

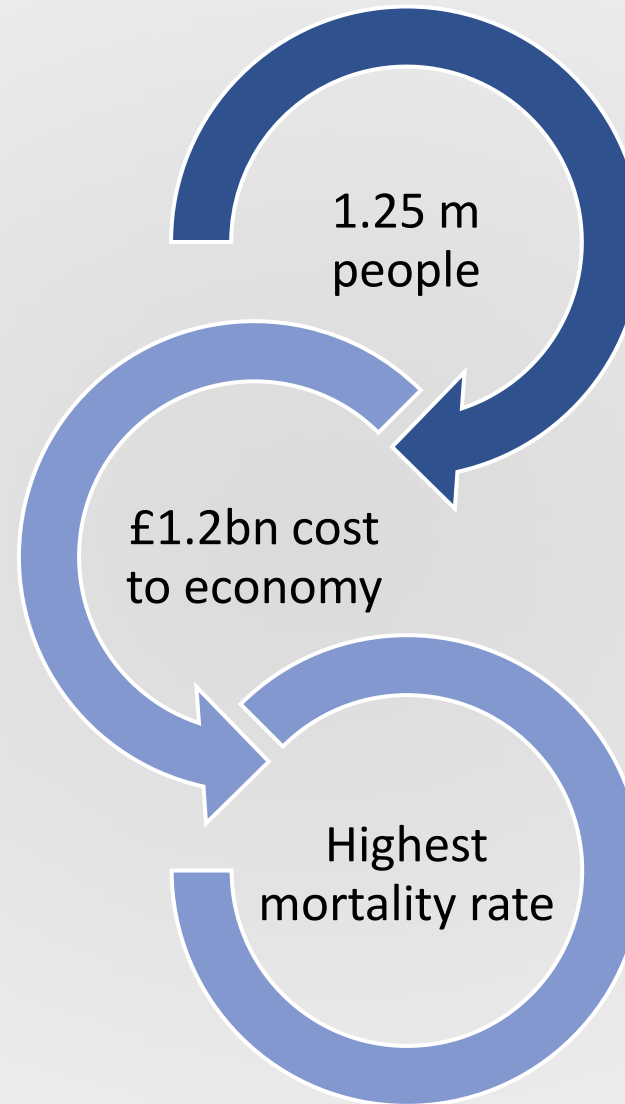
How NLP can help recovery from eating disorders

with
Lindsey Agness
Master Trainer of NLP
&
Sophie Baker
Trainer of NLP

About us



Background Statistics





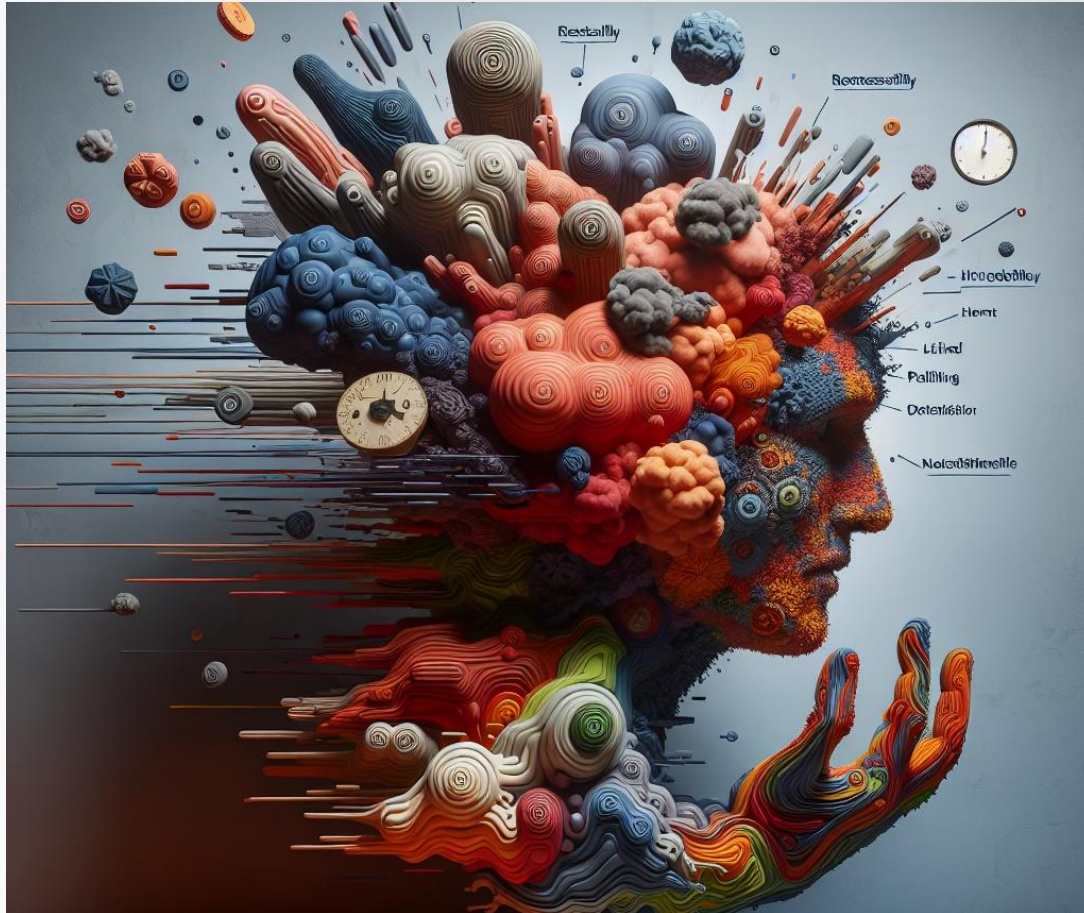
Are you a...

Myths of Eating Disorders



- ☐ Eating Disorders are a choice
- ☐ Sufferers just need to eat
- ☐ Men and boys don't get EDs

What to watch out for...

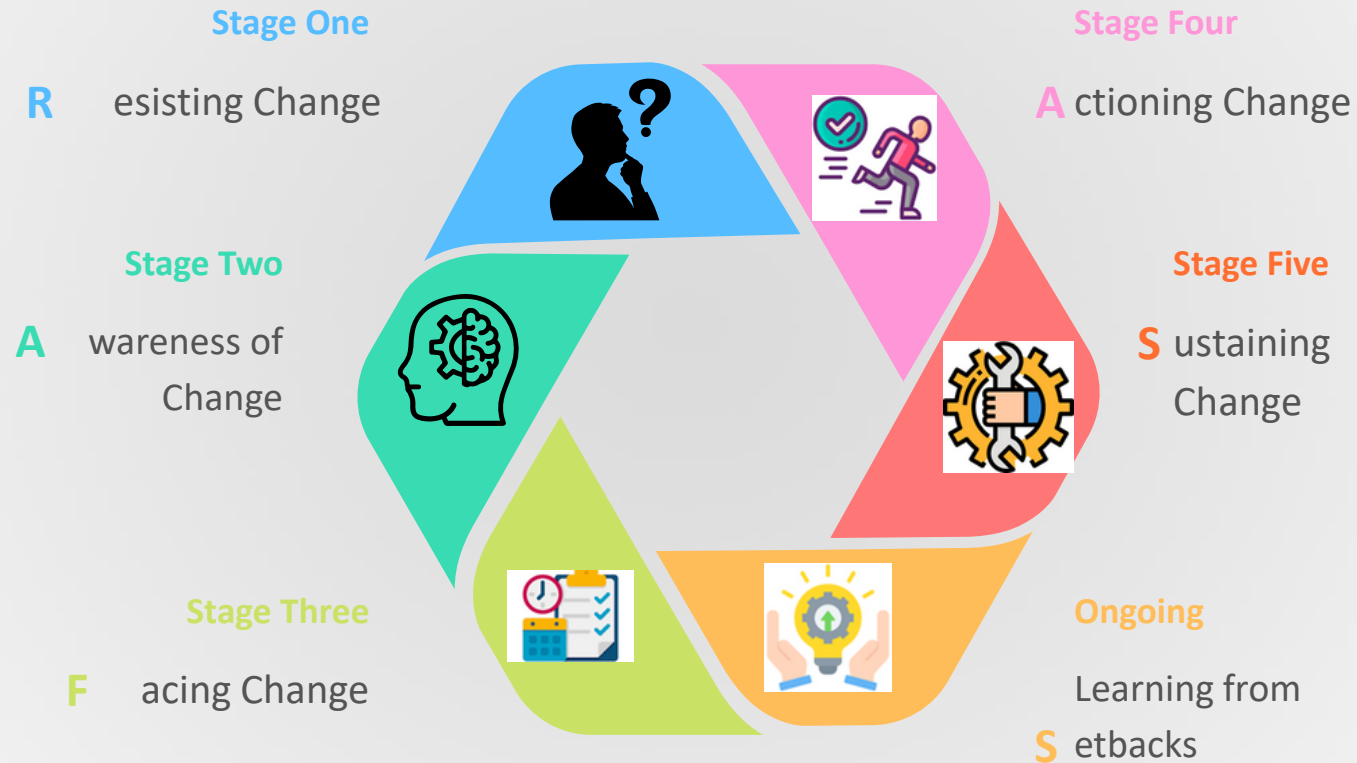


- ☐ As soon as you know that things are not OK
- ☐ When food or exercising starts to dictate life decisions that your loved one is taking
- ☐ Preparing and eating meals becomes a challenge
- ☐ There may be inconsistencies in their relationship to food
- ☐ You notice psychological changes
- ☐ Physical symptoms emerge

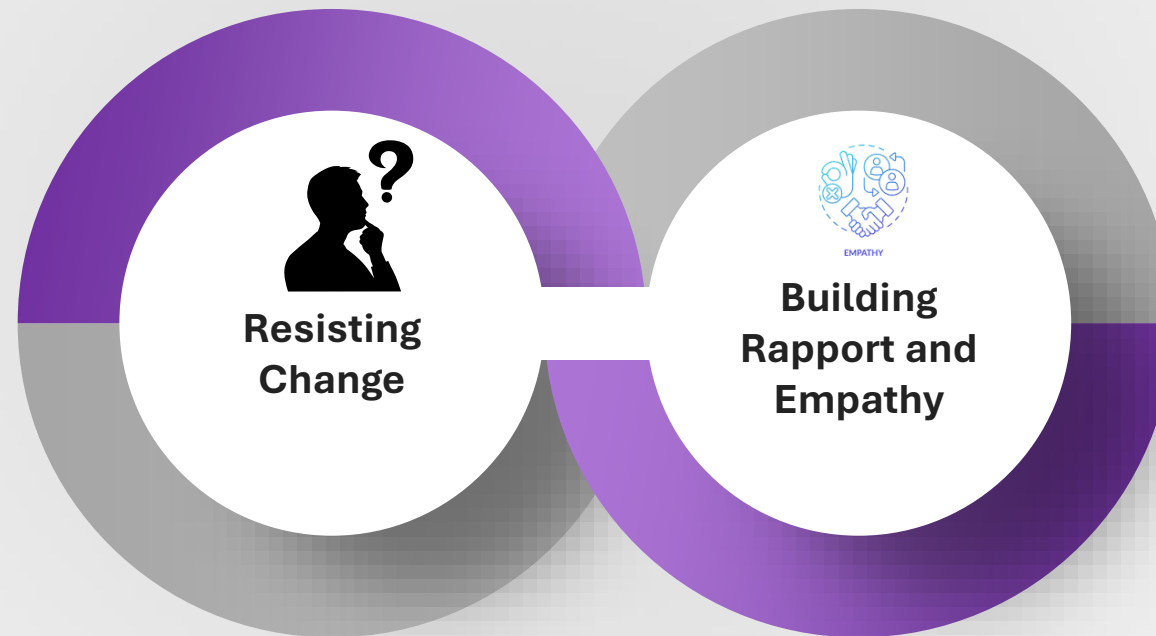


In a couple of words, what have you noticed?

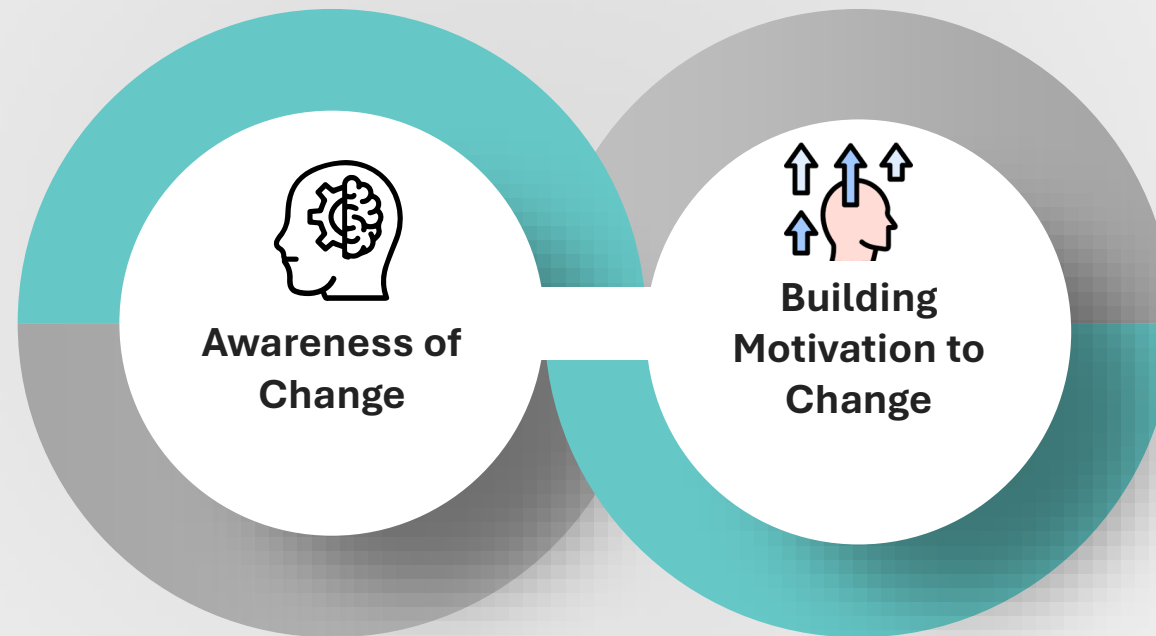
RAFASS Model for Anorexia Recovery



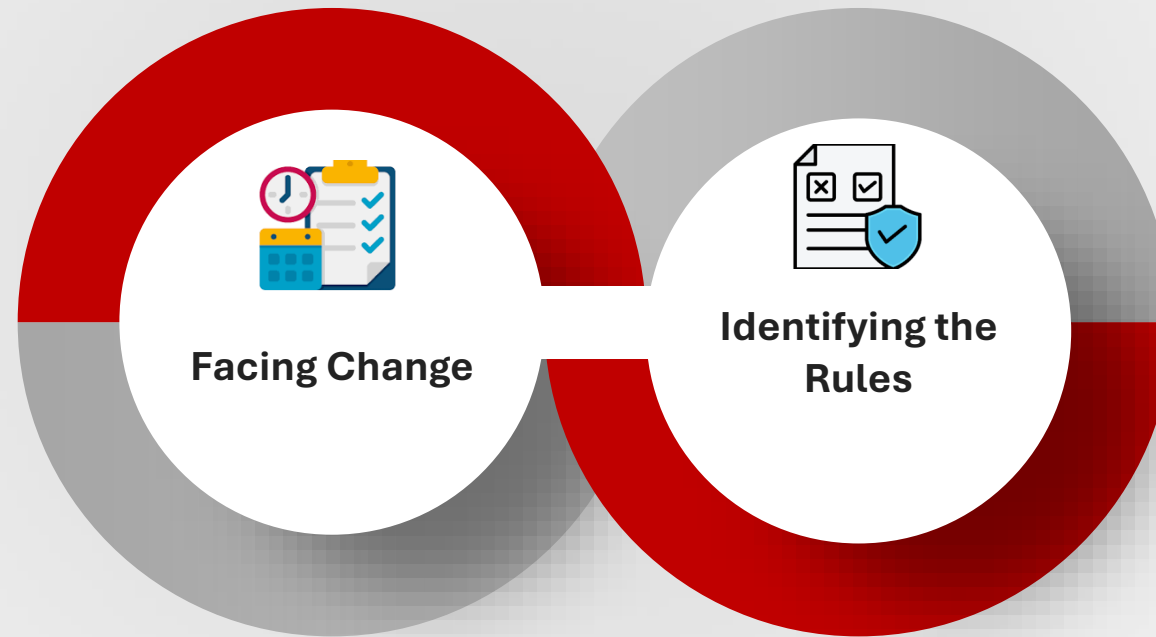
Stage One



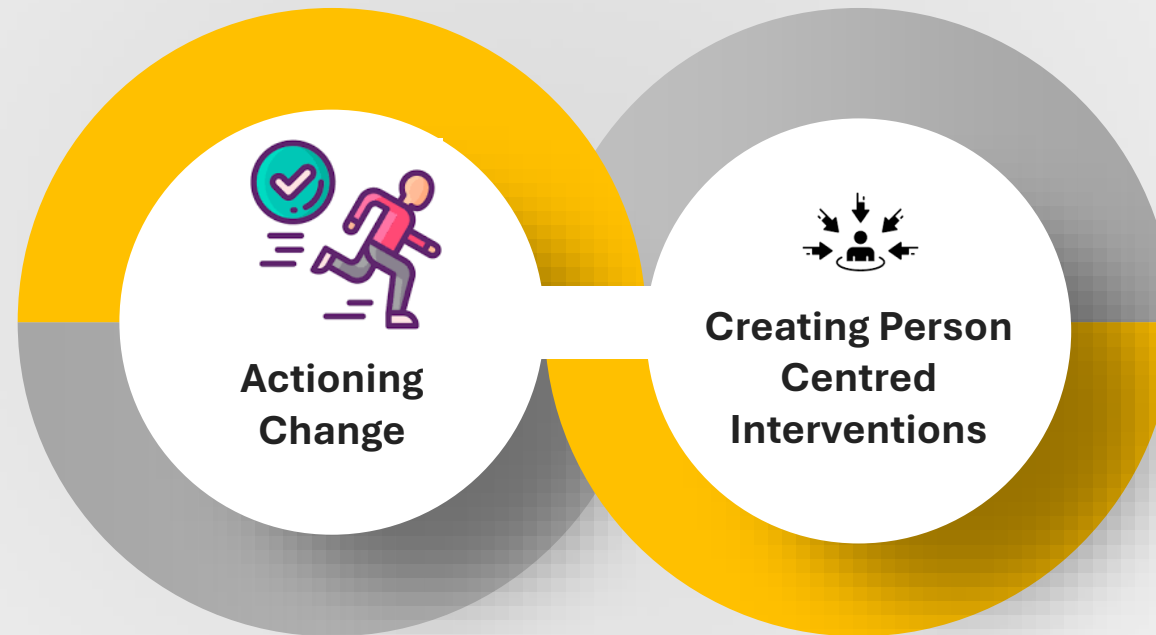
Stage Two



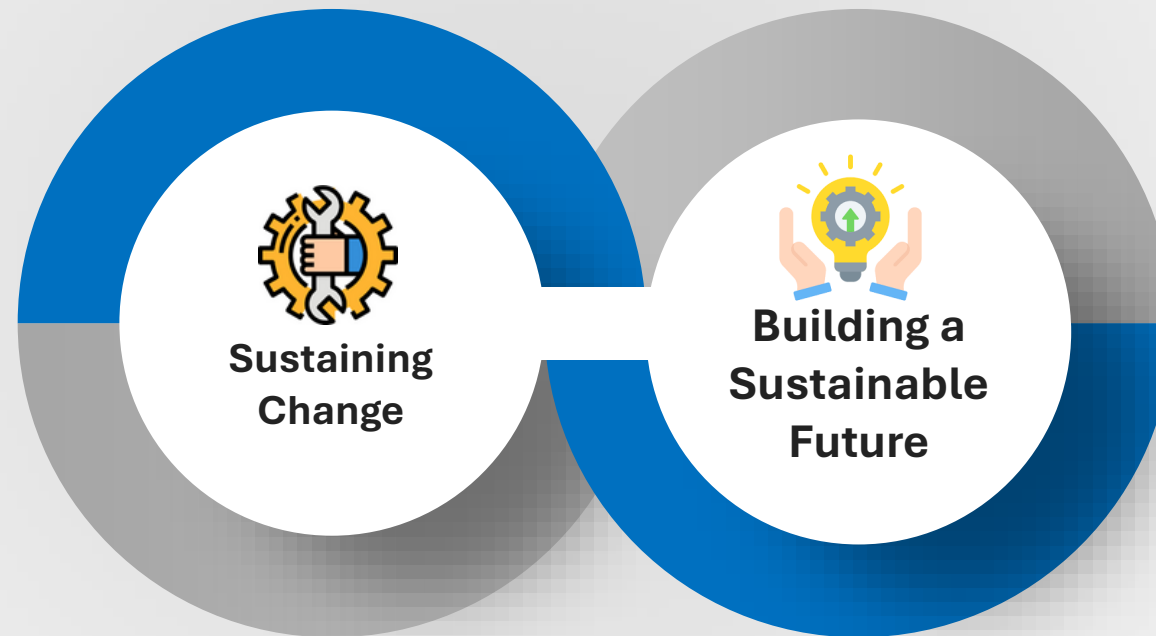
Stage Three



Stage Four



Stage Five



Stage One: Resisting Change

Building Rapport and Empathy

- ☐ Pace and lead – walk alongside with patience
- ☐ Show curiosity
- ☐ Ask open questions
- ☐ Find common ground
- ☐ Build a strong ‘why’
- ☐ Use NLP language patterns to build connection



Use of Language

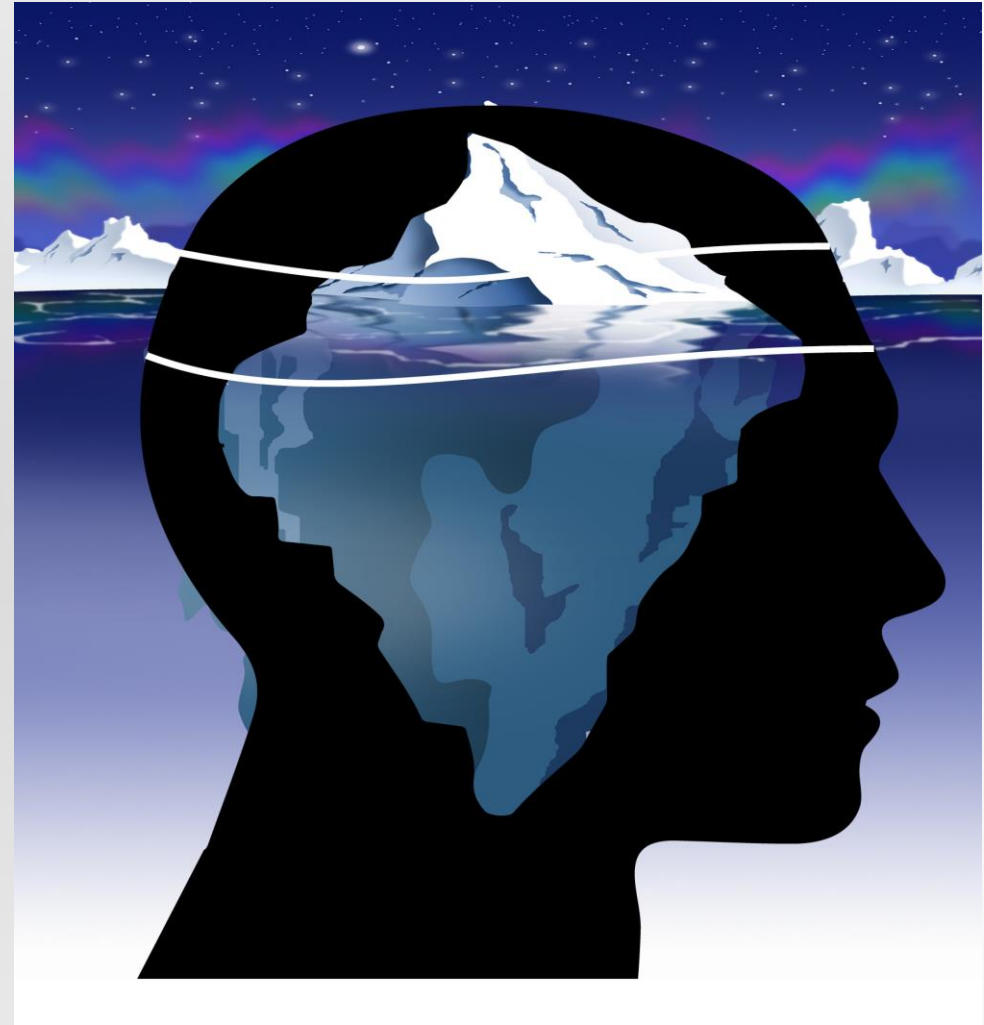
What not to say – Beware the bear traps!	Instead, be curious, ask open questions, make positive reflections that are not weight, or shape related
<i>I need to go on a diet...</i>	How can I help? (O)
<i>You are looking much healthier</i>	What would you like to do next? (O)
<i>You are too thin eat something</i>	What is it helpful for me to say? (O)
<i>I haven't eaten all day, I'm starving!</i>	How would you like me to respond to what is going on? (O)
<i>I need to start exercising..</i>	You have got this (A) I am so proud of how courageous you are (A)
<i>I can't believe how much you had for lunch. Well done!</i>	It was so brave of you to tell me.....do(A)
<i>Have you gained/lost weight?</i>	Sounds like you are feeling (add the emotion) is that right? (R)
<i>I am worried about your weight loss</i>	Thank you for telling me how you are feeling (R)
<i>At least....or should</i>	Is it ok if I share my observations? (R)
<i>Have you heard that cutting out... is good for you?</i>	From what you have told me, I know you are finding itthis week (S)
<i>I'm so full I won't eat again for days!</i>	Let me check I have this right....and summarise (S)

Resisting Change Activity:

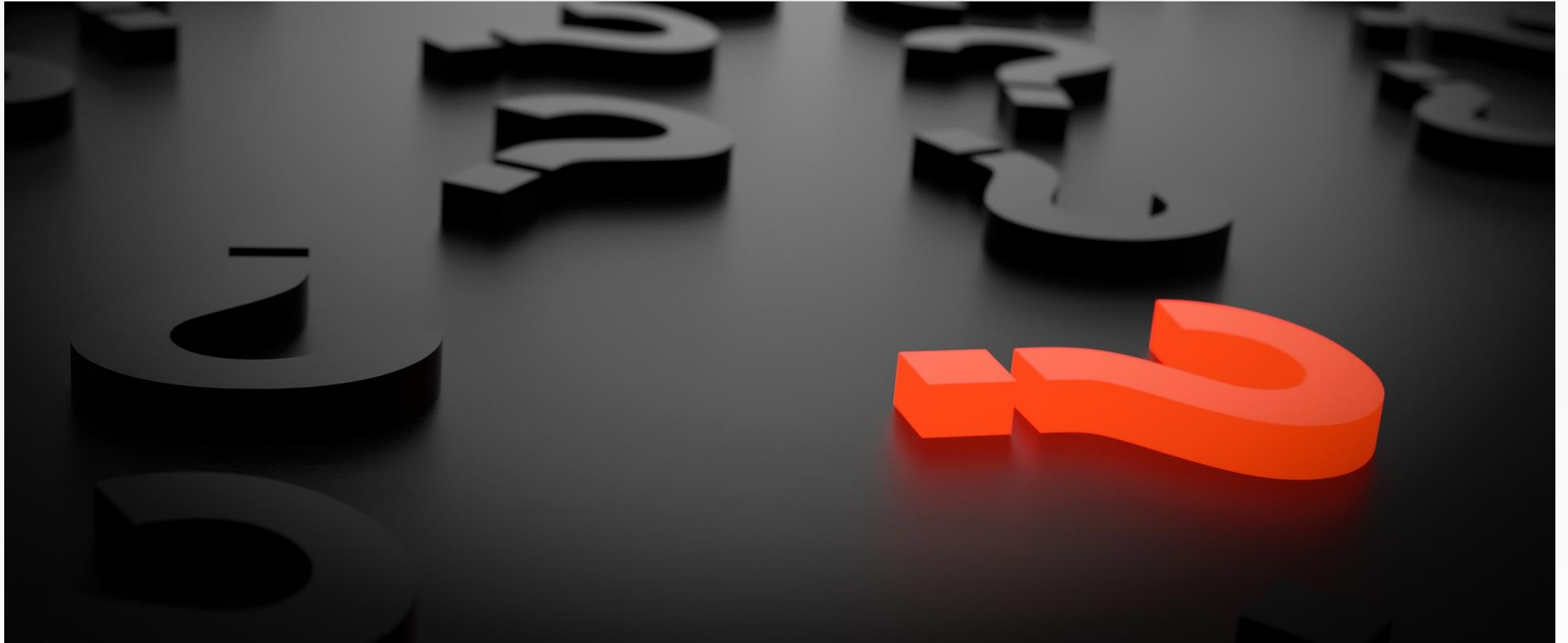
In pairs, introduce yourselves and share any experiences you have had with eating disorders.

Come up with some OARS example questions that you could ask someone you know who you suspect of having early signs of anorexia.

Be ready to share examples.



Any Questions?





What are your takeaways from this session?

For more
information....

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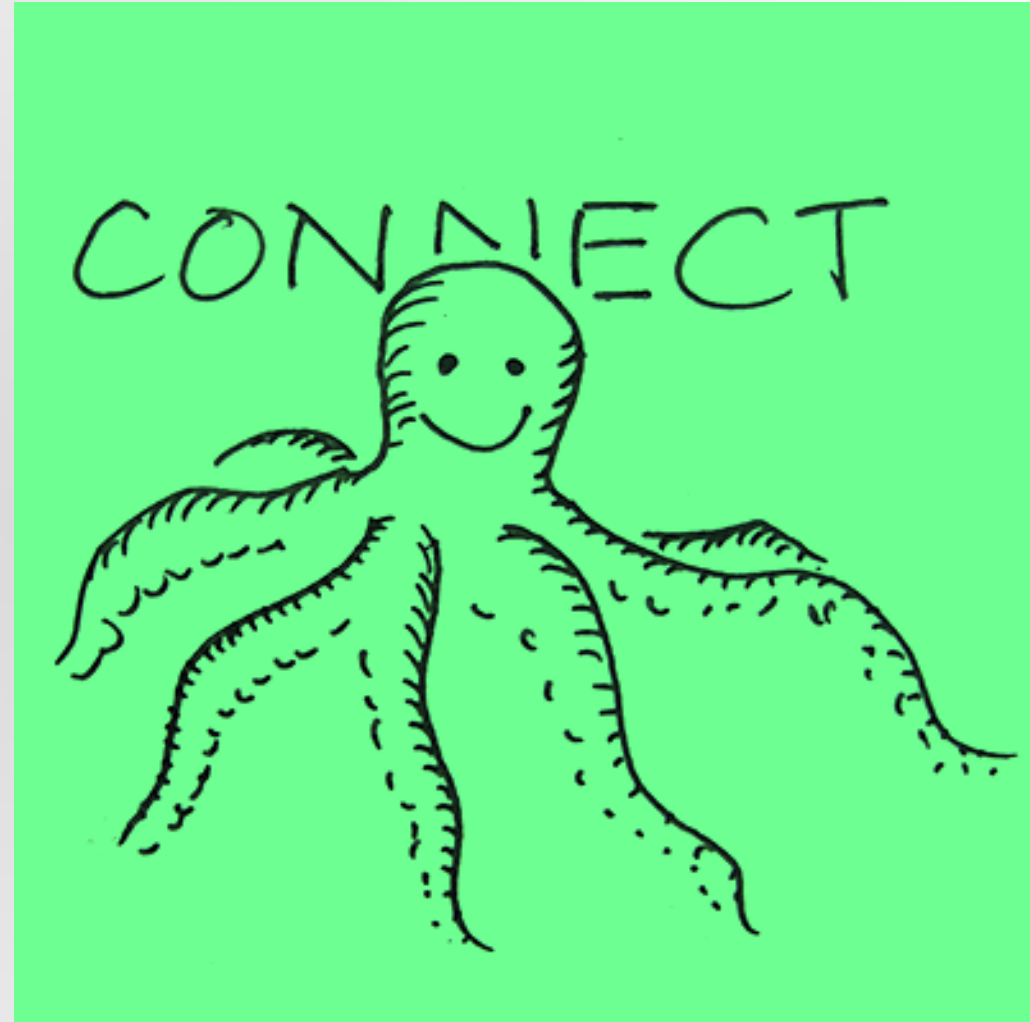
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Freedom

Skie's the limit coaching - "I am now the leader of my life, with the freedom, curiosity and excitement to live life to the fullest! My coaching and training will make this possible for you to. We will overcome the barriers of the mind together, you will be set free, ready to sprint into the life that has been awaiting your arrival. YOUR TIME IS NOW!"



2025!!

