Eating Disorders and Occupational Therapy: the Hidden Depths

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#LSBUOTconf17
STEP UP TO RECOVERY SERVICE

BETHLEM ROYAL HOSPITAL
SOUTH LONDON AND MAUDSLEY
NHS FOUNDATION TRUST

Image: Clarissa Sorlie
NOT SURE IF THIS IS A TRIGGER WARNING
OR A SPOILER ALERT
Impact of Eating Disorders on Occupation

Occupational Therapy in an Eating Disorders Service

The Hidden Depths

PRACTICE SKILLS (VISIBLE)

UNIQUE CORE REASONING SKILLS (MAINLY INVISIBLE)

CENTRAL PHILOSOPHY (INVISIBLE)


TURNER & ALSOP (2015)
Air Supply

Professional philosophy (Molineux, 2011)

“Occupation is as necessary to life as food and drink”
(Dunton, cited in Mandel et al., 1999)

Model of Human Occupation
Occupational Science

Image from http://4.bp.blogspot.com/-WnWFuZSTqVE/ULm1o_RWLxl/AAAAAAAAAdA/p3xzOwLKcw8/s1600/12_01+Amron+Coms+Box.jpg
THE DARK SIDE OF OCCUPATION

“...occupations that could be one of, or a combination of, the following: anti-social; criminal; deviant; violent; disruptive; harmful; unproductive; non-health-giving; non-health-promoting; addictive and politically, socially, religiously or culturally extreme. Occupations that, to the individual performing them, could still be any combination of the following: meaningful, purposeful, creative, engaging, relaxing, enjoyable, entertaining, that can provide a sense of wellbeing and even that are occupational in the sense of being an individual's paid or unpaid work.”

(Twinley, 2012, pg. 302)

#TheDarkSideOfOccupation
@RebeccaTwinley

Eating Disorders and Occupation

Altered Occupational Engagement

Psychological factors influencing motivation to change and participate in occupations/roles:

- Over-valuation of weight/shape
- Mood intolerance
- Core low self esteem
- Perfectionism
- Interpersonal problems

(Cooper et al., 2004, cited in Lock and Pepin, 2011, pg. 131)

Altered Occupational Motivation

Altered Perception of Meaningful Occupation

GODFREY (UNPUBLISHED)
Relationship difficulties

Occupational imbalance

Personal care

Over-exercise

Obsessive working

Occupational therapy

Self-nourishment

Leisure

FACILITATED OCCUPATION

INHIBITED OCCUPATION

Altered physical ability

ALTERED OCCUPATIONAL ENGAGEMENT

GODFREY (UNPUBLISHED)
UNIQUE CORE REASONING SKILLS
(MAINLY INVISIBLE)

IDENTIFYING & ASSESSING OCCUPATIONAL NEEDS

FACILITATING OCCUPATIONAL PERFORMANCE & ENGAGEMENT

ANALYSING & PRIORITISING OCCUPATIONAL NEEDS IN CO-OPERATION WITH SERVICE USER

EVALUATING, REFLECTING & ACTING ON OCCUPATIONAL OUTCOMES

TURNER & ALSOP (2015)

OCCUPATIONAL THERAPY AND EATING DISORDERS – THE VISIBLE

• Assessments
  • E.g. Model of Human Occupation Screening Tool, Occupational Self Assessment, Volitional Questionnaire, Canadian Occupation Performance Measure, Eating and Meal Preparation Skills Assessment, observational assessment
  • Home/community visits
  • Coaching conversations

• Interventions (from Lock and Pepin, 2011)
  • Menu planning, meal preparation and shopping
  • Lifestyle redesign and independent living skills
  • Communication and assertion skills
  • Stress management
  • Projective art
  • Crafts
  • Relapse prevention
  • Body image improvement
CHALLENGES

- Gap filling
- Team spirit
- Resources
- Promoting understanding of occupational therapy role
- Justifying role

http://www.active.com/Assets/Outdoors/580x370/Ice-Diving-580.jpg
KEEP CHECKING & TOPPING UP YOUR AIR SUPPLY!

CONNECT WITH OTHERS
Personal Learning Network
#OTalk
COT Specialist Section Mental Health

REVISIT THEORY & EVIDENCE

QUESTIONS?

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References & Slides:
http://tinyurl.com/z8unwv9

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