

# Physiological & Somatic Interpretation of Reiff's Indicators of Recovery

"When I listen to a client, I tend to hear her words and see her behaviors falling in one or more of the following 12 areas that the Reiff's have identified as indicators of recovery. Often, she is not only expressing something about her physical self, appearance, size or physiology, but worries and fears, and beliefs about herself in the world, in relationships, et. A parallel process begins to unfold."

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## 1. Metabolic Rate

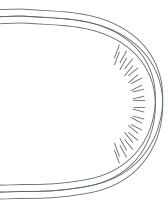
**Nutrition/surface/physical meaning:** is revved up to normal, 'increased to genetically predetermined level'

**Feeling/relationship meaning:** is revved up, participating in her world; she's 'moving'

## 2. Variety of Foods

**Nutrition/surface/physical meaning :** is comfortable eating a variety of foods; minimal 'good/bad' food beliefs

**Feeling/relationship meaning :** has a variety of people/relationships, interests and, most importantly, feelings in her life; complexity of self, richness of life



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## 3. Food Intake Related to Body Symptoms

**Nutrition/surface/physical meaning** : adequate nutritional intake for normalized: menstruation, thermoregulation, hair/skin/dental health and growth, energy availability and digestion/absorption functions

**Feeling/relationship meaning** : has dependable cycles on connection to self and others; she 'grows', she's 'hot stuff' and can 'cool down'; has access and is able to use creative/emotional energy to fuel self and work and relationships; able to 'take in' and 'give' freely and comfortably

## 4. Non-tissue Weight Shifts

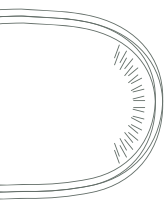
**Nutrition/surface/physical meaning** : Understands physiology of weight shifts, accepts daily weight fluctuations; doesn't base feelings on weight

**Feeling/relationship meaning** : able to base feelings on her internal process rather than appearance or external events; able to deal with life's ups and downs

## 5. Food Consumption Patterns

**Nutrition/surface/physical meaning** : eats in a timely fashion to meet her needs

**Feeling/relationship meaning** : creates patterns of emotional self care (IE meets with therapist, dinner or phone call with friend, etc.); creates rituals for emotional nourishment



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## 6. Hunger

**Nutrition/surface/physical meaning** : able to feel and respond in a timely way to physical hunger and satiety

**Feeling/relationship meaning** : is in touch with and feels entitled to satisfy her APPETITES AND DESIRES

## 7. Amount of time spent thinking about hunger, food, body and weight

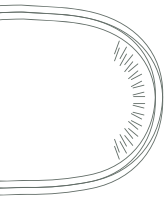
**Nutrition/surface/physical meaning** : 'Decreased to 15-20% of conscious time per day'

**Feeling/relationship meaning** : does not need to 'use' eating disordered thoughts as a distraction from feeling; able to feel feelings

## 8. Exercise level

**Nutrition/surface/physical meaning** : 'Moving'/active at a safe intensity; able to 'play'; exercise promotes fitness, is not a symptom, done fairly regularly

**Feeling/relationship meaning** : the pace of her life is reasonable; no workaholism or 'using' exercise; mobilized without over functioning



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## 9. Caloric Intake Appropriate for Weight Goal and Normalized Metabolic Rate

**Nutrition/surface/physical meaning** : meets energy needs for 'natural' weight

**Feeling/relationship meaning** : able to take in (enough) emotional nourishment to meet needs

## 10. Food Fears

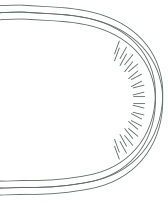
**Nutrition/surface/physical meaning** : not afraid of food, 'comfortably eats a variety of foods without fear, guilt, or anxiety

**Feeling/relationship meaning** : able to participate in life without paralyzing fear or guilt; she may be scared or uncomfortable but she's in life...participating, feeling entitled

## 11. Weight

**Nutrition/surface/physical meaning** : at a 'healthy' weight, a natural weight

**Feeling/relationship meaning** : is in her body; grounded; solid; a woman of substance who takes up space in the world



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## 12. Social Eating

**Nutrition/surface/physical meaning** : able to feel comfortable dining with others; willing to risk eating out

**Feeling/relationship meaning** : able to risk 'being in' relationships and feels comfortable in relationship



Indicators of Recovery adapted from Eating Disorders: Nutrition in the Recovery Process (1992) Reiff and Reiff. Feeling/Relationship Meanings developed by Amy Tuttle RD, LSW who can be reached at 800-RENFREW. Distributed by Karin Kratina, MA, RD at the 1999 ADA AME (352-379-5777; kkratina@aol.com).

### **Suggested Reading for Decoding Food Symbolism:**

Eating Problems: A Feminist Psychoanalytic Treatment Model (1994) by Bloom, Gitter, Gutwill, Kogel and Zaphiropoulos

When Women Stop Hating Their Bodies : Freeing Yourself from Food and Weight Obsession (1996) by Hirschman and Munter

Eating in the Light of the Moon: How Women Can Let Go of Compulsive Eating Through Metaphor and Storytelling (1997) by Johnston

Moving Away from Diets: New Ways to Heal Eating Problems and Exercise Resistance (1996) by Kratina, King and Hayes