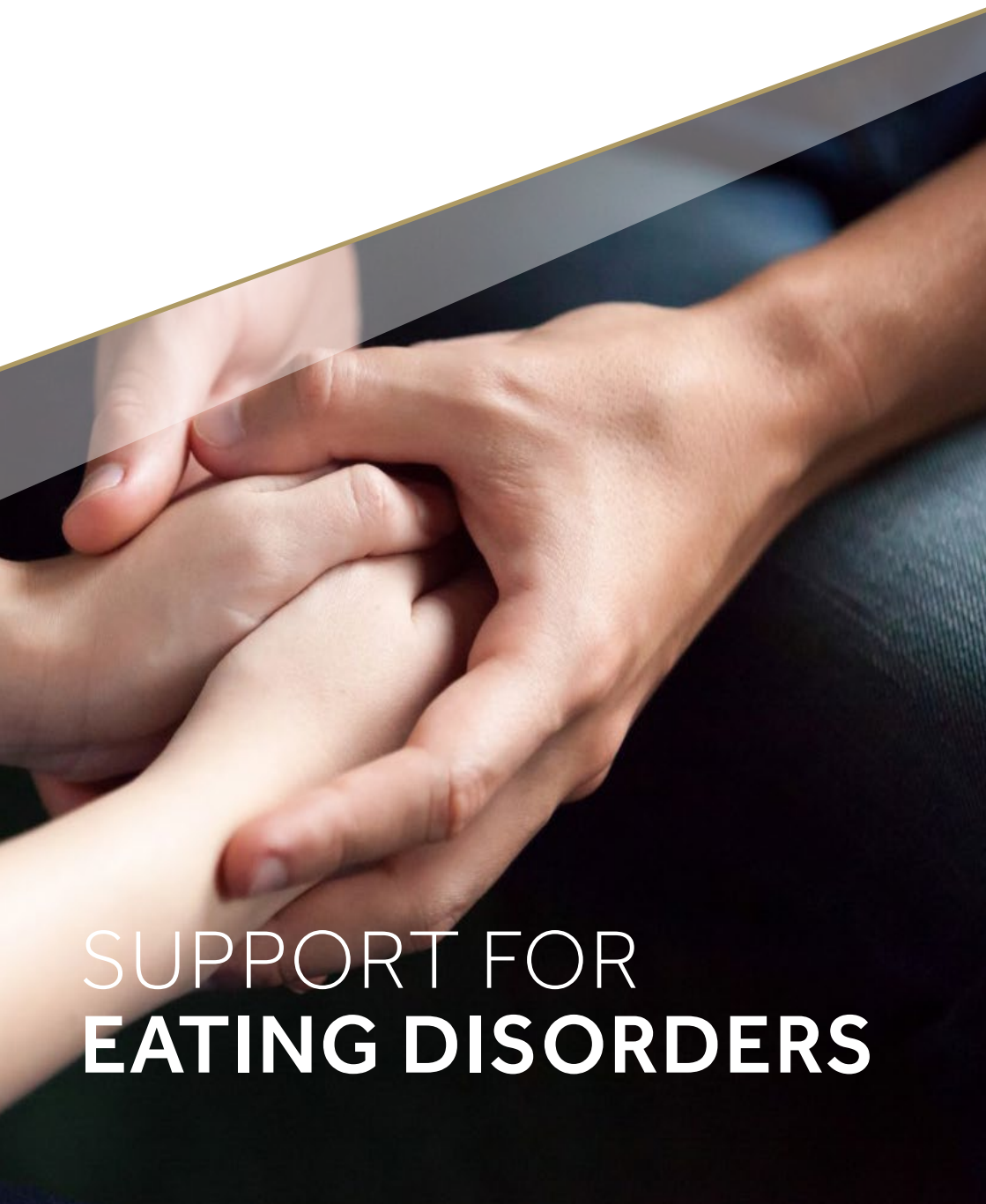




**THE LiGHTHOUSE**  
CENTER FOR WELLBEING



# SUPPORT FOR **EATING DISORDERS**



## WHAT ARE EATING DISORDERS?

EATING DISORDERS ARE SERIOUS MENTAL HEALTH DISORDERS THAT AFFECT BOTH PHYSICAL AND PSYCHOLOGICAL WELLBEING. THEY CAN CAUSE SIGNIFICANT ANXIETY AND DISTRESS FOR BOTH THE INDIVIDUAL AND THEIR FAMILIES. ANYBODY CAN DEVELOP AN EATING DISORDER, REGARDLESS OF GENDER, AGE, ETHNICITY OR BACKGROUND. SECRECY AND SHAME CAN LEAD PEOPLE TO SUFFER IN SILENCE, HOWEVER THE BEST CHANCE OF RECOVERY COMES FROM ENGAGING IN EVIDENCE-BASED TREATMENT EARLY ON.

*Many, but not all, people with eating disorders will have high levels of concern about their body shape and weight. There may also be associated eating disordered behaviours such as food restriction, vomiting, excessive exercise or bingeing.*

*At The LightHouse Arabia, we have specialist clinicians that treat all Eating Disorders in children, young people and adults. Our services include eating disorder assessments, diagnosis, and evidence-based treatments.*

## WHO NEEDS SUPPORT?

Any person can develop an eating disorder, regardless of age, race, and gender. Individuals who struggle with the symptoms or behaviours below could benefit from an assessment and subsequent psychological and physical health support. Eating disorders do not tend to diminish over time, and usually get worse if left untreated. If you or your child are struggling, we urge you to seek treatment as soon as possible as the evidence tells us this results in the best outcomes.

### COMMON SIGNS OF EATING DISORDERS

IF THE INDIVIDUAL HAS:

- Started to avoid mealtimes and often say they are not hungry, have already eaten, or will eat later
- Developed certain routines around eating and/or follow rigid dietary rules
- Become more preoccupied with food
- Started hiding large amounts of food and/or seem more secretive about food and eating
- Been going to the bathroom more often after meals
- Been exercising excessively
- Become more irritable than usual
- Spent a lot of time alone
- Become less confident or quieter than previously
- Lost weight
- Appeared physically weaker than they were before
- Worn loose clothing or many layers of clothing, even in warm weather
- Experienced hair loss or thinning hair
- Developed soft, fluffy hair all over their body
- Shown sensitivity when someone asks them about their eating habits or weight

### A PERSON WITH AN EATING DISORDER MAY SAY:

- I'm always tired*
- I often feel dizzy*
- I feel cold a lot of the time*
- I am suffering from digestive problems (e.g., bloating, pain, or constipation)*
- I'm having either irregular or no menstrual cycles (if female)*
- I find it hard to concentrate*
- I don't feel like spending time with family and friends*
- I am working towards getting a particular body shape or size*
- I feel a lot bigger/larger/heavier*
- I don't want to go out and eat with everyone*
- I forget to eat/I am not hungry*

## TYPES OF EATING DISORDERS

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### ANOREXIA NERVOSA:

People with Anorexia Nervosa may strive to keep their weight very low, through restricting food intake and using weight control methods such as vomiting, laxative misuse or excessive exercise.

### BULIMIA NERVOSA:

Those with Bulimia Nervosa may try to restrict food intake but find that this is interrupted by large and uncontrollable binge eating. They may try to compensate for this by purging (vomiting, misusing laxatives) or excessive exercise.

### BINGE EATING DISORDER:

People with binge eating disorder also experience binge eating but do not use compensatory strategies such as excessive exercise or purging after. Individuals with binge eating disorder do not restrict their eating.

### OTHER SPECIFIED FEEDING & EATING DISORDERS (OSFED):

Some people have a combination of the above difficulties which may not fulfil criteria for a diagnosis of anorexia, bulimia or binge eating disorder and therefore are given a diagnosis of OSFED. Research shows us that individuals with OSFED experience a similar level of distress and impairment as those with anorexia, bulimia or binge eating disorder.

### AVOIDANT RESTRICTIVE FOOD INTAKE DISORDER (ARFID):

Individuals with ARFID are unable to meet their nutritional needs, typically due to fear of an adverse consequence, such as choking or becoming ill, a lack of interest in food or difficulties with the sensory components of food. ARFID commonly develops in younger children, however, if left untreated, can persist into adulthood.

## THE ASSESSMENT OF EATING DISORDERS AT THE LIGHTHOUSE ARABIA

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When you contact us, we will initially conduct a brief call to enable us to gather important information regarding your needs. We then conduct a thorough intake assessment, which will enable us to advise you on the

most appropriate treatment for your difficulties. We can also assess and treat any comorbid disorders (such as anxiety or depression), which are common in those with eating disorders.

## WHAT TREATMENTS DO WE OFFER?

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*We believe in offering the gold standard in evidence-based treatment. All treatments we deliver are recommended by the National Institute for Health and Care Excellence (NICE) 2020 guidelines. Our team are compassionate, provide person-centred care, and recognize that recovery from an eating disorder can be difficult. We tailor our treatment to work best for you or your child's needs, and the stage of recovery.*

Because treatment for eating disorders often requires input from a range of professionals (dietitian, psychiatrist, psychologist) we work in a multi-disciplinary team. This is recognized as best practice in treatment for eating disorders. Therefore, for example, your psychologist may suggest you meet with the dietitian for nutritional advice or the psychiatrist for a medication review. Being treated by a multi-disciplinary team ensures good communication and planning goes into your care.

TREATMENTS INCLUDE:

### **Cognitive Behavioural Therapy for Eating Disorders (CBT-ED)**

Suitable for **all types of eating disorders**. It involves developing a personalized treatment plan, which addresses the unhelpful thinking patterns, emotions and behaviours which may have developed. CBT-ED is suitable for older adolescents and adults.

### **Maudsley Anorexia Nervosa Treatment for Adults (MANTRA)**

MANTRA is a modularized treatment for adults with anorexia. It focuses on addressing anorexia and exploring maintaining factors such as difficulties in managing emotions and relationships, unhelpful thinking styles and aspects of identity.

### **Family Therapy for Eating Disorders (FT-AN/FT-BN)**

Based on the Maudsley Model of Family Therapy for Anorexia Nervosa or Bulimia Nervosa (FT-AN/FT-BN), we work with the young person and their family to help overcome the eating disorder, using a combination of family therapy and specialist eating disorder knowledge. Research shows us that recovery is most likely when the family are fully involved in treatment.

### **Nutritional & dietary assistance**

Dietetic assessment and advice to help patients restore a healthy relationship with food. This includes assessing nutritional status, meal planning to meet nutritional needs and psychoeducation related to balanced eating.

### **Psychiatric Support**

This may include review of progress in treatment, physical health assessment, risk assessment, management of co-morbidities and/or medication management.

# SUPPORT SERVICES & PACKAGES OFFERED



The LightHouse Arabia provides a range of eating disorder support services for individuals including children, teens, adults. We also work with families/carers, schools (staff, parents, students) and corporate organisations in the form of educational talks, workshops, support groups, and training.

## OUR EATING DISORDER TEAM LEADERS



**DR. TEIZEEM DHANJI**

CHILD & ADOLESCENT PSYCHIATRIST  
Joint Lead, Eating Disorder Service



**DR. VICTORIA MOUNTFORD**

CLINICAL PSYCHOLOGIST  
Joint Lead, Eating Disorder Service

***You are not alone.  
We are here to help.***



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