

How to Support a Loved One Through Eating Disorder Recovery

What to Say:

Validate

Compassionately validate how they are feeling.

Support

Offer support even if you can't completely understand their experience.

Check-in

Ask your loved one what would be most helpful in this moment.

Challenge

Challenge their "ED voice" and don't negotiate with them away from their current plan.

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What NOT to Say:

Weight/Body

Do not comment on their weight or body or about your weight/body.

Diet Talk

Don't label foods as "good or bad" or "healthy vs. unhealthy."

Shaming

Avoid shame comments around food choices and body.

Self Comments

Avoid making negative comments about your own eating habits.

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Support Ideas

Meals

Serve them meals and sit with them during the meal.

Therapy

Offer to attend a therapy session with them.

Shopping

Offer to go clothing or grocery shopping with them.

Accountability

Hold them accountable for meals via texting pictures, etc.

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How to:

Example #1

“I love you AND I’m worried about your relationship with food. Would you be open to seeing a therapist for an assessment because I am concerned about you?”

Example #2

“I’m not going to answer that question about your weight because I don’t think it’s helpful to focus on the number on the scale”

Example #3

“Can I come sit on one of your therapy sessions so we can talk about how I can best support you?”

Example #4

“Would you be open to sending me pictures of your meals for accountability? I know it is hard to fight against eating disorder urges and I want to support you.”

Looking for therapy or coaching for your loved one?

Our Services

- EATING DISORDER THERAPY FOR TEENS, & ADULTS IN OFFICE IN ROCKVILLE, MD OR VIRTUAL IN MD, VA, DC, NY & FL.
- RECOVERY COACHING FOR TEENS AND ADULTS WORLDWIDE.
- EMDR THERAPY FOR AN EATING DISORDER & TRAUMA OR TRAUMA STAND ALONE IN MD.

Our Approach


We use evidence-based treatment methods, including acceptance and commitment therapy (ACT), dialectical behavioral therapy (DBT) skills, cognitive behavioral therapy (CBT), and modified family-based treatment (FBT).

We pride ourselves on being action-oriented therapists, setting recovery goals, and doing exposures with clients, such as eating meals or snacks together. We value collaboration with other local eating disorder treatment providers. Many of our team members are personally recovered.

We are thankful to have helped many people to recover from eating disorders and body hatred.

Contact us!

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