

### Vignette

Anna is a 29-year-old, Caucasian, genderqueer, partnered individual who has struggled with their eating disorder since early adolescence. Their eating disorder symptoms include restricting to under 1000 calories per day most days of the week, engaging in bingeing and purging one to two times a week, using the elliptical or treadmill for 45-60 minutes three to four times a week, and avoiding various fear foods. Anna experiences significant body image distress, and prefers an androgynous appearance. They endorse a history of sexual assault, and fears associated with a heightened risk of a repeated assault when at a higher body weight. Anna drinks 3-4 glasses of wine most evenings during the week, with binges of 7-9 standard alcoholic drinks most Friday and Saturday nights. They also engage in intermittent marijuana use, typically 1-4 times per month. Anna also struggles with comorbid depression, including suicidal ideation with no intent, and posttraumatic stress disorder associated with their sexual assault. Anna indicates that their primary motivation for seeking treatment at the present time is to appease their partner, who is supportive of Anna seeking treatment, however that they have little internal motivation to address their eating disorder, as it helps them to feel in control and maintain an androgynous appearance. Anna did note that they feel alcohol use may be having a mildly detrimental impact on their job performance as a copywriter, and thus that they have some openness to trying to reduce alcohol consumption to improve their “mental sharpness,” however they are not willing to give up alcohol consumption entirely. Anna lives in a large city, however the Intensive Outpatient Level of Care is the highest level of care available within a 250 mile radius.