

# THE VIRTUAL RAPID EATING DISORDERS INTERVENTION (REDI)

## WHAT IS IT AND HOW CAN I PARTICIPATE?

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The virtual Rapid Eating Disorders Intervention (REDI) group is designed to provide you with essential education, tools, and support prior to starting your treatment.

The sessions are pre-recorded and facilitated by clinicians in the Eating Disorders Program at St. Joseph's Healthcare Hamilton.

You can learn more about the content for each session below. The videos are available on YouTube and can be accessed using the links provided in this pamphlet.

We recommend that you watch the videos in the order they are listed below. However, you may watch the videos in any order.

The videos are 'unlisted', which means that they do not appear in YouTube's search results or the Videos tab of Body Brave's channel homepage. Unlisted videos can be shared and seen by anyone with the link. You are welcome to share the link with others.



# THE VIRTUAL RAPID EATING DISORDERS INTERVENTION (REDI)

## CLINIC ORIENTATION

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Learn more about our treatment program and whether our program may be a fit for you.

[HTTPS://YOUTU.BE/LXVTVNA8YA0](https://youtu.be/LXVTVNA8YA0)

## MANAGING MEDICAL RISK

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Learn about the medical complications associated with eating disorders and how you can manage your risk.

[HTTPS://YOUTU.BE/V1NWFU-JVSK](https://youtu.be/V1NWFU-JVSK)

## UNDERSTANDING EATING DISORDERS

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Learn about how eating disorders can develop and how the symptoms are maintained over time.

[HTTPS://YOUTU.BE/IF8OWQUDPCQ](https://youtu.be/IF8OWQUDPCQ)

## WEIGHT SCIENCE

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Learn about how culture impacts our understanding of weight and the science behind weight.

[HTTPS://YOUTU.BE/2LLZH0EU1EW](https://youtu.be/2LLZH0EU1EW)



# THE VIRTUAL RAPID EATING DISORDERS INTERVENTION (REDI)

## SETTING GOALS FOR RECOVERY

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Learn about the process of recovery and setting goals for recovery from your eating disorder.

[HTTPS://YOUTU.BE/YM6M9MVBj9C](https://youtu.be/YM6M9MVBj9C)

## NUTRITION & YOUR BODY

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Learn about nutrition and the role of nutrition in wellness.

[HTTPS://YOUTU.BE/H6XRYHBAGL8](https://youtu.be/H6XRYHBAGL8)

## HOW TO GET STARTED WITH NORMALIZED EATING

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Learn about healthy eating guidelines and how you can put the guidelines into practice.

[HTTPS://YOUTU.BE/Y6CANOOTS6S](https://youtu.be/Y6CANOOTS6S)

## DEALING WITH TRIGGERS

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Learn about barriers to healthy eating, planning and setting goals, and how you can manage triggers.

[HTTPS://YOUTU.BE/RW0ZWJULJZY](https://youtu.be/RW0ZWJULJZY)



# THE VIRTUAL RAPID EATING DISORDERS INTERVENTION (REDI)

## EXPLAINING BODY IMAGE

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Learn about body image and the role of critical self-talk in poor body image.

[HTTPS://YOUTU.BE/QKNNVX2\\_BU](https://youtu.be/QKNNVX2_BU)

## FULL PLAYLIST

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Access all of the REDI videos using one link.

[HTTPS://WWW.YOUTUBE.COM/PLAYLIST?LIST=PLGVJO-6YIIHHC6YSBV470B9ZZ3SBL6OXQ](https://www.youtube.com/playlist?list=PLGVJO-6YIIHHC6YSBV470B9ZZ3SBL6OXQ)



# PEER SUPPORT

## WHAT IS IT AND HOW CAN I PARTICIPATE?

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The Peer Support sessions are designed to provide you with essential education, tools, and support prior to starting your treatment.

The sessions are pre-recorded and facilitated by Tara, a Peer Support Worker at St. Joseph's Healthcare Hamilton. Tara has lived experience with an eating disorder and is trained to provide mental health support.

You can learn more about the content for each session below. The videos are available on YouTube and can be accessed using the links provided in this pamphlet.

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# PEER SUPPORT

## MOTIVATION

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Learn about how you can identify your reasons for recovery and strategies to help you stay motivated.

[HTTPS://YOUTU.BE/3ITX-NZLEGI](https://youtu.be/3ITX-NZLEGI)

## SELF-HELP & GETTING THE MOST OUT OF THERAPY

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Learn about self-help resources and how you can maximize the benefits of therapy.

[HTTPS://YOUTU.BE/0ZTX8OUKURG](https://youtu.be/0ZTX8OUKURG)

## PERSONAL RESPONSIBILITY & VALUE

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Learn about the importance of personal responsibility in recovery, and the role of your values in the process of recovery.

[HTTPS://YOUTU.BE/FYKCNVJ6JEI](https://youtu.be/FYKCNVJ6JEI)

## THOUGHTS & GOAL-SETTING

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Learn strategies for challenging unhelpful thoughts and building healthy habits.

[HTTPS://YOUTU.BE/BC3U\\_SJNUXO](https://youtu.be/BC3U_SJNUXO)



# PEER SUPPORT

## REDUCING SYMPTOMS

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Learn strategies for managing distress and urges when you are working to reduce your eating disorder symptoms.

[HTTPS://YOUTU.BE/88TKTW5ALBO](https://youtu.be/88TKTW5ALBO)

## MINDSET & RADICAL ACCEPTANCE

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Learn about how you can shift your mindset and use radical acceptance to support your recovery.

[HTTPS://YOUTU.BE/IMNQMW6WRB0](https://youtu.be/IMNQMW6WRB0)

## DIET CULTURE & BODY IMAGE

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Learn about diet culture and strategies to improve body image.

[HTTPS://YOUTU.BE/NSD39S3\\_MGU](https://youtu.be/NSD39S3_MGU)

## CONTROL & COMFORT ZONE

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Learn about emerging from your comfort zone in the pursuit of recovery.

[HTTPS://YOUTU.BE/VANYB-KPS\\_S](https://youtu.be/VANYB-KPS_S)

