

For everyone's  
privacy  
(including my  
daughter's)



Please do not share recordings. I keep my face off the internet

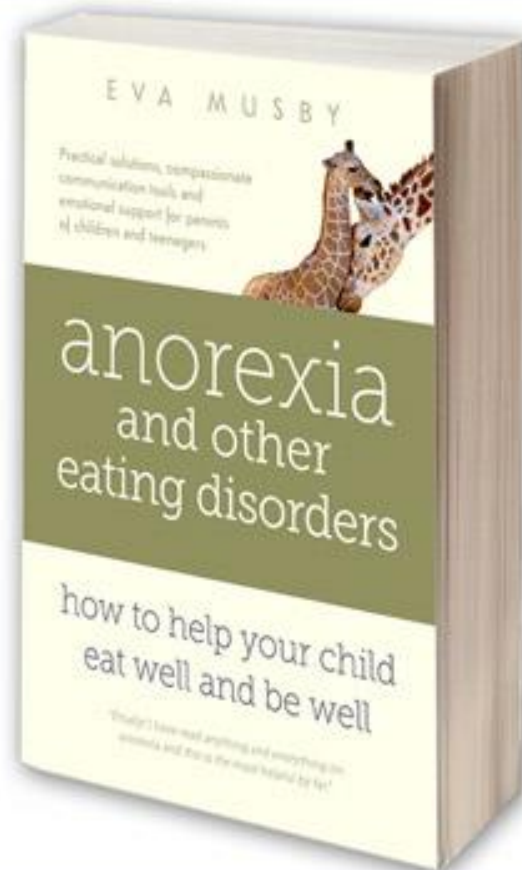
For those of you watching my session for EDFA, here are my slides ( I did not show them all). Please would you check with me before sharing these slides with people outside your family. This is because I don't want messages to be misinterpreted and become harmful.

Note: I forgot to clarify that I am talking mainly about anorexia or atypical anorexia. There are restricting aspects to ARFID, bulimia, binge eating disorder, which mean some of what I said is relevant, and of course communication principles are universal. I apologize, I know that if your teen has bulimia or binge eating disorder it is harder to get information.

Eva Musby

<https://anorexiafamily.com>

# Eva Musby



anorexiafamily.com

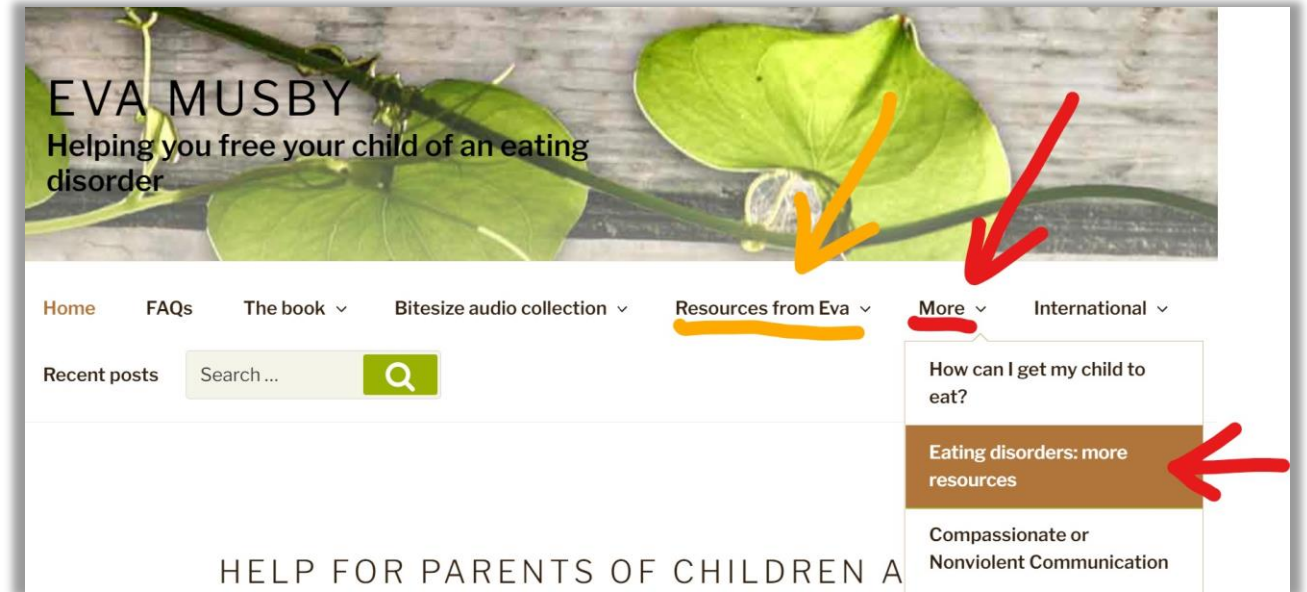
online workshops

This block contains the website URL 'anorexiafamily.com', the YouTube logo, and a banner for 'online workshops' featuring a photo of a Corgi dog sitting on a laptop.



# Useful links

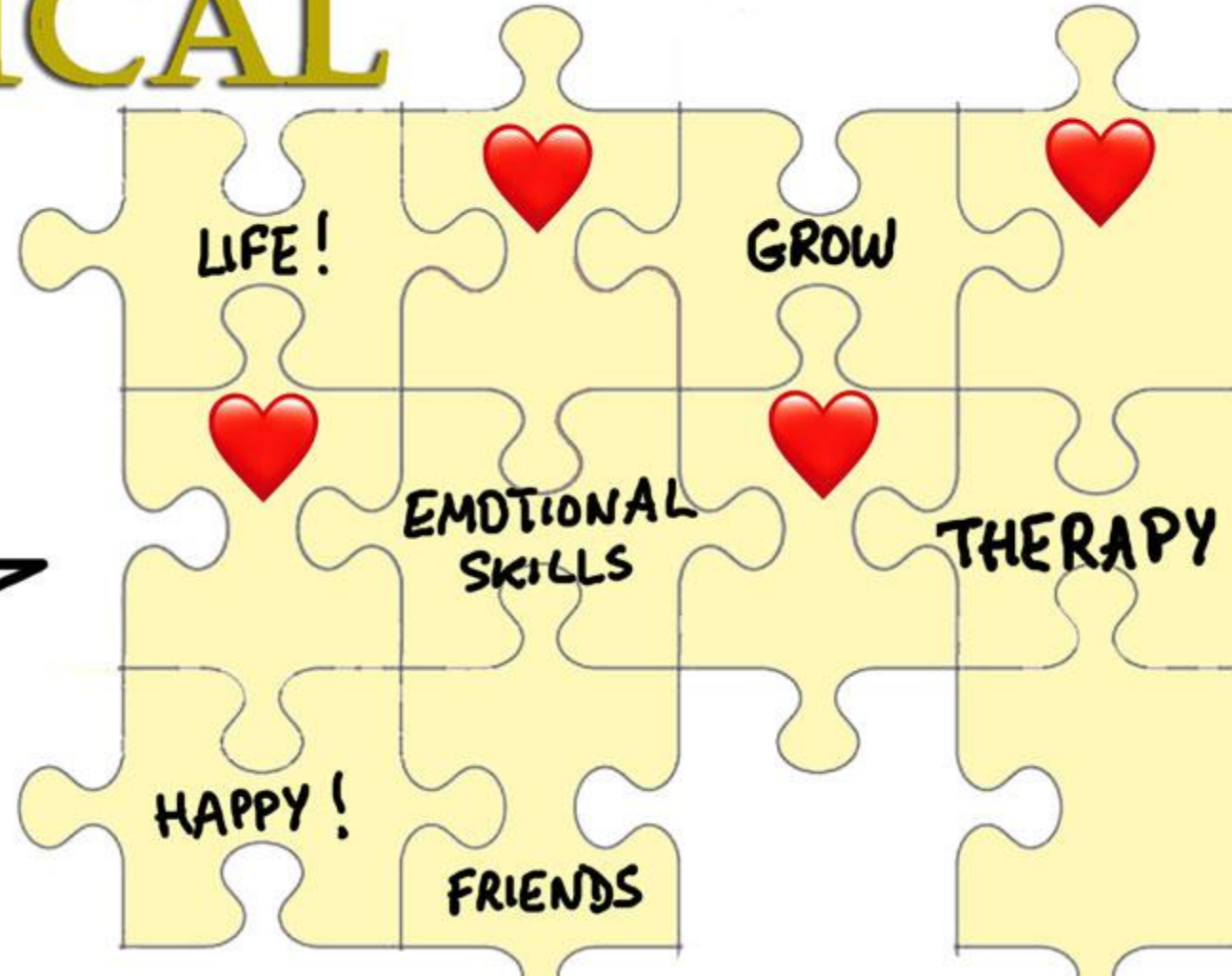
- [My regular workshops](#)
- [My resources](#) (book, Bitesize audios...)
- [EDFA \(Australia\) resources](#)
- [FEAST-ED resources](#)
- [Online parent groups](#)
  
- [Recipes for nourishing meals](#)
- [Adapting for autism](#)
- More on refeeding: My book, Bitesize audios, regular workshop
- More on 'Phase 2': Ch 10 of my book and my workshop
- [Leave a review on my Facebook](#)
- [Sign up for my news](#)



# **Write in the 'Chat' two topics you most need help with:**

- 1. Refeeding**
- 2. What's after the refeeding phase?**
- 3. Communication with my child**
- 4. Coping, for myself**

# PSYCHOLOGICAL



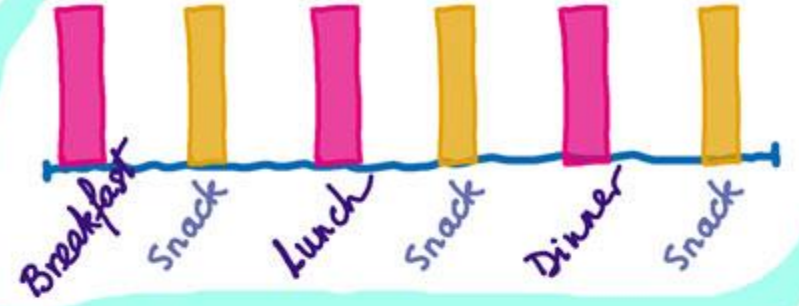
# BIOLOGY



**WEIGHT**



**REGULAR MEALS**



**RE-NOURISH**



~~**PURGING**~~



~~**EXERCISE**~~



**BIOLOGY**

RE-NOURISH

REGULAR MEALS



WEIGHT



EXERCISE

~~PURGING~~

**COACH FOR 'NORMAL'**



FEAR FOODS



FLEXIBLE

PORTIONS

SERVE YOURSELF

EXERCISE



**PSYCHOLOGICAL**

CAFÉ

ACCEPT

WEIGHT

THERAPY



HAPPY!

GROW

FRIENDS

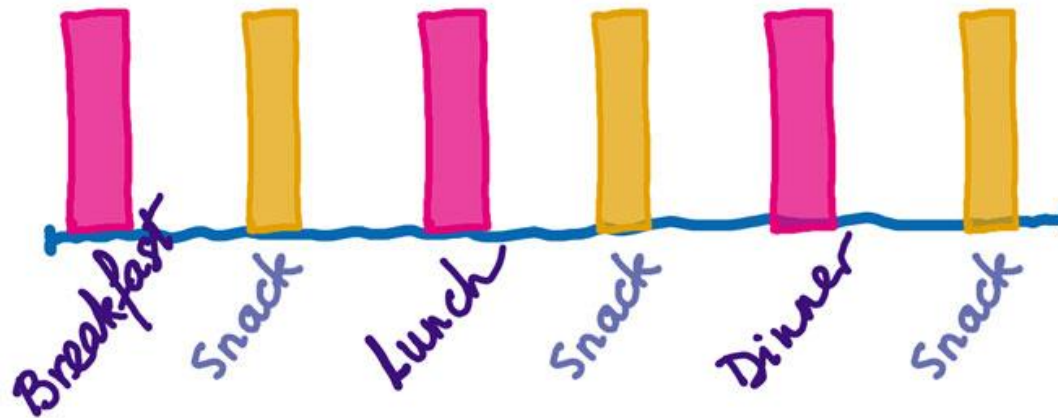
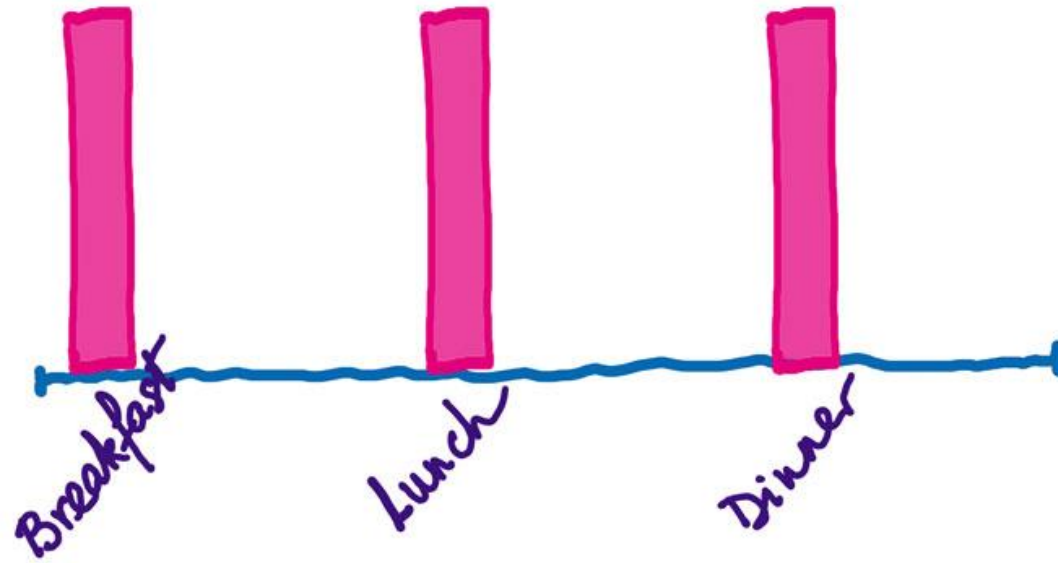
LIFE!



EMOTIONAL SKILLS







0.5 to 1 kg  
per week

1 to 2 pounds per  
week





PREFRONTAL  
CORTEX →  
LOGIC ...  
RATIONAL ...



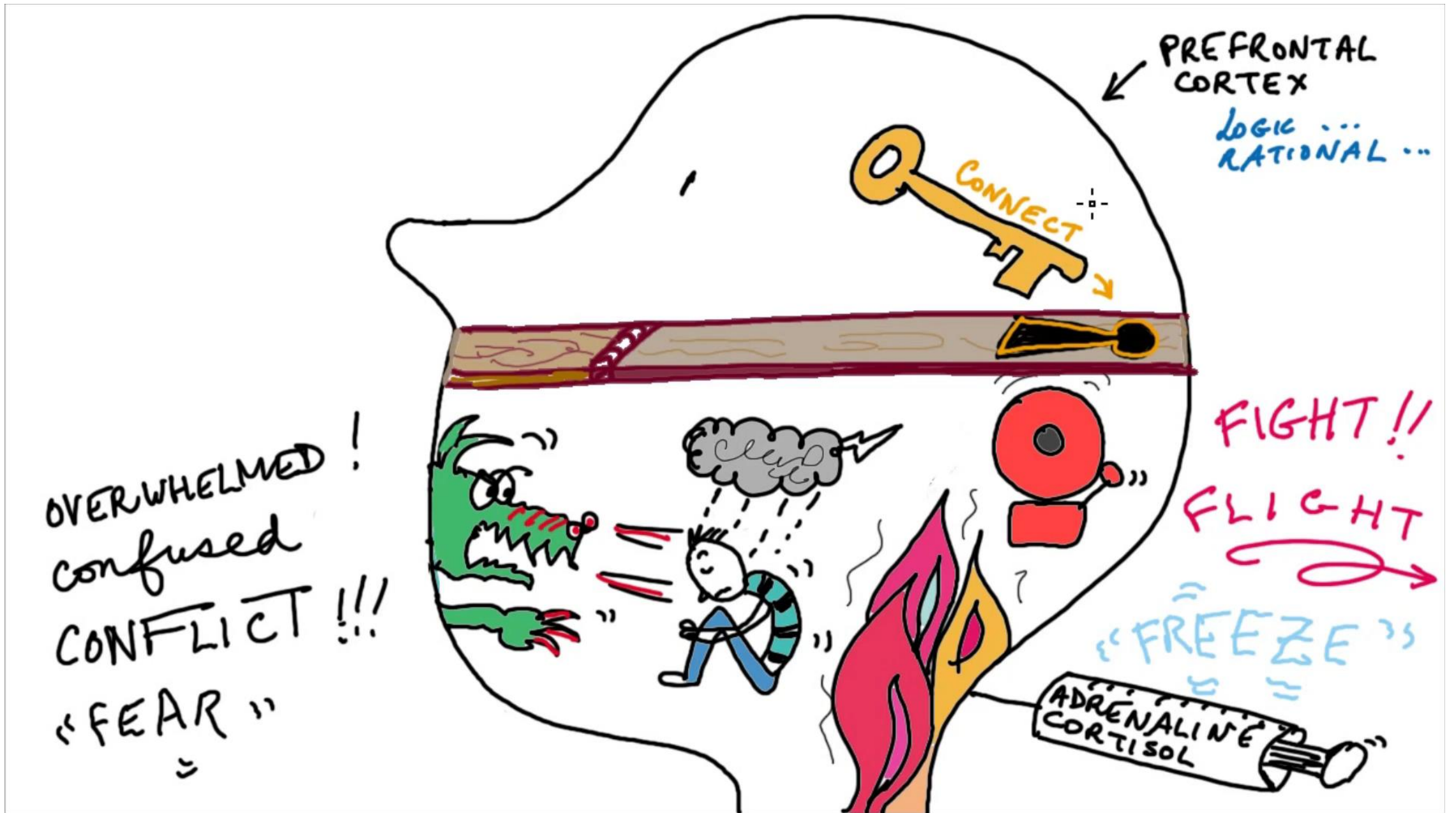
OVERWHELMED!  
confused  
CONFLICT!!!  
"FEAR"

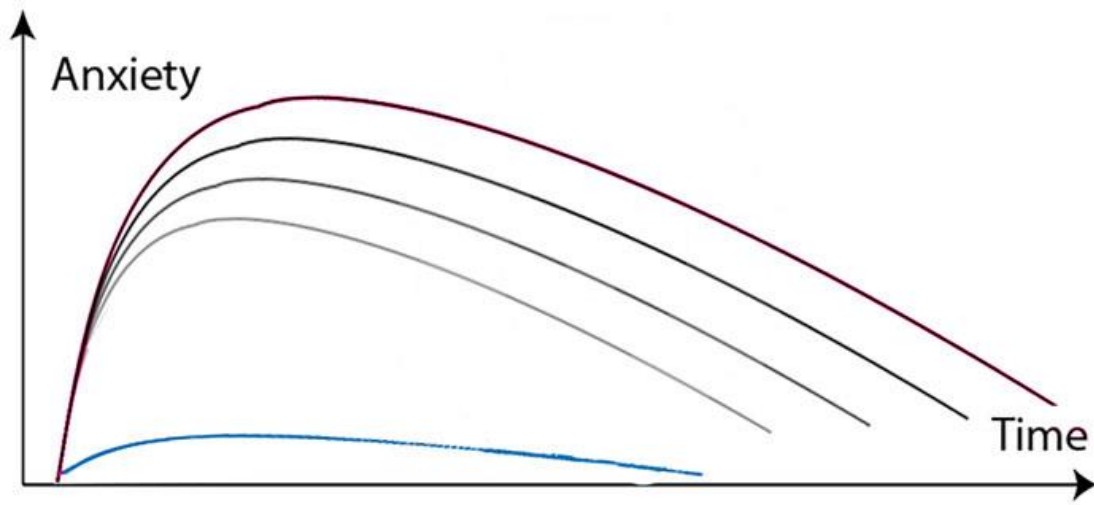


FIGHT!!  
FLIGHT  
→

"FREEZE"  
=

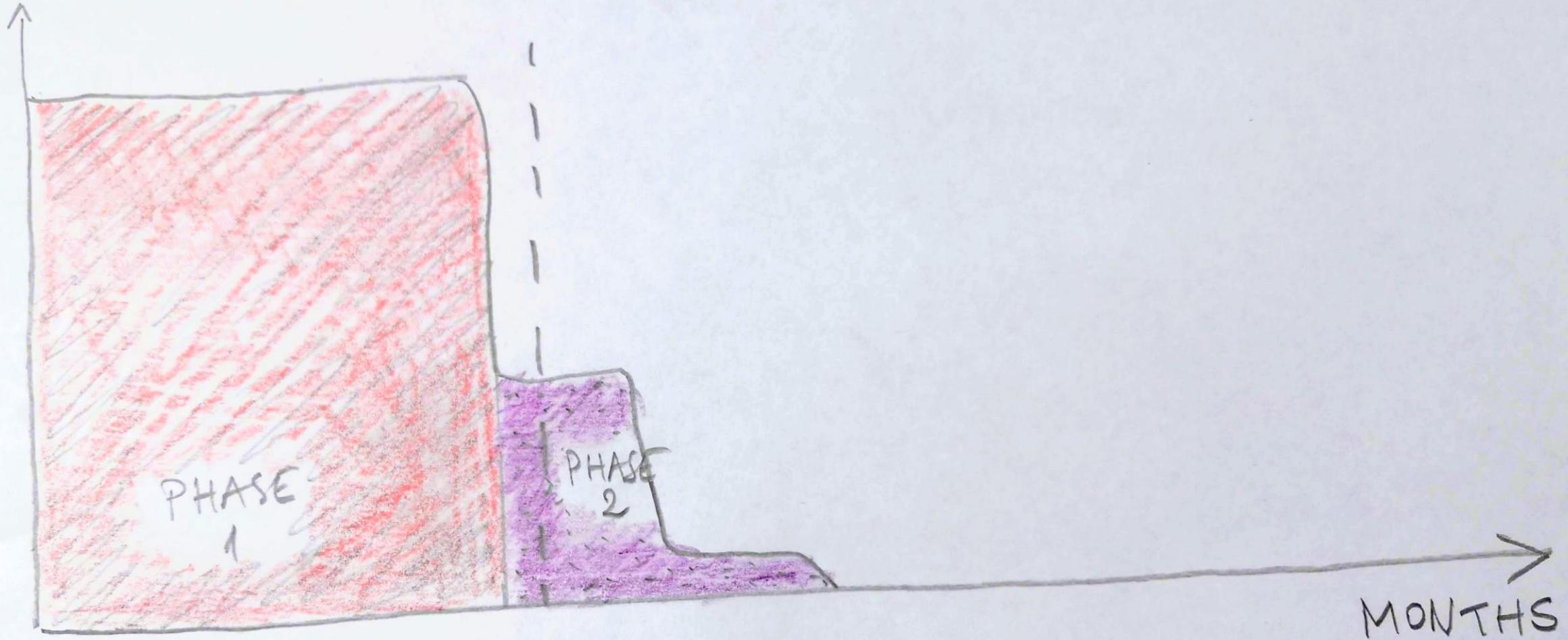






PARENT  
IN  
CHARGE

WEIGHT  
RESTORED



PARENT  
IN  
CHARGE

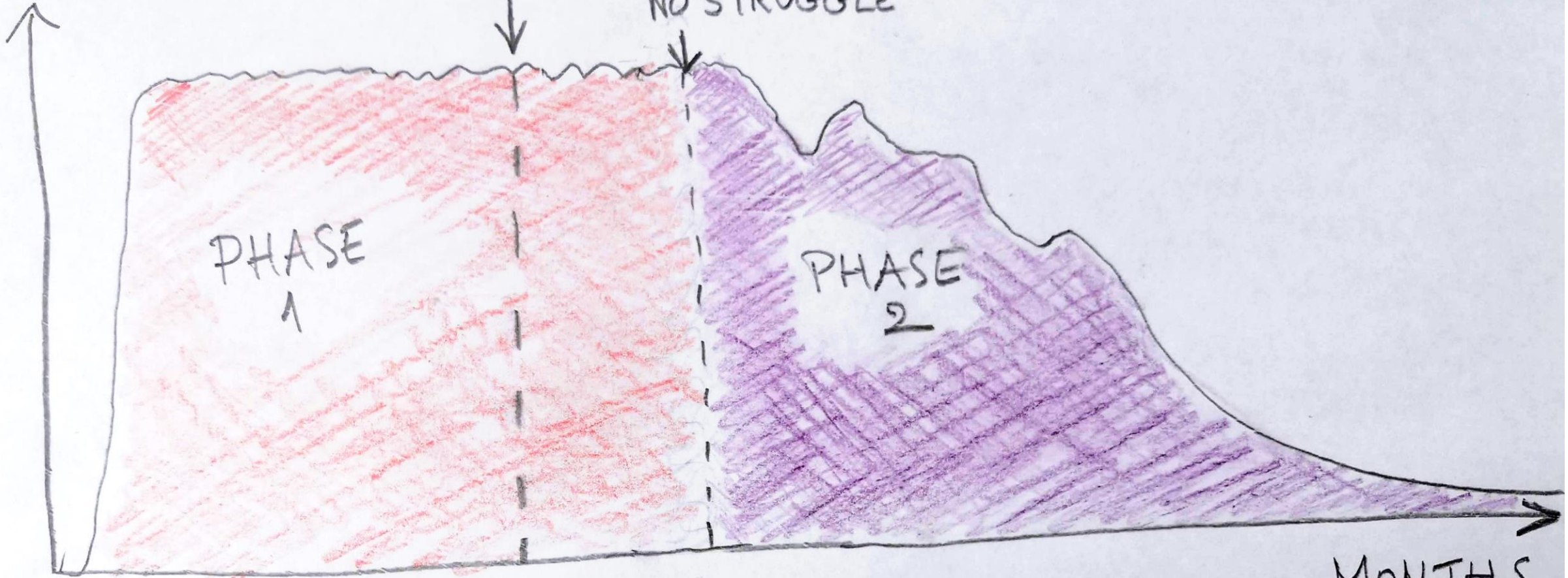
WEIGHT  
RESTORED

NO STRUGGLE

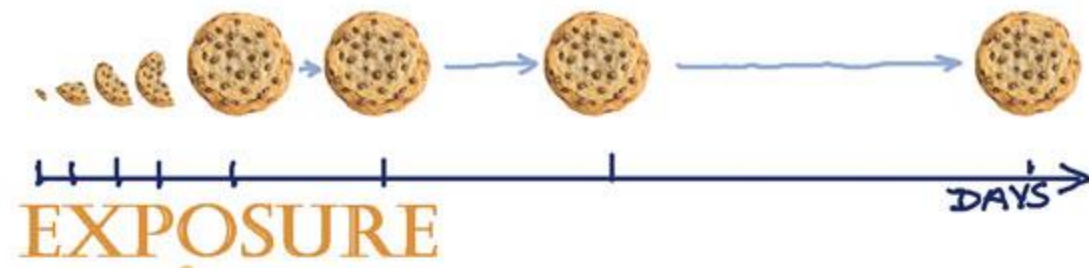
PHASE  
1

PHASE  
2

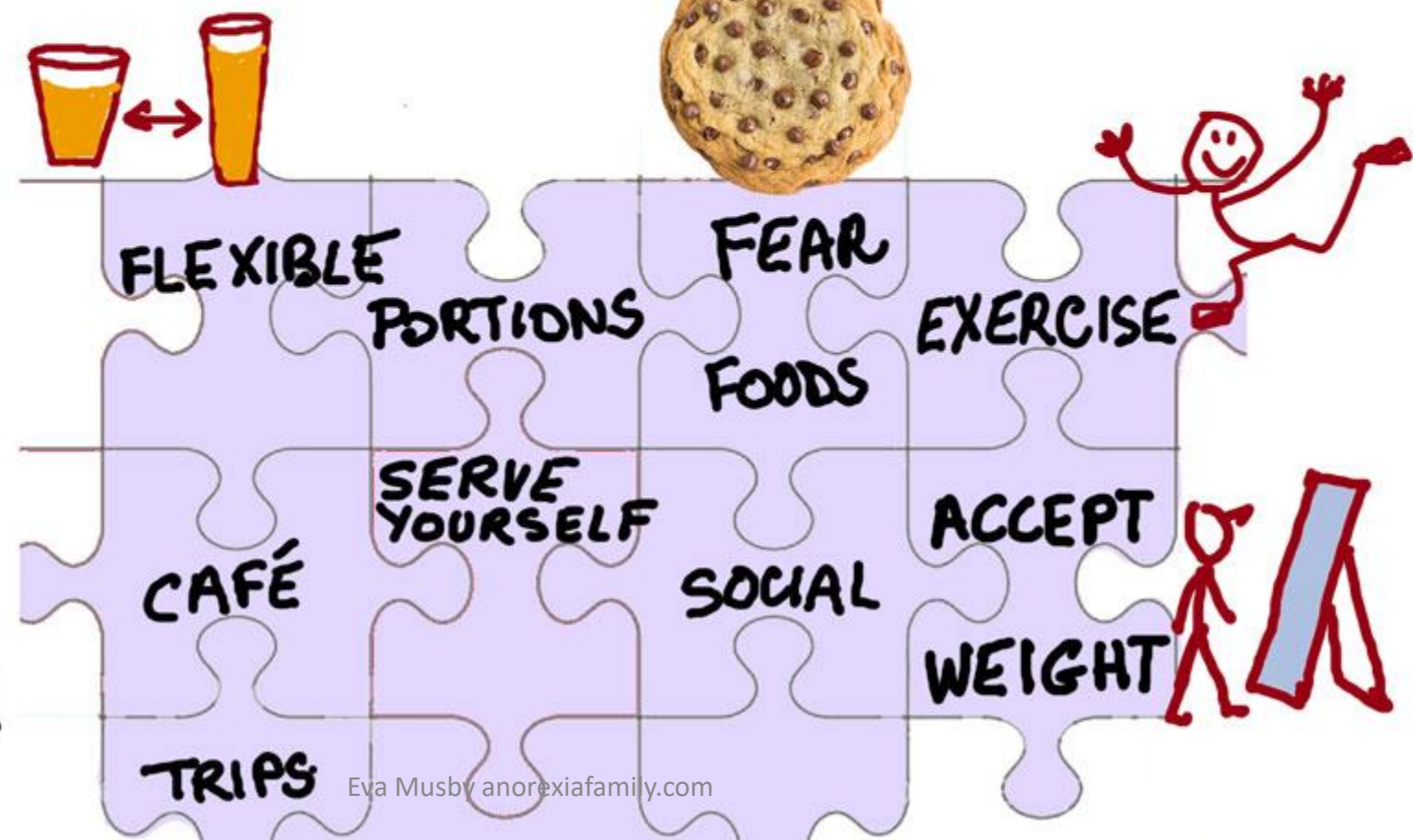
MONTHS

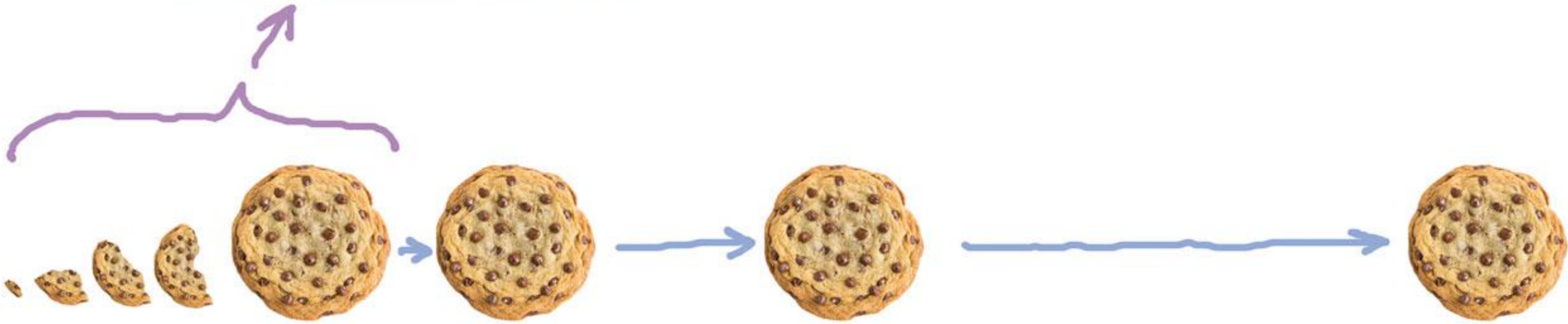


# COACH FOR 'NORMAL'



- NOT YET NORMAL**
- School
  - Resting
  - Ice-cream
  - 2nd helpings
  - Clothes
  - Avoids Gran
- 9/16/2021

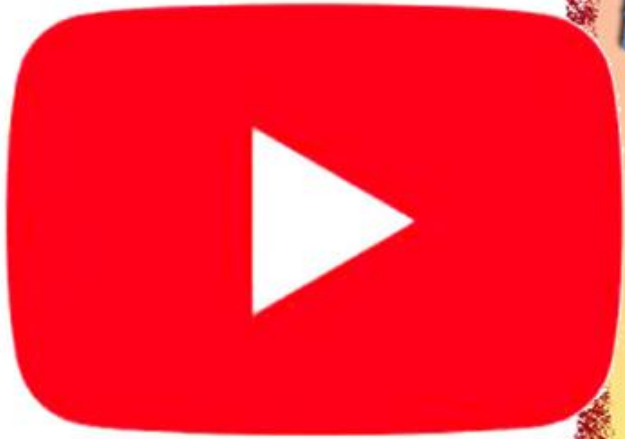




9/16/2021

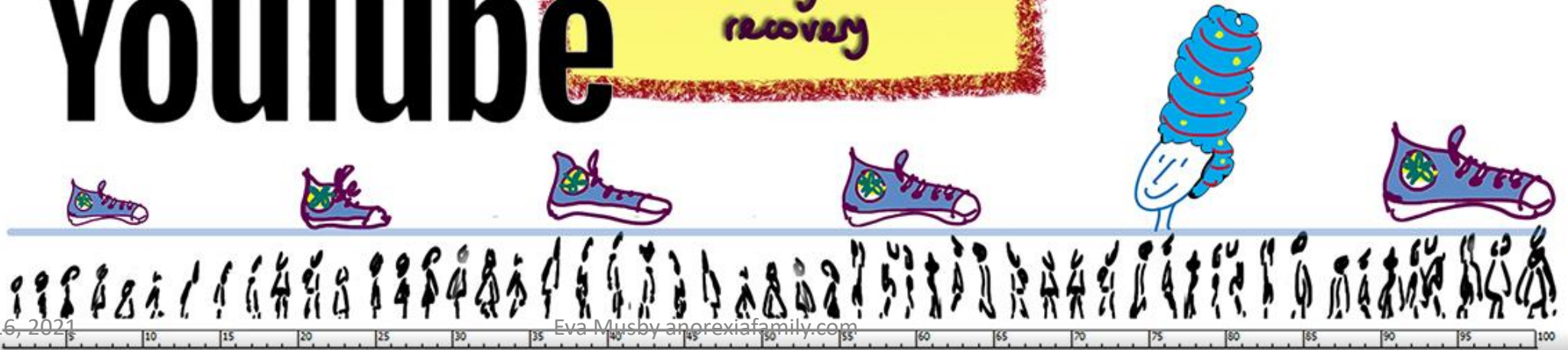
Eva Musby [anorexiafamily.com](http://anorexiafamily.com)

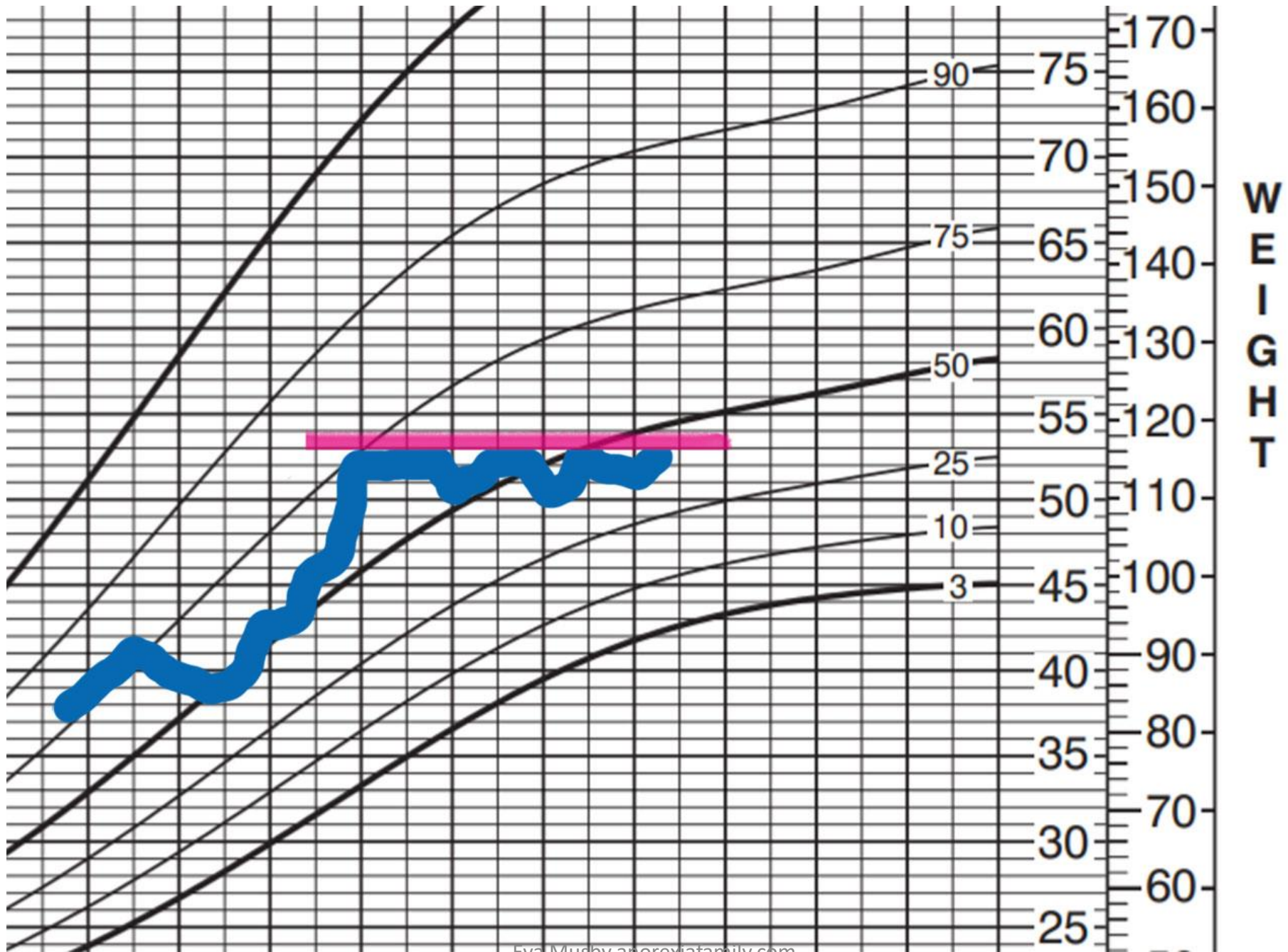
**DAYS** →



# YouTube

HOW TO USE A  
GROWTH  
CHART  
EATING DISORDER  
↓  
Complete  
weight  
recovery





9/16/2021

Eva Musby anorexiatfamily.com



YouTube: Bungee jump

<http://youtu.be/2O9nZAWCkLc?list=PLVgyQbyKQSBHUBIDLlc7t3v7bN0lmLcve>



Safe,  
content,  
resourceful



Fight-flight



Freeze,  
shut down



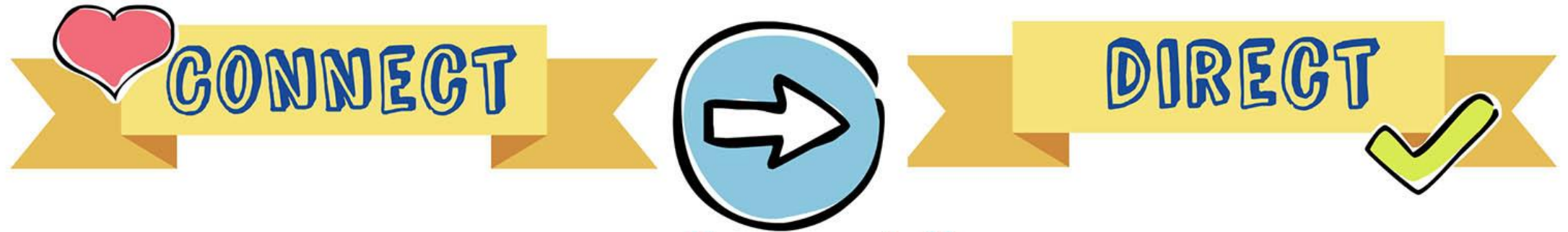
← **Compassion**



Eva Musby  
anorexiafamily.com



Connect before you Direct



*“and”*

*“and at the same time”*

---

**keep your  
‘but’ out of it!**