Eating Disorders Summit 2023:

Improving Access, Treatment and Recovery Outcomes

Thursday 27th April

*Lived Experience and Planting the Seeds of Recovery*

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**Abstract**

In this talk I will be reflecting on my lived experience of eating disorders and factors that have supported my recovery journey. I will talk about the importance of early intervention, and highlight the barriers that prevent sufferers from getting the help they need at an early stage. Having spent roughly ten lengthy admissions as an inpatient in an eating disorders unit, over the period of thirteen years, I will look at the impact of hospitalisation and share the ways in which inpatient treatment can hinder and complicate recovery. Finally I will reflect on some factors that can nurture recovery: advocating for creativity, support which looks beyond the surface of the disorder, and the importance of discovering a life worth fighting for. Please note I will not be going into specific details about my illness or sharing images that could be distressing - this presentation has been carefully designed to avoid material which could be triggering or harmful to others.