

**TREATING JEWISH PATIENTS  
WITH THE UNIFIED TREATMENT  
MODEL**

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The Renfrew Center  
FIRST IN EATING DISORDERS  
CELEBRATING 40 YEARS

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**JEWISH VALUES MATTER**

Jewish Values are expressed in behaviors: Kashrut, Shabbat, Holidays, marriage, family, mikvah. We acknowledge the importance of behaviors and encourage deeper understanding of the meanings of these rituals for the clients.

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**JEWISH VALUES MATTER**

Jewish practice should not be a barrier to treatment. Renfrew is committed to accommodate the program to the best of our ability to enable participation in treatment.

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## JEWISH VALUES MATTER



Jewish core principles which support treatment:  
-Refuah Ha-Nefesh and Refuah Ha-guf  
The healing of the soul and the body  
-Pikuach Nefesh  
Sanctity of life overrides almost all rituals

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## WHAT IS THE UT?



Integrated Treatment Approach  
Evidence-based  
Emotion-Focused  
Experiential  
STAGE-BASED  
Outcome-oriented  
**SUSTAINABLE CHANGE**

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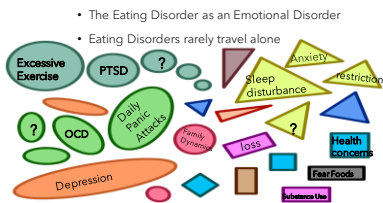
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## INTEGRATED TREATMENT APPROACH



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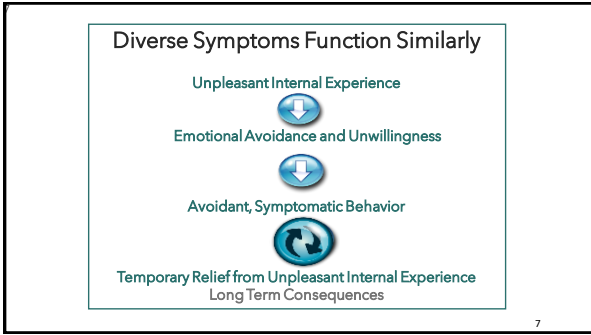
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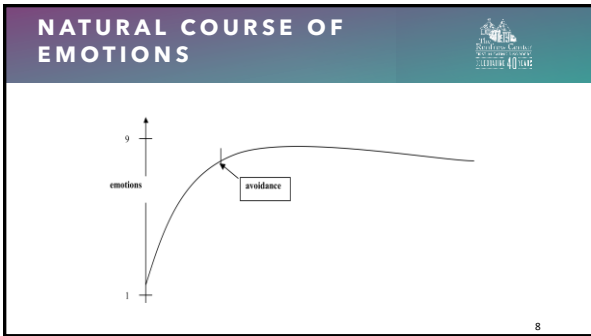
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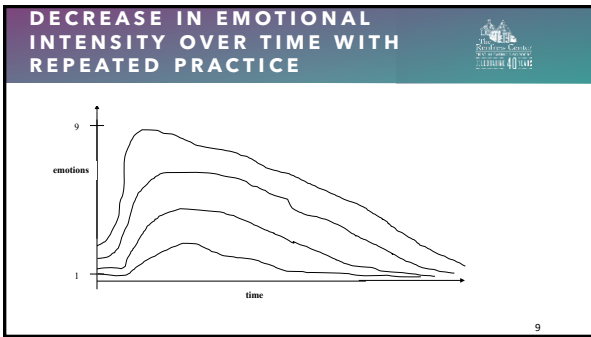
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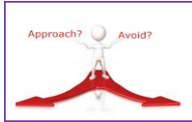
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**IMPORTANT TREATMENT GOAL**

Courageously **approach** rather than avoid painful, anxious, uncomfortable emotions.

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**THE RENFREW STAGES OF TREATMENT**



**Engaging and Engaging Enhanced**

- Motivation Enhancement and Goal Setting
- Psychoeducation and Treatment Rationale
- Emotion Awareness, Tracking and Present-focused Awareness

Take it in

**Acquiring**

- Cognitive Appraisal and Reappraisal
- Emotion Avoidance & Emotion-Driven Behaviors
- Awareness & Tolerance of Physical Sensations

Dabble, apply it

**Transforming**

- Situation-Based Emotion Exposures
- Relapse Prevention

Take it out

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**ENGAGING STAGE (E)**



- **FOUNDATIONAL & ESSENTIAL**
- Each concept and module builds upon the concepts/modules before

Group Modules:

- Enhancing Motivation
- Adaptive Function of Emotions
- Understanding Emotions
- Experiencing Emotions
- Mindful Emotions



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**THE ARC**

Go. ARC. Everything.

A Antecedent	R Response	C Consequence
What happened	My emotion	What happened next

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**ACQUIRING STAGE (A)**

Group Modules:

- Mood Induction
- Cognitive Appraisal & Re-appraisal
- Avoidance & Emotion-Driven Behaviors
- Interoceptive (tolerance of physical sensations)
- Skills of Exposure

➤ Most essential criteria for moving to A Stage:

1. demonstrate full understanding of E stage concepts,
2. willingness to "lean in" and do things that are uncomfortable (and understanding why that is important to recovery)

*walk the talk.*

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**TRANSFORMING STAGE (T)**

Group Modules:

- Body Image Exposure
- Planning 1:1 Exposures
- Food Exposure Planning
- Social Exposure
- Outing

What does "Exposure" mean:

- Learning by experiencing
- Doing difficult things WITHOUT depending on typical avoidance strategies/ED behaviors to cope

= SUSTAINABLE CHANGE

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## EATING DISORDER SYMPTOM REDUCTION

As emotional tolerance and psychological flexibility increases

the need for maladaptive coping behaviors decreases.

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## Jewish Community – Interactions

### Jewish Rituals and Eating Disorders (not about blame)

*What are some of the Jewish practices or ideas that can be triggering for someone who has an eating disorder?*

- Keeping kosher - rigidity in eating and normalization of restriction
- Jewish Holidays and Fast Days - cycles of feasting and fasting
- Passover
- Sabbath Observance- focus on food, limits on availability of resources, alter schedule and meal timing, and create need for emotional tolerance skills
- Marriage and children- getting married young, shidduch crisis, birth control, large families
- Mikvah- body image, OCD
- Jewish guilt- perfectionism, rigidity, absence of options
- Holocaust

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## Jewish Community – Interactions

### Jewish Rituals and Eating Disorders (not about blame)

Case Example	Challenging Practice
Miriam	Shabbat meals
	Jewish holidays with family
	Keeping kosher
	Fast days
	Jewish guilt/ Perfectionism
	Trauma in large religious family
	Panic attacks on Shabbat

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## THE RELATIONAL QUALITY OF THE TREATMENT IS AS IMPORTANT AS THE TREATMENT ITSELF



- Our treatment encourages patients to increase emotion tolerance and decrease experiential avoidance is anchored within a **mutually collaborative, empathic relational context**.
- Patients restore physical and emotional health and heal relational disconnection by **understanding and dealing with the emotions** that drive their disorders.

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## MIRIAM'S SAMPLE ARC

Date/ Time	Situation or Trigger	Thoughts	Physical Sensations	Behaviors/ Urges	What happens next?
12/23/21 9:30am	<p><b>Immediate</b> Sister confirmed that I'm coming for shabbat dinner</p> <p><b>Earlier</b> Couldn't run this morning</p>	<ul style="list-style-type: none"> <li>• I have to cook and bring my own food</li> <li>• I want to crawl out of my skin</li> <li>• My niece is going to notice if I don't eat</li> <li>• No one gets it</li> </ul>	<p>Clenched teeth</p> <p>Restless legs</p> <p>Muscle Tension</p> <p>Nervous stomach</p>	<p>Go far run even though I'm not supposed to, make my own food</p> <p>Urges: to run, to restrict, to not go</p>	<p><b>Short term</b> Running helped me avoid my emotions, eating my own food is only way I can sit at table and eat</p> <p><b>Long term</b> Continued disconnection with my family</p>
<p><b>Emotions</b> = Fear, anxiety, anger</p>					

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## What we learned

Case Example	Lesson Learned
Miriam	I can handle Shabbat dinner
	I don't want to teach niece same pattern
	Every meal does not have to be perfect
	Maybe I am worthy of being loved
	I can tolerate being uncomfortable

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**CONTACT INFORMATION**



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**i** For more information about The Renfrew Center's programs and services, please call **1-800-RENFREW (736-3739)** or visit [www.renfrewcenter.com](http://www.renfrewcenter.com).

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