

SOLUTION FOCUS AND IMAGERY FOR TRANSFORMATION OF SELF-ESTEEM

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STEPS IN THE APPROACH

1. **ASSESSMENT:** Extent of current disorder, symptoms of the starvation cycle, who affected in what way, history of disorder and attempts to overcome it, who to involve, systems and boundaries, readiness and commitment consultation, contracting.
2. **ENGAGEMENT AND IMPROVEMENT:** Restoring nutrition, psycho-educational principles, (gender issues, biological setpoint, the ineffectiveness of purging for weight loss), stopping the worst symptoms and instilling hope, externalizing the problem and giving it a persona of treachery.
3. **PATTERNS OF POSSIBILITY:** The influence of imagery in gaining influence over the disorder, gaining allies, asking for help, beyond the myth of independence, disrupting current problem patterns, beginning new habits of self-care.
4. **REGAINING FREEDOM:** Building on exceptions, expanding new patterns, creating a new story about yourself, your identity, your potential, your basic worth and value, accepting compliments, receiving and asserting.
5. **EDUCATING OTHERS ABOUT YOUR EMERGENCE AS A PERSON:** Updating their lag in perceiving your progress, taking risks, setting new boundaries, validating change, relapse prevention.

THE PROCESS OF EACH INTERVIEW

Using a solution focused approach, the therapist gathers evidence that the client is regaining influence over the eating disorder that has held her prisoner. Guided imagery is then provided in which the client goes forward into the future and experiences the consolidation of these patterns of possibility. Audiotaping of the session for home practice is also suggested.

E.D.E.O. Conference, "Behind the Mask" June 1992

Kananaskis, Alberta