Hannah Borstad

Eating Disorder Case Writing Assignment

**Shannon**

Shannon is a forty-five-year-old woman who avoids eating around others and regularly struggles with binge drinking. She expresses shame surrounding her body image that began around puberty. At the age of nine, she was mocked by other children in her gymnastics class leading to feelings of inadequacy. She is fearful of gaining weight and restricts her intake. She eventually breaks and eats excessive amounts of food in one sitting. After binging, she induces vomiting. She meets the following criteria for Bulimia Nervosa: eating more food that normal in a short period, lack of control over eating episodes, recurrent compensatory behaviors including vomiting and weight loss pills, behaviors occur regularly, and self-evaluation is unduly influenced by body shape. She is a healthy BMI, thus, not experiencing anorexia nervosa. She is already in therapy which has helped her identify the patterns and causes of her condition. She could benefit from CBT-T to help her address underlying trauma that led to her eating disorder. The CBT could also help her learn healthy eating patterns, beliefs, and behaviors (“Bulimia nervosa,” 2024).

**Kenny**

Kenny eats excessive quantities of food and lives largely in isolation. He grew up in a household where overeating was common, and his parents were overweight. He lost both of his parents and feels lonely. He has attempted various diets to help with his weight but does not follow them. He has been diagnosed with high blood pressure and underwent surgery to lose weight. He promptly regained the weight after surgery. He feels out of control with his eating. He meets the following criteria for Binge-Eating Disorder: regular binge eating, eating more rapidly than normal, eating until feeling uncomfortably full, eating large amounts of food when not hungry, eating alone, feeling disgusted by oneself, distress after eating, and occurs several times a week. His overeating seems to be caused by a family history of overeating, grief from the loss of family, and coping with loneliness. He could benefit from DBT which would help him learn healthy responses to distressing feelings. DBT woud help him process through grief and build healthy coping strategies (“Binge Eating Disorder,” 2024). This therapy method could also provide some support for working through his grief from the loss of his parents.

**Resources**

*Binge Eating Disorder* (2024, April 17). Cleveland Clinic. <https://my.clevelandclinic.org/health/diseases/17652-binge-eating-disorder>

*Bulimia nervosa* (2024, February 29). Mayo Clinic; Mayo Foundation for Medical Education and Research. https://www.mayoclinic.org/diseases-conditions/bulimia/diagnosis-treatment/drc-20353621