



THE THERAPIST
COLLABORATIVE

Supporting Your Teen's Eating Disorder Recovery



LEXI NICODEMUS

LMFT

THERAPIST SPECIALIZING IN EATING DISORDERS

LEAD WITH COMPASSION: IT CAN BE DIFFICULT TO FIND OUT YOUR LOVED ONE IS STRUGGLING WITH AN EATING DISORDER AND IT CAN BE VERY NERVE WRACKING. IT IS IMPORTANT TO REMAIN CURIOUS AND LEAD WITH EMPATHY.

SEPARATE THE EATING DISORDER FROM YOUR LOVED ONE: SEPARATING THE PERSON FROM THE PROBLEM, ALLOWS THERE TO BE A SENSE OF UNDERSTANDING AND FEELING THAT, "THEY ARE NOT A PROBLEM" AND INSTEAD, THE EATING DISORDER IS THE PROBLEM AND NEEDS TO BE CHANGED.

SEEK SUPPORT: IT IS IMPORTANT TO SEEK SUPPORT WHEN A LOVED ONE IS STRUGGLING WITH AN EATING DISORDER. IT IS DIFFICULT TO OVERCOME WITHOUT PROFESSIONAL HELP AND HAVING THE ASSISTANCE OF SOMEONE IN THE FAMILY'S CORNER, AGAINST THE EATING DISORDER, WILL BE HELPFUL.

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