

Lacey Vogel, LMHC (she/her/hers) Clinical Training Specialist

Today's Agenda

- Provide a brief overview of eating disorders
- Identify special considerations for athletes with eating disorders
- Next steps to take to get help
- How to support an athlete who is struggling









Eating Disorder Diagnoses Anorexia Nervosa Bulimia Nervosa (AN) (BN) Pattern of binge eating • Insufficient fueling Intense anxiety, guilt, fear associated with eating Terrified of weight gain and compensatory behaviors Eating_until

- Persistent behaviors that interfere with weight
- restoration Body distortions
- Acute awareness of body
- (can feel "extra" weight) Excessive exercise (B/P
- type)

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Low body weight

- Base self-worth on distorted perceptions of bodies
- Depressed moods, secretive and withdrawn
- Shame and guilt around eating

Binge Eating Disorder (BED)

rew Center

- Eating alone/eating secretly
- uncomfortably full or sick
- "Performative eating" around others
- Skipping or delaying breakfast
- Dieting & desire to lose weight
- Feelings of shame, guilt, disgust after eating
- Eating without hunger

(APA, 2013; Bennett, 2022)



Statistics Image: Statistics

















WHAT TO LOOK FOR

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Warning Signs

- Over-training
- Overuse injuries
- Suppressed immune system
- Minimal enjoyment
- Training in dangerous situations
- High level of anxiety when unable to train
- Obsessing about body fat composition
- Heightened irritation, depression, anxiety
- Body changes (sometimes)
- Obsessive body checking/weighing
- Somatic complaints
- Sleep concerns



Concerning Food Behaviors





Use of food rituals

Focus on only "healthy" or "clean" foods

Preoccupation with food

Reduced spontaneity and flexibility with food

Poor food variety

Avoidance of social situations with food

Focus on macros and calories

[^]often spotted by teammates before coaches!

Early Recognition of Compulsive Exercise



- Exercise more than an hour a day
- Less than 2 rest days/week
- Exercise more than 4 days/week without a break for more than 3 months
- More than is typical for someone of similar age/circumstances

When deprived of exercise:

• Experience feelings of anxiety, depression, and guilt











First Stop: Intervention			The The Center PREST IN LATING DISORDERS
	ASAP! Early diagnosis = better prognosis	Express curiosity about the symptoms (sensitively, with empathy)	Validate without agreeing with the behaviors
	Use medical analogies (ED as a chronic injury) and the importance of medical monitoring/nutrition	Assist in identifying and involving supports	Emphasize overall health rather than focus on weight/body comp.



Don't...

- Ignore the situation
- Blame the individual
- Comment on weight or appearance
- Make assumptions about eating patterns or weight/size
- Assume athlete has an ED for sole purpose to improve performance
- "Eat more"
- Ignore walking/pacing behaviors (especially if someone is on break from exercise)







Supporting Recovery



- Maintain participation while in treatment unless counter-indicated medically (see: REDs CAT2 guidelines)
 - For ex., coming to practice for connection
- Treatment team collaboration is best for relapse prevention
- Use passion as motivation for recovery
- Challenge over-emphasis on athlete identity and beliefs about weight/health

It can take 6-9 months of weight maintenance, proper eating, and appropriate exercise to resume healthy status (Mehler & Andersen, 2010)



Athlete & team must be aware of campus policies:





Is there an established exercise protocol? Nutrition protocol? Medical monitoring protocol?



How would taking a season off impact a scholarship or the financial situation for someone?



What is the policy around medical leaves and expectations for the student athlete?



Safe Exercise at Every Stage (SEES)

- "Guideline developed to support clinicians and exercise professionals manage exercise during treatment for an eating disorder"
- Developed by an exercise physiologist, clinical psychologist, and clinical researcher/personal trainer
- 5 key principles: non-abstinence, safe & healthful, holistic, mindful & intuitive movement, and collaborative

www.safeexerciseateverystage.com





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