

ADDICTIONS AND EATING DISORDERS
Report On Day conference Saturday 8th November 2003
Speaker: Dr Debbie Lovell-Hawker

- 2% of women and 0.2% of men suffer from eating disorders
- 20% will die from it over a period of 20 years
- The rest cope and recover

Topics covered:

1. Addictions in general – why do people have them?
2. Who becomes addicted?
3. How to help those with addictions
4. Stages of treatment
 - Precontemplation
 - Contemplation
 - Determination
 - Action
 - Maintenance
5. Ways to help those with eating disorders
 - Listen
 - Be slow to condemn
 - Try to understand
 - Affirm the person's courage for sharing
 - Instil hope
 - Pray for the person
 - Encourage the person to eat regularly
6. Comparing freedom and being trapped
7. Conclusions:
 - Support, listen, encourage
 - Don't police/focus on symptoms
 - Do seek the help of professionals

Additional reports from working groups;

- MKs and Families
- Workaholics
- Selection issues

Marion Knell

