## **EATING DISORDER: Resident is diagnosed with an Eating Disorder** Core B: this is provided all residents. **Core A:** 130-session core resource Programming for special needs or mental provided to all residents. In general, Assess level health overlays may be scheduled at this of need and the first 30 sessions may be viewed as time. The Core B resource is a 50-session readiness a useful preparation for more intensive loop,. and residents may attend when not (MI). mental health treatment. The full at special programming during these resource is recommended. times. If needs more intensive MI preparation OPTION: use Core C1. Client motivation may be an issue. Core C2 (CBT resource) - strongly If so, we recommend the suggested for Eating Disorder Tx.. sequential use of: MI stage-based resource #1 Core C3 (comprehensive CBT coping skills resource) - suggested MI stage-based resource #2 MI stage-based resource #3 The TP 18 "Eating Disorders" resource MI stage-based resource #4 includes a range of specific MH resources for counselor and clients - males and females. It provides an orientation to treatment of this issue, a comprehensive set of treatment planning and TP 18 - Treatment overview and implementation suggestions, suggestions suggestions. for effective use of Motivational Interviewing (MI), and multiple handouts and worksheets for client and counselor addressing symptoms, triggers, incident Workbook M13 (male) worksheets, and coping skills tools. Highly recommended. Workbook W13 (female) Addresses common eating disorder issues (anorexia, bulemia, Consider additional resource options: and eating as a response to stress or a need for comfort). Identifies TP20: Body image and self-image eating as an area of "control," and TP10: Shame and low self-esteem guides self-efficacy in resisting eating disturbances. **COLOR KEY**

SOCIAL WORKERS

YOUTH SPECIALISTS

SPECIALISTS - AS ASSIGNED

MENTAL HEALTH PROFESSIONALS

**RECEPTION STAFF**