

## **THE ESSENCE OF TREATING ANOREXIA. HOW TO HELP PATIENTS TO FIND THEIR INNER MOTIVATION TO RECOVER?**

**Nikolett Bogár**

Institute of Behavioural Sciences, Semmelweis University, Budapest

**Keywords:** eating disorders, anorexia nervosa, motivation, lived experience, recovery

Motivation plays a critical role in the understanding and treatment of anorexia nervosa, an eating disorder characterized by severe restriction of food intake, an intense fear of gaining weight and a distorted body image. While the road to recovery from anorexia nervosa is challenging and often arduous, it is a journey that holds the promise of full physical, mental, and emotional restoration. Understanding the motivating factors behind recovering from this ever-increasing psychiatric disorder is crucial for developing effective interventions and support system that promote recovery and sustained well-being.

Motivation factors related to the treatment process are essential to consider besides other intrinsic or extrinsic motivators. Motivation to recover can fluctuate throughout the course of an individual's journey, and factors such as readiness for change, long term life goals and perceived social support can significantly impact motivation levels. Collaborative treatment approaches that empower individuals, emphasize autonomy and responsibility-taking in the recovery process can enhance motivation and patient compliance. Promoting self-compassion, body acceptance, and the cultivation of meaningful values can also help individuals develop intrinsic motivation for recovery.

By recognizing and addressing the complex interplay of motivation factors, health care professionals can create an empowering environment that supports individuals with anorexia nervosa in their recovery journey. By promoting intrinsic motivation, challenging extrinsic pressures, and providing comprehensive treatment approaches, individuals can be supported in developing a sustainable commitment to recovery and fostering a positive relationship with their bodies and overall well-being.

The journey towards anorexia nervosa recovery is highly individualized and may be non-linear. It requires time, patience, and a commitment to self-discovery and growth. Despite the challenges, the recovery journey offers hope, empowerment, and the potential for a life free from constraints of the eating disorder.

Speaking from lived experience, the author attempts to highlight the most important aspects of anorexia nervosa recovery, including the factors that enhance and those that potentially hinder the success rate of the long-term cure.