



Rosario Counseling & Associates

Dealing with Eating Disorders

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This month's E-News was
contributed by:



www.remudaranch.com

Statistics:

- It is estimated that 8 million Americans have an eating disorder
- Nearly half of all Americans know someone with an eating disorder

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For the most part, medical problems are easily understood: a broken leg requires a cast; a mild headache is resolved with an aspirin or two. Conversely, psychiatric disorders are very difficult to understand. This is primarily because they cannot be seen; there is simply no visual evidence to explain their existence. This is true for eating disorders. While we do recommend professional help for those exhibiting the signs and symptoms of an eating disorders, there are definitely things we can recommend you do and do not do as a friend or family member.

Some tips for helping a friend or loved one with an eating disorder include:

- Understand that eating disorders are complex. Recovery is not just a matter of willpower.
- Discuss your concerns with the individual.
- Try to understand things from the person's perspective. Understand that persons with eating disorders often make decisions based on their feelings rather than on facts and logic.
- Express your concerns about the person's health and functioning, not just their weight.
- End the conversation if going nowhere or if the person becomes upset. But if possible, leave the door open for further conversations.

While you might have good intentions, there are several things that you might instinctively do that are **not** recommended:

- Don't make promises you can't keep; don't promise to keep the person's behavior a secret.
- Don't get over-involved. Know your limits. You are not a substitute for professional care.
- Don't nag about eating or not eating, or spend time talking about food and weight.
- Don't bring a group of people to confront the person.

If you or a loved one are dealing with an eating disorder, call our office at 919-649-5882 to make an appointment today.

For information and resources about dealing with eating disorders:
www.remudaranch.com and click on the link for "Resources & Articles".