



Tailoring support for eating disorders during pregnancy and early motherhood: Bridging research and clinical care.

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In this workshop, we will address eating problems during pregnancy and early motherhood. The high incidence of eating disorders among pregnant women and new mothers is well documented and is associated with health risks for both mothers and their babies. Research shows that these women benefit from additional support to help prevent worsening and relapse of eating disorder symptoms. During the workshop we will elaborate current research on collaboration between maternal health care, first line services, eating disorder services and approaches to meet and support pregnant women and new mothers with eating disorders.

Our aim with the workshop is to enhance the help we provide for mothers with eating disorders and their babies. Our knowledge is based on research, experience and concrete examples from our respective clinical practices, where mothers with eating disorders over the years have taught us how pregnancy can be both a period of risk and an important window for change. As a result of this experience, we will discuss the typical challenges that clinicians experience, as well as implementation in clinical practice. It is important for us to understand how women at risk experience pregnancy in order to support and prevent ED relapse or the onset of eating disorder – hence “two for the price of one”.

We will cover:

Tailored help and support to women during pregnancy and early motherhood

Collaborating within health care services

Challenges in the relational dynamics within the couple, partner support and involvement

Managing the eating disorder in the midwife consultation

As a participant in the workshop you will gain increased knowledge of current research in this field through feedback discussions. You will learn more about how to support mothers, partners and infants through clinical demonstration. Furthermore, you will be involved in separate group discussions on how to adapt help and support for women and their partners during pregnancy and early motherhood. Through mutual knowledge we will explore how we in unity can create effective and supportive care for women with eating disorders and their partners. As a participant you will also have the opportunity to get hands-on-tools, in collaboration with the presenters. Together with the participants in the workshop, we aim to set an enhanced standard for a future collaborative network for mothers with eating disorders and their babies in The Nordic Countries.