

## FAMILY SKILLS: TOPICS FOR FOCUS IN THERAPEUTIC WORK WITH FAMILIES STRUGGLING WITH EATING DISORDERS

- Become familiar with individual core struggles
- Understand ED Mindset and function of behaviors
- Recognize common internal struggles that interfere with recovery
- Recognize hungry brain and how it complicates treatment
- Learn to cope with body image distortion
- Model and embrace healthy eating, understand special nutritional needs of recovery
- Learn about the role of exercise in illness and recovery
- Be mindful of developmental concerns
- Expect and learn to adjust to varying levels of motivation
- Get real... know what causes eating disorders, learn to debunk myths
- Break the silence, identify vulnerabilities in the family
- Understand temperamental risk factors
- Create a protective family culture; be aware of how our culture is toxic
- Identify boundary struggles, learn how to develop healthy boundaries
- Learn key components of treatment
- Learn when to step in and step back
- Learn to move towards responses with emotional balance
- Commit to self care
- Consider Family Based Treatment or Family Therapy

