

EATING DISORDERS and OCCUPATIONAL THERAPY: THE HIDDEN DEPTHS

Mary Cowan (@marysotfocus)

Clarissa Sorlie (@geekyOT)



#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

An iceberg floating in the ocean. The tip of the iceberg is above the water line, and the much larger base is submerged. The text is overlaid on the image, with the top part above the water and the bottom part below. The water is a deep blue, and the sky is a lighter blue with some clouds.

PRACTICE SKILLS (VISIBLE)

**UNIQUE CORE REASONING SKILLS
(MAINLY INVISIBLE)**

**CENTRAL
PHILOSOPHY
(INVISIBLE)**

TURNER & ALSOP (2015)

PREPARING FOR THE DIVE

PRE-DIVING CHECKS

BUDDY CHECKS

SEA SICKNESS





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





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

The diagram uses an iceberg metaphor. The tip of the iceberg, which is above the water line, is labeled 'ALTERED OCCUPATIONAL ENGAGEMENT'. The much larger part of the iceberg, which is submerged below the water line, is divided into two sections. The upper submerged section is labeled 'ALTERED OCCUPATIONAL MOTIVATION', and the lower submerged section is labeled 'ALTERED PERCEPTION OF MEANINGFUL OCCUPATION'. Two upward-pointing arrows indicate that the submerged factors (motivation and perception) influence the visible factor (engagement). The background is a blue sky and ocean with an iceberg.

ALTERED OCCUPATIONAL ENGAGEMENT

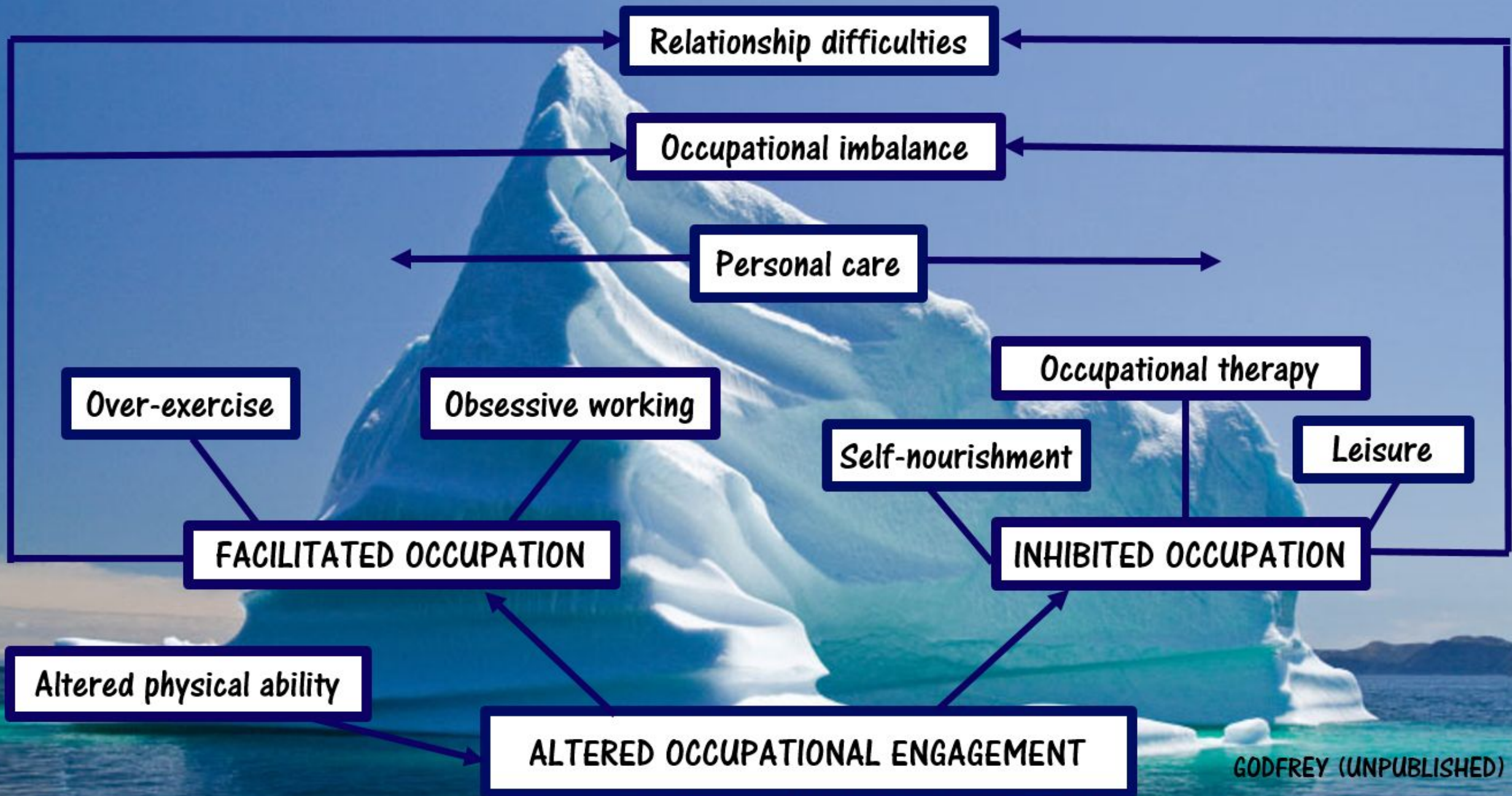
Psychological factors influencing motivation to change and participate in occupations/roles:

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

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

ALTERED OCCUPATIONAL MOTIVATION

ALTERED PERCEPTION OF MEANINGFUL OCCUPATION



GODFREY (UNPUBLISHED)

An iceberg floating in the ocean. The tip of the iceberg is above the water surface, while the much larger part of the iceberg is submerged underwater. The text is overlaid on the image, with the title above the water and the four skill categories on the submerged part of the iceberg.

UNIQUE CORE REASONING SKILLS (MAINLY INVISIBLE)

**IDENTIFYING & ASSESSING
OCCUPATIONAL NEEDS**

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

**FACILITATING OCCUPATIONAL
PERFORMANCE & ENGAGEMENT**

**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

A diver in full black gear, including a mask with a large lens, is lying on a surface of broken ice. The diver's head is resting on the ice, and their arms are extended. The background is a vast expanse of white, jagged ice under a bright sky.

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

KEEP CHECKING & TOPPING UP YOUR AIR SUPPLY!

REVISIT THEORY
& EVIDENCE

CONNECT WITH OTHERS

Personal Learning Network
#OTalk
COT Specialist Section Mental Health

Image from: http://dtmag.com/wp-content/uploads/2015/02/Skills2_600.jpg

QUESTIONS?

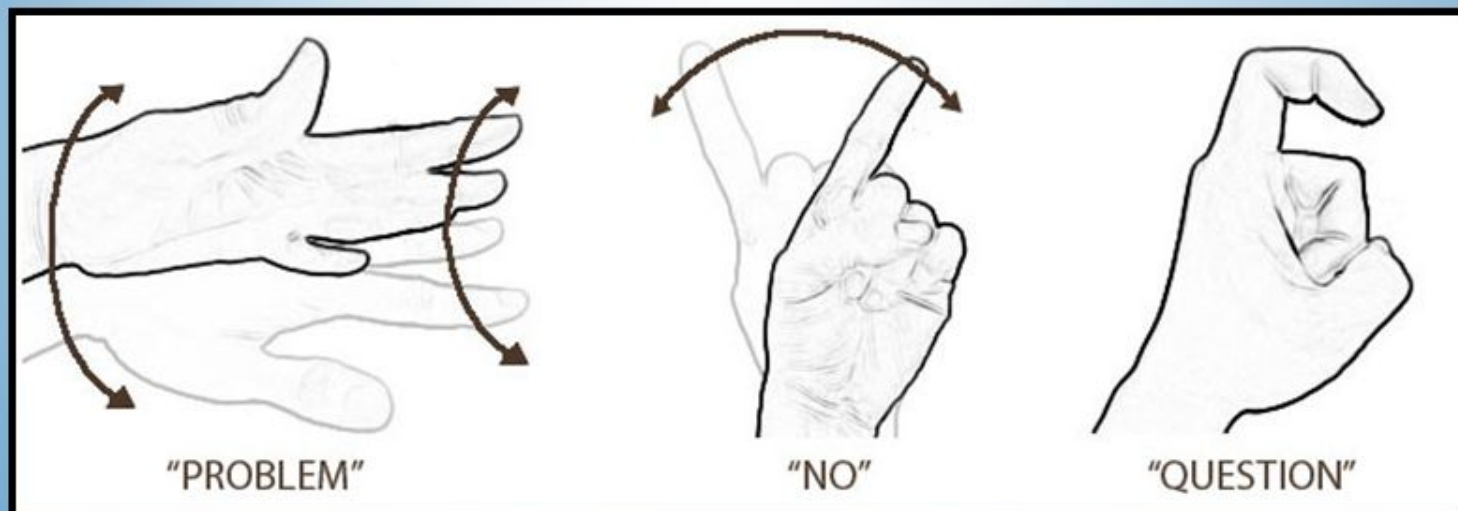


Image from http://www.deepseasherpa.com/images/scuba_signs_issues.jpg

Contact Us:

MARY - @marysOTfocus

Mary.cowan@slam.nhs.uk

CLARISSA - @geekyOT

Clarissa.sorlie@gmail.com

REFERENCES & SLIDES:

<http://tinyurl.com/z8unwv9>