



PATHWAYS TO RECOVERY

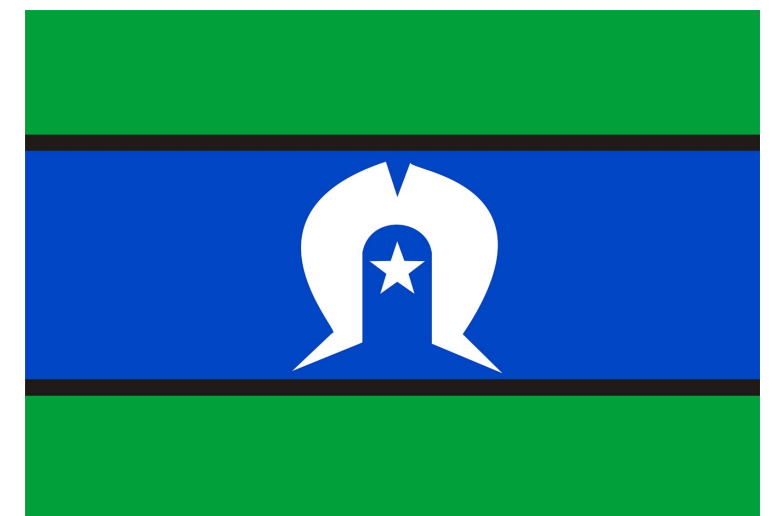
**Week 8**

THE JOURNEY AHEAD • BUTTERFLY FOUNDATION

# Acknowledgement of country

We acknowledge the Traditional Owners of the Country from which we connect today, and extend our acknowledgement and respect to all Aboriginal and Torres Strait Islander cultures across Australia.

Butterfly recognises Aboriginal & Torres Strait Islander Peoples' continuing connection to the land, and pay respect to all Elders - past, present and emerging. We celebrate Aboriginal and Torres Strait Islander cultures and knowledges which strengthen and enrich the heritage of all Australians, in particular within the mental health space.



# Our weekly group guidelines



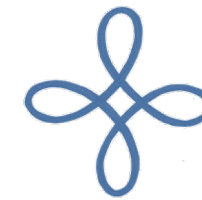
## Be on time.

Our groups start strictly to time.



## Respect differences.

Try to focus on similarities



## Recovery focused.

Encourage one another toward hope



## What we say here, stays here.

Maintain confidentiality



## Avoid advice giving.

Try to just listen



## Avoid triggering.

Do not refer detailed ED behaviours



## Taking turns.

Be mindful of the length of time you speak



## Keep camera on.

Respect the comfortability of everyone



## Stay present.

Try not to multitask. Stay engaged

# Keeping others safe when sharing your lived experience with safe language

Avoid sharing details about specific ED behaviours

"Engaged in X activity X times a day"  
"Purged X times a week"  
"Weighed myself X times a day"  
"Consumed X calories"

Don't include measurements and metrics

Weight  
Calorie intake/outtake  
BMI  
Waist/body measurements

Avoid words that can carry judgement

Avoid words such as "skinny", "obese" or "thin"  
Opt for words and phrases such as "living in a smaller/larger body"

Be mindful of stigmatising language

The word 'sufferer' sometimes implies 'victim' in the minds of many people

**Avoid sharing anything you think someone with an ED would copy or compare themselves to**

# Safety Measures

- Use your breath and try to self-soothe, if possible staying in the group on Zoom.
- If you need some time off, please let us know in the chat and turn your camera off.
- If you feel you need extra support, send a private chat message to the co-facilitator.



# The journey ahead

## Week 8

- Review the Past 8 Weeks
- Reflection on Progress
- Potential Barriers to Change
- The Way Forward
- Resources for Support

# Emerging program reflection

- What tools/strategies or concepts, have resonated with you the most?
- Which concepts/topics felt or still feel vulnerable?

# Emerging review

## **WEEK 1**

Content: Deconstructing ED; Setting Intentions/Goal Setting  
Strategies/Resources: Wheel of Life; GROW Model

## **WEEK 2**

Content: Motivation & Change; Self-Compassion  
Strategies/Resources : Current Stage of Change; Decisional Balance; Building  
Self-Compassion

## **WEEK 3**

Content: Body & Self ;Body Image & Self Esteem; Externalising the Two Parts  
Strategies/Resources : Strengthening the Helpful Voice; Limiting Cultural  
Influences; Self –Esteem Worksheets-Thought diary

## **WEEK 4**

Content: Deconstructing the chain of Events-Thoughts/Feelings/Urge/Action  
Strategies/Resources : Chain of Events; Defusing from Thoughts; Emotions Wheel;  
Urge Surfing

# Emerging review

## **WEEK 5**

Content: Vulnerability & Connection

Strategies/Resources : Interpersonal Circle; Acts of Vulnerability; Vulnerability and you

## **WEEK 6**

Content: Nourishment

Strategies/Resources: RAVES Model; Challenging Food Rules; Food Freedom; Mindful Eating

## **WEEK 7**

Content: Movement & Meaning

Strategies/Resources : Intuitive Movement Guidelines; Breathing Practices; Values Worksheet; Visualization Practice

## **WEEK 8**

Content: The Journey Ahead; Review Progress & Potential Barriers to Change

Strategies/Resources : The Way Forward

# Potential barriers to change

- Fear of Weight Gain
- Insufficient Priority and planning
- Reluctance to Face the Problem
- Fear of Change
- Extreme Self-Criticism
- Insufficient Motivation
- External Factors
- Negative impact of family/friends
- Adverse circumstances/crises

**Which barrier resonates with you the most & what is one self-support strategy you could practice to help?**

# Hearing stories with hope for recovery



# The way forward

## **USEFUL STRATEGIES**

- Looking back over the sessions, what strikes you as particularly useful?

## **POSITIVE HABITS**

- What helpful habits do you use to maintain changes?
- What things have you learnt and used that have been the most helpful to your recovery?
- What helps you stay on track?

## **HELPFUL EATING HABITS**

- In what ways are you now eating that minimise the chance of your engaging in disordered eating habits and weight control behaviours?
- What helpful habits have you adopted and want to keep up?

.

# The way forward

## **BEING AWARE OF TIMES OF HIGH RISK**

What are your “at risk” times? What situations make it hard to maintain changes? Identify your times of risk and write them down

## **BEING AWARE OF EARLY WARNING SIGNS**

To identify your own early warning signs, think about your past experiences. You may find it useful to consult the records in your food logs.

What situations or thoughts preceded an unwanted behaviour? Could these be your early warning signs? What thoughts and behaviours signal or trigger your problems? When are these warning signs most likely to occur?

## **COMBATING WARNING SIGNS**

What will you do to combat your early warning signs?  
Develop your plan for dealing with these thoughts and behaviours.

## **DEALING WITH SETBACKS**

Take some time to consider how you would deal with a setback.  
What would you do? How would you handle the situation?

# Resources for support

## BOOKS/WEBSITES

- 8 Keys to recovery from an eating disorder- Carolyn Costin & C Grabb
- Online:  
[www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating](http://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating)
- Letting Go of ED - A Guide to Recovering from Your Eating Disorder- Pippa Wilson

## SUPPORT

- Butterfly Helpline: 1800 33 4673
- Support Group- Recovery & Carer
- Peer Mentor Program
- Clinician Database

## PODCASTS/BLOGS

- Tabitha Farrar:  
[tabithafarrar.com/eating-disorder-recovery-podcast-2017-feed](http://tabithafarrar.com/eating-disorder-recovery-podcast-2017-feed)
- <https://butterfly.org.au/podcast/>

## APPS

- Mindfulness: Calm; Smiling Mind
- Self Compassion: [self-compassion.org](http://self-compassion.org)
- Recovery Record:  
[www.recoveryrecord.com](http://www.recoveryrecord.com)

# Post-program questionnaire

Please complete



[Menti.com/al6tbhuhp6us](https://menti.com/al6tbhuhp6us)

# The Butterfly Collective Needs your voice!

Please join our lived experience network to make a difference and change the way Australians think about body image and eating disorders.



# Transitional Object

Opportunity to practice placing our intention for recovery into a supportive object for the journey ahead

