

*Tell me what you want,
what you really, really want:*

*ACT-ing from the Heart with
Eating Disorders*

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CHANGE

SAME



LOST

CONFUSED

UNSURE

UNCLEAR

PERPLEXED

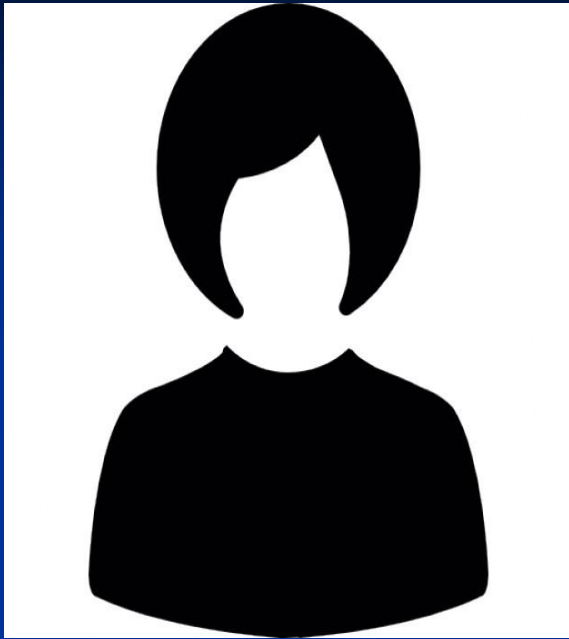
DISORIENTED

BEWILDERED

THIS WAY

THAT WAY

ANOTHER WAY



MEL
Binge-Eating
Disorder

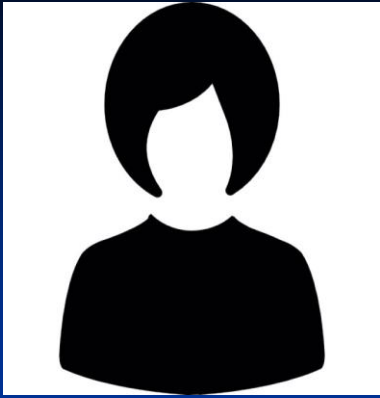


VICTORIA
Bulimia
Nervosa



MELANIE
Anorexia
Nervosa

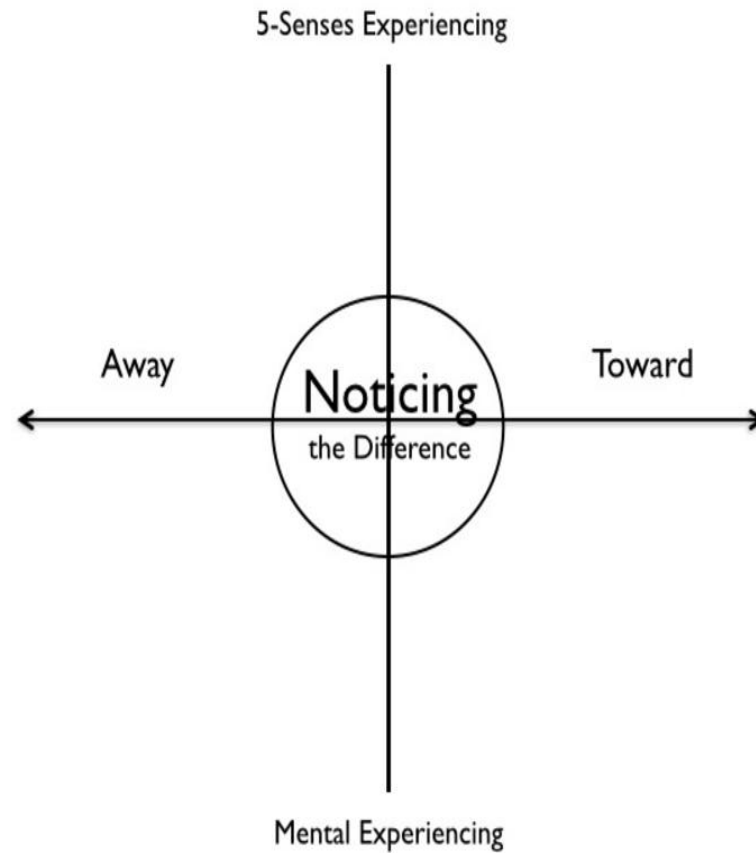
(names & details have been changed for confidentiality purposes)

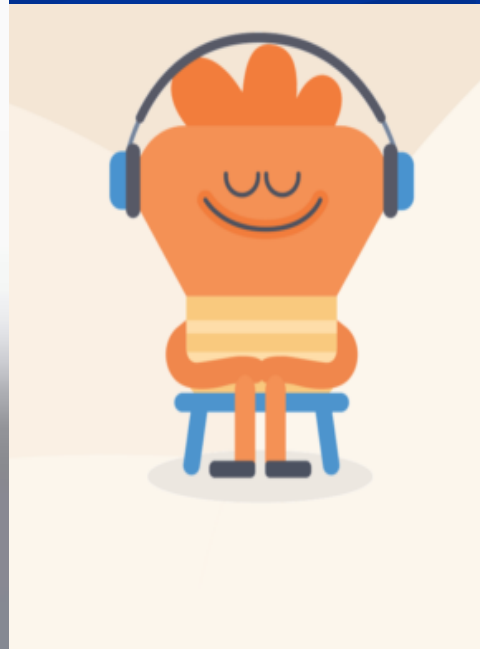


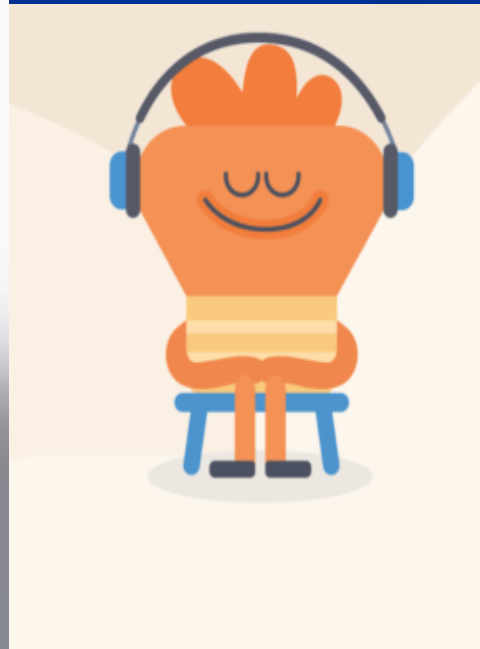
MEL: BINGE-EATING DISORDER

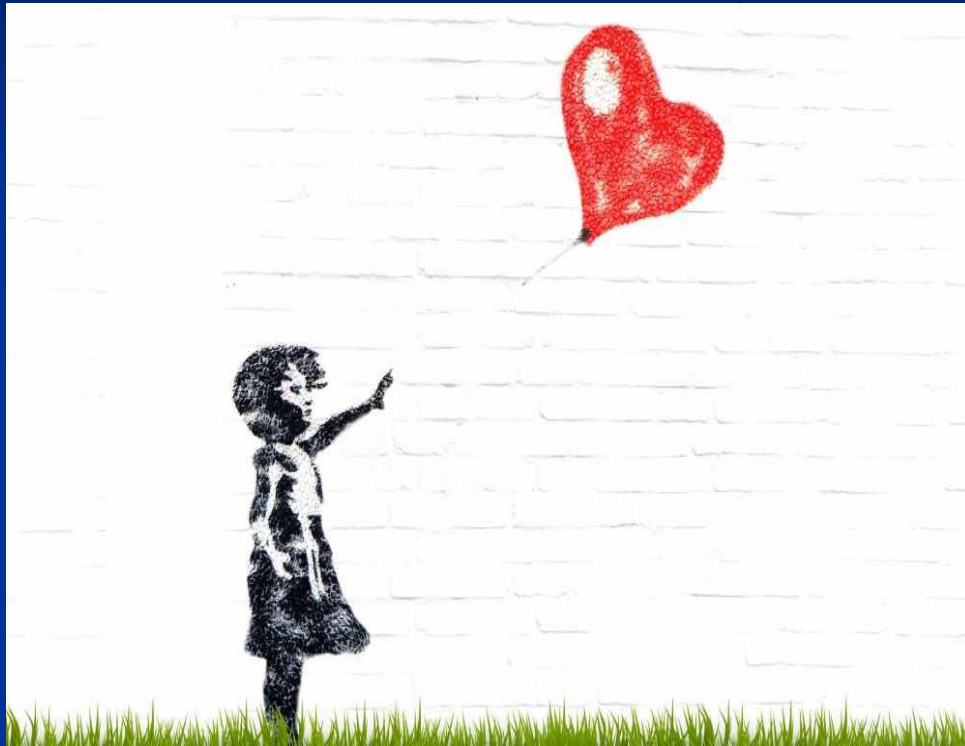
- 45 year old pediatrician
- 4 special needs children of her own
- unhappy marriage
- history of childhood physical/verbal abuse by parents







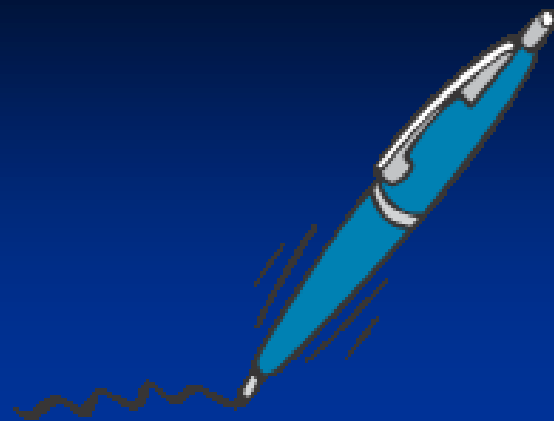




- 28 year old grad student
- lives alone
- perfectionistic
- mother, maternal cousin & grandmother had EDs
- highly critical family environment
- AN developed in mid teens

VICTORIA: Bulimia Nervosa



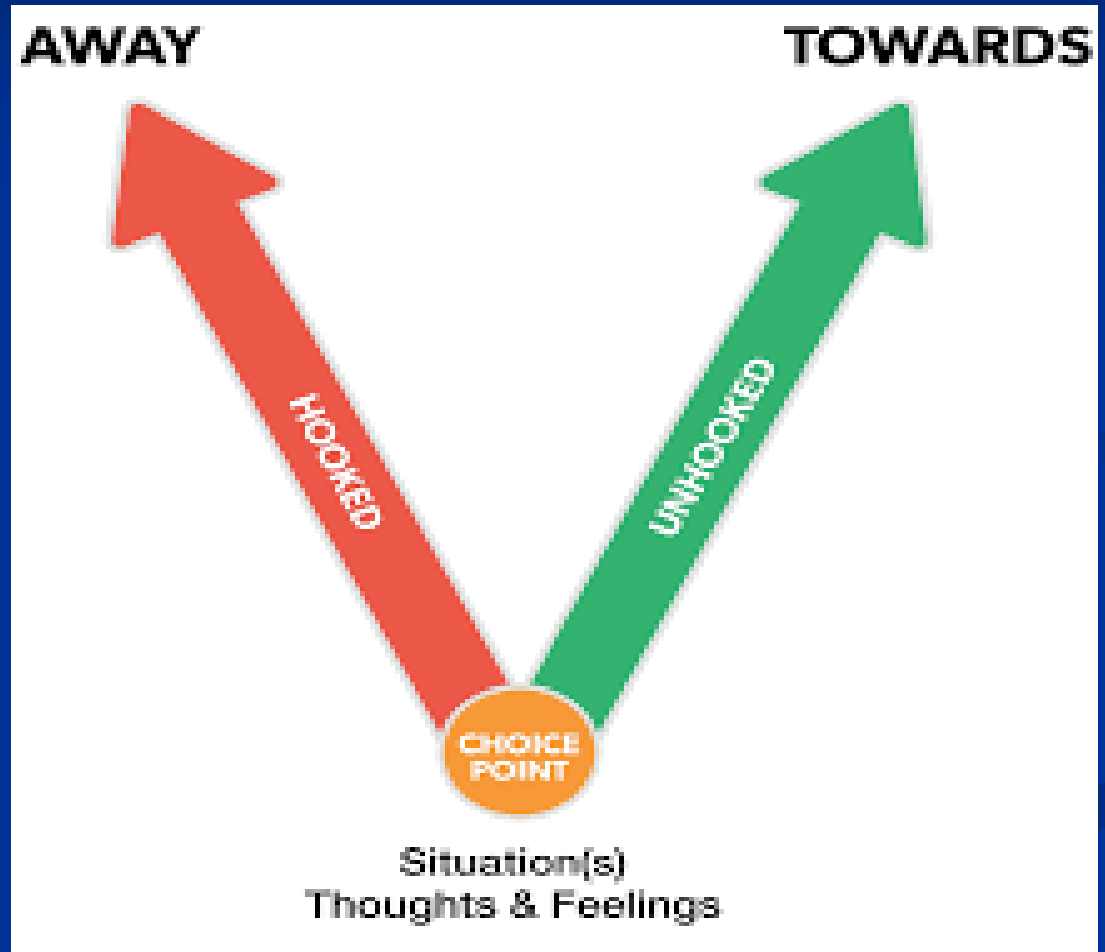




MELANIE: Anorexia Nervosa



- 18 year old competitive soccer player
- mom: cancer diagnosis 1 year ago
- Melanie's weight loss began soon after mom's diagnosis
- hospitalized in past 4 months

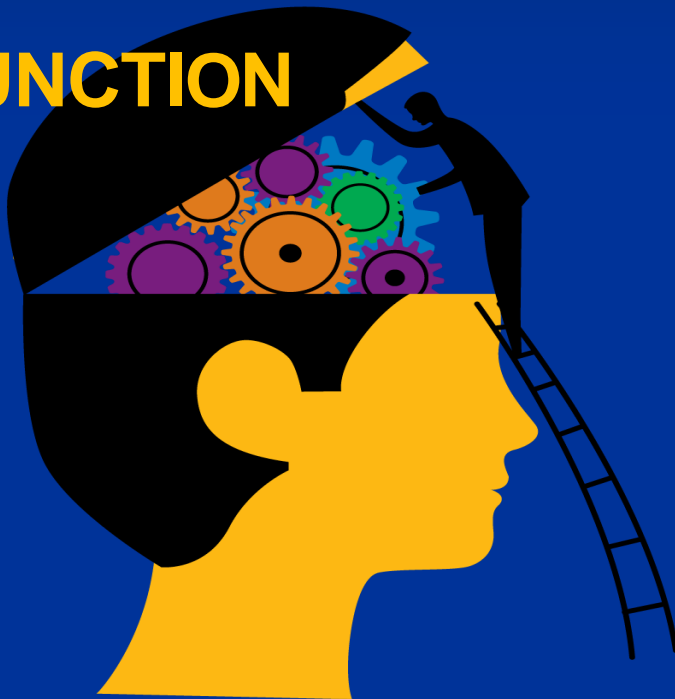






In summary...

FUNCTION



FEELINGS



HEARTFELT, VALUES-BASED INTENTION

If you want my future, forget my past



If you want to get with me, better make it fast

Don't go wasting my precious time



***Get your ACT together...
you can be just fine***