

Counseling



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Topic: Counseling Introduction: Hi, everybody! I am your eating disorder counselor and we'll be discussing today issues pertaining to obesity and anorexia. These two are the leading eating disorders affecting mostly women and girls although boys and men are also vulnerable. An eating disorder is characterized by ' extremes – such as extreme reduction of food intake or extreme overeating or feelings of extreme distress or concern about body weight or shape' (Bryant-Waugh 2002). Eating disorders are real medical illnesses but are treatable. The main types are ' anorexia nervosa and binge-eating and usually develop during adolescence or early adulthood' (Natl. Inst. Of Mental Health). This disorder usually ' co-occurs with psychiatric disorders like substance abuse, anxiety disorder and depression' (American Psychiatric Association 2000). People with anorexia consider themselves as overweight although they are already the opposite. They tend to avoid food and meals, become picky and eat only in small quantities. They constantly check their body weight and engage in weight control techniques like too much exercise or ' purging by means of vomiting and abuse of laxatives, enemas, and diuretics' (American Psychiatric Association 2000). On the other hand, binge-eaters eat until over full, eat large amounts even though not hungry and don't practice purging so they become overweight for their age and height. Some of the physiological myths about hunger and satiety include a common belief that our blood glucose levels affect our hunger and satiety. But research shows that this is untrue because ' glucose levels remain fairly stable and do not fluctuate often' (Stier 2009). Also, they say that our energy levels drop along with our blood glucose and this trigger hunger so we should eat again to restore our levels back to the standard energy level. But this is still not true because if that would be the case then

we would have maintained a stable amount of weight because we will only eat what our energy levels needed. Another myth is that ‘hunger is caused by an empty stomach and satiety is caused by the feeling of a full stomach’ (Stier 2009). This is still untrue because there are people who had their stomachs removed and yet still experience feelings of hunger and satiety. I will be answering questions and I’ll start with Lindsey. She said her parents were both obese, so is that why she is? Well, genetics may play a small role but it is ‘our environments that shape our eating habits’ (Stier 2009). And if we live in an environment that consumes mostly processed, fatty and unhealthy foods then most likely you’ll eat what they eat so you’ll gain weight as they gain weight. Robert asked, “My girlfriend and I eat together all of the time, so we eat the same food and amounts of food, but she never gains weight like I do? Why is that so?” Well, it may be because of the amount of physical activity you exert individually. Maybe she moves around fast and uses her energy more effectively than you do. Nancy asked: “My mom says that I became anorexia because I’ve been reading too many Cosmo magazines and want to look like those girls. Maybe I did, but I really just don’t crave food. What do you think it is?” My answer is ‘while there’s a link between our environment and the development of eating disorders but it is also possible that it could be a higher than normal insulin response which results in interest of food but feel disgusted by fatty and sweet foods’ (Stier 2009). Tyra asked: “I don’t eat because every time I do, I just feel sick. Do you know why is this?” Well, you may be suffering from ‘IBS or irritable bowel syndrome, a common ailment of the intestines affecting an estimated 15% of US population’ (Philosophy 2008). References American psychiatric association work group on eating disorder. (2000). Practice guideline for the <https://assignbuster.com/counseling-essay-samples/>

treatment of patients with eating disorders. *American Journal of Psychiatry*. 157 (1). Bryant-Waugh, L. (2002). Childhood onset disorder. *Eating disorders and obesity: A comprehensive handbook*. New York. Guilford Press. 2nd ed. Natl. Inst. Of Mental Health. *Eating disorders: Facts about eating disorders and the search for solutions*. Dept. of Health and Human Resources. Retrieved 19 July 2011 from <http://www.nimh.nih.gov>. Philosophy (2008). What makes a person not want to eat and when they do they feel sick afterwards. Retrieved 19 July 2011 from askville.amazon.com. Stier, A. (2009 June 28). To eat or not to eat? Retrieved 19 July 2011 from ezinearticles.com