PEACE Pathway for Eating disorders and Autism developed from Clinical Experience

Using PEACE to support formulation-based care

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Overview

- An introduction to formulation-based care
- How PEACE can support formulation and treatment planning
- Patient and service-level examples

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An introduction to formulation-based care

How PEACE can support formulation and treatment planning

Patient and service-level examples

Formulation

*"…**ongoing collaborative sense-making** based on the **client's account of their experiences…**with **reference to psychological evidence, theory, and principles**."*

*"…aims to **summarise** the **core issues…**and to **understand these in the context of strengths** and a range of social, systemic, environmental, biological, embodied, cultural, and relational **factors**."*

- British Psychological Society

The 5 Ps formulation model

Predisposing factors
Biological, genetic, environmental and psychosocial factors that may have increased risk

Precipitating factors
Events that preceded / may have contributed to the problem starting

Perpetuating factors
Biological, environmental, interpersonal and psychosocial factors that maintain difficulties

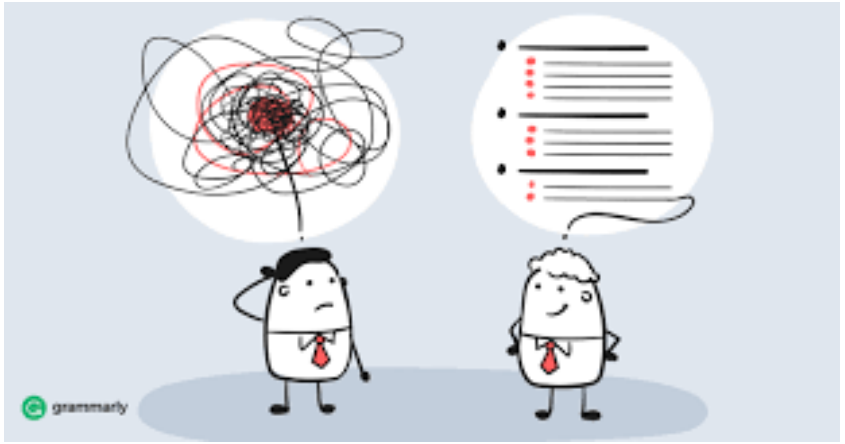
Protective/positive factors
Strengths and supports that may help with overcoming difficulties

Presenting problem/s
Specific difficulties including impact on life and functioning

Benefits of formulation

- Offers a shared way of understanding presenting difficulties, how they developed and why they persist

- This shared understanding may…
  - Improve engagement and alliance
  - Help tailor evidence-based treatments to the requirements of an individual
  - Improve treatment outcomes

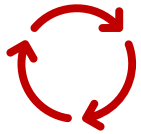


Allen et al. (2016), Baudinet et al. (2021), Thompson et al. (2024)

Neurodivergence may be a predisposing factor; interact with precipitating and perpetuating factors; and offer unique positive /protective factors

→ Including it in our formulations matters!

Overview



An introduction to formulation-based care

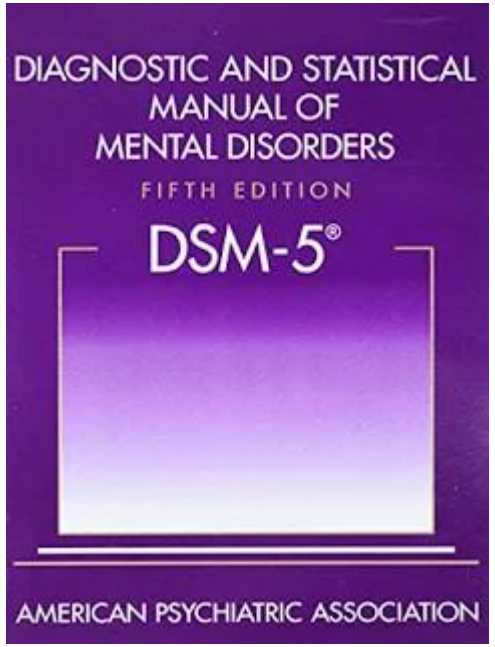


How PEACE can support formulation and treatment planning



Patient and service-level examples

PEACE-informed formulation









PEACE-informed formulation

- Neurodivergence may have been part of a **genetic vulnerability** to eating disorders

- Neurodivergence may have led to a **mismatch between resource and demand**, particularly if undetected and/or unsupported
  - Expectations for behaviour at home or school
  - Emotions and sensations feeling overwhelming
  - "Not fitting in"
  - Masking

  → Eating disorder symptoms may become a highly valued way of coping

PEACE-informed treatment planning

- Communication passport
- Sensory toolkit and therapy environment (e.g., overhead lights off, shorter sessions, standing when needed)
- Sensory features of body image distress
- Formulation-based adaptations to usual evidence-based treatment models
- Identifying what to challenge (ED) versus what to support (neurodivergence)

Overview

An introduction to formulation-based care

How PEACE can support formulation and treatment planning

Patient and service-level examples

5 Ps formulation of AN alongside autism

Predisposing factors

Undetected autism; family history of OCD & ?autism?; perfectionistic + self-critical

Precipitating factors

Change in Dad's work + house move which was difficult for the whole family

Anxiety over school exams

Perpetuating factors

Increased anxiety, rigidity & obsessive-compulsive symptoms; family accommodation of ED symptoms to reduce distress

Protective/positive factors

Determined, hard working

Family want to help

Presenting problem/s

Rigid restrictive eating; ++ walking; additional OCD rituals; intolerance of weight gain

5 Ps formulation of AN alongside autism

Predisposing factors

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ing factors

sessive-compulsive

ommodation of ED

distress

Protective

Determine

Fa

Presenting problem/s

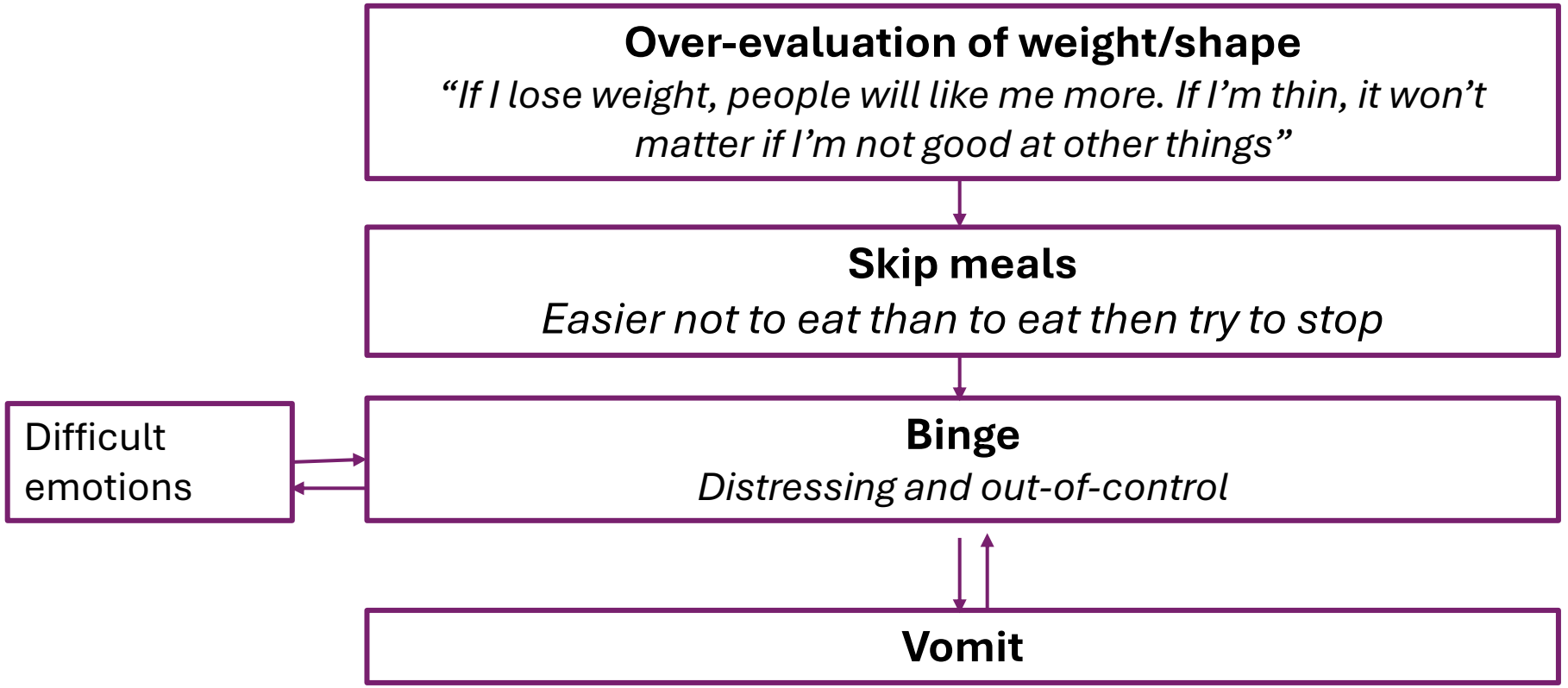
Rigid restrictive eating; ++ walking; additional OCD

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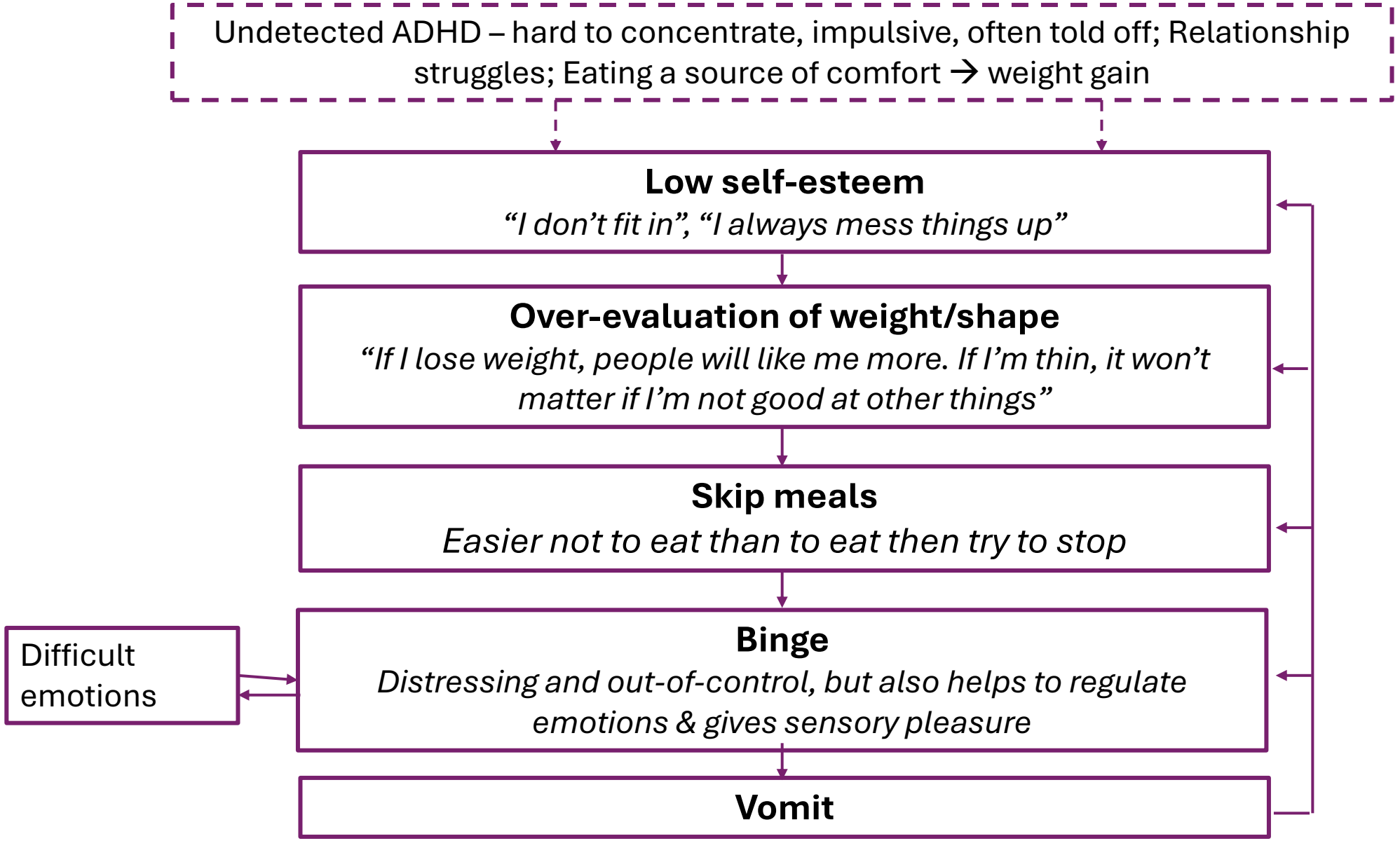
Cognitive remediation and emotion skills training (CREST)

Carer skills training

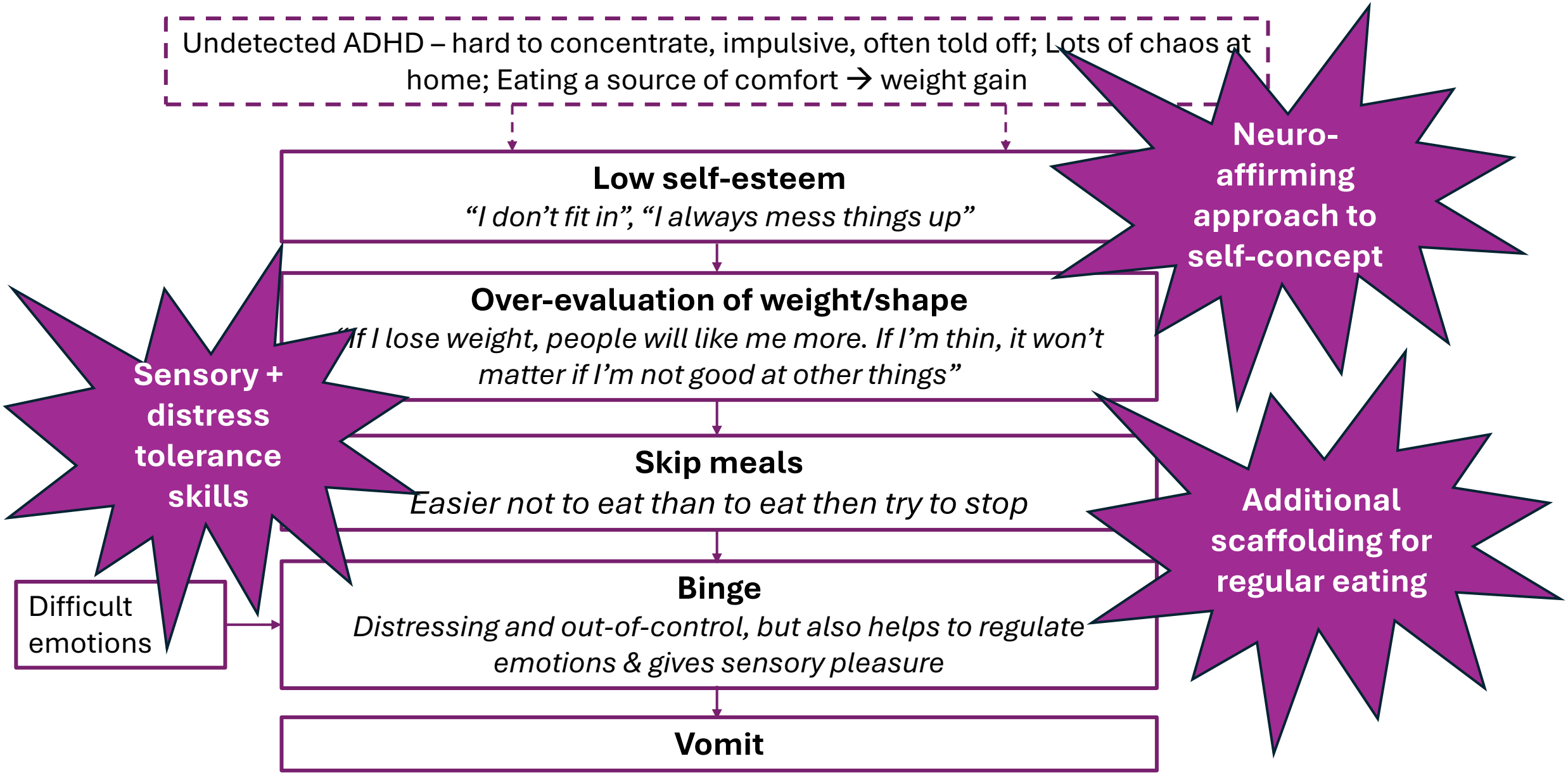
CBT-ED formulation of BN alongside ADHD



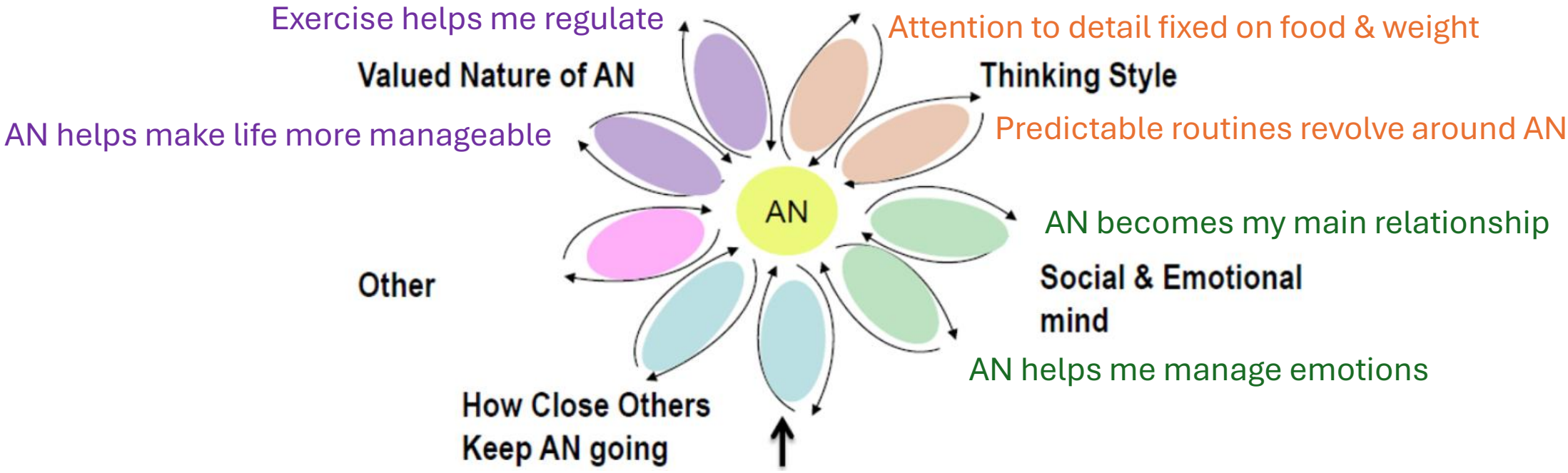
CBT-ED formulation of BN alongside ADHD



CBT-ED treatment for BN alongside ADHD



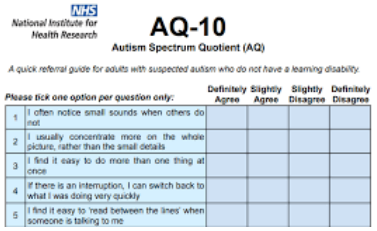
MANTRA formulation of AN alongside AuADHD



Mismatch between challenges & resources

Traits/personality	**Strengths**
Autistic → Detail-focused, prefer predictable & consistent routines ADHD → Sensory sensitivity, 'on the go' Hard-working & determined	Hyper focus! Do well with detailed tasks Hard working & determined Kind, care about others
Events/challenges/difficulties	**Supports**
Lots of school experiences Loss of grandmother who really understood me	Sister; cat; 2x close friends

Service-level formulation



NHS National Institute for Health Research

AQ-10

Autism Spectrum Quotient (AQ)

A quick referral guide for adults with suspected autism who do not have a learning disability.

Please tick one option per question only:		Definitely Agree	Slightly Agree	Slightly Disagree	Definitely Disagree
1	I often notice small sounds when others do not				
2	I usually concentrate more on the whole picture, rather than the small details				
3	I find it easy to do more than one thing at once				
4	If there is an interruption, I can switch back to what I was doing very quickly				
5	I find it easy to 'read between the lines' when someone is talking to me				

Screening for neurodivergence at assessment



Not dismissing evidence-based options for our neurodivergent patients…but not trying to put square pegs in round holes



Seeing repeated unhelpful treatment experiences / persistent illness as a clue for considering undetected neurodivergence



Responding pro-actively to challenges



Remember the patient (+ family) are the expert

Summary

→ PEACE-informed formulation can support a neuro-affirming approach to eating disorder assessment and treatment

→ It allows us to consider the whole person, and to tailor treatment as best as possible

→ Formulation allows for shared understanding within the therapy room and within our multidisciplinary teams

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Thank you

Questions?

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