



Merry Christmas!

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Introducing the new Bridges Management Committee

The Bridges Association Annual General Meeting was held on Tuesday 10th August and we are proud to announce our new committee and a pending change to our name...

Julie McCormack and Tara Reale have been elected as joint Presidents of Bridges Association. Both Julie and Tara have been members of Bridges since it was first established and they are passionate about making a difference in the lives of people affected by eating disorders.



Clare Hayman was re-elected as the Bridges Treasurer and now also as our secretary. Clare is very dedicated and has been an invaluable member of Bridges since she first joined.



We are also proud to announce the rest of the fantastic Bridges Management Committee which includes: Tracey Buckley, Hunna Watson, Kate Etherington, Sarah D'andrea, Susannah McAlwey, Donald Irvine and Kathy Logie.

Bridges Association has also voted to make a change to our official name; to ensure that people are able to clearly identify what Bridges is all about. The new Name, once registered, will be...

**'Bridges Eating Disorders
Association of Western Australia
Inc.'**

Bridges New Members Night

The most apparent message that came from our 'Information and new members recruitment evening', was just how far Bridges has come over the past few years. From the first concept sketch (shown above), Bridges has united individuals, families and professionals with the shared goal of providing 'Awareness', 'Support' and 'Hope' to Western Australians whose lives are affected by Eating Disorders.



The night was well attended, and those who came were very eager to support Bridges Association. From such humble

beginnings, with just a handful of people, to an association with 4 levels of membership, we have grown and developed; though we have so much more growth ahead of us.

Bridges is an organisation that relies on its members and their fantastic efforts and contributions. We were all touched to see so many new faces that were eager to join and support us to reach our goals.

During the night we had the opportunity to learn about people's

experiences and the journeys that had led them to be in the room. Like all of us who are already members, we all have a different story and different qualities and skills we can use to contribute to Bridges.

We had a great night running through a presentation of who and what Bridges Association is, where we have come from and what we are working towards.



Supporting Bridges

Bridges Association have a number of ways you can contribute and support us in providing Awareness, Support and Hope to Western Australians whose lives are affected by eating disorders.

One way you can support our growth and service development is by making a donation. Bridges Association is a registered charity which has a Deductible Gift Recipient (DGR) status. Donations from individuals as well as corporate sponsorship are essential to the running and ongoing development of Bridges Association. We are currently in the process of writing a business case to try and attract more corporate sponsorship so we can provide more support to the WA

community.

Another equally important resource to Bridges Association are our members. There are currently 4 types of membership:

Volunteers

Individuals who assist us on specific events and initiatives

General Members

Individuals or families who are paying members of Bridges Association and who receive an introductory pack as well as ongoing updates and information about Bridges Association.

Management Committee Members

Individuals who sit on our management meetings. This group

is responsible for the day to day running of Bridges Association and is behind all the planning and hard work that goes into everything that we do.

Reference Group Members

Service providers and other stakeholders in the W.A. eating disorders sector. This group work on state level issues and provide a voice for WA as well as working on initiatives such as resource materials.

If you are interested in becoming a Bridges Member or making a donation please contact Tara Reale at info@bridges.net.au to discuss membership options.

National Eating Disorders Collaboration

2009 and 2010 have been busy on the national front in the arena of body image and eating disorders. Butterfly Foundation won a tender late 2008 to form a collaboration to develop a national framework for eating disorders and review available resources. Early 2009 a national Steering Committee formed with Julie McCormack representing Western Australia.

Throughout the year there was incredible energy and activity as research, review and consultation was carried out across Australia. Dr Hunna Watson from Western Australia was recruited early in the plan as the Research Psychologist for this project, and she was instrumental in bringing together the best research evidence into one document to guide the development of the framework. Workshops, teleconferences and on-line surveys

enabled the perspectives and opinions to be gathered from individuals, family and community members and helping professionals Australia wide.

In October 2009, the National Summit was held attracting around two hundred people to Canberra. The national framework was completed in March is now available on the NEDC website.

Meantime, the work of the NEDC continues, as Butterfly Foundation won the next tender, which is to lead the NEDC to develop a prevention and promotion strategy for eating disorders and to revise the national framework to include standards of care. The NEDC will be working hard across Australia for the next three years. Get involved by signing up as a member of the NEDC and have your say. There

are a range of working groups that you can get involved in and the NEDC invites you to get on board.

Please see the website for more information

<http://www.nedc.com.au/>

Or you can contact one of the WA steering committee representatives, Julie McCormack, Dr Hunna Watson, Dr Anthea Fursland, Madeleine Sewell or Professor David Forbes for further information.

Stay tuned for increasing public awareness and recognition for eating disorders and help the NEDC to reduce stigma and improve access to help for these people affected by eating disorders.

EDTEC

Princess Margaret Hospital Eating Disorders Program EDTEC

2008 saw Princess Margaret Hospital for Children develop EDTEC, short for Eating Disorders Training and Evaluation Centre. This separate arm of the Eating Disorders Program focuses on developing quality training, consultation and support for health and educating professionals.

Each year since then, EDTEC has rolled out numerous workshops and other trainings aimed to improve awareness, understanding and expertise in eating disorders in the Western Australian community. Hundreds of professionals from across the State have attended the training and the capacity of the community to respond to the needs of people with eating disorders is steadily increasing.

EDTEC is also playing a significant role in bringing international experts to Perth and we can expect to see more of this in the future. Keep your eye on the website for details.

http://pmh.health.wa.gov.au/services/eating_disorders/index.htm



Conference Updates

The Hills are Alive, with the Sound of...The 2010 International Conference on Eating Disorders, Held June 10th-12th in Salzburg, Austria -By Hunna

In June, the annual *Academy of Eating Disorders* international conference on eating disorders was held in Salzburg, Austria. Salzburg is the native city of Mozart, was a backdrop in the film *The Sound of Music*, and was a delightful setting for this year's international conference. The theme of the conference was "Moving Forward Through Transdisciplinary Solutions". The thriving, multiday event saw researchers and clinicians from around the globe coming together to share ideas and research on eating disorders. Topics included - but were by no means limited to - causes, diagnosis and assessment, treatment, and relapse prevention. Attendees participated in scientific paper

sessions, clinical training workshops, a meet the experts session, special interest group meetings, a global think tank event, and social events. Kelly Vitousek, from the University of Hawaii, gave the keynote address titled "Coming Together Without Losing Our Way: Pros and Cons of Consensus in the



Eating Disorder Field". She gave a thought-provoking speech on the progress and process of clinical and biological research into eating disorders, and offered some challenging and provocative views on brain research.

There was a noticeable Australian presence at the conference, including advocates, clinicians, and researchers. Stephen Touyz, from the University of Sydney, gave an invited plenary, "Working with the Underweight Patient". Special congratulations to Professor Susan Paxton of LaTrobe University (VIC) for induction to the Fellows Class of 2009 (and is current President of the Academy of Eating Disorders), Dr Sloane Madden of The Children's Hospital at Westmead (NSW) for induction to the Fellow Class of 2010, and Professor Tracey Wade of Flinders University (SA) for being awarded the 2010 TJ's Fund for Eating Disorder Research Grant.

Australia Visits New Zealand – Australia and New Zealand Academy for Eating Disorders Conference 2010 -By Julie

Specialists from Western Australian Eating Disorders Services again represented us at the Australia and New Zealand Academy for Eating Disorders Conference held in Auckland in August 2010. Professor David Forbes and Chris Harris from the Princess Margaret Hospital Eating Disorders Program took part in a key debate about first line treatments for adolescents. Tara Reale presented a poster 'Patient to Provider', on behalf of the PMH Eating Disorders Program, which explored the experience of involving consumers in active roles within the service. The poster focused not only on the experience of the clinicians

involved but also the young people. Dr Hunna Watson from the Centre for Clinical Interventions and Princess Margaret Hospital for Children presented research which examines the relation between early response to treatment and eventual outcome among adults who receive cognitive-behavioural treatment. Raine Lardi from Princess Margaret Hospital Eating Disorders Program presented a paper on the first two years operation of the PMH Eating Disorders Program Day Program for adolescents, as well as a poster outlining training workshops which had been provided to dietitians working in rural and remote settings. Dr. Anthea Fursland from the Centre for Clinical Interventions (CCI) presented a paper entitled: "Eating Disorders – not just an adolescent issue?" She spoke about late-onset

eating disorders, and comparing them both with late presentation/ early onset and early presentation/ early onset.

Associate Professor Sue Byrne, from UWA and CCI, presented a paper outlining the SWAN (Strong Without Anorexia Nervosa) study, an exciting multi-site treatment trial comparing three promising treatments for Anorexia Nervosa. Those that attended reported that it was the best ANZAED conference so far, and everyone enjoyed the traditional Maori welcome as well as the exciting academic program. Next year the conference will be held in Sydney.



Research Update

By Hunna

We are very excited to announce funding awarded in Australia to develop treatments for eating disorders and remove barriers to seeking help.

The National Health and Medical Research Council has awarded grants for two eating disorders projects in this year's funding round.

Dr Sue Byrne of The University of Western Australia and Specialist Clinical Psychologist at the Centre for Clinical Interventions has been awarded \$584 125 to investigate three promising treatments for anorexia nervosa. Her co-investigators are leading

researchers in eating disorders across Australia, and the research is collaborative with three treatment sites located in Perth, Adelaide, and Sydney.

Professor Phillipa Hay, of the University of Sydney, and co-investigators from Australia and the United Kingdom, have been awarded \$557 100 to evaluate a new treatment for anorexia nervosa. The treatment is aimed at tackling excessive exercise in addition to symptoms typically targeted in treatment, and is based on research showing that excessive exercise slows down and reduces chances of recovery. The trial is a two-site trial

involving Sydney and Leicester (United Kingdom).

The Australian Research Council has awarded Professor Susan Paxton of La Trobe University and co-investigators \$214 000 for a project designed to reduce community stigma toward eating disorders and to improve help-seeking among those with bulimic problems. By reducing stigma, individuals with eating disorders will experience less shame and secrecy and will feel more able to seek help.

For more information please see above and service updates, groups and events on page 9

Professors Visit Perth

In 2010 Perth has been very fortunate to have hosted workshops from two leading international speakers from the eating disorders field. The first was in February with Professor Bryan Lask who hails from Great Ormond Street Hospital in London. In his morning workshop, he shed light on the complexities and contradictions of childhood eating disorders, emphasising the importance of communication between the child, their family and the treatment team. During the afternoon "the brain" was in the limelight, as a packed house of Perth health professionals learnt the art of what has become known as "*cognitive remediation therapy*". In simple terms, this is a therapy that does not focus on weight or food, but more on a persons' style of thinking. Individuals work through exercises with their therapist, a bit like brain gym, which help them to think more flexibly, from different angles, to see the big picture and be able to change perspective. This has proved a popular addition to other therapeutic approaches, as it helps people with living life beyond the eating disorder.

In June, Professor Josie Geller arrived in Perth for a day long workshop on motivational approaches to eating disorders. Nearly one hundred health professionals attended the McDonald Lecture Theatre at Princess Margaret Hospital for the workshop that was co-sponsored by the Bridges Association and Australia and New Zealand Academy for Eating Disorders. Motivational approaches emphasis tailoring treatments to individual readiness for change. Many people with eating disorders are ambivalent about change, and health professionals are encouraged to utilise these motivational approaches that collaborate with the person, working towards the person's goals. For those who are not ready to restore their health, services are encouraged to utilise "non-negotiables" to keep people safe, until they can do this themselves.

Professor Geller is an inspiring speaker, not just for her common sense approach to therapy but also for her compassionate attitude. Perth was lucky to preview some

details on her latest research, which aims to help people develop self-compassion, or compassion towards the person with the eating disorder. Professor Geller said the idea of self-esteem has been outdated, especially in the area of eating disorders where many achieve and perform well in society but continue to harshly judge themselves and negatively compare themselves with other people. Professor Geller advocates that self compassion is a more helpful notion to think about, where people develop a kind and compassionate inner voice. Therapy based on this approach helps people with eating disorders step away from self-judgement and move towards acceptance and compassion.

It was fantastic for Perth to have two such engaging and knowledgeable speakers, and to see local health professionals attending these workshops in such large numbers. Bridges would like to say thank you to EDTEC, ANZAED and the Bridges team for all the work done behind the scenes making these workshops a success.

Creative Corner

Struggling to Flutter

Holding my wings together with little strength & power,
Unable to spread them freely and seek my peace, my solace, & my true power.
I need to lean on another until I can catch a soft wind and fly.
Hesitant about my willingness to open & share,
And is let down so readily and without any true desire.
I stay by-and-by & attempt to fly alone,
But my attempts are purely obtuse and dire.

I wish, I dream, I hope.
But my hopes, my dreams, and my wishes I indeed still have
Are slowing fading away,
Yet, I still wake and am grateful for I live for each day.

I have everyone under the sun,
But can not take away the pain of what I have done.
The, hurt, the shame, the pain was not for fun and ultimately cannot be undone.
I still look to the future to see what can be attained,
And the amity I have that one day I may undo some of what has been done,
Makes me smile & persevere despite my dissents and denials I still have.

It can be wily to deny deceit,
But I put up a façade; Smile and not take defeat.
I hide the truths, the fears, and the soul deep within me,
Hoping that I won't file and surrender.
As I am meant to be strong & not curl over

Though, I do not know how much strength I have left to win
The strength, hope and power I have is slowing fading to exist
I smile even though I am truly mild
I still do not it defeat.

I can only fly so high until the wind takes my strain
I want to fly higher than high
But I am still too weak
Others could join and fly alongside
And maybe I can then watch & learn how to they fly.

However, I do often wonder if I do have to fly,
Or whether the wind will be too strong and seek me to a defeat
Then I will no longer get the ability see how high I am to fly.
Fly....Oh,....So high.....

Nicole Nannen

*When I wrote this my life was consumed by the eating disorder. I can now reflect on my writing and know that after many challenges, tears & frustrating moments; I am learning about 'my' life with smiles! With belief, courage, perseverance, Recovery is possible!



Princess Heart

Lyrics by Tracey Buckley ©

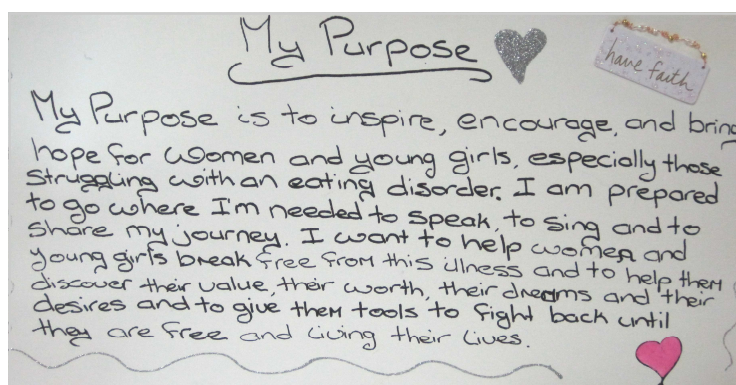
I've been wearing this dirty old robe
Stuck in a black and white world all alone
Chained to the past that held me down
I hid behind the mask to afraid to come out
There's a small speck of light shinning down from above
Exposing the lie that I'm not good enough

And you gave me a reason
And you put back the pieces and slowly my fear fell apart
And that's when I found my Princess Heart.

Now that my life is filled with hope
I want to share with you all that I know
I've seen the tears that you've cried
And I know the hurt that you're holding inside
Tiaras and diamonds your worth so much more
There's someone to guide you even if you fall

So if you if you need a reason
If you need to put back the pieces
Come and take my hand
Together will make a start

So if you if you need a reason
If you need to put back the pieces
Come and take my hand together
Together will make a start to find your Princess heart.



Who holds the mirror?



Last night I cried because I found something. I found that the reason I was feeling so bad was because I was allowing others to 'hold the mirror', to alter how I perceived myself - influence and determine how I feel.

One of the hardest tasks is to be able to look at yourself in the purest of ways. I say purest, because I *feel* the toxicity of our culture and environment. I *experience* the difficulty of separating myself from it. And I'm attempting to create a vision for my *self* – establish who I am, where I'm going, amidst the noise and the race. The overload of choice. The spin of endless decision making. The *fatigue* from fielding toxic sources of direction. The *grueling resistance* against messages that invade my mind. That *insist* on what I should look like – aspire to. Who I should become – and it's not *different* that's for sure.

And I question, amidst all of this, how do we recognise the good in ourselves? Deflect the negative influence and opinions of others. Stand firm and not allow the disapproval of others to steer us and become who we are. Devalue our worth. Construct our world. All of this is never more apparent having just returned from a few days on a farm.

So what happens when you hold the mirror to yourself? When you hold yourself still – what do you see? What's real? What's a product of your experiences and circumstances – those around you? What's worth keeping – and what's way passed its use by date? Look again. And again. And again. Until you find what *you* are looking for.

Written by Janine Browne. You'll find this article is on The Black Dog Project website. Click on the Body and Self Image TAG in the Dog's Blog to find it—and loads more. And please pass it on to others

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<http://theblackdogproject.com/blog/who-holds-the-mirror/>

Service Updates, Groups and Events

Body Esteem



Post Christmas Workshop January 2011

Anorexia/Bulimia/Binge/Overeating

Date: Saturday 22 January 2011
Venue: The Loftus Centre (cnr Vincent and Loftus Streets) Leederville
Time: 1.00pm - 4.00pm

Taking a Step...

- The session will provide an opportunity to share your experiences of the Christmas period, both good and bad, in a safe and supportive environment.
- You will be guided to re-focus on self-care and recovery for the year ahead and be assisted to create new goals to move forward.
- Reconnect with other people who understand eating disorders and learn about what the Body Esteem Program has to offer in 2011.

The Body Esteem - a unique approach!

The workshop is a safe place where you can talk about your eating disorder with women who understand and empathise with you.

A unique and integral aspect of all the programs delivered through Body Esteem is that the sessions are facilitated by professionals who have had an eating disorder themselves. The facilitators will share their own stories and offer support and advice based upon their own experiences of recovery.

How to Register:

If you wish to go ahead, please contact our Administration Officer, Lynne on 9300 1566 to make your payment and confirm your booking.

Please note, WOMEN'S Healthworks will be closed until 4 January 2011.

For all queries, e-mail the Body Esteem Co-ordinator at Kathleen@womenshealthworks.org.au

Cost: \$20.00 per workshop

Participant's testimonial: "Amazing. It's been so insightful and rewarding and helped me gain a deeper understanding of myself"

N:\Body Esteem\SERVICE DELIVERY\ANBN and BOE 2010 onwards sessions plans\Post Christmas Workshop 2011.docx

Dates for the Body Esteem Program for the first half of 2011:

- Jan 22nd: Post-Christmas Workshop 1pm-4pm Loftus Centre, Leederville.
- March 29th: 20 week Anorexia/Bulimia group commences.
- March 31st: 20 week Binge/Overeating group commences.
- The Parent/Partner Education and Support group will be held over four Saturdays March 19th, April 16th, May 14th and June 18th.
- Our Step Down Program will be running once a month on Wed nights, for anyone who has completed a 20 week group previously. These commence Feb 9th.

If you are interested in participating in any of these programs, or would like to get more information about The Body Esteem Program, please contact us on 9300 1566 or e-mail us at kathy@womenshealthworks.org.au You can also visit our website www.womenshealthworks.org.au , then click on the Body Esteem tab.

Randomised Control Trial of three treatments for Anorexia Nervosa in adults

Strong Without Anorexia Nervosa (SWAN) Study

This world-first treatment trial for anorexia nervosa is now well underway. Chief Investigator A/Prof Sue Byrne, Research Consultant at CCI and Associate Professor at UWA, and Co-Investigators from Flinders University and the University of Western Sydney, have enrolled 22 participants in treatment since the trial commenced in mid-2010. Three of these participants have completed their mid-treatment assessment and are embarking on the second half of their treatment phase. All participants to date have engaged well.

Sue Byrne has presented summaries of the SWAN Study at a number of national and international conferences including the Australia and New Zealand Academy of Eating Disorders (ANZAED) National Conference in Auckland, and the prestigious Eating Disorder Research Society (EDRS) meeting in Boston, where information about the trial was well received. The EDRS meeting also provided an opportunity for the Australian Investigators to meet with their international collaborators from Oxford University, Kings College London, and the University of Otago in Christchurch.

In Australia, recruitment for the trial is continuing, with referrals being accepted in Perth, Sydney, and Adelaide. Anyone interested in obtaining additional information can direct enquiries to Dr Karina Allen, Study Coordinator, at treatmenttrial@psy.uwa.edu.au or 6488 7428.

CCI Eating Disorders Programme - Carers' Support Evenings

Caring for a person with an eating disorder can bring with it overwhelming challenges. In addition to their distress about their loved one's suffering, partners and family members are often confused about the nature and course of eating disorders and uncertain about the best way they can help. Further heightening their anxiety is the set of serious medical complications that accompany eating disorders. Additionally, they often experience considerable conflict and sometimes, the stress placed on the family of an individual with an eating disorder can contribute to relationship breakdown and psychological problems for the carers themselves.

In light of these challenges, and since families are often first at hand to assist those suffering from eating disorders, the CCI Eating Disorders Team held an 'Introductory Support Meeting' for parents, partners, family and friends of individuals suffering from eating disorders, on December 1. Co-facilitated by Dr Anthea Fursland and Dr Marilyn Fitzgerald, the meeting was designed to increase participants' understanding of eating disorders and provide information on accessing helpful resources. In addition, the session provided a forum in which participants could meet others dealing with similar issues and discussed ways to communicate with individuals suffering with eating disorders and deal with conflicts.

The meeting was well received. Participants' comments about the meeting were very positive and there was keen interest in future meetings. Since the session was fully booked, two more introductory meetings were scheduled for December 14 and 16, co-facilitated by Dr Anthea Fursland and Ms. Sharon Byrne. Following on from these introductory sessions, a 'Skills for Carers Support Meeting' is planned for January 2011.

CCI will be holding a series of 2-part sessions for carers throughout the year, involving an introductory session and a skills-building session. Those interested should contact CCI at 9227 4399 or info.cci@health.wa.gov.au

From an eating disorder to Salzburg, Austria

By June Alexander

My life is full of happiness and contentment, freedom and adventure – everything I yearned for while trapped inside my eating disorder for more than 40 years.

I developed anorexia nervosa shortly after my 11th birthday, in 1962. The illness was unheard of in the rural region where I was growing up – a dairy farming district in the southeast corner of Australia. My anorexia transitioned into bulimia during adolescence and I also developed co morbid chronic anxiety and depression. My illness was not correctly diagnosed until I was 32 years old. That's when my long and challenging recovery journey began. I was 55, in 2006, when I regained me.

Even then I would have laughed in disbelief if told I would be in Salzburg, Austria, in 2010.

Yet in June this year, this is where I was -- at the annual conference of the Academy of Eating Disorders, to receive one of two international patient-carer scholarships awarded for efforts in raising awareness of eating disorders.

My eating disorder experience filled me with a passion to help others whose lives are affected by these most difficult illnesses. Today I am a grandmother writing books and travelling the world to 'sock it to Ed'.

In 2009 my book *My Kid Is Back – Empowering Parents to Beat Anorexia Nervosa* was released in Australia and New Zealand. This book, written in collaboration with Professor Daniel Le Grange of the University of Chicago, explains the Maudsley Approach, or Family-Based Treatment, through the voices of 10 Australian families.

In March this year, I travelled to London for the release of *My Kid Is Back* in Europe and North America. At the same time I was writing the final draft of my memoir and working on an international textbook, due for release in early 2011.

Prof. Janet Treasure, from King's College, London, is my co-author for the textbook, which contains input from, and is relevant for, all sectors in the eating disorder spectrum -- sufferers, families, carers, support groups, advocates, clinicians and researchers. This manuscript is with London-based publisher, Routledge and is due for release in time for the 2011 Academy of Eating Disorders conference, in Miami, Florida.

The month of June was busy as besides completing the 110,000-word textbook manuscript, I also met the deadline for my 90,000-word memoir to be released by New Holland Publishers (Sydney) in February 2011.

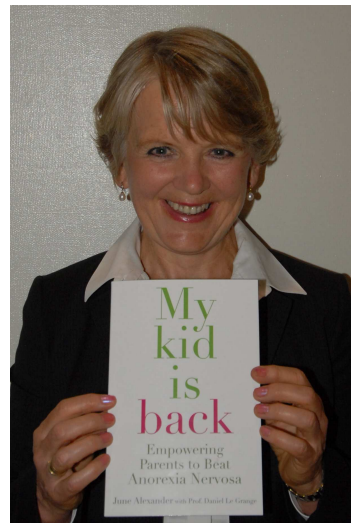
Often in my 20s, 30s and 40s I thought 'I will never escape my eating disorder prison' but I did, and I want you to know that you can escape, too.

Along the way, a trusted support team has been essential. My team to this day includes my psychiatrist and eating disorder therapist, my children and

grandchildren, my loyal and trusted friends and my pets.

My message to parents who feel concerned their child may be suffering an eating disorder: "Don't delay in seeking help! The sooner you reach out for help, the sooner you will help them restore their sense of self and be free. I suggest you become involved immediately you suspect your child may be developing an eating disorder. I believe a parent's instinct is almost always right. I recommend you see a doctor immediately and ask about the treatment options for your family.

Family involvement in treatment can help the recovery of your child and it can also help family relationships. I encourage you to reach out and communicate; the rewards can be great."



June Alexander at the launch of *My Kid Is Back* in Australia.

For more information about June Alexander and her books on eating disorders, visit

www.junealexander.com

Gillian Todd

-By Julie

Bridges Association and Eating Disorders Training and Evaluation Centre (EDTEC) collaborated together to bring Gillian Todd from the Maudsley Hospital in London to Perth for a series of workshops. Over three days during November she provided training for the clinical services for community health professionals and directly for parents and carers need to help their loved one with an eating disorder. The emphasis was on styles of parenting and communication skills that we can use in our interaction with the person with the eating disorder.

Gill reminded us that *"the only person we can change is ourselves"* and encouraged us to focus on improving our communication skills, developing our reflective listening, thinking about what we can do as role models and reducing our own self blame and guilt. She encouraged parents and carers to think about our self care, prompting us to look after ourselves, and to tune in to our own emotional and relationship needs. She reminded us we cannot help others if we don't look after ourselves, wisdom that is easy to forget when faced with an eating disorder.

We learnt about the C's of Caring

CALM
CARING
COMPASSIONATE
CONSISTENT
CONFIDENT
CHOICE

And also how to understand that **"Every mistake is a Treasure"** so that we can learn from mistakes and be compassionate towards ourselves and the person we can for when things are not going right.

There were also some useful communication tips based on motivational conversations such as:

DON'T

- Argue, confront, lecture or persuade with logic
- Act as an expert and give expert advice at the beginning
- Order, direct, debate, struggle, warn, threaten, preach
- Talk all the time without allowing the eating disorder sufferer to speak
- Ask a series of three questions in a row
- Tell your loved one that they have a problem
- Prescribe solutions or a certain course of action

DO

- Let the sufferer present the arguments for change, give the opportunity to talk about, and hopefully resolve ambivalence
- Focus on your loved one's concerns
- Emphasize that your loved one has the choice and responsibility for deciding future behaviour
- Explore and reflect upon your loved ones perception of the situation
- Reflect what you think you have heard with statements starting with "you feel..." "you think..."
- Aim to be as warm and loving as possible
- Beware of hostility and criticism

For people who missed the workshop and who are would like to find out what they can do to help their loved one with an eating disorder, you can read about all the ideas in [Skills-based Learning in Caring for a Loved One with an Eating Disorder by Professor Janet Treasure, Grainne Smith & Anna Crane.](#)



who are we

Bridges Association Incorporated was established to promote understanding and to provide support services for all people affected by eating disorders in Western Australia.

We are an alliance of past sufferers, parents, carers and health professionals who are passionate about working together to advocate a holistic and team approach in the recovery process.

short term objectives

- creating public awareness of eating disorders
- educate society about eating disorders
- advising direction to professional help and resources
- general support for sufferers, carers, families, friends & health professionals
- general support and assistance for people in rural areas
- Website, brochures and newsletters

long term goals

- telephone support line
- a community multipurpose house and resource centre
- advocacy and support for the development of services in Western Australia

CONTACT US

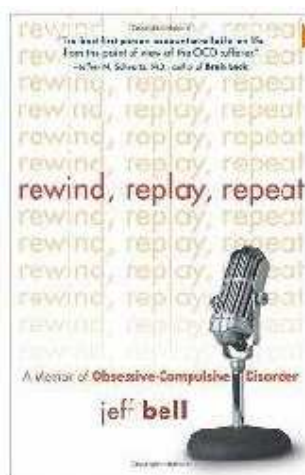
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W.A. 6008

We're on the net
bridges.net.au

Book Review By Emily

“Rewind, Replay, Repeat: A Memoir of Obsessive Compulsive Disorder” written by Jeff Bell

Obsessive Compulsive Disorder (OCD) is a condition commonly experienced by individuals who have eating disorders. Many people may not experience the full syndrome, but have obsessional tendencies or traits. OCD or obsessional traits may have predated the eating disorder, or they may develop alongside or following the eating disorder. This autobiography is a skilfully and engagingly written chronicle of one man's experience of the overwhelming urges to repeat actions that characterise the disorder, and his journey towards recovery.



Bell's prose is clear and easy to read without being basic, and articulates the struggles of someone with a serious mental illness without over-dramatization. The reader is given a window into the seemingly irrational and nonsensical world of OCD, and the havoc it can play with

the lives of those affected by it. Unlike many memoirs of mental illness, this novel is neither self-indulgent nor trite, nor does it detail horrific experiences in mental health care.

Bell also does not write about self-harm, suicide or other experiences such as sexual abuse that may trigger a vulnerable reader or render it inappropriate reading material for young teens. As a result, the story may be a safe choice for these more vulnerable readers.

Rewind, Replay, Repeat may be a valuable choice for those wishing to understand the behaviour of a loved one who struggles with OCD, or for the individual with OCD who may not realise that they're not the only one who thinks, acts and feels the way they do. Therapists may find this book helpful in generating conversation with their clients about the cognitions and feelings underlying the disorder from an alternative perspective.