

2019 Research Week Abstract Presentations

Title – Empower(ed) Families: Supportive Treatment for Caregiver Burnout for Parents of Adolescents with Eating Disorders

Program of Study – Counselor Education and Supervision

Presentation Type – Oral Presentation (Sandra) and Remote Oral Presentation (Jennifer)

Subtype –Theoretical Abstract

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Abstract: According to the National Institute of Mental Health (NIMH), data from the National Comorbidity Survey Adolescent Supplement (NCS-A) collected from 2001-2004, reported that 2.7% of adolescents had a lifetime prevalence of eating disorders (NIMH, 2017). The Federal Interagency Forum for Children and Family Statistics (IFCFS) reported there were 24.6-25.7 million adolescents during those years, of which roughly 648,000-675,000 adolescents represent those with eating disorders (IFCFS, 2017). Adolescents who seek help, often enter treatment with the support of their families. Depending on diagnosis and condition severity, counseling may entail individual, group and family therapy and levels of care. Family therapy is critical to the adolescent's recovery and success (Jewell, Blessitt, Stewart, Simic, & Eisler, 2016). Due to the age of these adolescents, the caregiver plays an instrumental role in treatment (Bryson, Lehman, Iriana, Lane-Loney, & Ornstein, 2018). Parents have to learn to navigate this new dimension of helping their child and often experience high levels of burnout, shame, and isolation (Pasold, Boateng, & Portilla, 2010). The field of counseling and related professions is beginning to identify the importance of the caregivers of these adolescents and the need to provide supportive measures for them. Slowly, emerging supportive group treatments are becoming available to increase parental efficacy and knowledge of their child's eating disorder

(Bryson & et al., 2018). The group format intends to meet the parents' needs for psychoeducation, peer support, and building community. This presentation describes a supportive group treatment for caregivers of adolescents with eating disorders. The goals of the group are to provide information about the diagnosis, phases of treatment, potential for relapses, coping strategies, emotional support, and a supportive network (Honey, Boughtwood, Clarke, Halse, Kohn, & Madden, 2007).

References:

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