I stand, I said this thing I don't know how they felt about that, and then decreased sense of self. So lacking, lacking an idea of that, our, our sense of self is a value.

113 "Shelby " (1418838784)
00:39:01.870 --> 00:39:23.000
You Despite all of the other things. So, I like this visual, we can go to the next one with the, with the cactuses. So even disorders are strategy for disconnection. We're gonna get into this idea of strategy for disconnection, in this next portion.

114 "Shelby " (1418838784)
00:39:23.000 --> 00:39:43.000
And so I think of, I think of Capti as being individuals withten because people within stores do try to keep people at arm's length. It's harder to read and interact with them. A lot of times individuals, when they're in eating stores, the reality of the situation is sometimes they don't want help. They don't want to change. No one likes change, and if.

115 "Shelby " (1418838784)
00:39:43.000 --> 00:40:07.400
We went back to the beginning when I was talking about right like that negative reinforcement, eating source helped these individuals feel better. And so right this idea of like you are going to take away something that makes me feel better, right? That confusion of like, what do we do next? Strategies for disconnection, like I said eating Source are a strategy for disconnection. Strategies we utilize.

116 "Shelby " (1418838784)
00:40:07.400 --> 00:40:41.390
Is to avoid predicted unpleasant emotions, right? So if we knew if we shared something personal about ourself with somebody else and they were to shame or judge us, wait, we might disconnect by keeping ourselves out of conversations. In relationships we specifically in relationships specifically, ways we avoid to potentially, avoid the potential of being vulnerable and risk non mutuality, right? So being met with very mutual feelings, and a simple example of this is lacking eye contacts, Individuals find eye contact.

117 "Shelby " (1418838784)

00:40:41.390 --> 00:41:10.440
Like very vulnerable, and so right like if we minimize that, we're actually disconnecting. We are using that as a strategy of disconnection. Strategies for disconnection are also negative reinforcements. They are meant to keep us safe, they are a coping skill, and long term they are not beneficial. So we're gonna think of a couple of strategies for disconnection here. We're not gonna go through all of them. I'll go through two of them just to kind of really.

118 "Shelby " (1418838784)
00:41:10.440 --> 00:41:26.460
Kind of hit home this idea of like, we all engage in strategies for disconnection, we all engage in strategies for disconnection, including myself. So think of a time that someone wanted to hang out, but you did not want to. So think about how you handled this situation.

119 "Shelby " (1418838784)
00:41:26.460 --> 00:41:46.460
What emotion would impact how you handled this situation and would it increase, would it increase overall connection or disconnection, right? So I think I'm thinking about a common one I often hear when I'm meeting with someone is that right like someone wanted to hang out with you, but what, but you did not, how did you handle the situation? I think a common one I hear of.

120 "Shelby " (1418838784)
00:41:46.460 --> 00:42:02.400
Is right, like I just didn't respond, right? So essentially the strategy for disconnection is ghosting or not communicating, and what emotion and the emotion that's often associated with this is, well, I didn't want to hang out with them, but I would have felt guilty telling them NO. So guilt.

121 "Shelby " (1418838784)
00:42:02.400 --> 00:42:17.550
Guilt drove home this behavior of ghosting this individual, and so right like overall, would it, would it lead to more connection or disconnection? Right, the individual on the other side of this would probably feel very confused.

122 "Shelby " (1418838784)
00:42:17.550 --> 00:42:35.700
Right like I wanted to hang out, I asked them to hang out and they didn't respond. That feels confusing. I am gonna go, if you could go to the next one. Yeah. So think of a time your significant other friend parent was mad at you.

123 "Shelby " (1418838784)

00:42:35.700 --> 00:42:52.440
How would you handle this situation? Right, so think about someone being upset with you. What emotion would impact the way that you handled this situation? Would it increase overall connection, disconnection, right? So I'm thinking about a common example of this one, right? If someone is mad.

124 "Shelby " (1418838784)
00:42:52.440 --> 00:43:08.490
If someone is mad at somebody, right? And they're coming into my office and they're saying, my friend is really mad at me, so I reached out to them and I texted them five times, but I didn't hear back, right? I I apologize perfusively for something that I did. I don't even know what I did, but I apologize for it already. I really just don't want them to be mad at me.

125 "Shelby " (1418838784)
00:43:08.490 --> 00:43:28.490
So right, so how would you handle this situation? So this individual is saying that they're kind of like over responsive, and also a little bit of people pleasing. So the emotion that would impact the way that they handle this might be fear, fear that their friend is going to leave them and then right like this kind of like over apologetic, right?

126 "Shelby " (1418838784)
00:43:28.490 --> 00:43:48.490
Because we don't even know what the friend is mad about. Is it possible that this friend is mad for a reason that it doesn't warrant them being mad? And so it could lead to connection and it could lead to disconnection, but we're gonna need to know more information. And because of our fears within relational concepts, right, we are kind of approaching too strong and it could lead to disconnect.

127 "Shelby " (1418838784)
00:43:48.490 --> 00:44:08.130
Action within ourselves so that intro personally, but also inter personally. I'm gonna go to the side that says what, what is being avoided with an ED? So right, we think about, I I started this whole section about saying serves our strategy for disconnection. And so.

128 "Shelby " (1418838784)
00:44:08.130 --> 00:44:23.760
What are, what, what is being avoided when we think about an eating disorder? Well connection to self, individuals are trying to avoid connecting with self. And a lot of times with individuals with eating disorders, right? The 1st thing, one of the 1st things that they start to lose is their appetite. And so.

129 "Shelby " (1418838784)

00:44:23.760 --> 00:44:42.240
If you think about how that happens essentially, for a long time, your body's saying, you know, shell be I'm hungry it's time to be Shelby I'm hungry it's time to each Shelby I'm hungry it's time to eat. And at some point if I am in, you know, I'm referring to restriction in this case, but if I am saying, you know, NO, it's not time to eat. No, it's not time to eat or NO.

130 "Shelby " (1418838784)
00:44:42.240 --> 00:45:02.240
You know, we've eaten too much already. Essentially our body and our brain are now disconnected because our body can't test our trust our brain, our brain can't test our body. So our brain is telling us we can't eat, our body's telling us that we're hungry and we need the energy, right? And so the two of them are now disconnected from self. We're avoiding disconnection to others. We're avoiding big emotions, right? It is.

131 "Shelby " (1418838784)
00:45:02.240 --> 00:45:27.030
Individuals that mean disorders are superfuelers and it feels unbearable to sit in those emotions. Undesirable emotions, rejection, confirmation or poor beliefs, physical sensations, any sort of change to the body, unpleasant sensory experiences and unser uncertainties around vulnerability. So this list is not the end all be all, but those are some things that what that are being avoided.

132 "Shelby " (1418838784)
00:45:27.030 --> 00:45:48.410
So it's kind of alluding to this earlier, we think about shame shield. So we we talked about shame being a big contender when it comes to disconnection. And so here I just noted this is in the slide deck that you all have, but there's three types of ways that we engage in shame shield. So it's moving away.

133 "Shelby " (1418838784)
00:45:48.410 --> 00:46:14.000
Right Moving towards and moving against. So moving away being secret secret keeping hiding, isolating ghosting, right? So I've almost named a few of those already, right? I'm thinking about the example I utilized in one of the, I I forget which pillar I was talking about, but in terms of hiding food, right? And so individuals with these sorts that are hiding behaviors, which we see a lot. We see a lot that they're hiding behaviors.

134 "Shelby " (1418838784)
00:46:14.000 --> 00:46:40.650
Right, they're hiding behaviors because of shame, right? And so kind of talking about how we approach these individuals in a supportive way, right? And that makes it so much more important because shame is

such a deep deep emotion and can actually become very cyclic in nature. So moving ways like the secret keeping, the hiding, the ghosting I just referenced, and then isolation. This is another behavior thinking about the iceberg.

135 "Shelby " (1418838784)
00:46:40.650 --> 00:46:57.570
Isolation is a big, big, big big behavior that we can visibly see and notice over time. Moving toward, we're gonna see fonting and people pleasing, so fonting is, a newer trauma response, so kind of, you know, the agreeableness.

136 "Shelby " (1418838784)
00:46:57.570 --> 00:47:17.570
Those types of things. And then moving against is the shame shield of aggressive aggressive aggression, defensiveness, dominance, and argumentative. So right, this is not to shame anyone that we have shame shields. Everyone has a shame shield. Everyone utilizes shame shields. Once again, right? Shame shields are a way to protect ourselves. We think of shields, we think of armor.

137 "Shelby " (1418838784)
00:47:17.570 --> 00:47:47.330
Those are things that do protect ourself, and if we keep them up long enough, we end up keeping people out that can actually support us if we allow connection in. So barriers to disconnection, so what makes disconnect or what makes connections to barriers to connection. What is what what makes connection so hard? So I named this earlier, right? This, we live in a society and I'm not gonna speak to everyone on this call, right? All of us, all of us are kind of were raised grew up.

138 "Shelby " (1418838784)
00:47:47.330 --> 00:48:16.490
Up in different areas and so I can't really speak to everyone, but majority of society in this world right now are raised in individualistic society. So essentially what that says is that is promoting that, you know, it's it's it's weak to ask for help, that you, there's a lot of pride if you're able to succeed by yourself. There's a lot of loneliness and and and in an individualistic society versus a collective.

139 "Shelby " (1418838784)
00:48:16.490 --> 00:48:36.490
This culture, which really emphasizes the need and the recognition and the acceptance of like, yeah, actually we are stronger if we rely on each other, all of us have strengths, all of us have weaknesses, and when we come together that actually allows us to move forward. Diversity, so diversity is not a bad thing, it's a great thing, and diversity causes different.

140 "Shelby " (1418838784)
00:48:36.490 --> 00:49:11.390
Different perspectives, and so different perspectives when we are not open minded or we can't see that both sides could be true or right or fair or honest or their truth, right? We're oftentimes more likely to get into a power struggle with those two. Fear of disconnection, if you've learned in your life how painful disconnection can be or rejection, which is also on this list, then you learn very quickly that you will do everything that you can to not feel that again. And so we'll avoid that. Shame, judgment from others, and then like I said earlier power dynamics that lead to us feeling too needy or weak if we were to ask for help.

141 "Shelby " (1418838784)
00:49:11.390 --> 00:49:32.150
So I'm recognizing, I'm recognizing time. We can go to the next slide. Yeah, that one. Okay, so recognize.

142 "Shelby " (1418838784)
00:49:32.150 --> 00:49:48.750
Guys in time, so I'm gonna, I might skip over a couple of these ones just to kind of hit home the main topics, but, I love this slide so so much and so I'll kind of give you a quick run through of like what this is what this diagram I actually created this diagram.

143 "Shelby " (1418838784)
00:49:48.750 --> 00:50:08.130
Because I think it helps visually see what's happening. So on the right side disconnection, we're seeing her person does not express impact, right? So if a hurt express, if a hurt person is not expressing impact, right? The hert person believes that they do not have an impact or that they matter, right? Yes, I think it's easy to be like, well.

144 "Shelby " (1418838784)
00:50:08.130 --> 00:50:28.130
If they're not expressing it, how do we know, right? And if they have learned that they cannot express that, then it's gonna be very hard for them to relearn that. And that's something that a lot of individuals learn through treatment is that there is space for them to express when someone impacts them negatively. But if they complete, if they start to believe that they NO longer have an impact or they do not matter.

145 "Shelby " (1418838784)
00:50:28.130 --> 00:50:56.810
Her person has learned is safer to disconnect instead of trying to connect and be hurt. Her person creates strategy for disconnection, right? So essentially saying, yes, it stinks to be lonely and isolated and it feels safer here than it does to risk the chance of feeling

disconnected or rejected or shamed because of my eating sorder or for any other circumstances. The other side of this, we have two different kind of arrows or trees, so her person expresses hurt and disconnection. That's great. That that is a.

146 "Shelby " (1418838784)
00:50:56.810 --> 00:51:23.070
Really strong brave individual. And if that her person is met with disregard, so I'm thinking about some of those pillars of, I'm thinking about some of those pillars from disconnection. If they're met with disregard, it's gonna bring them back up to the other side, the right side of disconnection. If the her person expresses her and disconnection and they are met with mutuality and understanding, that her pressure learns safe to express themselves and learns that approaching can lead to relational resilience.

147 "Shelby " (1418838784)
00:51:23.070 --> 00:51:39.060
Relational resilience, if you skip two ahead, it, it really emphasizes this yeah this last picture, which is.

148 "Shelby " (1418838784)
00:51:39.060 --> 00:51:59.060
A type of art that embodies, it's called King Suji, and this really emphasizes that something that is broken can become much stronger, and that is this emphasis on, why we should navigate connection is because we can actually become more emotionally resilient. I am gonna.

149 "Shelby " (1418838784)
00:51:59.060 --> 00:52:30.140
Go to, so in this in this slide deck, I do want to allow for questions, so I'm actually gonna go, if you wanna skip ahead, there's one that has all of the steps of, I believe of emotion coaching. And if not, I will just kind of explain it. So in the slide deck, there are, there are the steps to emotion coaching, which I think is the aspect here that we really teach to support. Yes, thank you. So with the steps to emotion coaching, there's attending tool of the emotion, right? So.

150 "Shelby " (1418838784)
00:52:30.140 --> 00:52:55.250
I kind of show that with the acknowledgement. Here, the strategy for connection, here is just acknowledging. And we don't have to, right? Know the emotion that they're speaking of, but like if we see that someone is isolated, if we see that somebody is upset upset or uphurt, right? Just acknowledging that, right? You're sitting across from someone at dinner and maybe not right at dinner, but after dinner, right? You pull them aside and say, you know.

151 "Shelby " (1418838784)

00:52:55.250 --> 00:53:12.720
Hey Shelby I recognize that dinner, you were not as talkative. You seemed you seemed a little upset. I don't know if that's what's going on, right? But we're acknowledging that is that it means that that individual had an impact on that individual, the support, and the support is willing to acknowledge it, even if they don't know.

152 "Shelby " (1418838784)
00:53:12.720 --> 00:53:32.720
What is the right thing to do in that moment? Step two 1st steps of emotion coaching is labeling and expressing the emotion. So, one of the things that I think we see a lot here and we see a lot of resistance to is, you know, when individuals are going through eating disorder treatment, there's a lot of change that they're going through. And that sometimes does mean that the supports.

153 "Shelby " (1418838784)
00:53:32.720 --> 00:53:52.720
Or friends or family or loved one also may need to go through some sort of change. They may need to learn more about emotions. They may need to learn more about eating disorders. And if you are someone that has a really hard time identifying emotions or knowing what emotions feel like or knowing how to describe an emotion or how to sit with an emotion.

154 "Shelby " (1418838784)
00:53:52.720 --> 00:54:12.150
Maybe it's even hard for you to sit with anxiety. You know, that maybe a sign for you to also receive support for that. Because if we're not able to help them express and label something, right, it's gonna be really challenging for us to, to help them and that actually might end up leading to us engaging in a shame shield which may engage or lead to us.

155 "Shelby " (1418838784)
00:54:12.150 --> 00:54:32.150
Feeling more disconnected because it may feel like we can't help them. And then just validating the emotion. The biggest thing with emotion coaching is it is really challenging to sit and watch someone that is having a difficult time and really struggling. Our job as emotion coaching and even as a therapist, right? I think a lot of times people think that.

156 "Shelby " (1418838784)
00:54:32.150 --> 00:55:01.370
This is true about therapist is that we're, we're meant to make people feel better. We're meant to make the emotions go away. And actually what we're doing is we are trying to help people learn about their emotions, see what is adaptive and what is maladaptive. We're trying to help them validate their own emotional experiences. So with the

validate the emotions, and I think that's probably why people avoid the emotions or kind of when they recognize someone is struggling is because they're like crap, I actually don't know how to help them through this.

157 "Shelby " (1418838784)
00:55:01.370 --> 00:55:23.480
And the reality of the situation is it is not our responsibility to fix that emotional experience for that individual. Our responsibility is to be able to attend the emotion, sit in that emotion with that individual so they can see that that emotion is safe and it is ok to feel and to validate, right? If they're fearful, if they're scared, just saying, yeah, I can understand.

158 "Shelby " (1418838784)
00:55:23.480 --> 00:55:39.930
I can understand why that feels so scary. And so one of the last pages in this webinar, it goes kind of goes into more details about it, but it's one of the last pages and it says emotion coaching starting points. It says, of course, you feel scared.

159 "Shelby " (1418838784)
00:55:39.930 --> 00:55:56.970
Because this is a scary process. It makes sense that you feel anxious. You're not sure what will happen if we continue to move through recovery. I can see why you'd feel guilty. You've learned that it's your responsibility to take care of me, but, but you can feel.

160 "Shelby " (1418838784)
00:55:56.970 --> 00:56:16.970
Sad and I can take care of my own emotional experience. Your feelings are valid because NO wonder you feel blank because. So I think the last the the last page before the thank you in this webinar is the emotion coaching starting points, which I think, you know, if, if you're learning kind of emotion coach or validate and label and.

161 "Shelby " (1418838784)
00:56:16.970 --> 00:56:51.290
Just like learn to understand that the reality of the person going through eating disorder, the eating disorder or the treatment or recovery, is to kind of start there because our responsibility is not to help them move through the emotion, it's to help them sit with it and create more adaptive coping skills other than the eating disorder itself. So I know I kind of buzzed through the the the last portion with the emotion coaching, but the slide deck has all the kind of extended details about that, so I definitely encourage you if you're interested in the emotion coaching aspect or you have any questions.

162 "Shelby " (1418838784)
00:56:51.290 --> 00:57:02.670

You can drop them in now, but that's kind of the emphasis that I have on supporting through connection, when helping someone through a needing disorder.

163 "Shelby " (1418838784)
00:57:02.670 --> 00:57:19.620
Okay, I If people are ready for some questions I'm happy to kind of answer them. And if there's NO questions then. Thank you all for listening. Thank you all for being here.

164 "Shelby " (1418838784)
00:57:19.620 --> 00:57:36.600
This is hard work.

165 "Shelby " (1418838784)
00:57:36.600 --> 00:57:54.630
Okay, uh.

166 "Shelby " (1418838784)
00:57:54.630 --> 00:58:05.534
Okay.

167 "Shelby " (1418838784)
00:58:05.534 --> 00:58:08.791
I do have one additional minute if you want.

168 "Allender, Lauren" (4201516544)
00:58:08.791 --> 00:58:14.324
Wants to submit a question.

169 "Shelby " (1418838784)
00:58:14.324 --> 00:58:19.948
Okay.

170 "Allender, Lauren" (4201516544)
00:58:19.948 --> 00:58:40.820
Okay, at this time we have NO NO additional questions. Thank you so much for attending and thank you Shelby for providing such wonderful information. Again, if you have questions about therapies discussed today, please contact the ED disorder team by calling the number on the back of your insurance card. Please be sure to mark your calendars to join us.

171 "Allender, Lauren" (4201516544)
00:58:40.820 --> 00:58:49.368
As on Tuesday 27 August, we will be discussing supercharging support for eating discover, e eating disorder recovery. Thank you.

172 "Shelby " (1418838784)
00:58:49.368 --> 00:58:54.264

So much Shelby. Thanks everyone. Have a good one.