

Worksheet 10.9.3: Communication around purging using OARS and ABC

Read *SBC*, pp. 237–8 which provides useful phrases and practical tips.

Scenario

Edi is managing to considerably reduce her bingeing (now about once a fortnight) but has admitted to Mum she still feels the urge to vomit after eating a large evening meal.

Think of a reflection, open question and affirmation Mum could use to help keep this conversation going in a constructive way, and imagine you are using the ABC model with Edi to understand the antecedents and consequences and to help Edi to come up with a menu of options.

Reflections:

Affirmations:

Open question:

Table 10.8 Blank functional analysis table for Edi urge to purge after a large evening meal

Antecedent	Behaviour	Consequence
	Urge to purge after a large evening meal	

Menu of Options

Using the MI communication skills and ABC you can help Edi to come up with her own plan. It can help to have a more even spread of food through the day. Three medium-size meals and three snacks spread evenly through the day will hopefully avoid the situation in which Edi feels overly full and has the urge to purge.

Carers and Edi will benefit most from calm, warm and non-judgemental communication around purging because this is a most difficult area to discuss calmly. Together with careful meal planning and acceptance that there are likely to be setbacks because changing the habit of purging is incredibly difficult, change can be achieved. Build towards success slowly with plenty of praise, even for the effort of thinking about change. Evening meals can be particularly problematic especially if they are large and/or served late. Going to bed with a full stomach is probably not the best recipe for success.