

## The Utilization of EMDR in the Treatment of Eating Disorders Webinar 3

Pam Viridi  
EMDR Europe Accredited Consultant & Clinical Supervisor  
Integrative Psychotherapist

[pamviridi315@gmail.com](mailto:pamviridi315@gmail.com)

Tel: 07766974015

---

---

---

---

---

---

---

---

1

### Aims

This seminar aims to:

- ▶ Discuss specific ED Preparation required for desensitisation (phase 4)
- ▶ Discuss how to use psychoeducation to challenge eating disorder myths and blocking beliefs that can interfere with successful reprocessing
- ▶ Give examples of educational interweaves that can be used for blocked processing

---

---

---

---

---

---

---

---

2

### The Importance of Psycho-education as Preparation for EMDR

---

---

---

---

---

---

---

---

3

- ▶ Do people with Eating Disorders know the facts about balanced eating and body weight regulation?
- ▶ Do professionals in specialist E/D work know the facts about balanced eating and body weight regulation?
- ▶ Cordery,H. & Waller. G. (2006) Nutritional knowledge of health care professionals working in the eating disorders. **European Eating Disorders Review** ,14(6), 462–467

4

---

---

---

---

---

---

---

---

### Reasons to Spend Time on Psychoeducation

- ▶ Significant gaps in knowledge are often present
- ▶ **E/D MYTHS** often manifest as **blocking beliefs** in the desensitisation phase
- ▶ Preparatory education and planning with client re. their blocking beliefs and knowledge gaps ensures smoother and quicker reprocessing

5

---

---

---

---

---

---

---

---

### Aim of Psycho-educational Interventions

- ▶ To challenge common myths and fill in knowledge gaps
- ▶ Give corrective factual information that will be used as **educational interweaves** in instances of blocked processing
- ▶ To make a case against dieting
- ▶ Create **cognitive dissonance** – facilitate the acceptance of new information that challenges previously held views/values/beliefs → increases motivation to change

6

---

---

---

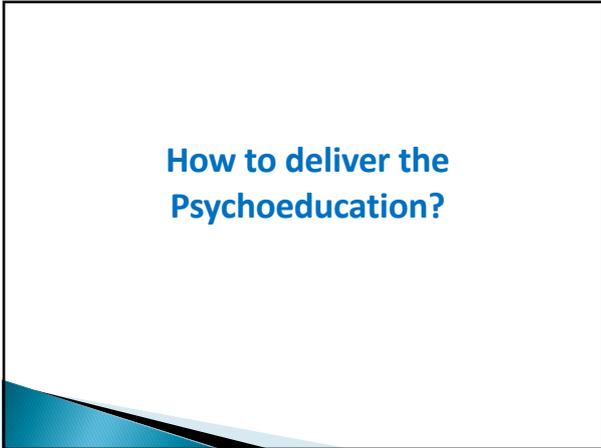
---

---

---

---

---



7

---

---

---

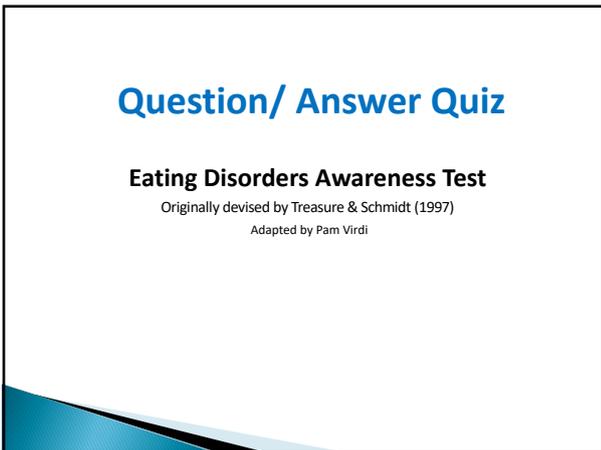
---

---

---

---

---



8

---

---

---

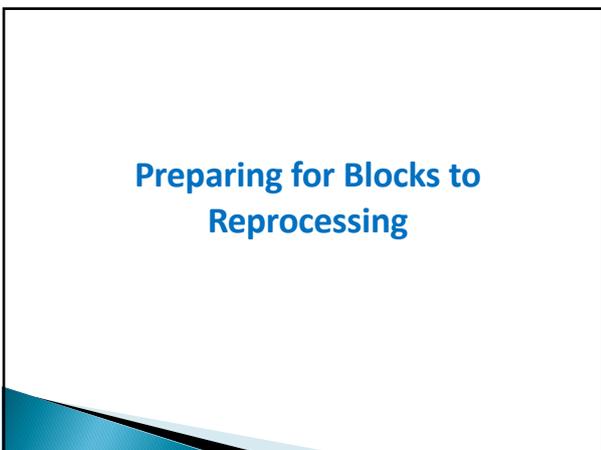
---

---

---

---

---



9

---

---

---

---

---

---

---

---

### Eating Disorder Myths and Blocking Beliefs

- ▶ Identify myths and blocking beliefs in the form of N.C's
- ▶ Discuss and prepare appropriate P.C's in collaboration with the client
- ▶ Can use ED myths and blocking beliefs [worksheet \(Worksheet 1\)](#) (Eileen Freedland 2003 Conference Presentation)

---

---

---

---

---

---

---

---

10

### Small Group Exercise

Develop P.C's for the N.C's on [Worksheet \(2\)](#)

10 mins

---

---

---

---

---

---

---

---

11

### Targeting the ED Myths and Blocking Beliefs

- ▶ Assessment (activating the target for reprocessing) for ED Myth/Blocking Belief ([Worksheet 3](#))
- ▶ Example: "If I eat carbohydrates, I'll get fat"

---

---

---

---

---

---

---

---

12

**FINAL QUESTIONS?**

**THANK YOU FOR YOUR CONTRIBUTIONS!**

pamvirdi315@gmail.com

Tel: 07766974015

13

---

---

---

---

---

---

---

---

**References & Sources**

Cordery, H. & Waller, G. (2006) Nutritional knowledge of health care professionals working in the eating disorders. *European Eating Disorders Review*, 14(6), 462-467

Schmidt, U., Ali, S., Slone, G., Tiller, J., & Treasure, J. (1995). The Eating Disorders Awareness Test: a new instrument for the assessment of the effectiveness of psychoeducational approaches to the treatment of eating disorders. *European Eating Disorders Review*, 3(2), 103-110.

**Sources:**

Shapiro, R. ed., (2009). EMDR Solutions II: Pathways to Healing  
W W Norton & Co

14

---

---

---

---

---

---

---

---