



Healing Eating Disorders with Psychodrama & Other Action Methods

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2022 ONLINE CONFERENCE

Psychodrama

The method developed by Dr. J.L. Moreno and his wife Zerka T. Moreno to explore problems, conflicts and other situations through improvisational action.



Action methods

A catch-all term for methods that use **action to explore our inner world**. These methods are experiential in nature and may include guided imagery, art making, movement, the creative arts and other modalities where the primary focus involves action rather than talk.

COVID-19 & disordered eating

The National Eating Disorders Association has reported **increases as high as 70 to 80% in calls** to its helpline at different points in 2020-2021.

Substantial **increases in hospitalizations** among people with anorexia nervosa, bulimia nervosa, and other eating disorders, such as binge-eating disorder, starting in the second half of 2020.

According to Trudy Scott, Certified Nutritionist: low GABA, low serotonin, pyroluria (low zinc and vitamin B6) and **hormone imbalances are associated with anxiety and intrusive thoughts**.

Eating disorders

Eating disorders are **complex behavioral and emotional conditions** that are characterized by persistent disturbances in eating behaviors accompanied by distressing thoughts and emotions. They typically affect our **physical, psychological and social functioning** and can be dangerous to physical health. Types of eating disorders include anorexia nervosa, bulimia nervosa, binge eating disorder, avoidant restrictive food intake disorder, other specified feeding and eating disorder, pica and rumination disorder.

COVID-19 pandemic

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Physicians are reporting a **rise in diabetes** during the pandemic.





Sociometry (exploring relational connections)

Knows psychodrama?

Knows other experiential methods?

Works with eating disorders?

Works with addictions?

Works with body image obsessions?

Knows and does yoga?

Has experienced personal struggles with disordered eating, food, body image?

Etc.



Sociometry (adapted for COVID-19)

Food and eating habits changed during pandemic?

Activity patterns and exercise habits changed during pandemic?

Mood shifts apparent during pandemic besides typical ups and downs of life?

Your people talking about struggles with food, eating, etc.?

Feeling isolated during pandemic?

Cooking habits changed or disrupted?

Gained weight?

Lost weight?

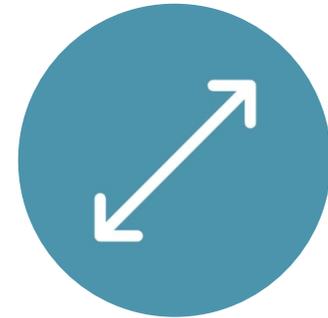
How psychodrama and action methods move beyond the silence and the fury



ENGAGING BRAIN &
BODY



GIVE VOICE TO WHAT
HAS NOT BEEN SPOKEN

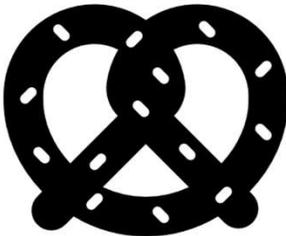
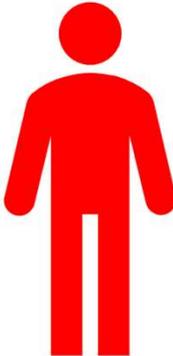


EXPANDING WINDOW
OF TOLERANCE

Social atom

A drawing or arrangement of who or what are the important relationships in your life in the here and now. You place yourself in the center of the “atom,” and the relationships are placed spatially around you. With disordered eating, this can be adapted into a **food atom**.

The food atom



COVID-19 atom

You and the important relationships that are around you as they relate to the **COVID-19** pandemic. With food and disordered eating, we include aspects of these complex relationships.

COVID-19 atom

You

Food

Overeating

Restricting

Virus

Isolation

Anxiety

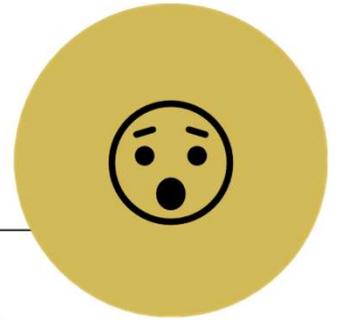
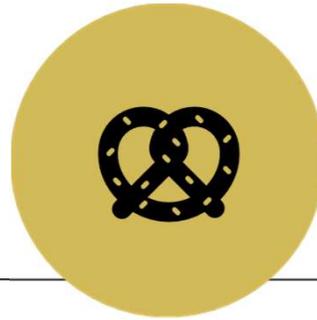
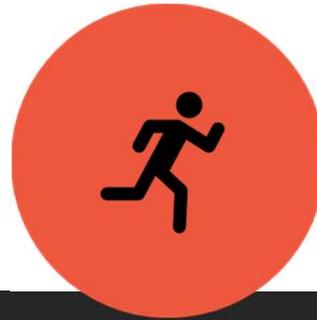
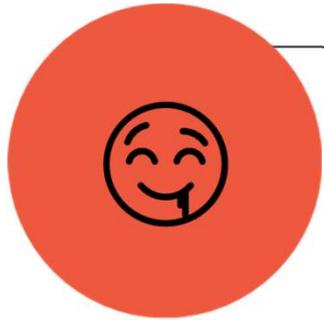
Serotonin & dopamine

Movement

Depression

Other

COVID atom



Option: COVID-19 locogram

You

Food

Overeating

Restricting

Virus

Isolation

Anxiety

Serotonin & dopamine

Movement

Depression

Other

Introducing strengths (Therapeutic Spiral Model of psychodrama)



INNER
(PERSONAL)



OUTER
(INTERPERSONAL)



UPPER
(TRANSPERSONAL)



Our relationship with food begins at birth.

Where do we
get our “ideal”
body image?



Where do we
get our “ideal”
body image?



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get our “ideal”
body image?



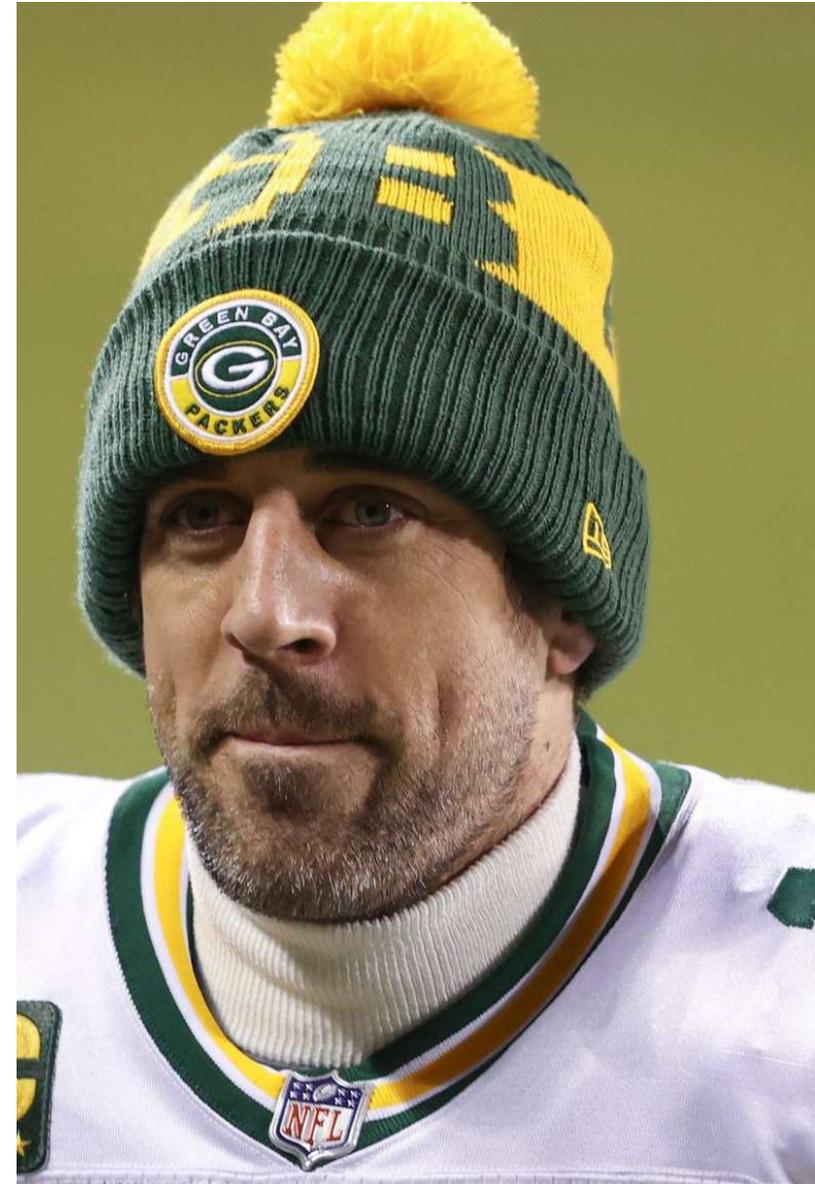
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The Compassionate Witness |

Compassionate Witness

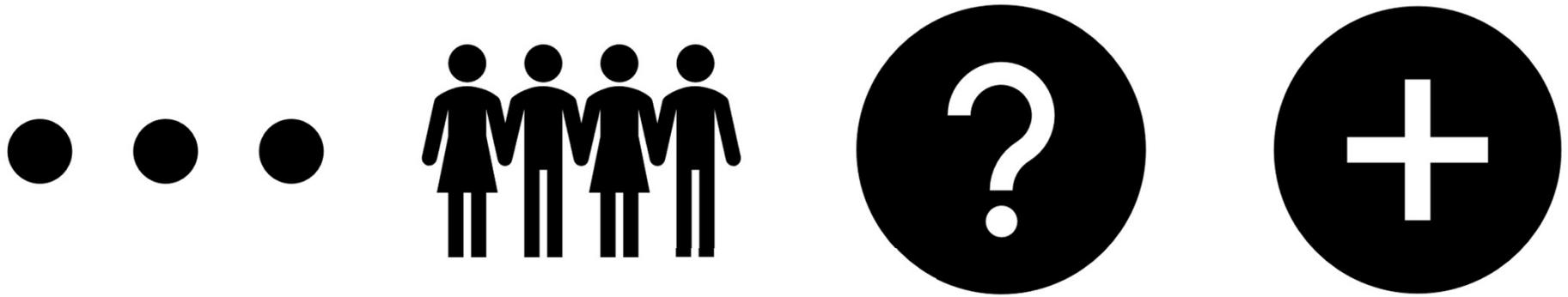
The role that observes you with **compassion, kindness, without judgment**. This role, when developed, is an **antidote to the “critical voice”** that so many of us have contained and activated through the years.



Jessica's food atom



The Warrior



Locogram

Locogram



Thriving



Depleted



Mixture



Other

Timeline themes

Attitude

Food intake

Body image

Disordered eating history

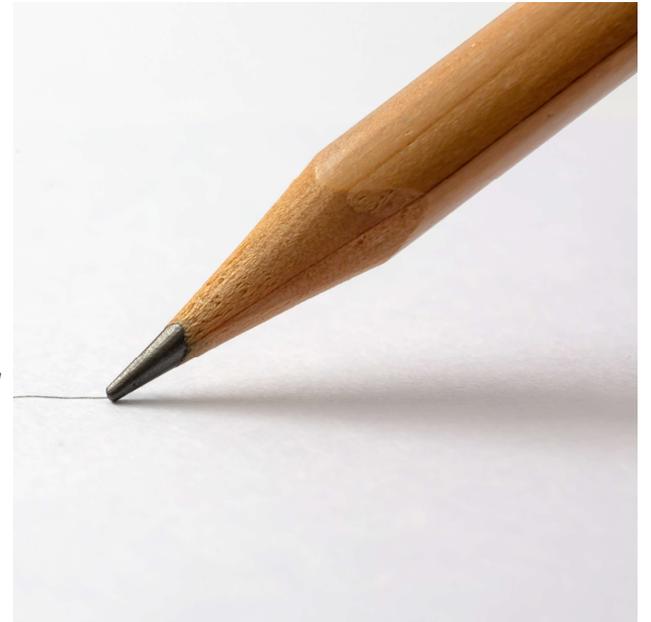
Disordered eating recovery

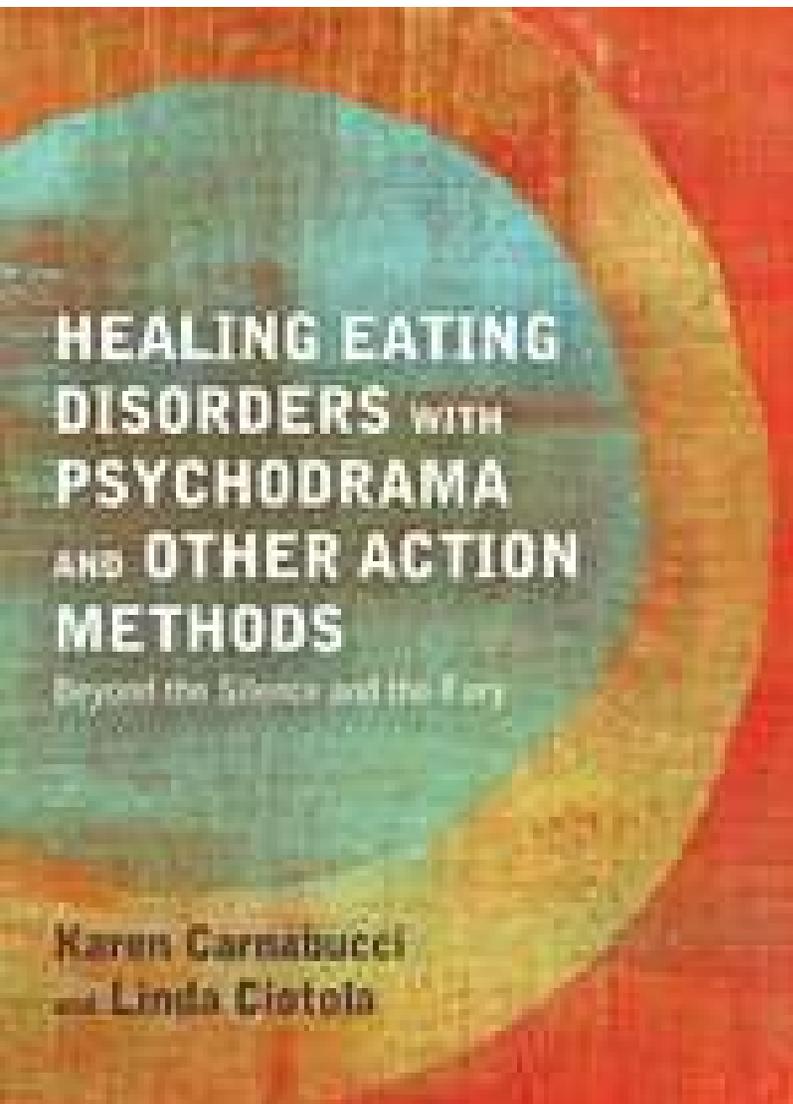
Relationship with body



Timeline today: your relationship with body during COVID-19

March 2020 ----- Now





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For more information

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Thank you for
attending!
