



Professionals for Eating Disorders

Creating a safe space for ED patients

Information resource by Freed

Living with an eating disorder can be challenging. This brochure emphasises the importance of creating a safe space for individuals facing these difficulties. It offers insights on understanding, support, and trust in treating patients with eating disorders.

General Tips on creating a Safe Space:

Know yourself

- Acknowledge and address your biases and preconceptions to maintain a non-judgmental approach.
- Practice self-awareness and self-management to provide compassion and empathy to clients with eating disorders.
- Recognize when you need a break to prevent overwhelming situations and ensure a safe space for your clients.

Know the surrounding resources:

- Be aware of available support networks, treatment options, and community resources.
- Collaborate with professionals to provide comprehensive care.

Be truly open with the client:

- Encourage open communication by creating a non-threatening atmosphere.
- Listen actively, validate feelings, and avoid judgment.

Stay in touch with the client:

- Maintain regular communication to monitor progress and address concerns.
- Establish trust by being reliable and consistent in your support.

Tips for Treatment Providers to support ED Clients

Nutritionist:

- Build trust: Establish a trusting relationship by understanding the patient's food challenges.
- Individualized approach: Tailor nutritional plans to align with the client's comfort and preferences.
- Inculcate mental health aspects in nutritional counseling.
- Educate yourself about the link between nutrition and eating disorders.

Therapist:

- Cultivate openness: Create a judgment-free zone for discussing emotions and challenges.
- Collaborative goals: Involve the client in setting realistic therapy goals.

Clinical Psychologist:

- Explore root causes: address underlying psychological factors contributing to the disorder.
- Empowerment: encourage self-reflection and empowerment in the recovery journey.

Psychiatrist:

- Medication education: Provide clear information on prescribed medications and potential side effects.
- Regular check-ins: Ensure consistent monitoring of medication effectiveness and adjust as needed.

General Practitioner

- Holistic care: Consider the client's overall health in addition to the eating disorder.
- Coordination: Collaborate with specialists for comprehensive and integrated care.

Creating a safe space for eating disorder patients requires a collective effort from all healthcare professionals involved. By following these key points, we can contribute to a supportive environment for those battling.

This brochure is intended for informational purposes only and is not a substitute for professional advice. Consult with a healthcare provider or mental health professional for personalized guidance.

