

Eating/Body Image/Weight-Related Psychological Services for Students

Miami University Student Counseling Service

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Jennifer Browne, Ph.D.,

Licensed Psychologist and Coordinator of Women's Services

Initial Evaluations

- Initial evaluation appointments can be scheduled by calling 529-4634
- All SCS staff conduct these evaluations
- Student must call him/herself; family member or friend cannot make appointment
- Friend, ORL staff, or family member may come with student to appointment
- Treatment recommendations and referrals are discussed at end of 50-min. session
- Short-term individual counseling may be offered at SCS
- Students requiring longer-term counseling are typically referred to community therapists
- At peak times of the academic year ongoing counseling may not be available due to intense demand for services; students may be referred out or placed on waitlist
- Referrals are routinely made for:
 - Medical monitoring – Tammy Gustin or Dr. Deb. Richardson, Miami University's Student Health Service at 529-3000
 - Nutritional counseling - Lisa Swanson or Nancy Schmidt, McCullough-Hyde Hospital at 524-5555
- SCS does not offer mandated/required counseling; clients must be voluntarily seeking services for themselves
- SCS does offer mandated/required eating/weight/body image evaluations on an occasional case-by-case basis; contact Dr. Jennifer Browne at 529-4634
- Eating disorder screening is available online at www.units.muohio.edu/saf/scs (click Mental Health Issues then Eating Disorders)

Individual Psychotherapy

- Short-term individual counseling is available with various SCS counselors
- Student must first complete initial evaluation appointment and be referred for this
- First five sessions are free; thereafter sessions are \$20 billed to Bursar account
- Fee waivers and reductions are available as needed in case of financial hardship

Consultation to Friends/Family/Faculty/Coaches

- SCS offers consultation services to those who are concerned about another student's eating/weight/body image problems
- MU students who are concerned about someone can call for phone consultation, discuss this with a counselor at SCS, or utilize drop-in Resource Hours:
 - Dr. Jennifer Browne offers drop-in hours Mondays or Thursdays 4 – 5 pm
- SCS offers guidelines on how to talk with someone about their eating problems through pamphlets or on-line resources (www.units.muohio.edu/saf/scs; click Mental Health Issues then Eating Disorders)

OUTREACH SERVICES

General Information

- Presentations can be requested at any time through Student Counseling Service
 - Contact Dr. Pam Wilkins or Dr. Jennifer Browne at 529-4634
- Free; please allow at least 2 weeks for planning/scheduling
- Specifically tailored to meet the needs of particular groups
 - Could contain psycho-educational content about eating/weight/body image
 - Can be adapted to requested length of program and number of attendees
- HAWKS peer educators also offer relevant programs
 - Contact Leslie Haxby-McNeill at 529-5047

Body Image Improvement Outreach

- Interactive discussion-oriented group outreach activity
- Recommended for relatively small groups (10 – 50) of women
- Research has demonstrated its usefulness in improving participants' body image and in preventing the future development of eating-related problems
- Covers topics related to body image, weight issues, and the desire to be thin:
 - **Defining** the thin-ideal (i.e. the over-valuing of thinness as an ideal for women to pursue)
 - Exploring the **origins** of the thin-ideal
 - Examining the **costs** associated with the thin-ideal
 - Exploring ways in which women can **resist** pressure to be thin
 - Discussing how to **challenge** our personal body-related concerns
 - Talking about how women can best **respond** to future pressures to be thin

GROUP THERAPY SERVICES

Images Eating/Body Image Psychotherapy Group




















- Offered at the beginning of every fall and spring semester
- Free to full-time MU female-only students
- Group includes 5 – 9 members and closes to new members after a few weeks
- Group screening interview is required; contact Dr. Jennifer Browne at 529-4634
- Eating disorder or body image concerns prominent source of distress/impairment
- Students may also be referred to other relevant SCS groups (e.g. Women's Group)

Description for use with students:

IMAGES: A Women's Group to discuss Eating and Body Image is open to anyone with concerns about their eating, weight, or body image. The group is interactive and focuses on the following topics: how to spend less time thinking about food, how to avoid feeling hungry all the time, how eating is related to emotions and interpersonal relationships, how to regulate feelings of hunger and fullness, and how to identify problems with eating, weight, or exercise.

Description for health professionals:

Images is a cognitive-behavioral and interpersonally oriented group which provides psycho-education and processing of dynamics related to eating disorder symptoms. The group includes discussion of various topics related to eating disorders, including:

-  Set point theory and metabolism's role in weight regulation
-  CBT strategies to decrease food focus (e.g. eating regular meals/snacks, avoiding hunger)
-  Identification of problem eating patterns and common exercise problems
-  Costs and benefits of symptoms
-  Identification of binge eating triggers and compensatory behaviors
-  Ineffectiveness of vomiting and laxatives
-  Permissive eating and incorporating forbidden foods
-  Recommendations for reducing ED symptoms (i.e. restricting, overeating and purging)
-  Alternative coping strategies (e.g. pleasant events)
-  Understanding the psychology of eating (e.g. deprivation effect)
-  Identifying and labeling emotional experiences
-  Challenging cognitive distortions
-  Mindfulness topics (emotion, numb, and wise mind)
-  Implications of ED for interpersonal relationships and intimate relating
-  Ways of managing conflict (i.e. passivity, assertiveness, aggressiveness)
-  History of development of body image
-  Exposure exercises to decrease anxiety associated with body image dissatisfaction
-  How to communicate with friends/family members about needing support/ED symptoms
-  Medical/physical consequences of ED