

Treatment Overview

What to expect when working with a Registered Dietitian for Eating Disorder Recovery

Basic Information

The Tele Dietitian offers evidence-based nutrition services for eating disorders. The focus of treatment will be to work on changing thoughts, beliefs, and behaviors that hold you back from recovery. Research shows that using Cognitive Behavioral Therapy (CBT) and Exposure and Response Prevention (ERP) is the most effective way to reach full recovery.

What will you be asked do?

- Eating disorder recovery takes time, effort, and patience. At times, it may feel frustrating, like when learning a new and complicated skill. Because this is a learning process, you will be asked to complete assignments and monitor nutrition behaviors between sessions with your Dietitian.
- Your Dietitian is your guide through this process. They are there to help keep you safe and to challenge you when you feel hesitant or scared. They will work with you to do things outside of your comfort zone, this is an important part of recovery and is where change happens.
- You and your Dietitian will work together to identify goals of treatment that are personalized and align with evidence-based practice. A few things are required in treatment due to the possible life-threatening medical and psychological complications of the disease.
 1. Collaborative weighing. This is the process of discussing your body weight with your Dietitian (See Collaborative Weighing handout).
 2. Work toward normal eating. This may require that you follow a meal plan for a brief period.
 3. Attendance to scheduled appointments with your Dietitian and other treatment team members like your therapist and doctor.

Treatment Progression

- This may be your first time meeting with someone about your eating disorder or you may have received treatment in the past. In either case, here are a few things you should know about outpatient treatment progress.
- Early treatment progression is important to your overall recovery. Research shows that significant progress in the first two-four weeks of treatment can predict overall recovery. For this reason, you may be asked to meet more frequently (1-2 times per week) for the first four weeks. In addition if there is a lack of progress, signs of health complications, or weight falling below a safe weight (<BMI of 16 or percentage of BAW <90%) you may require hospitalization or a higher level of care.
- To assist you in early progress your Dietitian will:
 1. Educate you on the importance of nutrition in eating disorder recovery.
 2. Help you identify barriers to achieving goals and assist in problem solving.
 3. Collaborate to design exposures to address feared food or eating scenarios.
 4. Assist with thought challenging
 5. Team up to support your nutrition needs. If you have had restricted food intake or your weight is below a BAW or, working together to correct malnutrition is an important step.

What happens when I start making progress?

As you make progress your the frequency of sessions will reduce. You may require periodical check-ins to stay on track. The ultimate goal is to be your own Dietitian and eat without guilt or worry about body weight!

