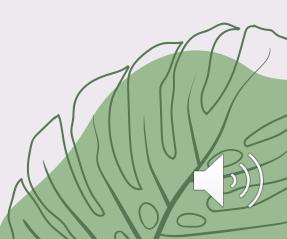
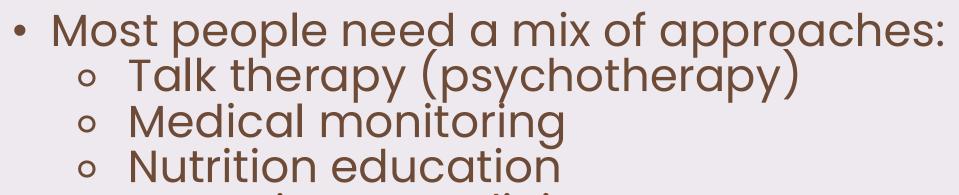
TREATMENT APPROACHES





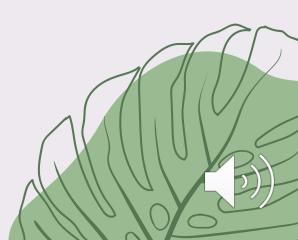


WHAT DOES TREATMENT LOOK LIKE?



- Sometimes medicine
- Goal: Treat both the mind and the body eating disorders affect both!







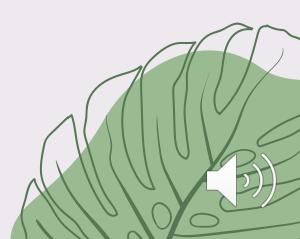


THE TREATMENT TEAM

- A therapist or psychologist for mental health
- A dietitian for nutrition and meal planning
- Doctors to handle medical issues
- And for teens, parents or family who help supervise meals and provide support





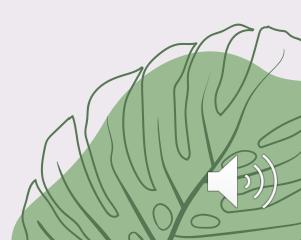




- Your plan shows which therapy you'll use
 - What your goals are
 - What to do if you struggle to stay on track.
- It also includes monitoring your physical health and finding affordable treatment options many programs have scholarships or slidingscale prices.









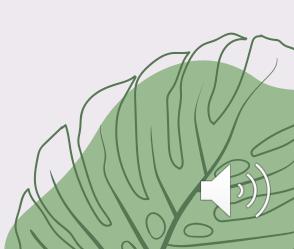


 Talk therapy, also called psychotherapy, means meeting regularly with a mental health professional.

It helps you:

- Build healthy eating habits
- Replace harmful thoughts or routines
- Learn to handle stress
- Improve your relationships and mood

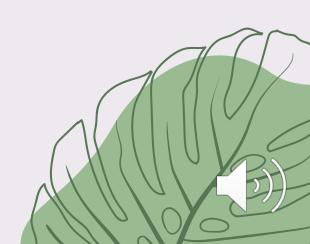




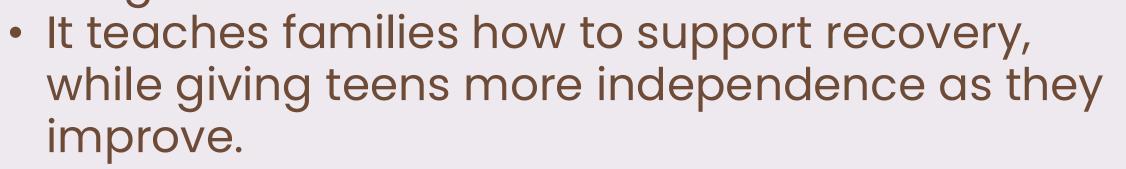


- CBT-E focuses on changing unhelpful thoughts and behaviours around food and body image.
- It's effective for bulimia and binge-eating disorder, but not for anorexia.
- It helps you recognize patterns and replace them with healthy coping skills.



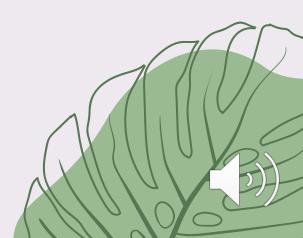


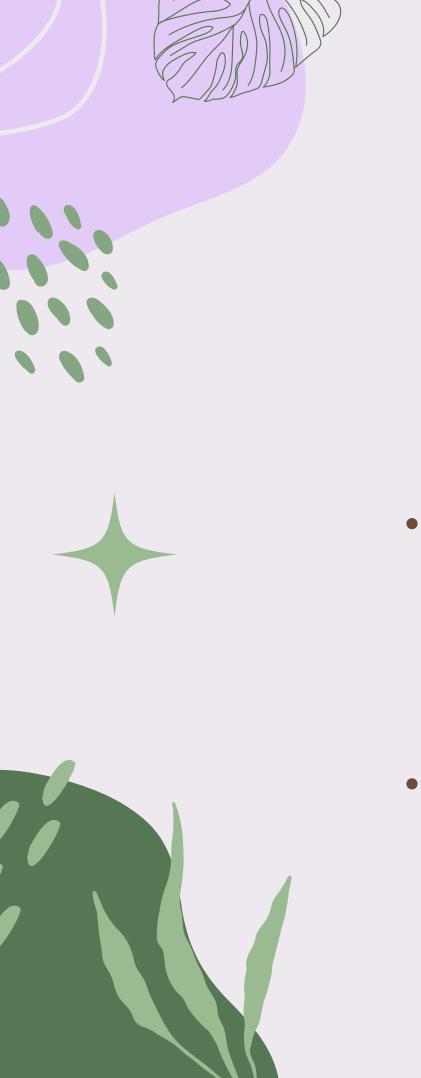








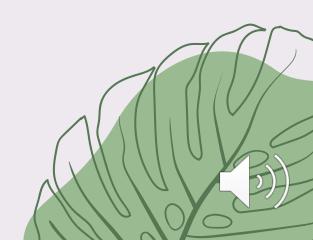




DIALECTICAL BEHAVIOURAL THERAPHY (DBT)

- DBT helps with binge eating and bulimia by teaching:
 - How to manage emotions
 - How to handle distress safely
 - How to build healthy relationships
- It can happen in groups, one-on-one, or even with phone coaching for support.



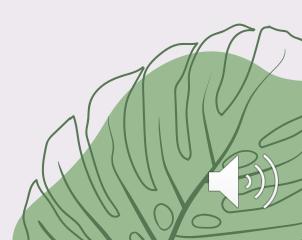


NUTRITION EDUCATION

- Dietitians teach how food fuels your body and how to eat regularly again — usually 3 meals and 1–2 snacks a day.
- The goal is to restore a healthy weight, fix nutrition problems, and build a balanced, flexible relationship with food.









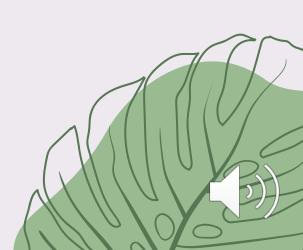




ONGOING HEALTH AND RECOVERY

- Eating disorders can cause serious health problems — heart issues, weak bones, missed periods, or even stunted growth.
- But with treatment, people do recover.
- Recovery takes time, teamwork, and selfcompassion — and no one has to do it alone.

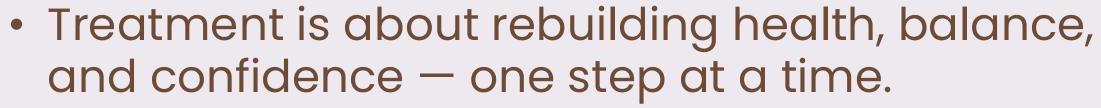








CONCLUSION



• With the right support, full recovery is absolutely possible.





