

TREATMENT APPROACHES



WHAT DOES TREATMENT LOOK LIKE?

- Most people need a mix of approaches:
 - Talk therapy (psychotherapy)
 - Medical monitoring
 - Nutrition education
 - 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




THE TREATMENT PLAN

- 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 sliding-scale prices.





TALK THERAPY

- Talk therapy, also called psychotherapy, means meeting regularly with a mental health professional.
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It helps you:

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



COGNITIVE BEHAVIORAL THERAPY (CBT-E)

- 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.



FAMILY-BASED TREATMENT

- In family-based treatment, parents help their teen eat normally again and reach a healthy weight.
- It teaches families how to support recovery, while giving teens more independence as they improve.



DIALECTICAL BEHAVIOURAL THERAPY (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.



MEDICATION

- Medicine doesn't cure eating disorders, but it can help — especially when used with therapy.
- Antidepressants can reduce binge-eating or bulimic behaviours, though they're not helpful if someone's underweight.
- Doctors may also recommend vitamins or supplements for health issues.



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 self-compassion — and no one has to do it alone.



CONCLUSION

- Treatment is about rebuilding health, balance, and confidence — one step at a time.
- With the right support, full recovery is absolutely possible.





THANK YOU

