

Example Case Formulation: Role Transition

XXXX, you have mentioned during our first two meetings that your binge eating began during a time of stress and transition. Specifically, following your second marriage you had to work hard to establish your business and to care for your two young children. It was during this time that you began to overeat and to have difficulty sleeping. The recent transitions (your marriage to XXXX, the move to St. Louis, the loss of your business) have also caused you a great deal of stress and have led to feelings of depression, loss, and increased binge eating. Because you have grown up in a family where it was expected that you 'put on a happy face' and suck it up during times of stress, binge eating has become a way for you to manage the stress, depression and feelings of loss that have occurred over the last several years.

Goal: When you feel the urge to binge eat or when you are binge eating stop and check in with yourself and ask what feelings you may be having. As you are able to begin to identify the feelings you are having at the moment, you will be less likely to binge eat in response to those feelings.

Goal: In order to recover from binge eating, it will be very important for you to identify and talk about these feelings of stress, loss and depression with the people in your life that you care about. Historically, you have tried to be the strong one for others and have kept your feelings to yourself. This has not served you well as an adult. Use our sessions to explore ways you can continue to share with your husband and your close friends. In addition, working to find new friends and supports here in St. Louis will also be helpful to you.