

## Terminology for Mental Health Professionals Working With Eating Disorder Patients

Instead of...	Try...
“Anorexic”, “bulimic”, “binge eater”	Women, men, patients, individuals <u>WITH</u> anorexia nervosa, bulimia nervosa, and binge-eating disorder
“Refeeding”	“Renourishing” or “Nutritional rehabilitation”
“Bulimic episode”	“Binge-eating episode”
“Struggling [with an eating disorder]”	“Treatment seeking”
“Gold standard”	“Extensively validated treatment”
“Fat”, “thin”, appearance related words	“Unhealthy weight”, health related words
“Unsuccessful attempt”	“Suicide attempt”
“Committed suicide” or “successful attempt”	“Died by suicide”