

Scenario 1 (parents and extended family)

Antonia and Doug's 16-year old daughter, Isabella, is suffering from anorexia nervosa. Emotions can run high, particularly with extended family members over meal support. Antonia and Doug feel this stress particularly during extended family get-togethers. Today, they are together at the grandparents for dinner to celebrate Easter Sunday with various other family members.

WITHOUT MOTIVATIONAL INTERVIEWING

Isabella: I don't want any lamb - I'll just have some of the veg.

Gran: That's not enough Isabella... this is going too far (*looks in exasperation at Antonia*) ... look at your cousins. You *need* to eat to feed your growing bodies and "some veg" is just not enough.

Mum: (*sigh*) Try and eat a bit of lamb, sweetie.

Isabella: I can't mum... You know I can't ...besides it's later than I normally eat and I reckon I've eaten what I should have eaten for today...according to my meal plan.

Grandad: Meal plan? When your mum was your age, she ate because she was hungry, she needed food. She didn't need to have any meal plan! You should be thankful you've got food on your plate.

Isabella: I feel anything but thankful... I'm not eating it

Dad: (*to Grandad*) Look John, you know what the score is here. We've discussed it over and over again. (*to Isabella*) Honey, try and eat some more, show your Grandad how well you've been working with your team at the Clinic.

Grandad: We just can't understand her having to go to a hospital to learn how to eat. It is simple - you eat when your belly is empty, you eat when you're hungry! (*shakes his head*). Must be a modern thing, all of this anorexia stuff. Is it the latest fad?

Aunt: There certainly appears to be a lot of it around. You just have to open any magazine these days. They're either telling us not to feed our kids too much, or how to deal with these eating disorders. We live in one crazy old mixed up world.

Mum: I know it's really tough to grasp but this type of talk isn't really great at the table. Do you mind if we change the subject?

Gran: We're only worried about her Antonia... we just don't understand. We saw her at breakfast and she eats virtually nothing, then again at lunchtime, same thing and now when you think 'my goodness, she must be starving', it's way past her normal dinner time, she's eating like a tiny bird yet again. Grandad and I are worried sick about you, Bella. You're

fading away to nothing. I can see your bones stick out on your shoulders. You gonna land up yourself up in hospital for good if you're not careful.

Isabella: Mum, please tell them to stop. They're doing my head in.

Uncle: That's a bit rude of you Isabella - remember who you're talking to please.

Cousin: Oooh, yeah a friend of mine, Emma....well someone in her sister's class at school just *died* of anorexia. How awful is that? I can't begin to tell you how I'd feel if that was you Bella!

Dad: Please can we just change the subject???

Isabella: I don't have anorexia. Please can you all just leave me alone. I'm not ill. You don't need to worry about me. I just don't want to eat this friggin' lamb! Can't you just respect the fact that I want to eat veg and potatoes and that's it. Geez... (*digging knife hard into potato*)

Gran: OK...just leave it... let Antonia and Doug deal with it. We're feeling way out of our depths in all of this.

Grandad: Julian, pass me the sauce, you know how to appreciate your gran's cooking don't you? Let's show Bella how it's done.

Mum: Please ... please be sensitive. Isabella isn't well. She can't help it and those comments just do not help us.

Dad: We should never have come. We should have stayed at home. This was a mistake. Family get togethers are ALWAYS a mistake these days. We all end up hurt, angry, frustrated....it just does not work. Let's try and reschedule our next meeting for a year or two when we've rid ourselves of this Goddamn illness. Bella, get your coat. We're leaving.

Gran: (*tearfully...to Grandad*) Now look what you and your mouth have done. Antonia, honey, try and understand it from our perspective.... we just didn't have anything like this when we were young. It is so tough to watch our granddaughter starve herself. We struggle to understand how it has come this far.

Mum: Are you making out we are to blame??

Gran: I don't know who's to blame. She was fine last year when we were all on holiday at Centre Parks. We just cannot understand it. Nobody else has suffered from this, what do you call it?

Mum: Yeah well shit happens. As Doug says, we'll leave you to enjoy the rest of your celebrations and remove our problem child. Bella, get your jacket, let's go. I've got some salad in the fridge which you WILL bloody well eat....

Aunt: Can't you just bring the salad over here? That way at least you and Doug get to eat Easter dinner.

Isabella: While Family Problem Child nibbles her lettuce leaves? We're going.... (*grabs coat and rushes out of door*)

Gran: Bella, sweetie, don't forget your Easter eggs....

WITH MOTIVATIONAL INTERVIEWING

Isabella: I don't want any lamb - I'll just have some of the veg.

Gran: That's not enough Isabella... this picking at your food can't go on. You need to eat to feed your growing bodies - can't you understand that 'some veg' is just not enough?

Mum: Bear with us, Sheila, we're going through a bit of a tough time at the moment. We're getting there but it's taking a lot of patience and understanding. Tough call, I know, it's not a rational illness and I've brought some information that you may find useful. I've left it on the dresser - you may want to take a look at it over the coming weeks. We've certainly found it useful. Giving information

Gran: Hmm...that would help us because at the moment, we just don't understand it. I just want to see her eat normally again. She's getting so thin.

Isabella: I can't eat this mum... You know I can't ...besides it's later than I normally eat and I reckon I've eaten what I should have eaten for today, according to my meal plan.

Grandad: Meal plan? When your mum was your age, she ate when she was hungry, when she needed food. She did not get away with wasting any of it.

Isabella: I'm not eating it (*voice raised*)

Dad: OK, everybody's getting a bit uptight. Do you mind if we all take a bit of a breather for a moment. (*to Grandad*) Mum, Dad..... I know it's difficult for you to get a handle on what's happening with Isabella. You've never been faced with this illness before and I can totally understand your bewilderment. The three of us really appreciate your support and your trust that we are handling it. Complex reflection + MI empathy/praise

Mum has brought some information for family members to read at a future point. However, in the immediate situation, Dad senses an increase in the emotional climate and tries to diffuse it. He asks permission before empathizing with his parents over their difficulty in understanding the illness. He also praises and affirms the support that they've given.

Grandad: Just cannot understand her not wanting to eat. Must be a modern thing, all of this anorexia stuff. Is it the latest fad?

Aunt: There certainly appears to be a lot of it around. You just have to open any magazine these days. They're either telling us not to feed our kids too much, or how to deal with these eating disorders. We live in one crazy old mixed up world.

Mum: Yep there is a lot in the media. However, we have one huge thing going for us and that's the support of a large, caring family who all want the best for Bella. You do not know just how important that is to us right now.

Gran: We do worry Antonia.... we just want to see her better again.

Mum: That's what we all want Mum....including Isabella - you have all these wonderful plans, Bella, don't you? Want to talk about your trip to Europe this summer?
Simple reflection + closed question

Grandpa: She'll have to eat then. She simply cannot go away for ten days and eat nothing.

Mum: We have our plan from now until then and you know what you've got to do, don't you, sweetie? She is so looking forward to visiting Italy and France. Family gatherings are tough for Bella where eating together is concerned. However, she and I had a discussion on Thursday on how she would deal with any anxiety today. What was the plan you had decided upon, Bella? Simple reflection + closed question + giving information + open question

Mum raises the emotional climate by drawing awareness to the green shoots (i.e. the benefits of a strong, supportive, collaborative family network). She joins Dad in continuing to express appreciation for their support whilst rolling with any resistance. They try to derail the current worries and concerns (food talk) as they are aware of the pitfalls of food talk over the dinner table. Instead, Mum turns the conversation around focusing on the bigger picture and future plans involving healthier behaviour.

Isabella: OK I'd decided if it got a bit much, I would take a break ...then come back and try again.

Uncle: That's fair enough - really impressed that you've developed some strategies there - that approach will definitely stand you in good stead in life, kiddo!

Cousin: Oooh yeah... a friend of mine, Emma....well someone in her sister's class at school just *died* of anorexia. How awful is that? I can't begin to tell you how bad I'd feel if that was you!

Dad: That is not going to happen here, Jane. You are your cousin have a whole lifetime of family celebrations ahead of you. What is really important is that Isabella has been working hard with her team and they're real pleased with her progress and the efforts she's been making. Reflection + giving information

Whilst acknowledging cousin's comment, Dad turns conversation around to one with a more upbeat and positive tone.

Isabella: OK listen you guys, I'm going to go and sit next door just to do a bit of breathing...try and get my head together again.

Dad: Well done, Bella. Really impressed by you doing whatever it takes to fight back. affirmation

Mum: Do you want one of us to sit with you? Closed question

Isabella: No, I'm fine, I want to be on my own for a bit - I'll just go through and sit in the living room and watch some TV.

Mum: Once you're feeling a bit calmer, let us know what will make it easier for you in terms of supporting you through dinner.

Mum subtly sends a message that eating dinner is non-negotiable, as well as promoting Isabella's autonomy in that she can make the choices as to what support will be more acceptable to her.

Isabella: (sigh) Yep, I guess I could try and eat a tiny bit lamb though it's not my favourite.

Dad: We trust you that you know what you have got to do to reach your target this week. And....you've got some pretty impressive goals lined up for later this year! We all want to help you get there.

Uncle: We sure do.

Gran: There's also some ham in the fridge and tuna salad.

Mum: That could work - sounds like there's plenty of choice for you there. Simple reflection

Isabella walks out the door

Mum: Doug and I really appreciate all your support on this. I know it's difficult to rationalize and it really can put a spoke in the wheel of any family get-togethers but you know, you're all being so supportive in what could have been a really difficult situation...so we'd just like to say thanks.

Aunt: That's what we're here for Antonia...that's what families are for!

Dad emphasizes his trust in Bella that she knows what to do for her wellbeing, again highlighting the 'bigger picture' and future plans. They end again by affirming the importance of a collaborative approach to fighting the ED.

Scenario 2 (parents and sibling)

16-year old Mandy has anorexia nervosa. She and her 17-year old sister, Teresa, are on a walking holiday with their parents in Scotland. The scene takes place in the kitchen of their rented cottage, an hour after they had returned from an afternoon walking in the hills. The family are sitting round the kitchen table as mum prepares a light supper. The atmosphere is tense. Dad is sitting with his head in his hands. Teresa is glaring angrily at her sister as Mandy sits wringing her hands at the table. Mum flutters nervously over a large pot of soup on the stove.

WITHOUT MOTIVATIONAL INTERVIEWING

Teresa: Well folks, I can safely say this is the worst bloody holiday yet. The holiday to end ALL holidays.

Mum: Please darling, don't make the situation any worse. We had a good afternoon – did you enjoy the afternoon, Mandy.

Mandy: Yeah, I guess so. The walk was nice.

Teresa: Nice? You say the walk was *nice*??? You spent the first couple of hours racing ahead of us. I thought the whole point of this break was to relax, take in a bit of the scenery, stop off at little pubs for lunch....well at least that was your story, Dad (*swings round to glare at her father*)...

Dad: It was ... that was my intention

Teresa:so instead we spend the entire afternoon chasing after Usain Bolt here... then we get to the village where I'm STARVING and could kill some fish and chips, but hey guess what ? No can do. Anorexic Annie here decides no she will only eat soup for supper....so yeah fine, we all have to eat soup.

Dad: We said you could have fish and chips – do not start on that one. Don't make the situation any worse Teresa

Mandy: I did not stop you having what you wanted Teresa. I just didn't want any. I did not feel like that for supper. You can all eat what you want. I just didn't want any of that type of stuff.

Teresa: And let's not forget, it's ALL about YOU...whether we're at home, on holiday or on the bloody moon – life orbits around Amanda and her fads.

Mum: That's not true Teresa

Teresa: It bloody is too.

Dad: Well tell us, what do you want to do tomorrow? Tomorrow we will do what you want to do

Teresa: Yeah, I've heard that one before.... OK I'll tell you what I want to do. I want to get up, have a leisurely breakfast, go for a slow, *leisurely* walk in the morning, have some lunch and maybe catch a movie in the village in the afternoonthen we ALL go for fish and chips for supper...you know...as a family....as a *normal* family would do on holiday..... Travel Advisor says it won best UK chippie 2010.

(Mum places a basket of bread then three large bowls of soup at their three place settings and a smaller bowl in front of Mandy)

Teresa: It's like Goldilocks and the three bloody bears – for goodness sake give her a bowl the same size as the rest of us so we can get rid of this bloody illness, if that's what it is.....

Mandy: I'm not doing that.

Mum: Doing what, darling?

Mandy: Doing what Teresa, suggests we do tomorrow..... I'll go for the walk but there's no movies that I want to see and, you know, I just *can't* eat anything from achippie....

Dad: Yeah but we have got to cater for everybody, Mandy. It is a family holiday and we are all part of that family.

Mum: Maybe you and Teresa can go, and Mandy and I can come back here then – how about that?

Teresa: NO, NO, NO...she can stay here, how about that? Listen, I'm 17, this could quite possibly be my last holiday with you guys ...has that ever crossed your mind this week???? Just for once, I would like to have dinner with BOTH my parents. I couldn't give a damn about her...because know what? She couldn't give a damn about me....in fact she couldn't give a damn about...(sentence left unfinished, swallows back tears)..... She could not give a damn about me.... she could not give a damn about *any* of us...otherwise she'd eat a piece of bread.

Mandy: That is *not* TRUE. You know it's not ...

Teresa: Then prove it (*slaps a large piece of bread in front of her sister*). Prove it ! Eat that...

(*Mandy tears a tiny piece of bread off and slowly puts it into her mouth with a disgusted look on her face*)

Teresa: No, that is not big enough (*tears a larger piece off*). THAT'S a NORMAL bite size!

Mandy: I'm sorry...I can't. (*bursts into tears, gets up from the table and runs out of the kitchen*)

Teresa: Dad, take me to the station tomorrow, I'm outta here. I have had enough!!!

WITH MOTIVATIONAL INTERVIEWING

Teresa: Well folks I can safely say this is the worst bloody holiday yet. The holiday to end ALL holidays.

Mum: I can see that you're upset darling. This illness is hard on us all. Its whole intention is to drive a wedge in between our family. However, we will not let it do that to us. What are you thinking Mandy? Externalizing the illness, using a calm and compassionate approach + open question

Mandy: I spoil it all for you. I did enjoy my day mum, honestly and I am sorry, Teresa, if I've ruined it again. I did have a nice walk honestly....

Teresa: Nice? You say the walk was *nice*??? You spent the first couple of hours racing ahead of us. I thought the whole point of this break was to relax, take in a bit of the scenery, stop off at little pubs for lunch...well, at least that was your story, Dad

Dad: I know it's tough for you right now and this break is intended to be as enjoyable for all of us as possible but... reflection using empathy

Teresa:so instead we spend the entire afternoon chasing after Usain Bolt here... I mean what was all that about, what were you trying to prove? That you can go faster and quicker than everybody else??? Sorry but I wasn't aware that this holiday was about competition??

Dad: Ok, OK, OK, I can see what's happening we're beginning to be swept up on that emotional wave. Your mother's right – we will NOT allow the eating disorder to destroy our family and our relationships with each other, right? So how about taking a deep breath, Teresa, calming down a bit and then we can talk about how we can do it better tomorrow. Complex reflection + externalizing the illness + encouraging calmness + suggesting a break (walking away from the emotional wave)

Teresa: ...well for starters, I was STARVING and could have killed some fish and chips, but hey guess what? No can do. Anorexic Annie here decides 'no', she will only eat soup for supper....so yeah fine, we all have to eat soup.

Dad: Like I said, deep breath Teresa... We need to keep calm. How about eating this soup, first. None of us have to talk until we've finished, if we don't feel like it. However, afterwards we'll go over the mistakes that have been made today, the lessons learned and on a more positive note, how we work together to make tomorrow a more enjoyable day for all of us. Compassion and understanding + emphasizing individual autonomy

Mum and Dad sense the building pressure. They know their older daughter is upset over the day's activities. They use empathy to take the heat out of the situation following this up by setting boundaries. Dad also rolls with continuing resistance, and offers some positive problem-solving strategies.

(the remainder of the meal is eaten in silence, Mandy glancing nervously at her family, eats the soup despite looking decidedly uncomfortable about doing so. At the end of the meal, Mum opens the conversation....)

Mum: So ...we all seem a bit calmer. It seems like Dad and I didn't get it quite right today which is OK. None of us are perfect. We didn't realize that you were really in the mood for fish and chips, Teresa... However, at the same time...and this is where our anxiety plays a big part....we're also very well aware that this dinner would have freaked the hell out of you, Mandy, and that your eating disorder would have screamed all sorts in your ear and the repercussions would have been that you wouldn't have eaten anything. What I am wondering is whether either of you could come up with any possible solution ...you know...if this was to

happen, say tomorrow? Lets' start with you Mandy. Summarizes situation, using reflections, admitting mistakes that had been made, externalizing illness + emphasizing autonomy

Mandy: I could have sat in...but like I even hate the smell. I feel it seeping into my skin....

Teresa: Oh for goodness sake...

Dad: Thanks for that suggestion, Mandy. So we could have sat in but that would also make you uncomfortable, any other solutions?

Mum continues with the conversation at an appropriate moment. She uses reflections to summarize what she has picked up. She uses empathy toward Teresa and explains the rationale for their own actions. She then passes responsibility over to the girls exploring any better ideas that they may have that could better the situation were it to arise again. Dad chooses to lightly skip over Mandy's irrational reasoning (smell of fat seeping into pores) refusing to engage in ED talk and instead gently probes further for her to come up with a more workable solution.

Mandy: Might we perhaps have brought it home – you guys could have had whatever you wanted and brought it back here...that way I could have put that fan on in the kitchen window and it would take the fat fumes straight out again.

Mum: OK, so bringing the food back sounds as if it could have been an option – what do you think, Teresa? Simple reflection + open question

Teresa: Not the perfect option as I wanted to eat in the chippie... but hey better than bloody soup.

Dad: ...and hey few options in life are ever perfect kiddo....

Mum: This illness is tough on you both, on your relationship with each other. We WILL beat it though. You will once again share that lovely warm relationship you had when you were growing up. Teresa, I appreciate you letting us know when we've got it wrong and I think we're so fortunate that we can talk openly and calmly about it in order to make it better next time around. Mandy, we will all continue to support you. You know we will never support your eating disorder. We want *you* back again and eating is non-negotiable. I'm going to wash up – how about if you girls go and discuss what you would like to do tomorrow, think of potential obstacles, Mandy, and how we can all jump those hurdles. Empathy + reminders of happier times + affirmations + boundaries + emphasizes continuing support, externalizing illness

Teresa: Mandy, I do realize how hard it must be for you. I find it really tough going at times to understand what you're going through and I get so frustrated sometimes. Why don't we try and do something fun after supper. Let's have a game of Scrabble or something that Mum and Dad can also join in.

Mum uses humour to continue to try and take some of the sting out of the situation. She empathizes again with both her daughters reminding them of more positive times in the past. She affirms Teresa's actions and thanks her for letting them know when they have made a mistake. This is an important role modeling lesson, i.e. that everybody gets it wrong at some point but that situations can be positively dealt with by using honest and open communication techniques. Again, mum uses consistent boundary setting to emphasize that eating is non-negotiable.

Scenario 3 (sibling)

Louise (17) suffers from anorexia with bouts of bulimia. In this script, she and her sister, Marie (16), talk about the illness and its impact on their once close relationship.

Marie: I just get so tired of it, Louise. You know, we've both got exams, we are both under a lot of pressure. I *try*, I really do *try* to understand where you're coming from but sometimes it just seems like you do this out of spite...you know trying to get attention. Mum and Dad are at their wits end and it's just sometimes so difficult to accept that it *is* an illness and it's not you being a total pain in the ass.

Louise: I get angry with myself. You know I start off every day, every day when I wake up, I think 'today, I'm going to try so hard....stick by that meal plan. "Today's the day for change"...then it all goes belly up.

Marie: You seem so trapped away from us within the illness. I want my sister back. Can't you see that? I want to go and play tennis with you again. I want us to go to the movies and just do normal things like we used to...buy a box of popcorn for example.... even that suggestion could spark off a third world war these days.

Louise: I guess it's difficult for you to understand, for any of you to understand. I think Dad thinks I'm doing it on purpose, for the attention seeking bit. It just breaks my heart to see the hurt I'm causing, you know? Sometimes I feel it would be so much better if I wasn't around.

Marie: I read in a book that your anorexia thoughts stops you understanding us. We hurt when you hurt. We would have immense pain every day of our lives if you were no longer around. You have always faced life's challenges brilliantly. You can do the same with this. I know you can.

Louise: I would like to think I can but sometimes the challenge seems insurmountable.

Marie: This illness freaks the living daylights out of me. I see you undress at night and I just freeze with fear....and it is not just that, you know, we don't talk any more, we don't laugh or joke about stuff anymore. You don't come with me on our dog walks any more. I

miss all that. I miss our chats about everything and nothing. It seems like an eternity since we have had a real carefree conversation about guys, clothes and just normal stuff. Conversations like that are such a thing of the past and it makes me feel so sad.

Marie is honest and open with her sister over her own emotional reactions, responses to her sister's illness and lack of understanding. She reminds her of the bigger picture, of happier times in the past and how she misses those times. She sets her own boundaries by refusing to listen to harm talk by affirming her own love and support for her sister. Again, she looks to the bigger picture in the future to do this. Yet, she is open and honest on her own fears for the future, that although she is hopeful of a return to these days, she is nevertheless aware and fearful that there could be a not so positive alternative.

Louise: I am sad too. I feel I do not deserve to eat.

Marie: It is so difficult for us to get our heads around why someone we love cannot love herself, starting with giving her body the nourishment it needs.

Louise: I know to other people, it is totally irrational. But I just sit down and all these thoughts come into my head, how if I eat the chicken salad or whatever ...by tonight I'll have put on half a stone and I'd rather die than... sorry.... I do not mean that.

Marie: Let me see if I'm understanding this. Every time you sit down to dinner and we're all starting to eat, your thoughts are going haywire, like if you eat a piece of salmon, you're gonna wake up the next morning looking like em ...a sumo wrestler, for example?

Louise: Yeah, well I guess when you put it like that, yep that sounds about right. I know it must sound crazy to you.

Marie: So, I guess the big question for now, is what we can do about these thoughts. I guess it doesn't help us telling you that they're stupid thoughts or untrue thoughts or anything else because they seem to be real to you, otherwise you'd be able to tell them to bugger off yourself wouldn't you?

Louise: Mmmm

Marie: We need all to come up with a plan on how best to support you through this, yourself included. We all need each other to close ranks against this asshole monster that's strangling you. I know we've been trying to do this but perhaps reassuring you or us telling you that you need to eat, we don't want you to die.... and on and on and on...perhaps that's not the best response.

Louise: Nope, kinda puts more pressure on me actually – I feel bad enough about not being able to eat.

Marie: So what other techniques could we use...you know to quieten or, at least, reduce these thoughts a bit more, both before and after dinner time....because not only do you need to eat but you need to keep the nutrition inside the temple so to speak, for your body to become healthy again because I find that really frightening – you know, the actual long lasting damage you could be doing to your body right now.

Louise: The six million dollar question...

Marie: We don't have to come up with anything right this minute, but it is definitely worth reflecting on. I'm wondering how some dinner games would work?

Louise: Dunno. Suppose I'm open to suggestions. I'll have a think about it, OK?

Marie turns the conversation round to a more proactive tone, in that she is interested in the thought processes that are stopping her sister eating. She assumes a more creative problem-solving role in coming up with possible helpful solutions or ideas to tackle the issue of the obsessive-compulsive thoughts during mealtimes.

Marie: That would be brilliant – we really need to work on this together. We realize you are the only one who can do it but hey...we are all right behind you in anything you need from us that may help make that journey a bit easier.

Siblings are able to bring the bigger picture of life outside the eating disorder more into focus and they are a particularly good resource to help foster social relationships and break down the isolation that occurs.

Scenario 4 (spouse/partner)

Olivia has recently been discharged from a six-month inpatient stay. During the initial transition period, she adhered to her meal plan, worked with the outpatient team and life returned to some form of normality. However, a recent family bereavement appears to have sparked a potential relapse. Restricting and exercising are building up. Marcus arrives home from work to find Olivia preparing to go out for another arduous run.

Marcus: Hi Livvy, you there? Sorry I'm a bit late, traffic tonight was awful. What a week with work too. I could kill a large glass of Sauvignon. Do you fancy joining me?

Olivia: Not right now, I'm gonna go for a quick run before dinner. I may have a glass with dinner. I've made a tuna salad. It's in the fridge. Just begin without me, if I'm a bit late back.

Marcus: Looks like you're gearing yourself up for another arduous exercise work-out. I've noticed that you've really upped the game on the exercise since losing your Gran.

Olivia: I don't really want to talk about that. I'm going for a run. I won't be long.

Marcus: OK...I don't want to get into this right now. You are obviously determined right now. It is important, however, that we address all of this. You have done really well, put in such a lot of effort with the treatment and I feel that it's all gone a few steps back. Now is not the time to address that but if it's OK with you, let's discuss this either during dinner or if that's too difficult at a time when you feel at your calmest. I would like it to be this weekend.

Marcus recognizes the futility, or even danger, of starting an emotional exchange at that particular time. However, he does reflect on her recovery efforts as well as a potential relapse and emotional challenges after losing her grandmother. He sets boundaries, i.e. that this conversation is very necessary but respects Olivia's autonomy, giving her the options in the near future of when it will occur.

Marcus: *(the following day)* You're look a bit more chilled today, Liv. Following on from yesterday's chat, how do you feel about having a walk along the seafront so we can chat about some concerns I have?

Olivia: That's one way to unchill me!!

Marcus: I know that this is difficult for you; it's difficult for us both. I obviously can't talk for you, but from my perspective, I've noticed some increased anxiety that are morphing into eating disorder behaviours, more so since you lost your Gran. I know you were really close to her and these things are difficult enough without also adding recovery from an eating disorder into the picture.

Olivia: I do think you are jumping the gun a bit. So...I went for a run last night. What was the big deal? I have been sticking to my meal plan, haven't I?

Marcus: I have noticed you giving yourself increasingly smaller portions and I've been recognizing some red flags during the last month. Like I said, you worked so hard in the Unit and you appeared to be in a much better place during the early transition weeks. It would be such a shame to lose that and for you to have to go back there.

Olivia: That will *not* be happening! I hated it in there.

Marcus: I just feel we are not out of the woods yet and I feel I need to be totally honest in what I'm seeing and feeling. It looks to me as if you are struggling with your feelings and emotions and this is resulting in some familiar old choices.

Marcus uses empathy and reflections as well as affirms Olivia's previous efforts in recovery. He empathizes over current difficulties with her recent bereavement but nevertheless, he airs his concerns in a compassionate, firm manner.

Olivia: It is difficult. Don't worry. I will get back on track.

Marcus: I know it's difficult and I have no doubt that you intend getting back on track. Making the changes you have already made was never going to be easy. I want us to have that life we spoke about during therapy and I know, deep down, you want that too. I feel we're on a bit of a dangerous slippery slope right now. OK, I hear you say, your daily run should not be any cause for concern; smaller portions shouldn't be any cause for concern. However, from past experience, it all could quickly snowball with these behaviours increasing rapidly and the eating disorder completely taking over once again. The impact of these behaviours increasing concerns me; not only for your wellbeing but for our lives together, our future.

Olivia: Are you threatening me??

Marcus: No, I'm not threatening you. I am gently reminding you of the life goals you speak about. For instance, think about where you would like to be in five years' time. On the one hand, you talk about wanting to start a family together and you also want to go on a road trip to the States next year, yet it seems as though the illness still has a hold on you. What will life be like if you're still struggling with this illness? Take the road trip, remember when we first met seven years ago and the holiday we took around Australia. That was brilliant, we had such a great time. How would that experience have played out had Annie Anorexia tagged along with us?

Marcus reminds Olivia of life goals. He uses reflections and rolls with resistance using a gentle but firm stance. He develops discrepancy between future goals and current behaviour and uses visualization techniques encouraging Olivia to look forward to the future as well as looking back at a time when the eating disorder did not have the current strong hold around her neck.

Olivia: I do hear what you're saying. It pisses me off but I do hear you.

Marcus: I am not trying to bully you. I will bully the ED though. I want us to move forward without the demon and I want to support you in the best way I can. I cannot do it for you. However, I can do it with you. Tell me, what are your thoughts on how we can turn this impending blip around again? How can I help you kick its ass?

Olivia: Not too sure. Maybe a good start, would be to mention it at my next session. I haven't brought it up with Claire (therapist) yet. You are right in some ways – I have been feeling a stronger pull to some old ways, but I don't know....

Marcus: OK, lets put this conversation on hold for the rest of the day and enjoy the day. I do trust you to make the right decisions with regards to your health and the future.

Marcus separates the illness from Oliva. He feels that their conversation has reached a point where he is comfortable in using open questions to explore further. He also feels as if he has planted the seed for now. He would like them to spend the remainder of the day engaging in non-eating disorder talk and activities but not before affirming his trust that Olivia can beat this.

Scenario 5 (friend)

Kathryn is becoming increasingly concerned over a recent change in her friend, Emma's, behaviour. Initially, supportive of Emma's recent weight loss, there appears to be no end to diet talk, despite her having reached her target several weeks ago. Emma also no longer participates with them in social activities as she did before. In this short scenario, Kathryn calls Emma to invite her out for a pre-wedding dinner for a mutual friend and colleague.

Kathryn: Hey Emma, there's a bash being organized for Mandy in three weeks' time. As far as I know, there's a table booked for 7 o'clock at that Greek restaurant on Thistle Street. There are ten of us going, you know, the usual crowd. I put your name down.

Emma: I'm not so sure, Kat. I have got a lot on at work at the moment, and by the time I get to the end of the week, I'm shattered. I'm also still trying to lose a bit of weight. Thanks anyway.

Kathryn: Ok. You've pulled out of a lot of social stuff lately. It is a bit out of character. Anything you want to talk about?

Emma: Just a bit tired with everything going on at work. It's pretty manic.

Kathryn: I know you've mention certain times of the year are busier than other times. It seems to have been going on for a couple of months now though and I've never noticed that before. You always were the first one to sign up to anything fun social-wise. That seems to have changed. I also thought that you'd reached your target weight, the last time we spoke. Just a bit concerned that your health is fine.

Emma: Oh, please don't go down that road, Kat. I get enough crap about this from home. They are never happy. I was overweight and now, apparently, I'm underweight. Mum's at me the entire time about a bloody eating disorder.

Kathryn: You are important to so many people, Ems. We've known each other forever. You seem to have lost a lot of your spark...your zest for life, if you like. You have always been the life and soul!

Kathryn uses complex reflections and empathy with her friend. She comments on the weight loss, reflecting on how she thought Emma had reached her target weight, but places the main focus on Emma's health. She rolls with resistance when met with irritation at the mere mention of a potential eating disorder, instead choosing to step back and change tack to affirming how important Emma is to many people and the fact that they have noticed a change in her personality and behaviour. She also refers back to those times before the change in Emma's recent behaviour.

Emma: I don't like hearing you say that.

Kathryn: It makes you feel sad.

Emma: Yeah, kinda. I'm just a bit confused at the moment. My head doesn't feel as if it's in a good place. I guess I'm struggling a bit.

Kathryn: I'm getting the feeling that you are finding life a bit challenging at the moment. That is tough. I know we haven't seen as much of each other recently but how would you feel about meeting up a bit more regularly ...you know, just for a chat?

Emma: That would be good. I don't particularly want to go out to the pub but a walk would be nice. Be good to catch up. I feel a bit disconnected from all of you at the moment.

Kathryn: We do miss you. A walk sounds brilliant. How about next Saturday morning – I'll come round to yours. Haven't seen your mum for ages either.

Emma: As long as you do not mention any talk about bloody eating disorders with her.

Kathryn: It'll be good for us to chat, Em. See you Saturday.

Again, Kathryn uses complex reflections, as she responds carefully to Emma. She is careful not to ask too many questions at this point and certainly backs away from talk about eating disorders. Instead, she empathizes with Emma's struggles. She then asks her how she would feel about meeting up more often. Emma responds to this positively, on her terms, i.e. a walk as opposed to pub meeting. She chooses to ignore Emma's comment regarding an eating disorder talk, instead again affirming how good it will be to meet up for a chat.