Topic: The Correlation between Eating Disorder and Substance Abuse

Location: Restaurant Joanina, 35 Gerard Street A Huntington New York

Date: March 16, 2018

Sponsor: Treatment Specialist & Timberline Knolls

Speakers: Sondra Kornberg, MS, RD, CEDRD and Randi Zimmerman, LCSW-R, CEDS

Main Points of the meeting

* Eating Disorders Emotional and Behavioral Continuum
* Eating Disorders and Substance Abuse
* The Treatment Team- Multidisciplinary approach.
* Risk Factors of eating disorder

The workshop was very good the RD speaker spoke about the connection between the brain and the gut. Eating disorders and individuals genetic predisposition and the characteristics of eating disorders. The speaker spoke about individuals with anorexia tend to say no to everything. An inability to take things in such as people, opportunity, pleasure and food. They always feel like “they are not good enough”. While individuals with bulimia will initially say yes but find it difficult to follow through. They are unable to maintain a job, focus and relationships, they tend to be impulsive. The speaker mentioned how important it is for individuals to not tell someone how good they look that is suffering from ED, also avoid having food conversations with them to prevent triggers. The speaker spoke about the different residential treatment centers that are available in state and out of state.

The speaker also spoke about Binge eating disorder, they tend never feel satisfied they also feel empty on the inside. They have difficulty saying no to people, food, and opportunity. The speaker mentioned that part of recovery is standing firm in your ‘’No’’ and setting boundaries. According to the LCSW-R speaker people with eating disorder tend to abuse alcohol, laxatives, emetics, diuretics, amphetamines, heroin and cocaine.

Individuals with eating disorders and substance abuse share a number of common risk factors, including brain chemistry, family history, low self-esteem, depression, anxiety, and social pressures, compulsive behavior, social isolation and suicide. According to the speaker 50% of individuals with eating disorders abused alcohol or illicit drugs, rate is fives time higher than the general population, up to 35% of individuals who abused drugs and alcohol had an eating disorder, rate 11 times the general population . The presentation was nicely done you could tell that the speakers had exceptional experiences in the eating disorder and substance abuse field. The speakers did not use any scientific studies to demonstrate the effects of collaborative treatment on individuals with eating disorder or substance abuse.

 If I was presenting I would provide several short and long term studies to show success rate of treatment techniques. Also the RD speaker stood in front of the projector the entire time blocking what was on the screen, the second speaker stood to the side which was much better we could view the presentation better. If I was presenting I would raise the projector higher to ensure visibility. The session was successful the goals were met, the session served as a refresher for most of us, the speakers provided real life scenarios that we can use to assist prospective clients. We received a full course meal, we had three different entrée options to choose from they were all very healthy choices I had baked salmon with roasted potatoes and spinach. The portion of salmon was very generous and was absolutely delicious. 