



EXPERIENCED PROFESSIONAL EATING DISORDER

By Helen van der Voorn (NL)

JIJ
ZIJN

WHY AM I HERE?

- BRIEF INTRODUCTION
- MY JOURNEY TO RECOVERY
- MY OWN PRACTICE 'JIJZIJN'
- VALUES AND RISKS
- HOW TO STAY HEALTHY?



MY JOURNEY

- WHEN AND HOW
- STRUGGLES WITH LIFE
- TURNING POINT
- THE ROLE OF SUPPORT
- TRANSFORMATION FROM A SURVIVOR INTO A SOURCE OF HOPE



AN-BN-BED

MY PERSONAL STORY

JIJ
ZIJN

WHAT IS AN EXPERIENCE PROFESSIONAL

- **DEFINITION:**

AN EATING DISORDER PROFESSIONAL HAS A PROFESSION IN THE MENTAL HEALTH SECTOR,
AND THEIR EATING DISORDER HAS BEEN CURED AND WORKED THROUGH IN THERAPY

- **REQUIRED:**

PROFESSIONAL PROXIMITY; RIGHT BALANCE BETWEEN DISTANCE AND PROXIMITY

- **OWN EXPERIENCE, ADEQUATELY AND FUNCTIONALLY**

THE DIFFERENCE BETWEEN AN EXPERIENCE PROFESSIONAL AND AN EXPERT BY EXPERIENCE? (NL)

LEVEL OF TRAINING, ROLE, AND PROFESSIONALISM

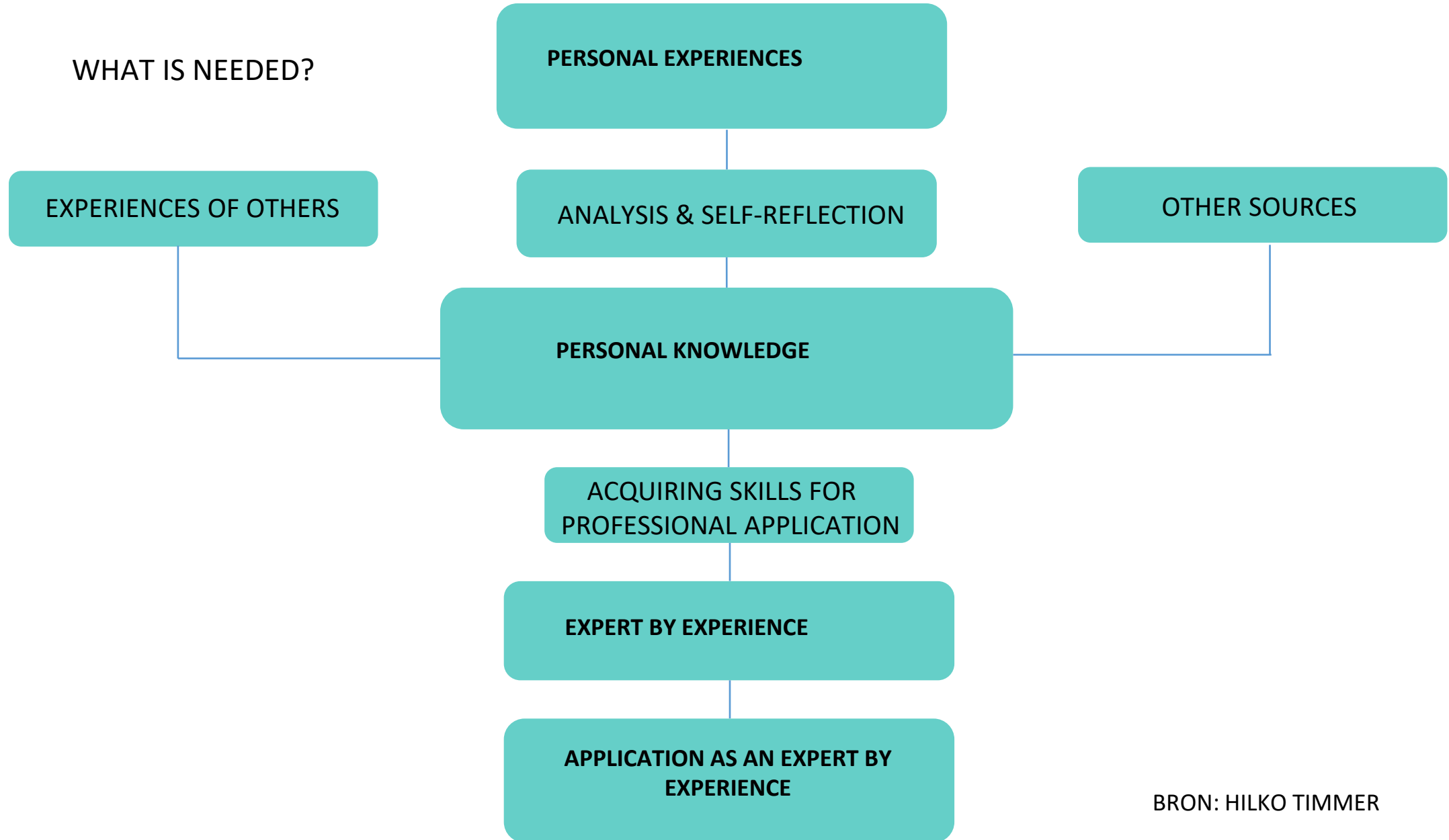
- AN EXPERT BY EXPERIENCE:

BASED ON PERSONAL EXPERIENCE, **NO FORMAL TRAINING REQUIRED**, TYPICALLY AND **OFTEN** VOLUNTARY, FOCUS IS PRIMARILY ON PROVIDING RECOGNITION, SUPPORT AND HOPE

- AN EXPERIENCE PROFESSIONAL:

PERSONAL EXPERIENCE AND PROFESSIONAL TRAINING, HAS A MENTAL HEALTH PROFESSION, SUPPORTS CLIENTS WITH CLEAR ROLES, HAS HEALTHY BOUNDARIES AND PROFESSIONAL SKILLS, MAY CONTRIBUTE TO POLICY-MAKING AND EDUCATION

WHAT IS NEEDED?



BRON: HILKO TIMMER

WHAT IS THE ADDED VALUE?

FOR CLIENTS

- AUTHENTIC CONNECTION AND UNDERSTANDING
- HOPE, FAITH AND INSPIRATION
- POSITIVE ROLE MODEL
- MORE MOTIVATION AND ENGAGEMENT
- A FASTER CONNECTION AND BETTER COOPERATION
- MORE CONFIDENCE, LESS FEAR/SHAME OF REJECTION
- PRACTICAL ADVICE FROM SOMEONE WHO'S BEEN THROUGH THE SAME PROCESS

FOR SOCIETY

- REDUCING STIGMA'S
- CREATING MORE EMPATHETIC IN HEALTHCARE SYSTEMS

FOR PROFESSIONALS

- CLINICAL KNOWLEDGE
- BRIDGING THE GAP BETWEEN THEORY AND LIVED REALITY
- IMPROVED TRUST AND ENGAGEMENT WITH CLIENTS

CONTACT AND RECOGNITION



MAKE A DIFFERENCE BETWEEN THE PERSON AND THE EATING DISORDER

JIJ
ZIJN

RISKS AND CHALLENGES

EMOTIONAL RISKS

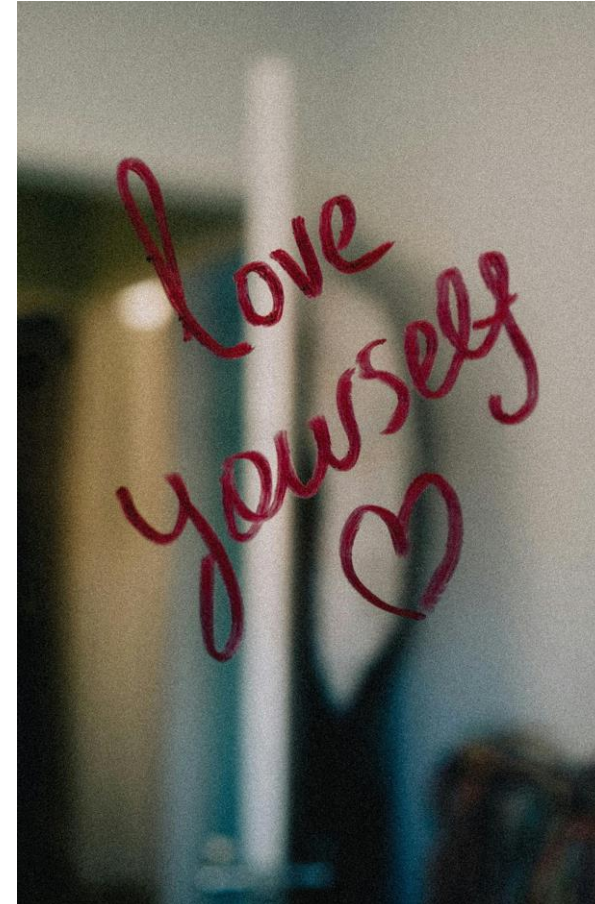
- REVISITING PERSONAL TRAUMA
- EMOTIONAL OVER-IDENTIFICATION WITH THE CLIENT
- EMOTIONAL OVERLOAD

PROFESSIONAL RISKS

- BALANCING PERSONAL EXPERIENCE WITH PROFESSIONAL OBJECTIVITY
- MANAGING BOUNDARIES EFFECTIVELY
- MISUNDERSTANDING OR UNDERVALUATION THE ROLE

WHAT IS NEEDED FOR A HEALTHY PRACTICE?

- TRAINING
- SUPERVISION
- CLEAR BOUNDARIES
- SELF-CARE
- REFLECTION



THE DIFFERENT ROLES

PERSONAL GUIDANCE

- PERSONAL TREATMENT, BUDDY IN RECOVERY HOMES, RECOVERY PROCESSES

EDUCATION/TRAINING

- INSPIRE WITH RECOVERY STORIES (AT SCHOOLS), (MENTAL) HEALTH CARE WORKERS

ADVICE

- HEALTH CARE PROGRAMS AND POLICY

GROUP GUIDANCE

- PEER GROUPS, SELF-HELP GROUPS

ORGANIZATIONS, RECOVERY HOMES OR FOUNDATIONS (NL)

E.G. IXTO NOA, STICHTING JIJ, HUMAN CONCERN, ISA POWER, STICHTING KIEM

A CASE STUDY

- EXAMPLE CLIENT ALMOST FORCED FEEDING IN ANOREXIA
- REFLECTION OF HEALTH CARE PROFESSIONAL ON COLLABORATION WITH AN EXPERIENCE PROFESSIONAL

A MESSAGE OF HOPE

RECOVERY IS POSSIBLE
TOGETHER WE CAN BREAK THE CYCLE OF
EATING DISORDERS



CONCLUSION

JIJ
ZIJN

THANK YOU
ANY QUESTIONS?



JIJ
ZIJN