



**6<sup>th</sup> Annual Southeastern Eating Disorders Conference 2015**  
**Integrated Treatment for Eating Disorders:**  
**Trauma and Eating Disorders**  
**New Orleans, LA**  
**August 28-29, 2015**  
**Speakers**

**Nicole Siegfried, PhD, CEDS**

Title: Hope for the Journey: Interventions to Elicit Hope in Treatment of Eating Disorders

Bio: Dr. Nicole Siegfried is a Certified Eating Disorder Specialist (CEDS) and a licensed clinical psychologist. She is the Clinical Director of Castlewood at The Highlands Treatment Center for Eating Disorders in Birmingham, AL. She previously served as an Associate Professor of Psychology at Samford University and is currently Adjunct Associate Professor of Psychology at University of Alabama at Birmingham. She is an international speaker and has published research, magazine articles, and book chapters in the field of eating disorders. Presently, Dr. Siegfried is an investigator on a research study with Dr. Thomas Joiner examining resilience and suicidality in eating disorders. She is president of the Alabama Regional Chapter of IAEDP, which is in the formation stages. She is a member of the Academy of Eating Disorders (AED) and Co-Chair of the Eating Disorders and Suicide Prevention AED Special Interest Group.

Abstract : Hope has been identified as an influential variable in recovery for many mental health disorders, including eating disorders. Capacity for experiencing hope predicts attrition rates, relapse rates, and motivation for treatment. In eating disorders, hopelessness has been identified as a risk factor for dropping out of treatment,

symptoms of co-morbid depression, and suicidality. Recent research from a residential facility for eating disorders identifies improvement in hopelessness over the course of treatment as a predictor of in eating disorder symptoms at discharge. Addressing hope as part of the therapy process may be an important aspect of recovery in eating disorders. The therapeutic relationship is one vehicle for conveying hope to clients, and has been identified as one of the most important variables in therapy outcomes regardless of intervention. Hope can be conveyed through the therapeutic relationship through the expression of a belief in recovery through strategic use of real-life examples of recovery and sharing statistics on recovery in eating disorders. The clinician's use of empathy and validation can also convey hope. These skills promote a therapeutic alliance, which boosts clients' belief in their capacity for change. The clinician's use of evidence-based feedback on assessment results can also enhance hope in clients. In addition to utilizing the therapeutic relationship as a vehicle for change, clinicians can apply specific interventions to build hope and effect change in clients with eating disorders. Hope is comprised of two facets, pathways and agency. Hope-building interventions include pathways visualization, Hope Kit, best possible self imagery, positive future rehearsal, strengths identification and capitalization, and fostering connection through spirituality and relationships. The workshop will take participants on a hope journey with video excerpts from individual and group sessions with clients with eating disorders and experiential practice of interventions during the workshop. Participants will leave with their own renewed sense of purpose and hope in the treatment of eating disorders.

#### Learning Objectives:

- Identify the relationship between hope and recovery in eating disorders
- Explain ways to convey hope in the therapeutic relationship
- Utilize interventions to build hope in clients with eating disorders