Video on eating disorders and their treatment.

Watch the video and fill in with the missing information.

People who suffer from eating disorders actually suffer from a 1. ………………………………… . However, what they are really pursuing is to accomplish a sense of 2. ………………………/belonging/love as well as feelings of 3. …………………… and security.

A relatively new eating disorder which was introduced in 4. ……………………….., is called ARFID which is an acronym for the words Avoiding 5. ……………………………. Food Intake Disorder, which means that the people who suffer from it significantly restrict the kind, the number and the amount of food they eat. However, contrary to 6. ……………………… eaters, ARFID sufferers have no drive for 7. ……………………………. .

Regarding the treatment of this eating disorder, it is believed that the more time the person has been suffering from it the more 8. ………………………… these behavioral patterns are. Therefore, the first step towards a successful treatment is 9. …………………. ……………………………. and secondly food exposure.

According to the experts a lot of barriers are usually encountered in the process of treatment that are connected to 10. …………………… on behalf of the sufferer, sometimes an eating disorder may be a taboo, thus the acceptance of suffering may involve feelings of 11. ………………………….. or shame and, last but not least, 12. ………………………….. to treatment may be another obstacle.

Make a list of factors that contribute to the emergence of eating disorders.

Suggest ways of helping a teenage friend to overcome an eating disorder.