A Model for Conceptualizing the Treatment of Trauma, Developmental Immaturity, and Eating Disorders/Addictions

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Goals

To be able to:

– Identify the relationship between trauma, codependency, and addictive behaviors in the development and maintenance of eating disorders.

– Identify three key factors on how trauma and unmet needs influence addictive behaviors and eating disorders.

– Describe six recovery tools needed to help these patients achieve emotional and behavioral balance and find freedom from their eating disorder.

CODA TREE

CORE ISSUES
• Self-Esteem
• Boundaries
• Reality
• Dependency
• Containment

Pia Mellody - Model for Developmental Immaturity Issues
Helpful Definitions

**Trauma**: Anything less than nurturing or experienced as shaming. (Includes physical and emotional deprivation, neglect, and abandonment; unmet needs and attachment injuries.)

**Codependency**: The inability to esteem oneself based on the concept of inherent worth.

The First Ego State

“The Precious Child”

At birth, the inherent nature of the child is:

- Valuable
- Vulnerable
- Imperfect
- Dependent
- Spontaneous and Open

- Pia Mellody

Developmental Immaturity Model

- Childhood trauma and dysfunctional childhoods → Developmental Immaturity
- Childhood trauma + Developmental Immaturity → Unmanageability in life
- All 3 together create Relational Problems
- Relational problems are the most common reason people seek treatment

- Pia Mellody
Developmental Immaturity Model

<table>
<thead>
<tr>
<th>Nature of the Child</th>
<th>Core Issues</th>
<th>Secondary Symptoms</th>
<th>Relational Problems</th>
</tr>
</thead>
<tbody>
<tr>
<td>Childish issues → (causes)</td>
<td>Immaturity → (both drive)</td>
<td>Unmanageability → (all three create)</td>
<td>Problems with being intimate</td>
</tr>
<tr>
<td>1. Variable</td>
<td>1. Self-esteem issues (less than vs. better than)</td>
<td>1. Negative Control issues</td>
<td>1. Relational Esteem issues</td>
</tr>
<tr>
<td>2. Vulnerable</td>
<td>2. Boundary issues (too vulnerable vs. insusceptible)</td>
<td>2. Reassertion issues (pacing)</td>
<td>2. Enmeshment &amp; Avoidance Patterns</td>
</tr>
<tr>
<td>4. Dependent</td>
<td>4. Dependency issues (too dependent vs. anti-dependent or needless/wantless)</td>
<td>4. Addiction issues (Depression Physical Illness)</td>
<td>4. Problems with Interdependence</td>
</tr>
<tr>
<td>5. Spontaneous &amp; Open</td>
<td>5. Moderation/Containment issues (Out of control vs. controlling)</td>
<td>5. Intimacy issues</td>
<td>5. Intimacy issues</td>
</tr>
</tbody>
</table>

- Pia Mellody

Human Development

6 Schematics – interdependent of one another

Physically——Food, Shelter, Warmth, Perception, 5 Senses——BODY

Mentally——Growth, Reality Validated, begins respect——MIND

Emotionally——Love, Respect, Acceptance——FEELINGS

Spiritually——Freedom of choice, higher power——SPIRIT

Socially——Belonging, Fun——INTERACTION WITH THE WORLD

Sexually——Relationships, Interdependence——SELF / OTHERS

“The greater the gap between what we needed and what we got, the greater the dysfunction and likely the worse the addiction.”

- Pia Mellody
Goal of therapy: Reintegration of the authentic self

- Pia Mellody

**Ego States resulting from Trauma**

**WOUNDED INNER CHILD**
- Less Than
- Too Vulnerable
- Bad/Rebellious
- Overly dependent
- Out of Control
  
  "I AM BAD"

**FUNCTIONAL ADULT**
- Emotional Energy: 1-3
- Emotional Age: 1-6
- Healthy boundaries
- Responsible for reality
- Accepting imperfections
- Healthy expression of wants/needs
- Spontaneous & Moderate

**ADAPTED / DEFENDED ADOLESCENT**
- Better Than
- Invulnerable
- Perfectionistic
- Needless/Wantless
- Controlling
  
  "YOU ARE BAD"

**Emotional Energy**
- Emotional Energy 8 - 10
  - Emotional Age: 18 - 85
  - Emotional Energy 4 - 7
  - Emotional Age: 7 - 18
  - Emotional Energy 1 - 3
  - Emotional Age: 1 - 6

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**Recovery Tools**

**Wounded Inner Child**
1. Give Permission to Feel / Learn to Tolerate extreme emotional energy
2. Identify Negative Messages; i.e. “I am bad” “I am worthless”
3. Resolve Trauma Issues / Grief Work
4. Nurture Self

- Pia Mellody
Adapted / Defended Adolescent

1. Defense Mechanisms and Distorted Thinking: i.e. Intellectualizing, B/W Thinking, Catastrophizing, etc.
2. Recognize Triggers – "what are we being reminded of in our woundedness?"
3. Parent the self without criticism, neglect, and indulgence

Recovery Tools

Create Boundary System to Change Messages

Who I am

• My feelings make me human
• I have a right to say no
• I have a right to say yes
• Each person makes their own journey
• I can respect myself
• I am important to me

Who I am Not

• I am stupid
• You are stupid

Reducing Emotional Energy

From 10, 8, 5, 3, 1

1. Permission to Feel
• No wrong feelings
• Feelings are human
2. Build Tolerance
• Let yourself have the emotion, allow it to pass through body
• Grounding skills
3. Identify the Message
• Wounded – “I am wrong / bad”
• Adapted – “You are wrong / bad”
4. Affirm or Reframe to Functional Esteem
• Affirmation – choose what you want to believe about yourself
• Nurture Self
• Shore up the Boundaries
5. Convert to the Gift
• What can I learn?
• How can I connect?
• How can I be powerful?
• What are my values?

Intense Pain Becomes Healing and Growth!
Functional Adult Skills

1. Esteems from within in the presence of his/her humanity.
2. Able to be intimate with moderate vulnerability.
3. Comfortable with self and accountable for his/her impact on others.
4. Responsible for own issues of self-care, and willing to be interdependent.
5. Able to contain the self as well as maintaining a sense of spontaneity.

*Parent the inner child through affirmation, nurturing, and limit setting

— Pia Mellody

Pia Mellody Resources

Books
Facing Codependence, 2009
The Intimacy Factor, 2004
Facing Love Addiction, 1992
Breaking Free, 1989

www.piamellody.com

Call Rosewood for a free assessment if you think someone is suffering from an eating disorder at:
1-800-845-2211 or 480-303-0844

Assessments can be done over the phone or in person at our Tempe location.

For treatment advice or referrals call the National Eating Disorders Association's 24-hour information and referral helpline at 1-800-931-2237.
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