

Comprehensive Help for Unhealthy Eating Patterns: Targeted Assessment & Effective Treatment

Wondering if you or a loved one is struggling with an eating disorder? Curious about the impact of possible disordered eating on your ability to regulate emotions, manage social interactions, and/or perform tasks of daily living? If you are hoping to overcome not just body image concerns and problematic eating styles but also to gain a more insightful perspective of what motivates these behaviors for yourself or your loved one, a specialized assessment can help.

Lepage Associates is now offering Comprehensive Eating Disorder Assessments which assess all the above mentioned issues.

What is a Comprehensive Eating Disorder Assessment?

A comprehensive eating disorder assessment is the first step in identifying if eating patterns are unhealthy (such as in anorexia, food restriction, bulimia, binge-eating, or overeating), and the resulting recommendations provide a clear, individualized path for treatment and improvement. The assessment includes an in-depth clinical interview covering psychological, medical, and, if applicable, substance abuse history by a psychologist who is highly trained in and specializes in eating disorders. Family dynamics and past patterns of health, food, weight and exercise additionally will be assessed to aid you in developing a stronger sense of how to best navigate future therapeutic programming.

Our assessment also involves specific eating disorder and body image testing tools, which provide accurate and precise information about one's risk for specific eating disorder symptoms and body image vulnerabilities. Finally, because disordered eating not only affects one's physical presentation but also mood, thoughts, and feelings, the comprehensive eating disorder assessment provides you with information regarding your ability, comfort level, and strategies for managing emotions and interacting with others. When emotion regulation and interpersonal effectiveness skills are areas of concern for our clients, Lepage Associate psychologists are well versed in providing a safe and secure therapeutic setting for you to process these challenges and learn and practice new skills while concurrently addressing any unhealthy eating patterns.

Comprehensive Eating Disorder and combined Substance Abuse Assessment:

If you believe you or your loved one may also be struggling with substance abuse issues, Lepage Associates can supplement the Comprehensive Eating Disorder Assessment with measures aimed at gaining a better understanding of what ties these behaviors together with substance abuse. It is actually quite common for women and men to struggle with both disordered eating and alcohol or drug abuse. In a sense, these actions may be fueled by a desire to cope with unfavorable feelings, distressing thoughts, and difficult life circumstances. When combined, the Comprehensive Eating Disorder and Substance Abuse Assessment provides an extremely thorough and dynamic conceptualization of what life "looks" like for the struggling individual. Having worked with many clients struggling with these comorbid diagnoses, they often report feeling misunderstood and even initially unaware themselves of how much pain they were in. Our assessment process can jump start the therapeutic process when the individual or their loved ones do not seem to know where to turn or seem to have hit many dead ends regarding treatment in the past. Recommendations stemming from the evaluation are designed to be practical and targeted toward immediate symptom relief and long-term stabilization.