

Title: The Meta-Communication of Self-Destructive Behaviors

Name: **Erica Ives, LMFT, CEDS**
Licensed Marriage and Family Therapist
Certified Eating Disorder Specialist

All self-destructive behaviors can serve as a way to communicate. They speak the unspoken. Every eating disorder, addiction, and other self-destructive behavior has a voice, a story, a thought and a feeling that the sufferer is trying to express, but the deeper they go, the more disconnected they become. Eating disorder sufferers and addicts often don't feel like they belong, fit in or have the ability to navigate what seems like a scary and chaotic world. We as providers need to learn how to explore and understand the self-protective nature of the self-destructive behavior to help our clients learn and integrate new healthy coping skills.

Through this presentation, you will learn how ongoing assessment of eating disorders and other self-destructive behaviors can help us to gain information on trauma history and create a treatment plan. Treatment providers will understand how eating disorders and other self-destructive behaviors serve as coping strategies that are used to alleviate stress and self-soothe. We will also identify ways to reveal the pain narrative that lies at the core of the eating disorder and other self-destructive behaviors, learn to help your client reveal the language that lies beneath the eating disorder, and learn how to help our clients replace the pain narrative with a new set of beliefs.

Biography

Erica Ives has been a Licensed Marriage and Family Therapist for over 20 years and is also a Certified Eating Disorder Professional. She is the Founder, Executive, and Clinical Director of Mindfulpath Inc., an outpatient healing space where a wide array of treatment professionals come together in one space to provide a multitude of mental health and wellness services. Erica has also worked as the Clinical Director at several treatment centers, as well as at various levels of care. She is the author of Eating Disorders: Decode the Controlled Chaos and has been an educator in the community, teaching graduate level students, and training clinicians working toward licensure. Erica also has a podcast, All About Mental Health, which you can find on ITunes or on ericaives.com and is also the founder of the #meyouwe, @meyouwecampaign, focused on mental health awareness.

Presenting author details

Full name: *Erica Ives, LMFT, CEDS*
Contact number: *(818) 400-5045*
Twitter account: twitter.com/ericaives
Linked In account: linkedin.com/in/ericamft/
Facebook: facebook.com/ericaivesmft/
Instagram: instagram.com/meyouwecampaign/
Mindfulpath Instagram: instagram.com/mindfulpathinc/
Website: mindfulpath.com
Website: ericaives.com
Session name/ number: Self-Harm or Mental Health