

# Eating Disorder Recovery through Connected Eating - The Community Table

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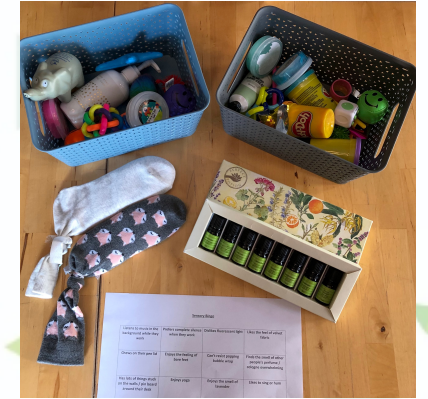
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# The Community Table

Aim – to provide a community-based therapeutic meal support program that expands the continuum of care for individuals recovering from eating disorders.

- Program developed after gap identified by members of ED community
- Program developed in coordination with individuals in recovery, Eating Disorder Professionals and the Queensland Eating Disorder Service



- Structured group program providing support before, during and after meal
- Support clients to reach nutritional goals, especially adequate eating
- Program aims to enable participants to develop skills to manage meal related anxiety and distress outside of program

Program activities include:

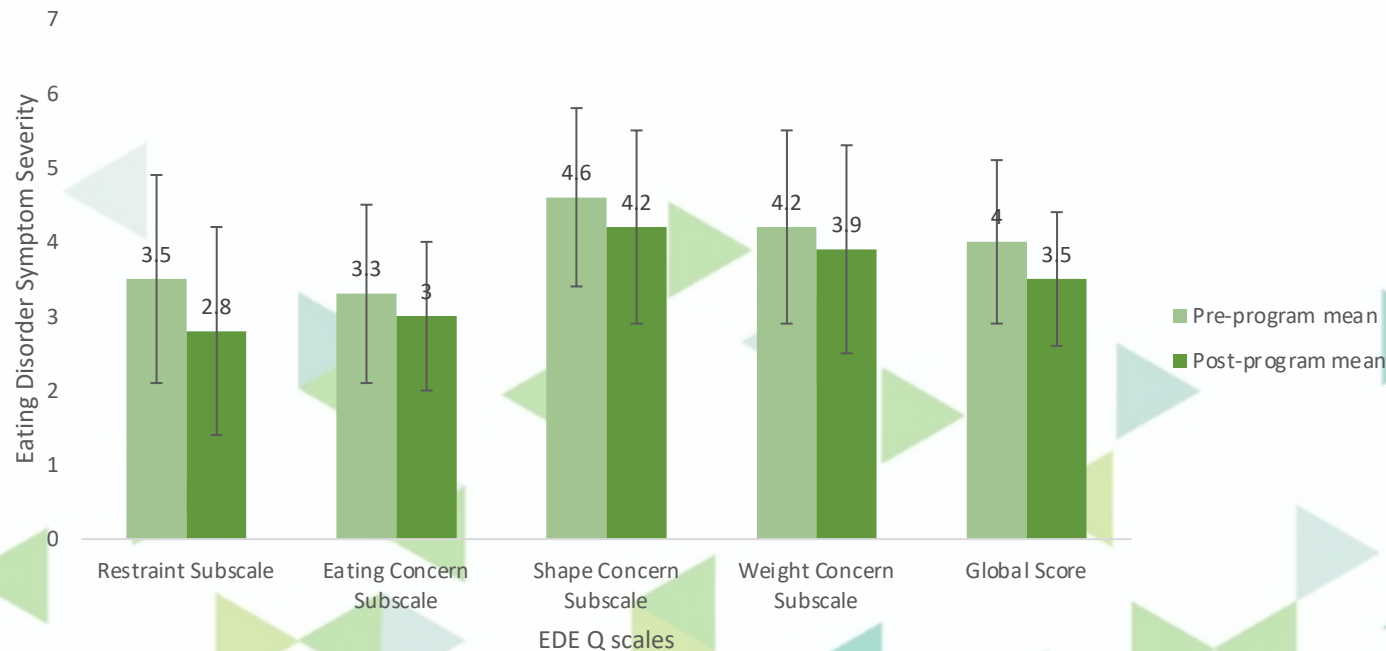
- Sensory strategies, i.e. make sensory kits, make sensory items
- Social connection – ice breakers, board games, etc

- Exploration of Soul Food Principles (8 Keys to recovery work book, Costing & Grabb, 2017), i.e. creating a pleasurable meal environment, gardening, etc

## Results

**Recovery Assessment Scale – Domains and Stage** – No significant changes – duplicated findings of pilot program.

**Eating Disorder Examination Questionnaire** – Statistically significant reductions in eating disorder symptom severity for the EDE-Q subscales of Restraint and Shape Concerns. Very confident reductions were observed in the Global EDE-Q score.



### Recruitment, retention and assessment completion

**Commenced** – 53

**Withdrew** – 15

**Completed program** – 38

**Completed pre/post-assessment** – 34

**Average session attendance** – 4.4/5

**Figure 1.** Mean change in Eating Disorder symptom severity before and after The Community Table. (Error bars denote standard deviation.)

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