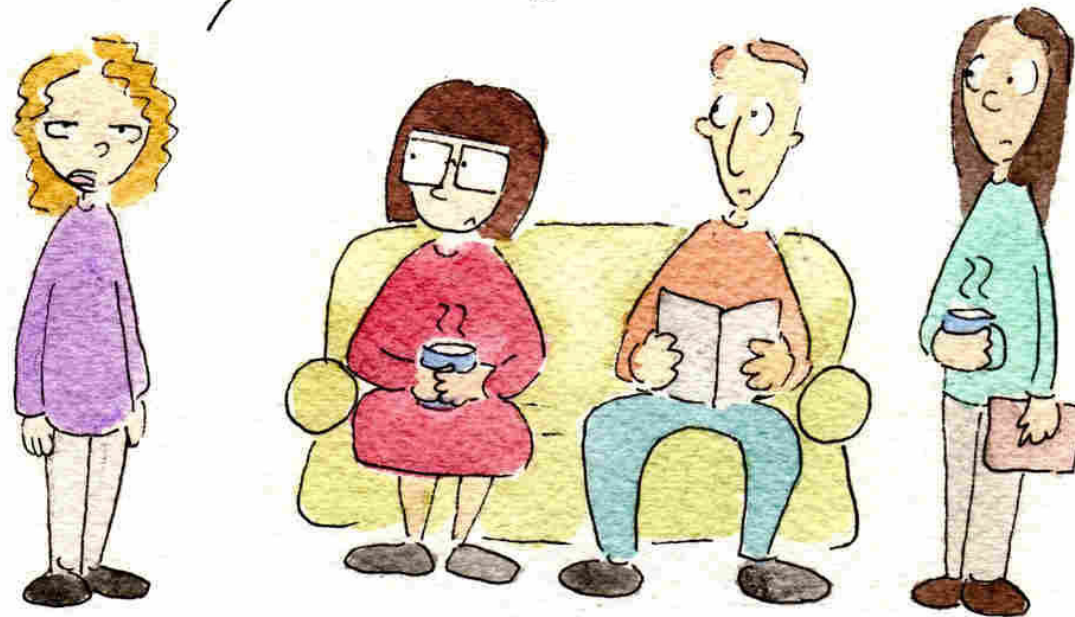


“DON’T MY FEELINGS MATTER?” – THE DEVELOPMENT OF INTEGRATIVE COGNITIVE- AFFECTIVE THERAPY (ICAT) AS A VIABLE TREATMENT FOR BULIMIA NERVOSA

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I am feeling very
eating disorder today
and I don't know why.
/





LECTURE OUTLINE

- Role of emotion in eating disorders onset and maintenance
- Development of Integrative Cognitive-Affective Therapy (ICAT-BN) as a viable treatment option
- How does ICAT-BN compare with CBT?

A fashion runway show with models walking down the catwalk. The models are wearing various styles of dresses and tops, some with bold colors and patterns. The runway is dark, and the background is blurred, focusing attention on the models and their clothing.

SHOCKING NEWS FROM THE WORLD OF FASHION!

ICAT G. Butcher. Founder's Day 2018

SAUDI ARABIA

- Arabian Business News - Jan 22, 2018
- 300,000 people attend annual month-long camel festival.
- Camel beauty contest



Miss Camel 2018
King Abdulaziz Camel Festival
WORLD'S MOST BEAUTIFUL CAMELS

BLUE ABAYA



Miss Camel 2018!!!

BLUE ABAYA

ICIT-Gr. 8/9/10 Founder's Day 2018



A photograph of two camels standing side-by-side. The camel on the left is looking slightly to the right, and the camel on the right is looking directly at the camera. Both camels have their mouths slightly open, showing a relaxed or perhaps sedated expression. They are wearing red harnesses. The background is a blurred outdoor setting with trees and a white building.

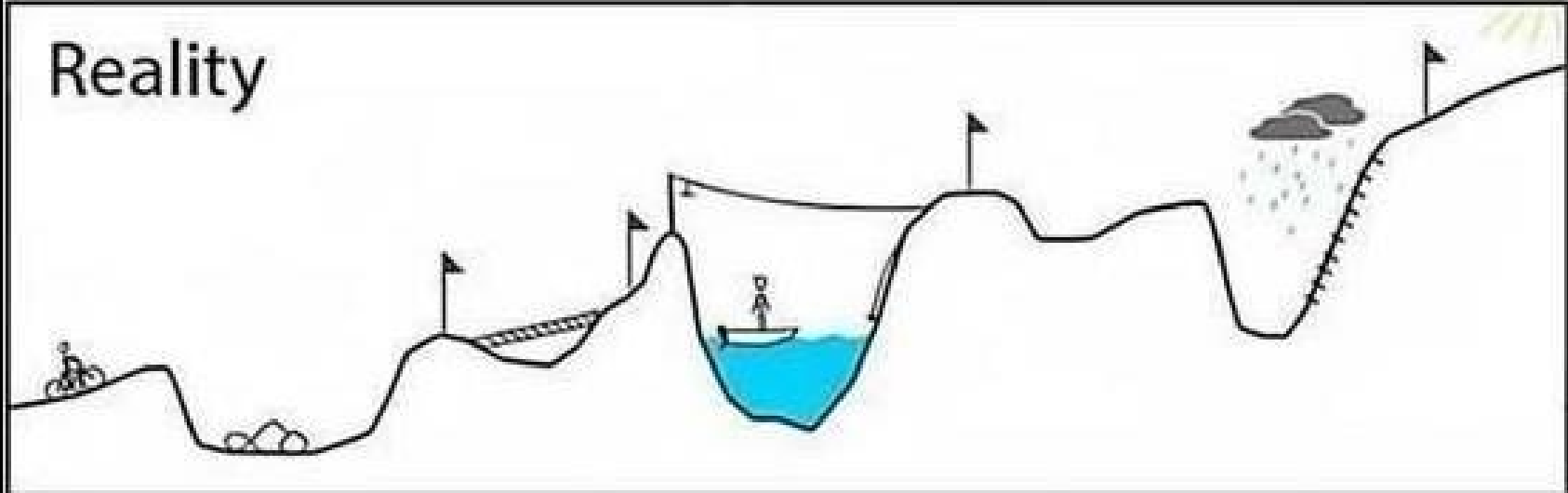
12 CAMELS DISQUALIFIED BECAUSE THEIR HANDLERS USED BOTOX TO MAKE THEM MORE HANDSOME

ICAT Gala Dinner, Founder's Day 2018

Your plan



Reality



4TH IRISH NATIONAL EATING DISORDERS CONFERENCE - IN COLLABORATION WITH BODYWHYS

- Date: Friday, February 22nd 2019 (09:30-16:30)
- Venue: Trinity Gas Building, D'Olier Street, Dublin 2.
- Primarily for health care professionals interested in eating disorders, though anyone affected by an eating disorder is welcome to attend.
- In addition to the conference itself, there will be a separate, concurrent session in the afternoon for those affected by an eating disorder.
- Cost: €110 (includes lunch) or €100 (without lunch)
- Booking, etc. www.conferencenetworking.ie

4TH IRISH NATIONAL EATING DISORDERS CONFERENCE

- Keynote Speakers: Department of Psychiatry, University Hospital of Bellvitge, Barcelona, Spain
- Prof Fernando Fernández-Aranda, Head of Eating Disorders Unit; Editor European Eating Disorders Review; past President of AED
- Topic: “The challenge of impulsivity in eating disorders; research and practical management approaches”



4TH IRISH NATIONAL EATING DISORDERS CONFERENCE

- Dr Susana Jiménez-Murcia, Head of Pathological Gambling Unit, Department of Psychiatry
- Topic: “A trans-diagnostic perspective on food addiction: clinical and management strategies”





ICAT G. Butcher, Founder's Day 2018



WWW.ECEDPARIS2019.COM

ECED

European Council on Eating Disorders

PARIS 2019

12th-14th September



EATING DISORDERS : A TRANSDISCIPLINARY APPROACH TO UNDERSTANDING AND CARE

ECED BELFAST 2021 SEPTEMBER 23-25

- Opening Ceremony:
Belfast City Hall
- Main Conference:
Assembly Buildings
- Gala Evening:
Titanic Museum



GERALD RUSSELL (1928-2018)

- “He was not content to consider that he had found ‘the answer’; rather, he inspired those who learned from him to hold a strong spirit of scientific curiosity and humility.” – Prof. Janet Treasure



EATING DISORDERS
ARE NOT:

A PHASE

A JOKE

A TREND

A DIET

OR A CHOICE

itfeelshealthy | tumblr

CHALLENGES IN EATING DISORDERS TREATMENT

- Improve treatment outcome (especially in Anorexia Nervosa)
- Identify the most appropriate treatment for a particular individual (what works for whom, when and in what circumstances?)
- Increase treatment efficacy
- Increase access to effective treatment and training

EATING DISORDERS: THE WAY FORWARD?

- 'Can I try to be more of a walking question mark, than a stampeding exclamation mark?' (Lask, 2013:185)



Prof Bryan Lask (1941-2015)

WE'VE GOT TO DO BETTER!

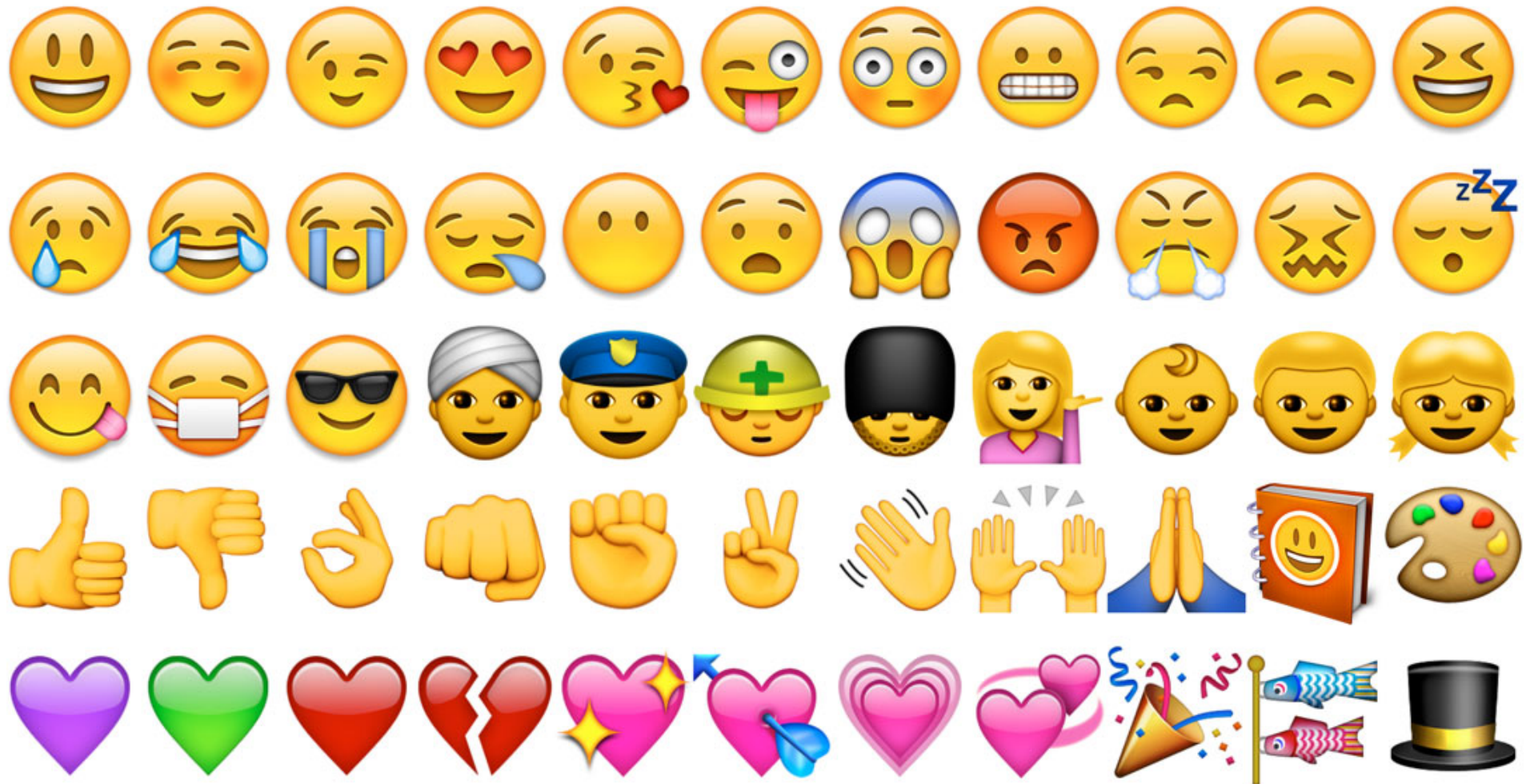
- Waller (2016)
- Over recent years - substantial consolidation and development of evidence-based psychological therapies for eating disorders.
- Specific forms of CBT (focused and broad) and family-based treatment have consolidated and extended their positions as treatments of choice.
- IPT, DBT and guided self-help also effective
- Substantial deficits in our treatment of eating disorders
- Significant need for further development of appropriate treatments



Glenn Waller, University of Sheffield

EMOTIONS





PIXAR MOVIE - INSIDE OUT





JOY

#INSIDEOUT

©2015 Disney Pixar



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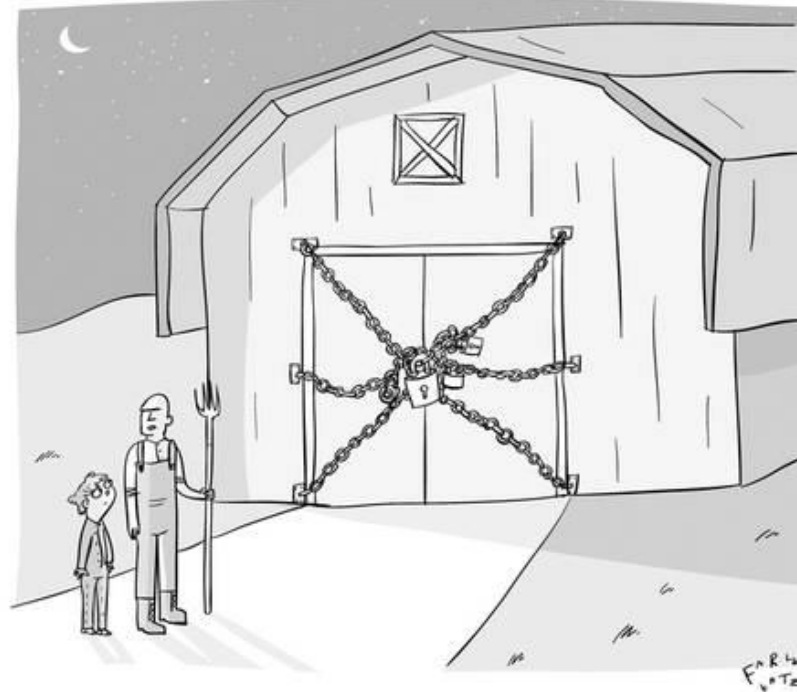


ICAT G. Butcher, Founder's Day 2018





ICAT G. Butcher, Founder's Day 2018



"This is the barn where we keep our feelings. If a feeling comes to you, bring it out here and lock it up."

CORE MESSAGE

1. Intense negative emotional states figure prominently in the occurrence of individual episodes of bulimic behaviour (Wonderlich et al, 2015:33)
2. CRUCIALLY – it is the MOMENTARY experience of emotions in the minutes and hours prior to a bulimic episode that has clinical significance in the maintenance of bulimia nervosa – functional relationship between emotional states and bulimic behaviour.
3. Intentional targeting of these emotional states is central to treatment using Integrative Cognitive Affective Therapy (ICAT)



NORMAL LIFE EXPERIENCES

CRITICISM



SOCIAL COMPARISON



REJECTION



LOSS



ICAT G. Butcher, Founder's Day 2018



NORMAL LIFE EXPERIENCES

- Criticism, social comparison, rejection, loss
- Interact with temperamental predispositions
- Produce mental representations of the self and others that are strongly associated with emotional states
- Organise and guide future interpersonal perceptions and behaviour.

HEALTHY EMOTION REGULATION MODEL (GRATZ AND ROEMER, 2004)

1. Emotional awareness, clarity and acceptance
2. Flexible use of adaptive strategies to modulate (vs. eliminate) intensity of emotion
3. In the context of emotional distress - resist impulsive behavioural urges; maintain ability to engage in goal-directed behaviours
4. Willing to experience emotional distress while pursuing meaningful activities



EMOTION DYSREGULATION IN EATING DISORDERS

- Racine et al (2013) identified multiple forms of emotion dysregulation and difficulties with impulse control in those with Anorexia Nervosa
- Both Anorexia Nervosa and Bulimia Nervosa are characterized by broad emotion regulation deficits (Lavender et al, 2015)

EMOTION DYSREGULATION IN EATING DISORDERS

- “ individuals with higher affective lability and stimulus seeking may benefit more from treatment with a greater focus on affective states and self-regulation.” (Accurso et al, 2016:178)
- Lerass et al (2018): "stable depressed" group - low affective lability and higher affect intensity - evidenced the highest levels of eating psychopathology, borderline personality traits, and childhood trauma history.
- Conclusion: “chronic, intense negative affect may be particularly important to address in treatment” (p. 210)

CONNECTION BETWEEN EMOTIONAL EXPERIENCES AND EATING DISORDER BEHAVIOURS

- Wonderlich et al (2015) - Complicated connection; was negative emotion truly antecedent or a 'post-hoc' explanation for the bulimic behaviours?
- Initially led to education of those with bulimia nervosa about emotional states and how to manage emotions effectively



Stephen Wonderlich,
University of North Dakota

ROLE OF EMOTION IN BULIMIA NERVOSA

- Wonderlich et al (2015) – participants reported on eating disorder behaviours and experiences in 'real time' in their environment
- **Ecological Momentary Assessment** (EMA) employs portable measurement strategies and involves repeated assessments over the course of a given timeframe in a participant's natural environment as events of interest occur - e.g., affective experiences, eating disorder behaviour (Lavender et al, 2015)



EMA STUDIES REVEAL INDIVIDUALS WITH BULIMIA NERVOSA ...

- Most likely to engage in bulimic behaviours in late afternoon and early evening
- Experience weekends as particularly challenging
- More likely to engage in bulimic behaviour on days when they experience more negative emotion later in the day
- Experience of guilt and shame is particularly potent in terms of eliciting bulimic behaviour

WHAT THEY DIDN'T REALISE?

- In the moments and hours before binge eating and purge behavior occurred, negative affect was rising and positive affect was decreasing. (Berg et al, 2013; Wonderlich et al, 2015)
- Important shift in focus
- Instead of trying to improve general emotional functioning - identifying and managing emotions in the moments **BEFORE** a bulimic episode.
- Interpersonal and intrapersonal situations could trigger emotional changes which then precipitate BN behaviour.

AVOIDANCE OF EMOTIONS RELATED TO FOOD, SHAPE, AND WEIGHT

- Negative emotions - distressing, and frequently avoided by individuals with Bulimia Nervosa.
- Many bulimic behaviors function to facilitate such avoidance.
- Skipping meals, exercising, purging, restricting food intake, following rigid rules - minimize intense anxiety about weight, food, and body shape.

CHARACTERISTIC RISK FACTORS FOR ONSET OF BN

- Historical stresses – childhood
- Relationships within families
- Negative self-evaluation (perfectionism, doubts about actions, over-concern about mistakes)
- Self-regulation deficits (increased self-criticism and self-control; deficits in self-acceptance, appearance, performance)
- Negative urgency – tendency to act impulsively when distressed



BROAD CATEGORIES OF TRIGGERS MAINTAINING EATING DISORDER

- Interpersonal relationships and external stressors (social stresses – work, school, financial)
- Negative self-evaluation (e.g. not meeting personal standards)
- Maladaptive self-regulatory behaviours (e.g. self-criticism)
- Emotionally related urges cued by the presence of food or eating

DEVELOPMENT OF INTEGRATIVE COGNITIVE-AFFECTIVE THERAPY (ICAT)

- Evolved over 20 years as an intervention for Bulimia Nervosa
- Formulate a well-structured plan to modify eating behaviour
- Improve awareness and tolerance of emotional experiences
- Develop skills to reduce likelihood of rash, impulsive behaviours (context – negative emotion)

STRUCTURE OF INTEGRATIVE COGNITIVE-AFFECTIVE THERAPY (ICAT)

- Short-term structured psychological treatment for Bulimia Nervosa (BN)
- Minimum 21 sessions; approx 45-50 minutes per session
- Retains key components of previously established evidence-based treatments, particularly CBT (e.g. self-monitoring and prescribed eating patterns)
- **However**, target “momentary” precipitants of eating disorder symptoms - identified as potential maintenance factors in previous empirical studies.



FOCUS OF ICAT THERAPY

- Bulimic behaviours are assumed to reduce aversive emotional reactions
- Explicit focus on proximal risks of BN behaviour – interpersonal difficulties, self-evaluation, and self-regulation deficits.
- Targeting of negative emotional states that immediately precede episodes of bulimic behaviours as these strongly influence the occurrence of BN behaviours

PHASES OF ICAT TREATMENT

- **Phase I** – (sessions 1–4; over a 1-2 week period): introduces ICAT and emphasizes motivational enhancement and the importance of emotional responding.
- **Phase II** (6–8 sessions) nutritional rehabilitation with direct emphasis on modifying eating behaviour, facilitated by structured meal planning and coping skills.
- **Phase III** (11-12 sessions) focuses on: identifying and modifying precipitants of negative emotional states; addresses interpersonal, self-evaluation and self-regulation problems; food- and eating-related triggers of negative emotions
- **Phase IV** (final 2-3 sessions) emphasizes relapse prevention and healthy lifestyle planning, along with termination



ICAT RESEARCH TRIAL

- A randomized controlled comparison of integrative cognitive-affective therapy (ICAT) and enhanced cognitive-behavioural therapy (CBT-E) for bulimia nervosa. (Wonderlich et al, 2014)
- Conclusion: ICAT-BN was associated with significant improvements in bulimic and associated symptoms that did not differ from those obtained with CBT-E.

CBT VS. ICAT?

- CBT - limited view of emotional responding
- CBT - less consideration of interpersonal factors
- CBT - creates an overemphasis on conscious controlled cognitive processing.
- Weight/weighing and body-image not targeted directly in ICAT-BN?

CBT VS. ICAT-BN?

- What's the same? - Intensive opening phase of CBT that encourages self-monitoring and disrupts dieting behaviours.
- ICAT – greater emphasis on integration of interpersonal problems, self-evaluation, self-regulation, emotional experience.
- ICAT - Momentary behavioural and emotional processes
- Relevance of contemporary emotion theories and application to understanding eating disorder behaviour

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Integrative Cognitive-Affective Therapy for **Bulimia Nervosa**

A Treatment Manual

Stephen A. Wonderlich,
Carol B. Peterson, and Tracey Leone Smith,
with Marjorie H. Klein, James E. Mitchell,
and Scott J. Crow

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CHOICE

- Emerging research increases our understanding of the onset and maintenance of eating disorders.
- Newer treatments, such as ICAT-BN, develop and enable therapists and patients/clients to select the type of therapy approach most suited to their individual presentation of a disorder.

J. HUBERT LACEY

- Many therapies help, but not all are helped by one therapy approach.
- Understand that resistance to change may simply be due to resistance to a particular treatment approach.





THANK YOU!

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