



Expressive Arts Therapy in the Treatment of Eating Disorders

Presented by
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Eating Disorders



1



I have little
knowledge/experience
working with EDs

2



Somewhere in
the middle

3



I have training and
experience working
with eating disorders

Expressive Arts Therapy



1



I have little
knowledge/experience
related to Expressive
Arts Therapy

2



Somewhere in
the middle

3



I have training and
experience using
Expressive Arts
Therapy.

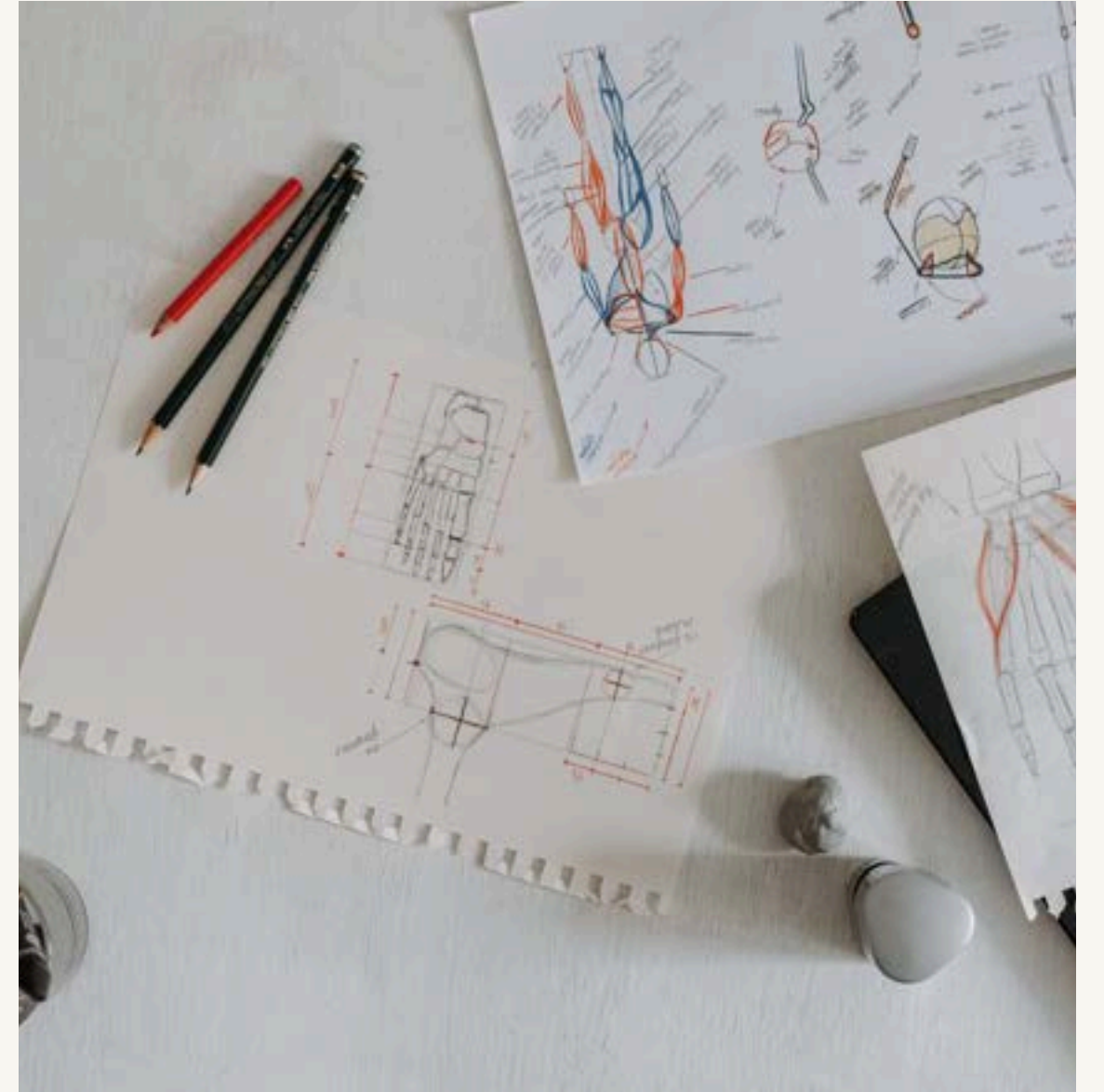
Introduction



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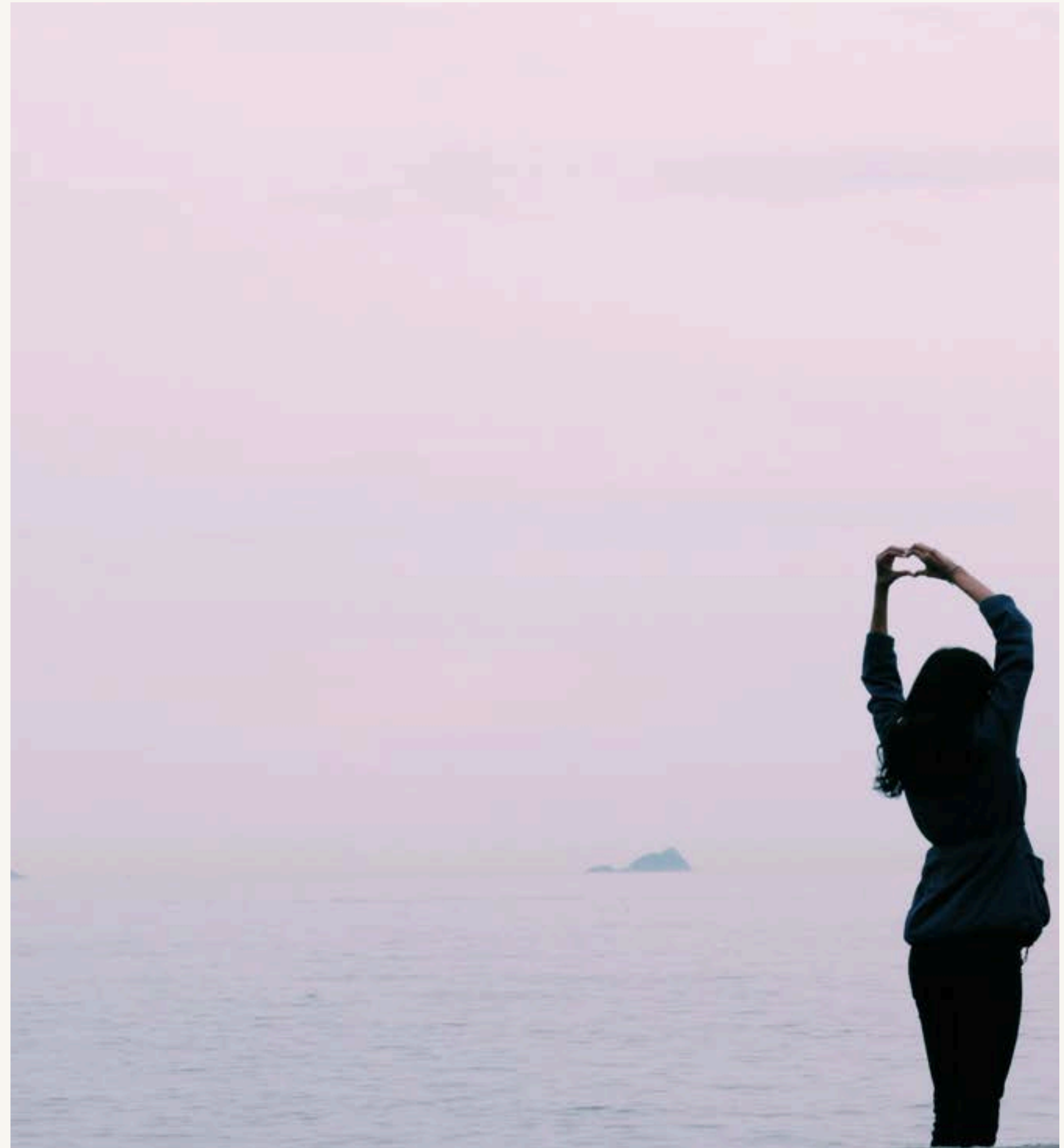
Agenda

- Experiential Check In
- Research
- Application
- Discussion



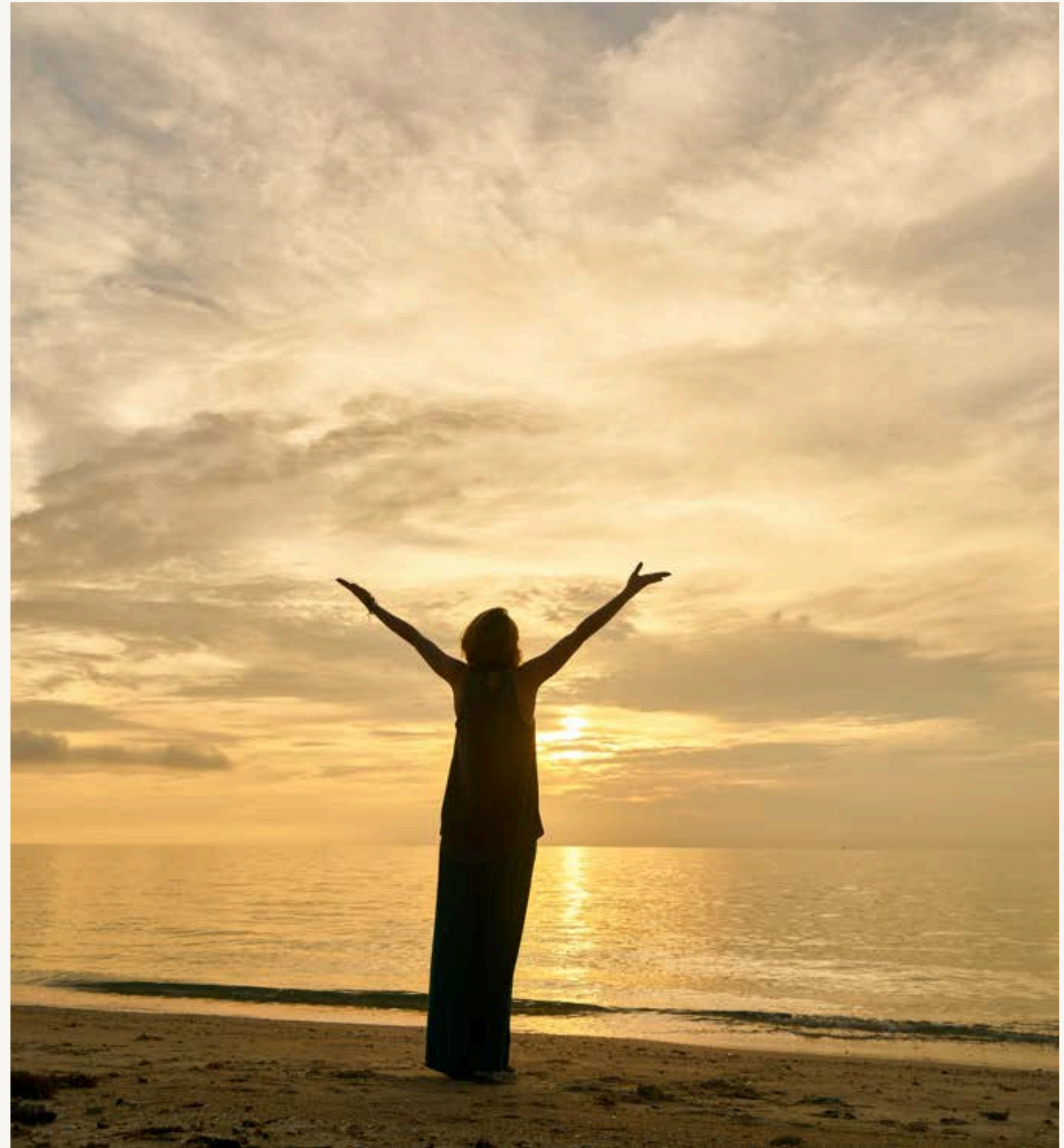
Body Scan

- Gather Materials
- Body Scan
- Brain Dump
- Reflect



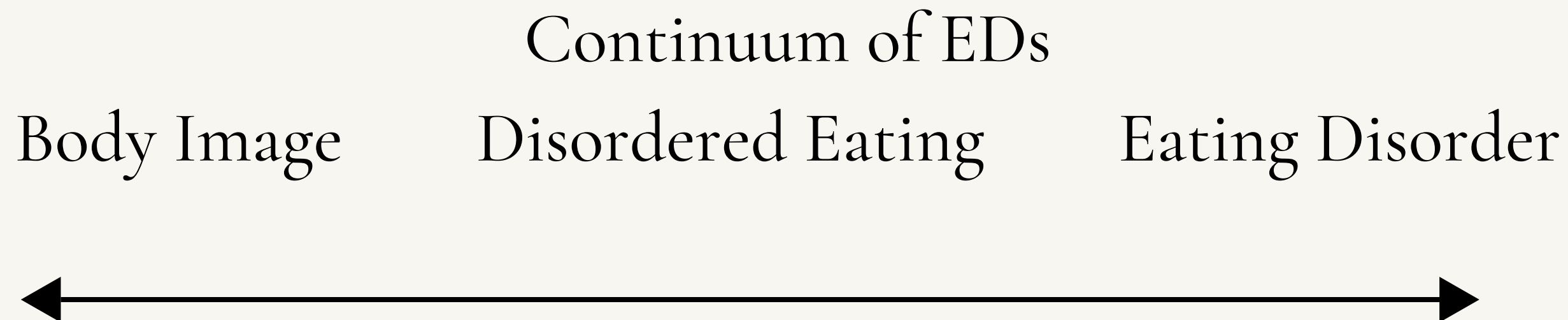
Body Scan

- Mind-Body connection
- Creative and abstract
- Reflection
- Deeper understanding of emotions



Eating Disorders Diagnoses

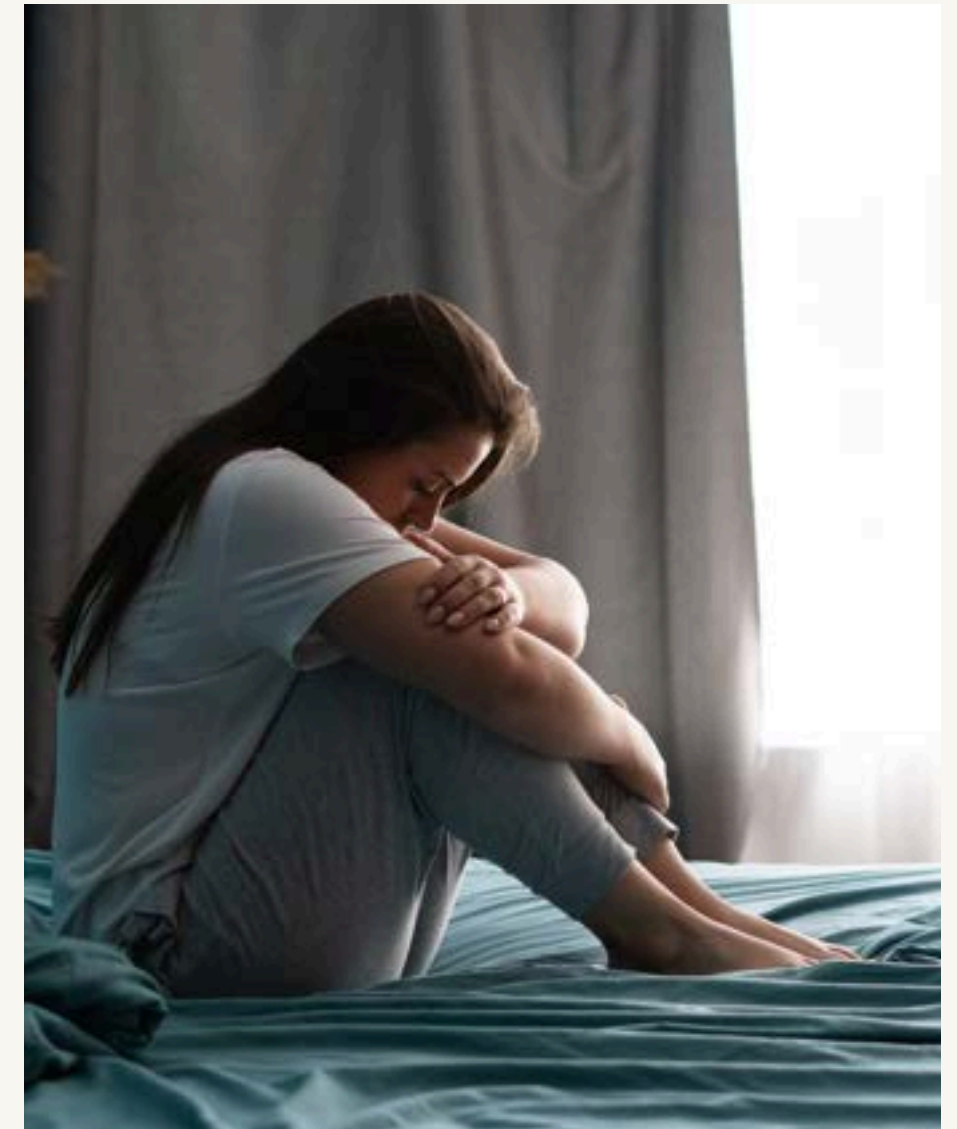
- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Avoidant Restrictive Food Intake Disorder (ARFID)
- Other Specified Food or Eating Disorder (OSFED)
- Orthorexia



Trauma and Eating Disorders

Miconception: Eating disorders are only about vanity or controlling weight.

- Factors:
 - Genetics
 - Learned Behaviors
 - Developmental Trauma
 - High Stress
 - Body Image Issues
 - Affect Regulation Issues
 - Relational/Attachment Difficulties



Expressive Arts

- Creative
- Nonverbal way to process deeply
- Connect with unconscious or implicit material
- Safe to process without having to say everything aloud, but still get takeaways
- Enhances other somatic modalities:
EMDR, IFS, Somatic Experiencing,
Mindfulness, DBT



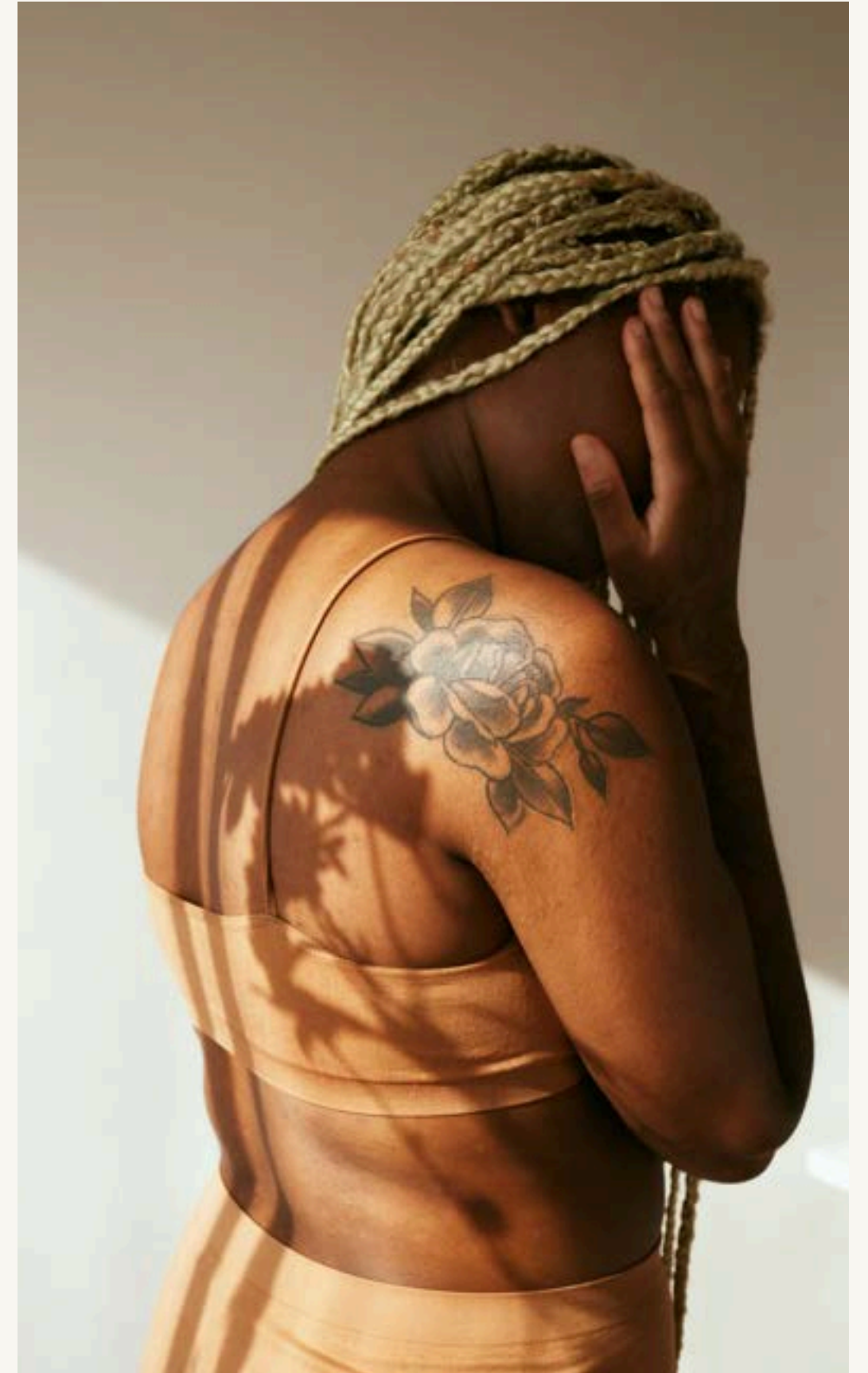
Expressive Arts Examples

- drawing
- painting
- puppets
- drama/acting
- creative writing/poetry
- movement/dance
- clay/play-doh
- sandtray
- music
- collage



Why Use Expressive Arts with EDs?

- Encourages embodiment
- Activate limbic system, process deeper roots of issues
- Connect with and express uncomfortable emotions
- Allows for non-verbal expression, reducing defense mechanisms
- Tactile experience mimics relationship to food



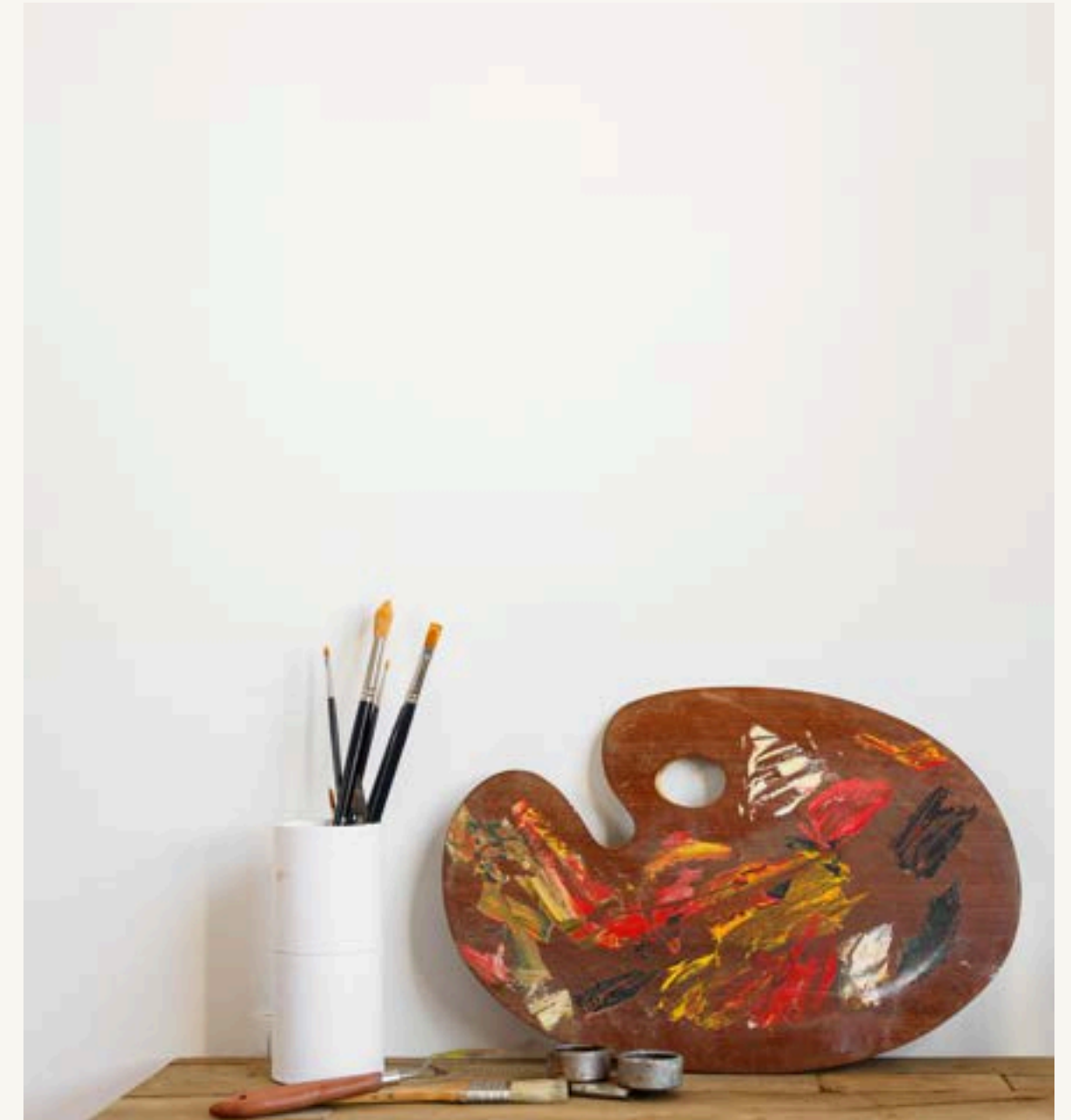
Why Use Expressive Arts with EDs?

- Challenge rigidity and confront fears
- Safe risk-taking and Distress Tolerance
- Experience healthy control
- Improves self-esteem and empowerment
- Art is regulating by nature
- Discover inner conflicts and resources



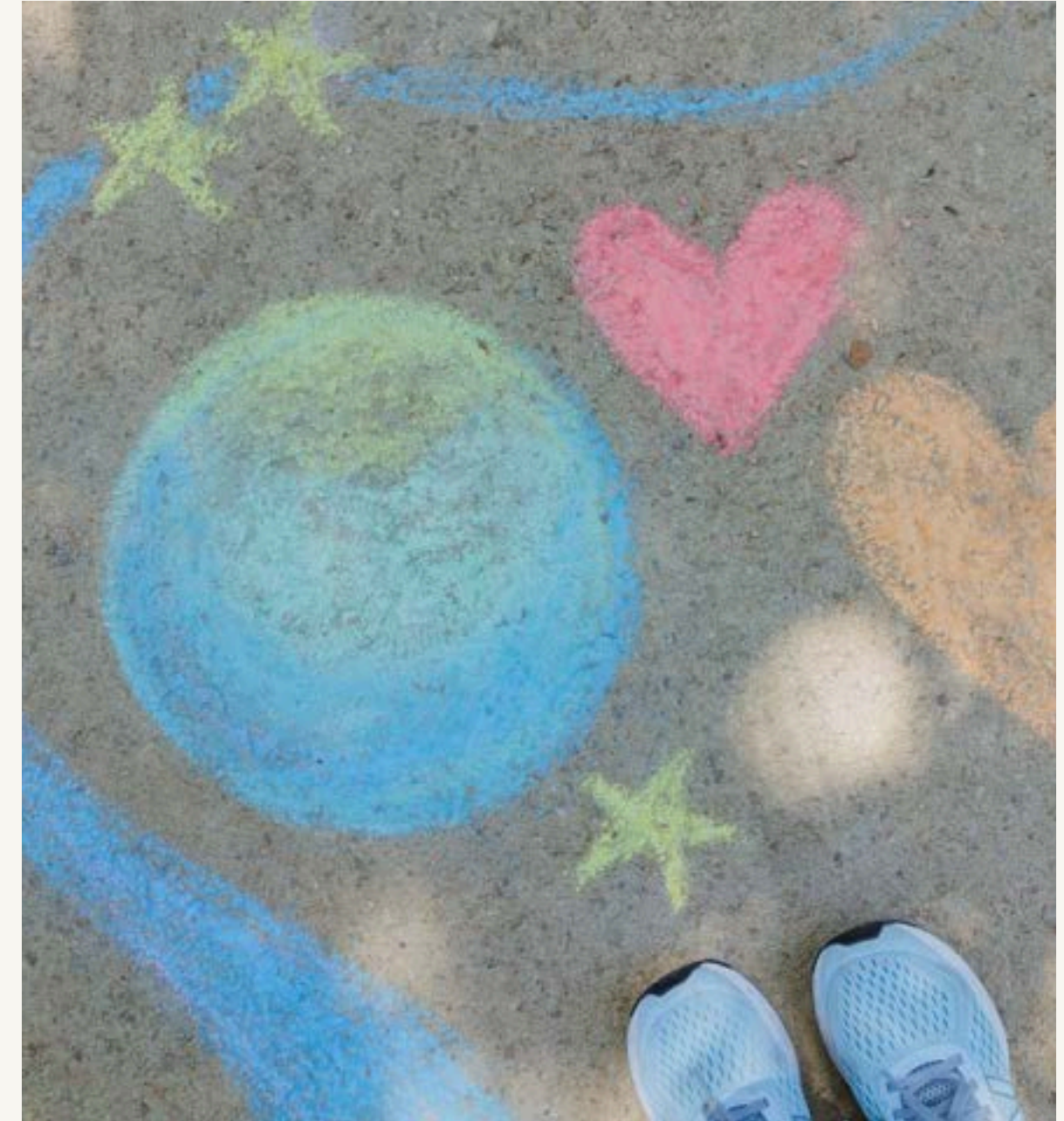
General Precautions

- Attentive silence
- Focus on the process, not the product
- Allow the client to explain the meaning
- Avoid interpretations and labels
- Always allow time for processing
- Gauge client regulation
- Seek continuing education



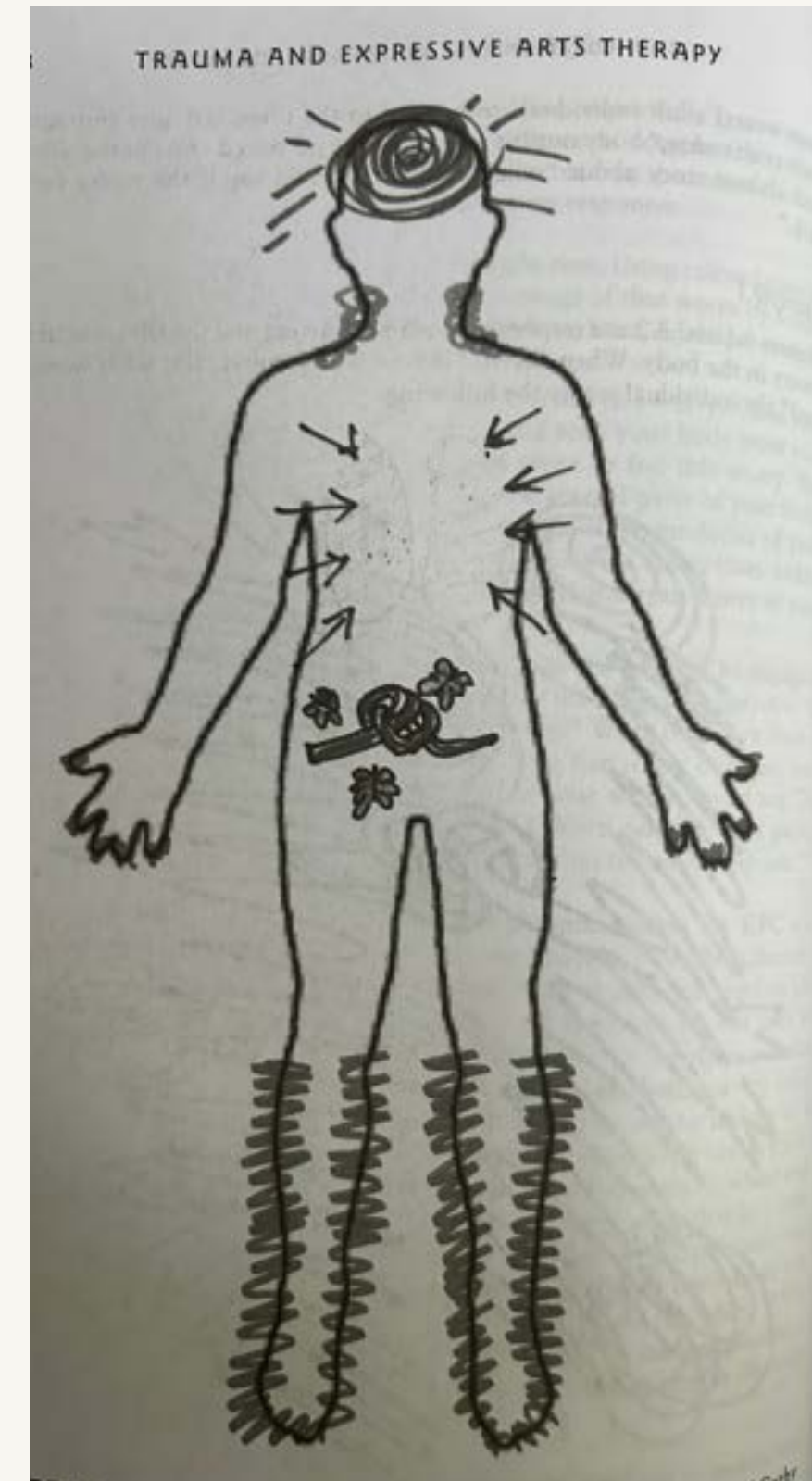
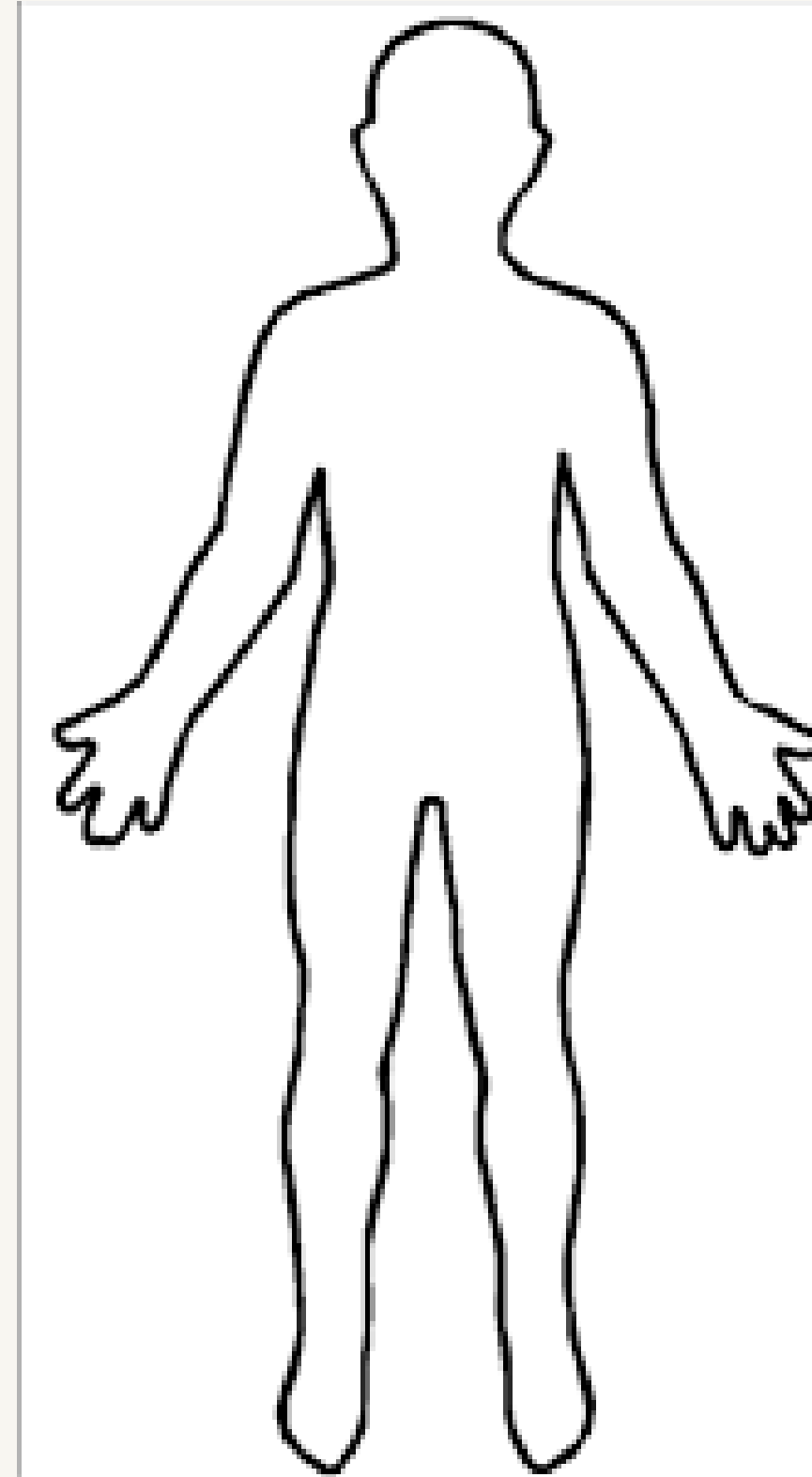
Techniques

1. Body Scan
2. Body Outline
3. Identity Exploration
4. Draw a Part as a Character
5. Non-Dominant Hand Drawing



Technique 2: Body Outline

- Prompt: *What would it look like to draw my body or to use art to check in with what it feels like to be in my body?*
- Explores:
 - brain-body connection
 - self-concept
 - emotions/sensations
 - trauma memory
 - body image



Technique 3: Identity Exploration

- Prompt: *How do I see myself versus how do others see me?*
- Explores:
 - body image
 - identity
 - core beliefs
 - self-esteem
 - relational/attachment patterns



Technique 4: Draw a Part

- Prompt: *What would it look like to draw your Eating Disorder or another part of you?*
- Explores:
 - internal system
 - emotions through imagery
 - differentiation between eating disorder and *Self*



Technique 4: Non-Dominant Hand Drawing

Pick one coloring utensil and use your non-dominant hand to draw or create a scribble about what you learned about yourself and/or your clients today.

Try your best to create the entire time and trust yourself.

Technique 4: Non-Dominant Hand Drawing



Reflection

How was this helpful for you in checking in with yourself?

Reflection

How was this helpful for you in checking in with yourself?

How could this be helpful in working with a client with an Eating Disorder?

Local Resources

- Lipscomb Center for Play Therapy and Expressive Arts:
 - <https://www.lipscomb.edu/playtherapy>
- Renewed Eating Disorders Support
 - Free Consultation Group, Conference, Free Support Groups
- IAEDP:
 - Membership, Trainings, Certification
- Local Treatment Centers:
 - Renfrew, Aster Springs, Integrative Life Center.



Books & Podcasts

Books:

- Life Without ED
- Body Image Workbook
- Wisdom of Your Body (McBride)
- Eating Disorders Workbook for Everybody (Sellers, Cole)
- Eating in the Light of the Moon
- 8 keys to Recovery from Eating Disorder

Podcasts:

- Maintenance Phase
- Food Psych, Christy Harrison
- Free Method
- Renfrew Podcast



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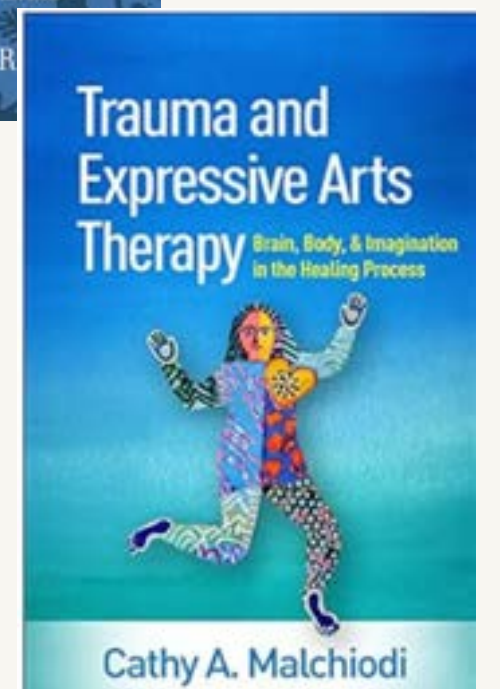
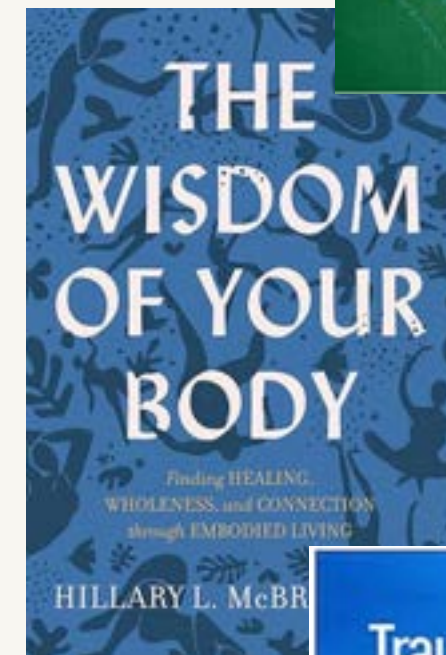
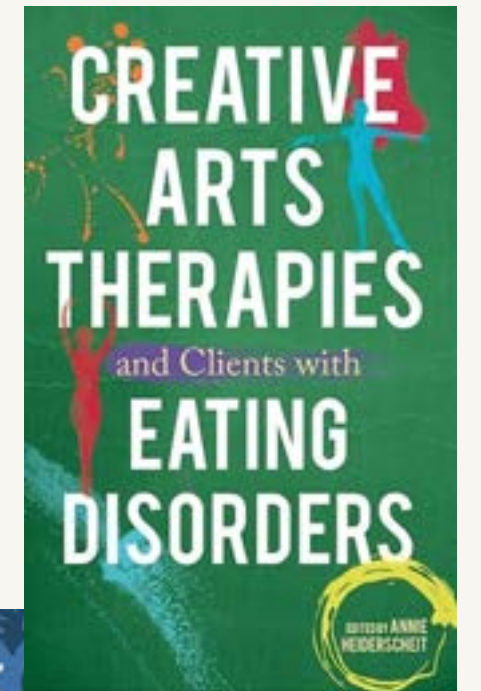
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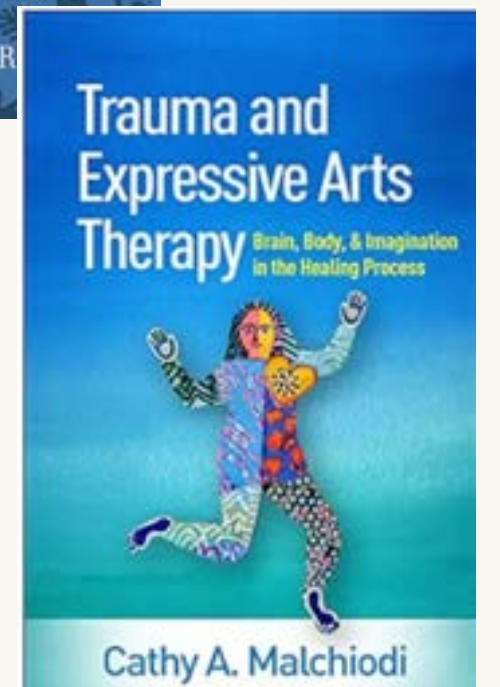
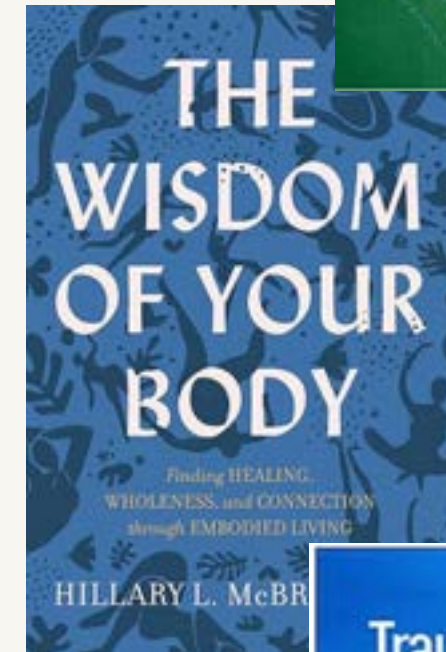
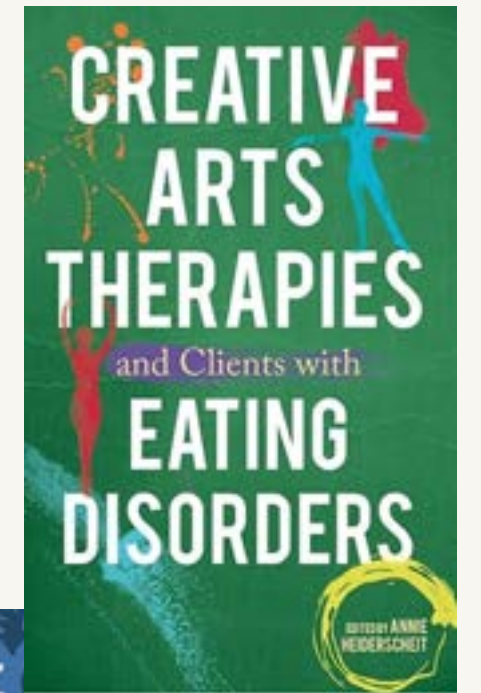


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Questions?!



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