

European Food Chemistry & Eating Disorder Congress

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Triggers for relapse and 5 phases of recovery



Isabelle Plasmeijer

ISA Power team, Netherlands

Healing from eating disorders, trauma, PTSD, and other related manifestations are possible. Isabelle Plasmeijer suffered with Anorexia Nervosa and Bulimia Nervosa. After she sought treatment she wrote 3 books and set up ISA Power, an organization that helps other sufferers, family and professionals. Isabelle will not only share her own difficulties with her struggle from a mental illness, but she educates other professionals to help clients quicker, faster and better to full and lasting recovery.

She will answer questions such as:

How can I help my patients to full and lasting recovery? And what is recovery really about? What can be the potential triggers for relapsing? When are you recovered? Isabelle believes that there is more to recovery than eating 'normal' again and restoring bodyweight. In order to get better you need to become a new and better version of yourself.

And therefore, self-love, body-acceptance, emotion regulation are key components during therapy.

Biography

Isabelle Plasmeijer set up her own organization ISA POWER Team and together with 25 coaches in her team she helps people from all over the world recover from an Eating Disorder. She educates schools, trains professionals.

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