

DOROTA SAWICKA

Eating Disorders

BINGE EATING

ORTHOREXIA

HYPERPHAGIA

BIGOREXIA



A Guide for Everyone

Dorota Sawicka

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BINGE EATING, ORTHOREXIA, HYPERPHAGIA, BIGOREXIA

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Table of Contents

EATING DISORDERS: KNOWLEDGE AS A BASIS FOR ACTION 8

WHY IS KNOWLEDGE ABOUT EATING DISORDERS IMPORTANT?	9
FACTORS INFLUENCING THE DEVELOPMENT OF EATING DISORDERS	11
SOCIO-CULTURAL FACTORS	12
WHY ARE SOCIO-CULTURAL FACTORS IMPORTANT FOR EATING DISORDERS?.....	14
PSYCHOLOGICAL FACTORS	16
DIFFICULT FAMILY SITUATIONS	17
BIOLOGICAL FACTORS	19
RECOGNIZING EATING DISORDERS	21
UNSPECIFIED EATING DISORDERS.....	23
BINGE EATING	25
FEEDING AND EATING PROBLEMS IN CHILDREN	27
PICA	29
RUMINATION	31
EATING DISORDERS NOT INCLUDED IN DSM-IV	33
NIGHT EATING SYNDROME	35

CRAVINGS FOR SUGAR/CARBOHYDRATES	37
THE STORY OF MICHALINA.....	39
ORTHOREXIA NERVOSA	51
SYLWIA'S STORY.....	53
HYPERPHAGIA	56
MARCELINA'S STORY	58
BIGOREXIA	71
KRYZIA'S STORY	73
DISCUSSING EATING DISORDERS	82
PREPARING FOR THE CONVERSATION	83
ORGANIZING THE CONVERSATION	85
CONVERSATION CIRCUMSTANCES	86
TIME AND PLACE	88
PARTICIPANTS IN THE CONVERSATION	90
CONVERSATION PROGRESS	92
ENDING THE CONVERSATION ABOUT EATING DISORDERS ..	93
EVALUATING THE CONVERSATION.....	95
SUMMARY	96
EATING DISORDERS. HELPING	99
INTRODUCTION	99
SUPPORT, APPROACHES, AND THERAPEUTIC METHODS..	100

SELECTED THERAPEUTIC METHODS	102
PSYCHOANALYTIC METHOD	104
COGNITIVE-BEHAVIORAL APPROACH	106
HUMANISTIC APPROACH	108
SYSTEMIC-FAMILY APPROACH.....	110
FEMINIST-PSYCHODYNAMIC APPROACH.....	112
TYPES OF THERAPEUTIC WORK.....	115
INDIVIDUAL THERAPY	117
FAMILY THERAPY	119
GROUP THERAPY.....	120
ART THERAPY	122
THE ROLE OF ART IN THERAPY	124
WHY IS ART IMPORTANT IN THERAPY?	126
BODY-FOCUSED THERAPY	128
PHARMACOLOGICAL THERAPY.....	130
SUPPORTIVE PSYCHOTHERAPY	132
THE INTERNET AS A MEANS OF COMMUNICATION AND INFORMATION EXCHANGE	133
THERAPY AS A PATH TO CHANGE	135
BEGINNING THERAPY	137
THERAPY GOALS	139
ROLE OF THE THERAPIST	140
THERAPIST AS A GUIDE	142
THERAPIST AS AN INTERPRETER.....	144
THERAPIST AS A TEACHER.....	147

THERAPIST AS A PARENTAL ADVISOR	149
ROLE OF PARENTS AND CLOSE RELATIVES	151
FIRST CONSULTATION MEETING	153
HOW TO PROCEED WHEN A PERSON DOES NOT WANT TO SEEK TREATMENT	155
SUMMARY	158
HOW TO PREVENT EATING DISORDERS?	159
INTRODUCTION	159
HUMAN HEALTH AND THE ENVIRONMENT.....	160
THE IMPORTANCE OF PREVENTION.....	162
THE FAMILY AS A SYSTEM IN THE CONTEXT OF A CHILD'S PROBLEMS AND THE ROLE OF THE SCHOOL.....	164
PARENTS AND TEACHERS CARING FOR CHILD SUPPORT ..	166
FIGHTING EATING DISORDERS.....	168
SUBMISSION	169
AVOIDANCE	171
COMPROMISE.....	173
COLLABORATION	175
REHABILITATION - MAIN CHALLENGES AND SUPPORT METHODS	176
SUMMARY	178

EATING DISORDERS: KNOWLEDGE AS A BASIS FOR ACTION

Eating disorders are a serious health issue that can have severe consequences for an individual's physical and mental health. Therefore, having appropriate knowledge about these disorders is crucial for effective action.

The first step is understanding the various types of eating disorders, such as anorexia, bulimia, and orthorexia. It is also important to know the symptoms and causes of these disorders to quickly identify them and direct the affected individuals to appropriate professional help.

Knowledge about healthy eating and body acceptance is also key. Individuals with eating disorders often have an unhealthy relationship with food and their bodies, so promoting a positive approach to these issues is important.

Additionally, having communication skills and empathy is vital for supporting individuals with eating disorders. Listening to them and providing support can be crucial in the recovery process.

Finally, promoting education and awareness about eating disorders in society is also important. Only through increased

knowledge and understanding can we effectively combat this problem and prevent its occurrence.

In conclusion, knowledge about eating disorders is crucial for preventing and treating these issues. Therefore, it is important to continuously expand our understanding of this subject and incorporate it into daily actions aimed at supporting individuals suffering from eating disorders.

WHY IS KNOWLEDGE ABOUT EATING DISORDERS IMPORTANT?

Knowledge about eating disorders is important for several reasons:

1. Early recognition and intervention: Having knowledge about the symptoms and causes of eating disorders allows for the quick identification of the problem and the initiation of preventive or therapeutic actions. Early intervention can reduce the risk of health complications and improve the prognosis for the individual with the eating disorder.
2. Improved support and understanding: Knowledge about eating disorders allows for a better understanding of the situation of the person suffering from this issue and for providing appropriate support.

This can help avoid stigmatization and assist the person with the eating disorder in the recovery process.

3. Social education: Increased social awareness about eating disorders can contribute to reducing the prevalence of these problems. Education about healthy eating, positive body image, and the consequences of eating disorders can lead to changes in social attitudes and behaviors.
4. Professional help: Knowledge about eating disorders enables effective referral of individuals with this problem to appropriate professional assistance. This ensures that the person with the eating disorder receives comprehensive care and support necessary for recovery.

Knowledge about eating disorders is key to preventing, recognizing, and treating these problems. Therefore, it is worth systematically expanding one's understanding of this subject and promoting education in healthy eating and positive body image.

FACTORS INFLUENCING THE DEVELOPMENT OF EATING DISORDERS

Eating disorders can result from various factors, including biological, psychological, social, and cultural influences. Below are the most common determinants of eating disorders:

1. Genetics: There is evidence that genetics may play a role in the development of eating disorders. Individuals with relatives who have a history of eating disorders may have a higher risk of developing the condition themselves.
2. Biological factors: Eating disorders may also be related to the dysfunction of the hormonal system, brain, or digestive tract. For example, nutrient deficiencies can affect brain functions and trigger eating disorders.
3. Psychological factors: Issues with self-esteem, perfectionism, mood disorders, or traumatic experiences can contribute to the development of eating disorders. Individuals with eating disorders often struggle with stress and emotional regulation.
4. Social factors: Social pressure, social media, unrealistic beauty standards, and peer influence can impact the development of eating disorders. A focus on weight

and appearance can lead to unhealthy eating behaviors.

5. Cultural factors: Ideas of beauty and social norms related to body and food vary across cultures. These norms can influence eating behaviors and trigger eating disorders.

Understanding the determinants of eating disorders is essential for the effective prevention, recognition, and treatment of these problems. Therefore, it is important to adopt a multidimensional approach to eating disorders and to identify and address risk factors to prevent their occurrence.

SOCIO-CULTURAL FACTORS

Socio-cultural determinants can significantly influence the occurrence of eating disorders. Below are the most important of these factors:

1. Ideals of beauty and weight: In Western culture, there is a belief that a slim body is synonymous with beauty and success. Constant social pressure, the promotion of idealized standards, and norms related to body and appearance can lead to unhealthy eating behaviors and the development of eating disorders.

2. Social media: Social media platforms like Instagram and Facebook can have a significant impact on how individuals perceive their bodies and dietary patterns. The presentation of idealized body images, diets, and workouts can lead to comparisons and the misuse of dietary control measures.
3. Excessive dietary standards: Contemporary dietary standards often promote very low-calorie diets, which can lead to eating disorders such as anorexia or orthorexia. The culture of quick weight loss and miracle diets can negatively affect an individual's mental and physical health.
4. Peer pressure: For young people, social acceptance and status within a peer group are particularly important. Peer pressure to achieve a certain weight or body appearance can lead to unhealthy eating behaviors and the development of eating disorders.
5. Lack of education on healthy nutrition: In some societies, there is a lack of education regarding healthy eating, which can lead to excessive consumption of unhealthy products and a lack of

awareness about the consequences of eating disorders.

It is believed that changing social and cultural norms and providing education about healthy eating and a positive body image can help reduce the prevalence of eating disorders. It is also important to promote body acceptance and the development of a positive relationship with food in society.

WHY ARE SOCIO-CULTURAL FACTORS IMPORTANT FOR EATING DISORDERS?

Socio-cultural determinants are crucial for eating disorders because they greatly influence how people perceive themselves, their bodies, and their dietary choices. Here are a few reasons why these determinants are significant:

1. Cultural ideals of beauty and weight: In many societies, the beauty ideal is closely linked to a slim body model, which overly objectifies the body. Social pressure to meet these standards can lead to unhealthy eating behaviors and eating disorders such as anorexia or bulimia.
2. Social pressure: Social norms and expectations can pressure individuals to conform to prevailing cultural standards, including those related to body appearance

and nutrition. This pressure can lead to unhealthy eating habits, excessive dieting, and eating disorders.

3. Media and advertising: Media and advertising have a profound impact on how ideals of beauty, diets, and weight are perceived. The promotion of idealized bodies and diets by social media, magazines, or advertisements can encourage individuals to engage in unhealthy eating behaviors to meet these norms.
4. Lack of education and awareness: In some societies, there is a lack of education about healthy eating, positive body image, and the consequences of eating disorders. A lack of knowledge and awareness can make individuals unaware of the dangers associated with unhealthy eating habits and lacking the skills to cope with them.

Given these points, understanding the impact of socio-cultural determinants on eating disorders is essential, as is taking action to change cultural norms and promote healthy eating patterns to reduce the prevalence of these disorders. Supporting a positive body image, educating about healthy eating, and promoting body acceptance can be key to preventing eating disorders.