

EATING DISORDERS COME IN ALL SHAPES AND SIZES

What has changed in the world of eating disorders?

The DSM 5 has made a few additions

- Binge Eating Disorder (BED) is now recognized as an eating disorder. It used to be only described best as Eating Disorder Not Otherwise Specified (EDNOS)
- With health risks involved in obesity, inpatient hospitals can and will admit for BED as well as the more commonly known Bulimia Nervosa (BN) and Anorexia Nervosa (AN).
- Eating Disorders can change throughout the years and turn into different types.
- What therapy should focus on: it's a lifestyle change, not a diet change.

About

Stacy Campbell, LIMHP, LPC is a mental health therapist at Kairos Psychological, PC that works with outpatient eating disorders and willing to work as a part of a team with the client's preferred dietitian and psychiatrist. She sees a variety of clients with Anxiety, Depression, Bipolar Disorder and history of trauma.

Education/Background

Received her BA in Psychology at Central Michigan University and MA in Clinical Mental Health Counseling at Grace University. Worked at Uta Halee Cooper Village, interned at OMNI Eating Disorder Clinic, and worked at Capstone Behavioral Health. Stacy Campbell, LIMHP is trained in integrating spirituality into the therapeutic process as well as TF-CBT informed (Trauma – Focused Cognitive Behavioral Therapy informed).

Contact

Phone: 402-594-4410

Email: stacy@omahatherapy.com

Website: www.stacycampbell.org



“Eating disorders are not just disordered eating, they are emotional disorders with food and control as a coping skill.”

**STACY
CAMPBELL,
LIMHP, LPC**

Eating Disorder Specialist at
Kairos Psychological, PC

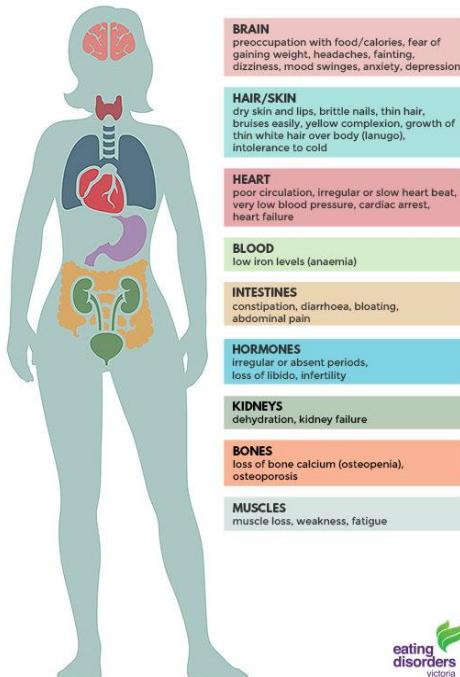
How do you detect an Eating Disorder?

There are 3 Major Known Types of Eating Disorders...

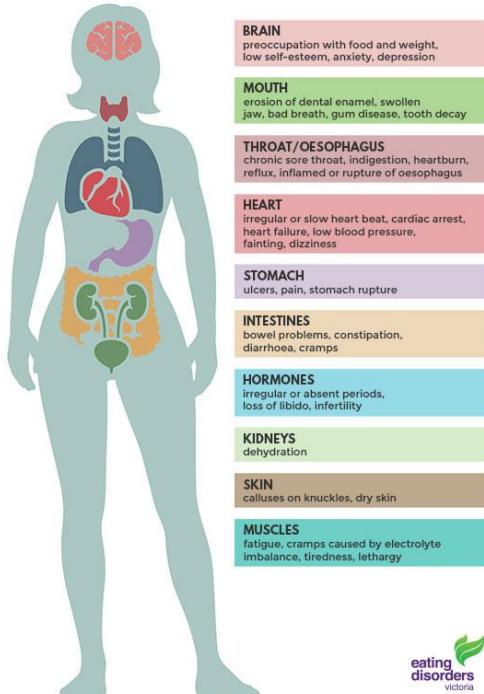
1. Anorexia Nervosa
2. Bulimia Nervosa
3. Binge Eating Disorder

Each disorder has various sub-types and specifiers that make each unique. Some individuals meet the criteria for multiple at different times in their lives and some are severe but do not meet the criteria for just one and would be classified as Eating Disorder Not Otherwise Specified (EDNOS).

Anorexia Nervosa



Bulimia Nervosa



WHAT IS A BINGE?

When there is loss of control, excessive, when not hungry and until uncomfortably full.

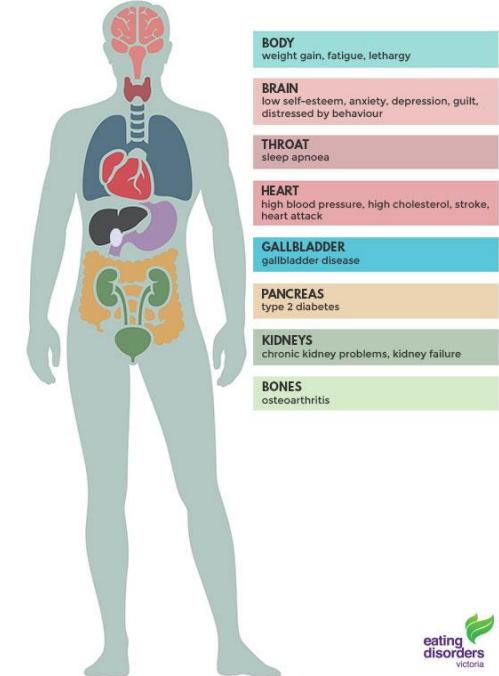
WHEN IS IT UNHEALTHY TO EXERCISE?

When you are not consuming enough calories to burn any of them off, more than 2 hours per day, and it consumes the person's thoughts for the majority of the day and food consumed must be compensated with exercise.

WHEN IS IT ACTUALLY BEHAVIORS THAT ARE OUT OF CONTROL?

Does the behavior control you or do you control the behavior? Can you not engage in the behaviors without extreme difficulty? Are you consistently giving into the desire to restrict, binge or over-exercise?

Binge Eating Disorder



BINGE EATING DISORDER IS NEWLY RECOGNIZED, BUT NOT REALLY NEW

This is becoming more common for people to come in to get help for when for years it has been considered normal and acceptable to over eat.

Also, individuals with Prader - Willi Syndrome have come in for help with this aspect of the genetic disorder and seen success.

*Images from
<https://www.eatingdisorders.org.au/eating-disorders>

