



A TOOLKIT FOR EATING DISORDERS, BODY DYSMORPHIC DISORDER AND MUSCLE DYSMORPHIA



We at 'BODY IMAGE COACH CIC' acknowledge that with awareness of the complexity of body image disorders, we will not always satisfy those engaging with it.

This toolkit has been informed by our lived and professional experience as integrative practitioners. We have based examples on the therapeutic approaches we as the authors are most familiar with.

This is part of a wider program that plans to support various providers to work harmoniously together, through a referral process at www.bodyimagecoach.co.uk

Disclaimer: By using 'Body Image Coach' resources, you agree that 'we' hold no responsibility for a person's welfare whilst in your care. Our resources are for well-being purposes only and you should seek professional support if you feel you need urgent assistance for a child's mental or physical health, or for the well-being of students of all ages. You also agree that you are a responsible provider, parent or guardian, delivering our content to age-appropriate individuals.

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OUR PROJECT

Welcome to our Body Image Coaching program.

An online service that addresses eating disorders and body dysmorphic disorder for young people, through powerful on-line animation videos, peer support groups and 1-1 coaching/therapy.

CONTACT US

To make a referral, please email:

hello@bodyimagecoach.co.uk

contact@bodyimagecoach.co.uk



MAIN TYPES OF EATING DISORDERS

- **ANOREXIA NERVOSA:** Weight loss, food restriction, intense fear of weight gain.
- **BULEMIA NERVOSA:** Binge eating and purging (vomiting/laxative/extreme exercise).
- **BINGE EATING DISORDER:** Eating large amounts, lack of control, (sometimes purging)
- **ARFID:** (Avoidance restrictive food intake disorder). Avoiding foods, unhealthy behaviours around calorie counting, portion sizes, not eating with others etc.
- **OSFED:** (other specified feeding or eating disorder). Symptoms of an eating disorder but does not fit into one category.
- **PURGING DISORDER:** Eating a normal diet and purging to lose weight
- **IE:** vomiting, laxatives and/or excessive exercise.
- **PICA:** Craving substances such as oil, soil, dirt.
- **RUMINATION DISORDER:** Regurgitates food they have previously chewed and swallowed, re-chews it, and then either re-swallows it or spits it out

Please use the DSM5 (USA version)/ ICD10 (English version) for all disorders.

BODY DYSMORPHIC DISORDER

- Pre-occupation with appearance for over 1 hour per day
- Anxiety about appearance and never feeling good enough
- Feelings of despair around one or more parts of the body
- Using coping mechanisms to hide or camouflage body part
- Compulsive behaviors such as repeatedly checking mirrors
Feeling shame and/or disgust
- Comparing own body part with others/judging self and others

MUSCLE DYSMORPHIA/BIGOREXIA

- Pre-occupation with appearance for over 1 hour per day
- Anxiety about appearance and never feeling big enough
- Feelings of despair around one or more parts of the body
- Excessive exercise, weight training and/or steroids/other ways to become bigger
- Compulsive behaviors such as repeatedly checking mirrors
- Feeling shame and/or disgust
- Comparing own body part with others/judging others

ASPECTS OF BODY IMAGE

ASPECTS OF BODY IMAGE

PERCEPTUAL

How you see yourself when you step in front of the mirror

COGNITIVE

The way you think about your body

AFFECTIVE

How you feel about your body

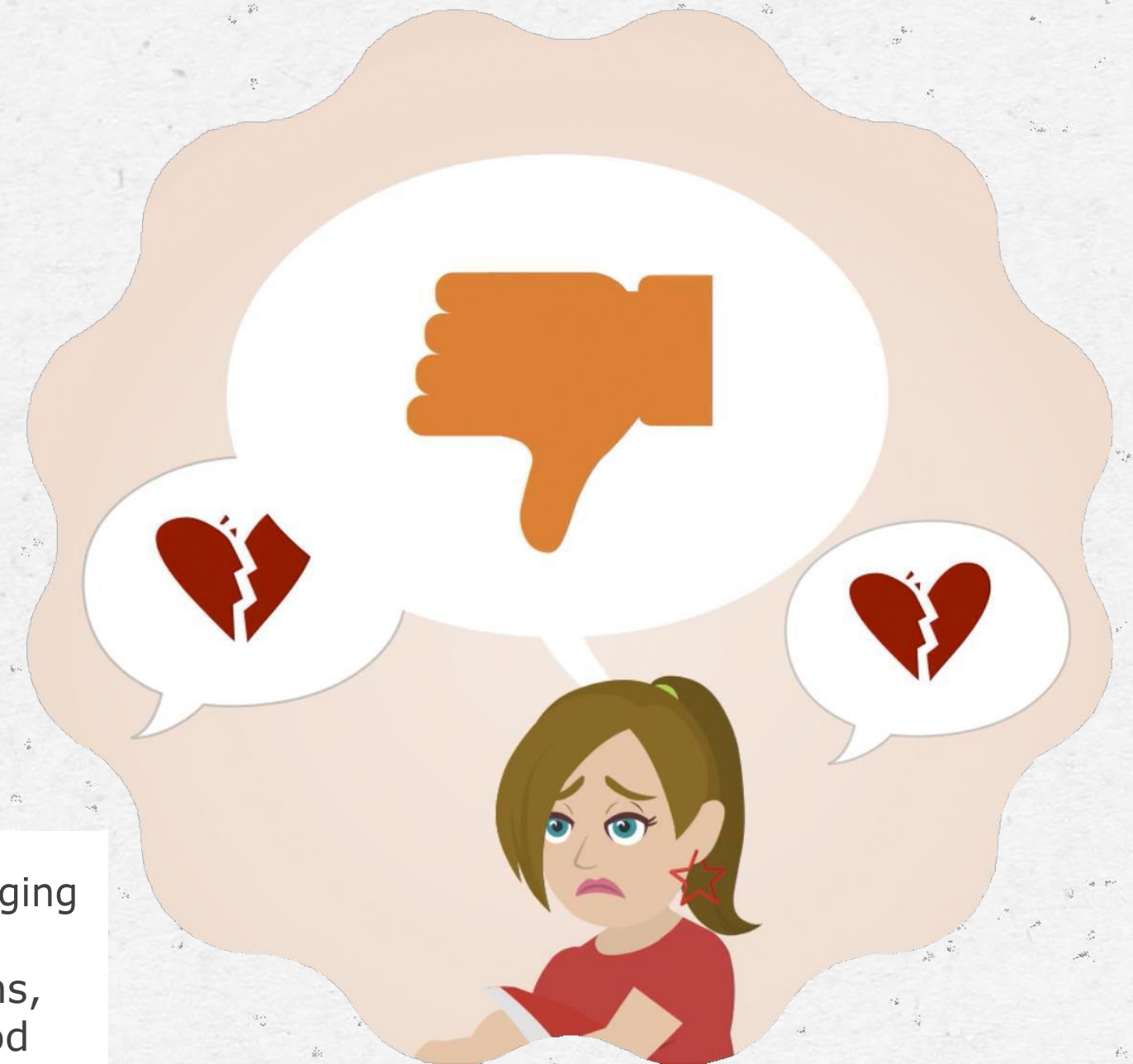
BEHAVIOURAL

Behaviors you engage in, as a result of your body image.

SPOTTING THE SIGNS – EATING DISORDERS

Puffy eyes /dark circles under eyes / tired eyes
Pale skin/ extra thick arm hairs / Thin hair
Bad breath / fainting /losing menses / lack of motivation
Low immune system / no energy / mood outbursts
Change in clothing fitting / Mental health problems
No concentration / falling asleep /preoccupied /
Talking too much about body types, face and skin.
Foul mouthing others for being too fat/thin etc

Behaviors: Frequent toilet trips / absence from eating times /camouflaging / Purging
– laxatives, vomiting, excess exercise / excess dieting and dieting fads / excess
makeup / Obsessivefact finding / Slimming products / vitamins, cosmetics, creams,
steroids / Influenced by the wrong role models / Eating in private / Checking food
labels / binge eating / counting calories / Small food portions / fainting & dizziness /
Coping with alcohol, drugs, other / Change in personality / Tummy problems /
Feeling of euphoria for reaching dangerous weight goals / Extreme highs & lows /
Dependence on makeup, creams and other cosmetics or substances / Hyper-focus on
body / Weight loss or gain / Chewing foods for too long / Picking at food on plate /
Eating extremely slow / Disappearing after eating / Expressing intense shame and
guilt / Risky behaviors / Talking negatively about 'self' / [HALT](#)



SPOTTING THE SIGNS – BODY DYSMORPHIC DISORDER/MUSCLE DYSMORPHIA

Muscles growing rapidly / New square jawline from face yoga / Cosmetic injections: fillers/Botox

Mental health problems / too preoccupied / too self-conscious / no confidence

Constantly grooming oneself / Mirror checking / Fidgeting /Shame and guilt /

Constantly checking body and face parts with hands

Comparing with others / mood outbursts / OCD / hiding body parts

Behaviors:

Frequent toilet trips /camouflaging / excess makeup / Obsessive fact finding

Spending money on products, vitamins, cosmetics, creams / Influenced by the wrong role models /

Dependence on makeup /creams and other cosmetics or substances / In a state of constant deep shock / Panic attacks / Compulsive mirror checking / Intrusive thoughts / Reassurance seeking / change in language around self

/ Staying away from the camera / Taking pictures and zooming in / scrutinizing self or others / Comparing /

Perfectionism /Fidgeting / Using hands to feel skin or body/face shape / Change in personality / Preoccupied /

Unable to focus / OCD / Paranoia when around others / Isolation / Extreme coping strategies – alcohol, drugs, steroids, gaming, sleeping, truancy, anger outbursts, hiding, meltdowns / skin picking / Hair pulling / Avoidance /



GUIDANCE FOR ORGANISATIONAL LEADERS

The actions and plans of organisations will have a 'top-down' ripple effect on staff members, training programs and individuals.

Leaders can ensure we're working collectively towards children having a positive body image. To do this, senior leadership should cultivate a sustainable action plan for their workforce.

What measurements are in place to address body image before it becomes a difficulty?

ACTION: [Implementing our body image awareness workshop](#) to all children ages 11-16, with [session plan](#), will offer a space for children to explore their feelings around body image and express how they think and feel about their body.

Password for video: Bodyimagecoach

Please get in touch for pre and post workshop questionnaires, if you would like to measure outcomes.

ACTION: For those struggling with their body image, after the awareness workshop.

[Access our online form](#) that asks adolescents how they are feeling in areas of their life, including body image, GAD-7 and PHQ-9 that measures anxiety and depression.

ACTION: Training staff members on [body image disorders](#) so they can spot the signs.

FURTHER RESOURCES: [PARENT QUIZ](#) / EDUCATE PARENTS WITH OUR [YOUTUBE CHANNEL](#)

GUIDANCE FOR FRONTLINE STAFF

When a person presents themselves as struggling with their body image:

Offer them our [on-line form](#) if they feel too embarrassed to talk to a person face-face.

<i>Do's</i>	<i>Don'ts</i>
<i>Start with 'how are you feeling', a simple opening.</i>	<i>Don't probe too much around body image as this is probably the last thing they want to talk about</i>
<i>Ask open Q's IE: what's on your mind and start your q's with: What, When, Where, Why, How, to help them express their thoughts.</i>	<i>Don't assume they're ok about their body image if they choose not to express their thoughts</i>
<i>Observe body language, IE: I can see you are taking a deep breath when you say that, can you tell me more about this?</i>	<i>Don't pressure them too much if they don't want to elaborate</i>
<i>Ask how long this has been a problem, ask if anyone else knows</i>	<i>Don't point out to them, any signs telling you they are struggling, IE: we can see you are too thin, too obese etc, instead say we can see that you may be struggling, how can we help?</i>
<i>Ask if they would prefer to talk about their problem with a body image coach with lived experience</i>	<i>Don't brush off what they tell you, by side tracking, IE: I hear that you can't do PE but we need you to attend PE as part of your PSHE</i>
<i>Ask them if they feel suicidal, don't be afraid to ask</i>	<i>Don't tell them they look fine, pretty, handsome etc as this magnifies the problem</i>
<i>Let them know that many people go through body image difficulties too and there is a way through this</i>	<i>Don't force them to change their behaviors and coping strategies, IE: by sitting with them at mealtimes so they eat or forcing them to stay in the playground if their coping strategy is to be in a classroom. Find solutions that make them feel safe. Safety is key!</i>
<i>Focus on their symptoms, not the problem, IE: they have a panic attack, how can you support them with their panic (symptom) until they feel more comfortable talking about this.</i>	<i>Don't show any frustration, judgement or personal views, your only job is to support them to feel safe now and in the future</i>
<i>Give them a sense of control over what information they give you, IE: what would you like to tell me about your body image concerns?</i>	<i>Don't treat them any differently to others, they are simply looking for a direction, not special treatment</i>
<i>Give them a sense of control over what support they need, IE: what can we do for you, to support you? What do you need?</i>	<i>Don't label or diagnose or put words into their moth, IE: it sounds like you have an eating disorder etc</i>
<i>Validate what they tell you, it makes a big difference, IE: I hear you and that must be very exhausting for you to be going through this.</i>	<i>Don't take it personally if they don't want to talk as this is their biggest and darkest secret and you have just found out</i>
<i>Encourage professional help</i>	<i>Don't judge them if they become defensive, they are feeling unsafe and vulnerable. Just listen and offer support.</i>

COACHING QUESTIONS TO USE WHEN A CHILD COMES TO YOU FOR SUPPORT

How are you?

What are the symptoms you are having?

Do you feel safe?

What is the hardest part of this for you?

What do you think is happening here?

How are you coping with this?

How do you see your physical self?

How do you feel about your body/face?

How is all of this making you feel?

What's coming up for you when we talk about this?

In what ways do you think about your body/face?

What's your thinking around what we've discussed today?

Would you like further support?

Is there anything blocking you from wanting further support?








What would be a good way forward for you?

What do you feel is the best outcome from today?

TED = TELL, EXPLAIN, DESCRIBE (Tell me how I can help you today, explain what you are going through, describe how it makes you feel. FOCUS ON **SYMPTOMS AND SAFETY 1st**, BODY IMAGE DISCUSSIONS 2ND

WORKING WITH HIGH-RISK INDIVIDUALS-SAFEGUARDING DOCS

To access the following forms below, [Click here to download documents, scroll to bottom of the page](#)

 Child_Protection_Referral_Form_	Microsoft Word Document
 Child_Protection_Referral_Form_	Microsoft Edge PDF Docu...
 Common assessment form (CAF) f...	Microsoft Word Document
 Common assessment form (CAF) f...	Microsoft Edge PDF Docu...
 Safe Guarding table BIC	Microsoft Edge PDF Docu...
 Safe Guarding table BIC	Microsoft Word Document
 Safeguarding Concerns Form	Microsoft Word Document

TRAINING PROVIDERS FOR STAFF TRAINING

- [Mind Blossom](#)
- [National Centre For Eating Disorders](#)
- [MHFA England](#)

[USING OUR EARLY INTERVENTION SERVICE](#)

OTHER SERVICES THAT CAN HELP:

[Local Mind](#)

[Youth Wellbeing](#)

[Youth Access](#)

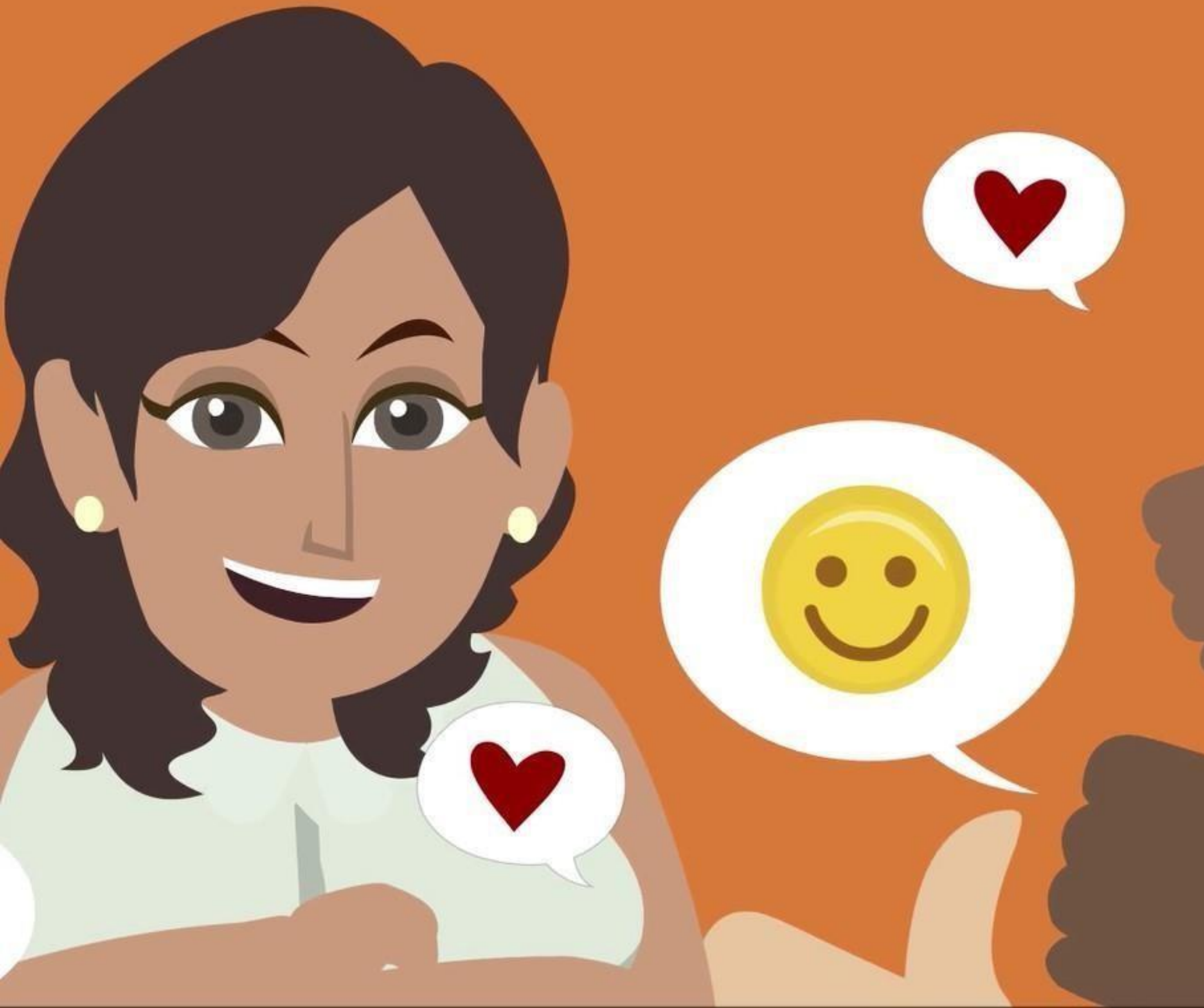
[Childline - 0800 1111](#)

[SHOUT Text 85258](#)

[Papyrus Hope line UK 0800 068 4141](#)

[SAMARITANS: 116 123](#)

TESTIMONIALS



"I would absolutely recommend this. Pupils found the exercises invaluable and it was great to see them talk about this topic with each other as a team."

Loxford School Ilford

We've received excellent feedback from schools, parents, and teens we work with. Check out what people are saying [here](#).

FULL DETAILS OF OUR TEAM CAN BE FOUND HERE



BODYIMAGECOACH.CO.UK

