



Note About NH:

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- This publication is designed as an information exchange for survivors of trauma who struggle with a binge eating disorder and their supportive others and professionals. Neither its editor nor its lay-person contributors are engaged in the practice of medicine. This publication should not be construed as medical advice concerning any specific facts or circumstances. The contents are for general information purposes only. Please consult with competent professionals concerning your specific questions and needs.

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Self-Care is Needed

As I was thinking about this edition of this newsletter, self-care has been on my mind as it is a workshop we are offering online at this time the last Sunday of each month. I find it incredibly important to take good care of ourselves to give us the best chance of recovery from both our trauma and our eating disorders. I wonder what you do to take care of you, to treat yourself kindly.

As I was preparing for this upcoming workshop, I did some reading on what self-care is. I found it interesting that self-care is active, not passive. It's making a conscious choice to do things specifically for the purpose of helping ourselves. I hadn't really considered self-care to be an active act, but the intention is active. It's doing something physically, emotionally, mentally and/or spiritually to take care of us.

Do you have anything specific that you do for your self-care? I've been working on my self-critic, and attempting to shush it from creating doubts about my abilities based on the past, and focusing on who I am to-

day, a survivor who has moved past being a victim of her abusers.

Now the journey that takes place is addressing how that abuse impacted my eating. Eating Disorders are interesting because they focus around food, but they really have nothing to do with food. So how much more is it important to take care of us since food isn't going to take care of us. Disordered eating only makes it more difficult to take care of us.

I'd like to challenge you to think about the hope there is in facing both the trauma and the eating disorder to heal. This journey requires all the support we can get, including from ourselves. You are definitely worth taking care of you and walking this journey. It isn't a straight road, it's a curvy, up hill and down road. Sometimes it's so difficult that we have to crawl up a mountain on our hands and knees... but there is a top of the mountain—we do reach the top and we can move on with our lives after trauma and after eating disorders. Will you join me?

Kristen

Levels of Treatment for Eating Disorders

There are multiple levels of treatment for individuals struggling with eating disorders. In general, when you are looking to enter into treatment, the agency you choose to go to will give you an appointment for an intake. They will meet with you to determine what level of treatment is most appropriate for you. Depending upon the agency (or individual treatment provider) they may not offer all the levels of treatment that are available in general, or may not be able to provide the level of treatment you may need depending upon the severity of your eating disorder.

The least restrictive type of treatment for eating disorders. This may be individual or group therapy depending upon the agency. Many will find individual therapy is once a week for approximately 50 minutes. Sometimes individual therapy may be twice a week. Sometimes this depends on approval of your insurance company. You may need to speak to your insurance company or your therapist may be able to do so if they need additional information from him or her. You may find it difficult to locate specialists who specialize in eating disorders if you are in a small town, but many major cities have at least one treat-

ment provider. As a survivor of trauma and struggling with an eating disorder, it would be incredibly helpful to find a treatment program that has extensive experience in both.

Intensive Outpatient (IOP) treatment is another type of outpatient program generally found within treatment centers, as opposed to those who are in private practice. IOP is different in that it is primarily or completely group therapy which meets 2-3 times per week for 2-3 hours on average. IOP programs can be anywhere from 4 to 11 hours a week depending upon the program. This program is frequently used as a step down program for those who have been in residential or inpatient treatment, and for those who are finding that individual therapy alone is not enough treatment for where the survivor is.

The next higher level of treatment is still an outpatient program but is significantly more intense. It's common for day treatment or partial hospitalization to meet 3-7 days per week with the treatment day being anywhere from 4-8 hours in general, though some programs hours of intensity may vary. Most of these program

They will meet with you to determine what level of treatment is most appropriate for you.

levels are group treatment with some offering individual treatment within that scheduled week. This is generally a program that is offered by an inpatient treatment facility or treatment program that specializes in eating disorder treatment. There is a lot of focus on skills of stability as well as understanding the relationship of your eating disorder to the various issues that it is the symptom of.

Generally this level of treatment is for those whose treatment needs do not meet criteria for inpatient or as a treatment offered as a lower level of treatment after inpatient treatment has been completed. Some individuals may find this level of treatment would be the next progression when IOP isn't enough treatment time.



If an individual is at significant risk of hurting themselves due to being suicidal, is at risk of hurting someone else, or is at a point where medical intervention is necessary, inpatient treatment is generally the recommended level of treatment. Inpatient stays could be anywhere from one or two weeks or an extended stay of three to six months when it is medi-

cally necessary to save the individual's life.

To determine what level of treatment is needed, seek out a treatment provider who is experienced in treating eating disorders and trauma. When the eating disorder is at a place where it's safe, it's advisable to begin concurrently working on both issues of the eating disorder as well as the trauma. Treatment may need to focus on stability and coping skills before getting into the trauma work.

As with any level of treatment, it is important to be open and honest about how you are doing and to be a partner in the treatment plan. Not every treatment provider nor program is a good fit for everyone. If the initial treatment program isn't a good fit, look for another provider or program. Don't be afraid to ask questions about treatment before making your decision. If you're concerned about going alone, consider taking a supportive person with you to your appointment.

To determine what level of treatment is needed, seek out a treatment provider...

I'm Okay

It's difficult to tell myself that I'm okay, but I am. I can't change what happened to me, but I can change what I tell myself. I used to blame myself for what happened to me. I shouldn't have been out late. I should have gone with a friend. It's my fault I was hurt.

Then telling myself that I'm disgusting and dirty and no one should be around me. If I let someone hurt me the first time, I deserved it.

The thing is, over time I've learned that what happened was done to me. I didn't ask for it, and it wasn't about being careless. I needed to get out,

and where I went, there were usually people around. I didn't ask to have my life turned upside down and I didn't ask to be assaulted. I just wanted to relax in a relaxing and calming place.

Finally, after years of feeling like and telling myself I'm damaged goods, I've finally learned to accept me where I am. I'm not dirty or damaged goods. They hurt my body and I had some physical consequences. I'm okay, just like I am. I don't totally feel like it all the time, but it's still true.

Journaling

One coping skill used by many survivors is journaling. The good thing about journaling is that it doesn't have a right or wrong way. It can be used to write things out, to make lists, to get out negative emotions, to celebrate good and exciting things, and even to track how you are doing in a particular area of your life.

Sometimes getting started is difficult, so here are some journaling prompts to get you thinking. You can sit down and just write whatever pours into your mind, write lists, write it into poetry, or however else you might want to write.

Let's start with some light prompts.

Today I did...

Today I talked to...

I enjoy....

My favorite free time activity...

Music makes me...

When I have down time...

My favorite book...

My favorite movie...

My favorite song...

When I think of colors...

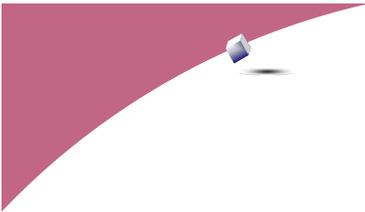
Pets...

If I could live anywhere...

My talents...

In nature I...

The good thing about journaling is that it doesn't have a right or wrong way.



*When I think
of recovery, I...*

The most fun I've ever had...
I'm looking forward to...
Three things I can't go without...
My three favorite things to wear...
If I wasn't quite so nervous, I
would...
When I write...
Some of the things that make me
happy...
I am best at...
In 3 months I see myself...
The best advice I've ever been giv-
ing is...
Something I've never done but
would love to do...
The weather outside my window...
If I could take a rocket ship to the
moon...
Things that I could do...
I admire...
If I could be a superhero, I...
When I was in school, my teacher
inspired me to...
When I look at my jewelry...

**Journaling About My Eating
Disorder:**

The cons of my eating disorder
are...

When I relapsed I could have...
If I didn't have an eating disor-
der...
I love...
I want more of...
I fear...
I am grateful for...
One good habit I want to begin...
I need to start saying no to...
Three words that describe me
best...
Three words I'd like to describe
me are...
My self-care exercises are...
If I had an accountability partner,
I could...
A food I am afraid of...
When I think of recovery I...
To give myself a better chance of
recovery, I...
My eating plan...
My support system...
If I could change one thing right
now...



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My Battle

I battle every day with my food. I can't stop eating—there is never enough food. But I eat too much. I can't stand my lack of control. I don't want to eat. I want my will power back. I want to be free of the power food has over me. One okay is good, then the next day or even later in the day I am out of control and on a binge.

Part of me wants to eat while the other part of me wants to stop eating. When I think straight I want to find a middle ground. I don't seem to find this possible for some reason.

I made a change a couple of years ago and I did well for about a year and a half. Then last year I changed—my ability to control my eating. I had some balance in my eating, but I'm losing control again. I am struggling with . One side wants to start believing I can overcome. One side wants to go back to starving myself. One side wants to eat everything in sight and another side to moderate.

I have some skills to help me manage, but the discipline and capability is struggling. The arguing in my head is overwhelm-

ing. I want to be free from food. I wish I had the will power to just find a normal place, but I don't. It has moved past the point of control by willpower. I need help. All my good intentions are not enough. I want them to be, but they aren't enough. Not even close unfortunately.

I plan to fight for me. Some how, some way. Getting honest with me is probably a good place to start.

Submitted by:
Ashley

When I think straight I want to find a middle ground.

New Support Groups Offered Online

We are pleased to announce three support groups being offered.

Abuse, Sexual Trauma and Bulimia meets on Tuesday evenings at 7 pm Eastern weekly.

Faith & Trauma Recovery begins June 5th. This group will meet

Wednesday evenings at 7 pm Eastern weekly. This is addressing the Christian faith, but is open to anyone comfortable with this.

Coping with PTSD is a six week group that is a combination of education and support. This group will be offered based on interest at the end of June or early Ju-

ly. To register for any of these groups, visit our support group and workshop page.

<https://www.hope4christianrecovery.org/support-groups-workshops.html>



Submitted by:
Erin

STATEMENT OF FAITH

Psalm 147:3 He heals the broken-hearted and binds up their wounds.

MISSION

The mission of Hope Recovery is to provide Christian-based support in the lives of adult survivors of abuse and sexual trauma.

VISION

To offer support and compassion as survivors make their way on the journey of recovery and healing.

Hope Recovery

PO Box 411
Clinton, IN 47842

E-mail: recovery@hope4christianrecovery.org
Phone: (765) 505-8908

We're on the Web

www.hope4christianrecovery.org



When all seems like a struggle,
there is hope.

Subscribing to Nourishing Hearts

Fees:

Free to Survivors of
Trauma with a Binge
Eating Disorder.

\$4 donations from sup-
porters and profession-
als is requested to cover
the costs of the website.

Donations may be sent
to our PO Box, or online
via PayPal.

**You Are Not
Alone!**