

Template for Thinking about Adaptations to FREED Care

Using the table below may help to think about how an individual's specific circumstances and needs may relate to FREED topics beyond the most typical or common examples we come across. For instance, there are many other transitions apart from moving between school and university; family dynamics and cultural identity may also mean that what the process of emerging adulthood and identity looks like may be very different for different FREED clients.

As such, the table below may be useful as a quick way for mapping out FREED topics for individuals, and how these can then be used in adapting or personalising their care.

FREED Topic	Relevance to individual	Adaptations or Personalisations that may be helpful
Transitions		
Emerging Adulthood		
Family		
Social Media		

Example Case 1: Cross-cultural adaptations for someone who has recently emigrated from the Caribbean and become a parent

FREED Topic	Relevance to individual	Adaptations or Personalisations that may be helpful
Transitions	<ul style="list-style-type: none"> • Culture shock of moving to UK • Becoming pregnant then becoming a parent within UK Health System • Starting and then dropping out of university (attempting to re-start) <ul style="list-style-type: none"> ○ Navigating UK bureaucracy ○ UK media treatment of foreign-born recipients of state support 	<ul style="list-style-type: none"> • Taking account of cultural differences around meal content, timings and social relevance when meal planning • Being open and curious in discussions around cultural differences and moving across the world • Thinking about differences in the standards that people hold themselves to before/after becoming parents • OT support or signposting around navigating UK systems (e.g. benefits, university admin, etc.)
Emerging Adulthood	<ul style="list-style-type: none"> • Becoming a parent/caregiver while still having prominent child/care-receiver role <ul style="list-style-type: none"> ○ Cultural differences in family units and family roles • Sense of inefficacy, discounting huge achievements (successfully raising a child halfway across the world while completing university in a second language) • Straddling two cultures (heritage and uk) and the cultural norms/expectations in each 	<ul style="list-style-type: none"> • Exploring role of being a parent while still receiving care from parents/family <ul style="list-style-type: none"> ○ And the role of culture in thinking about family units and responsibilities • Focus on accomplishments and giving self credit for these to help with feelings of self-criticism or inefficacy • Emerging/forging of their own cultural identity • Explore generational role (i.e. are they the first English speaker/first one to access higher education) and the impact of this role
Family	<ul style="list-style-type: none"> • Close physical proximity to immediate family, but very rarely see rest of family and friends (especially during pandemic) 	<ul style="list-style-type: none"> • Offer family inclusion in carer groups and be mindful of internal bias that may see us offer carers groups to the younger patients only. • Explore local community groups to help build social network in the UK • Ensure careplans are shared with family - Translations/Translator is available. • Note that the carer most involved in care may well be a sibling
Social Media	<ul style="list-style-type: none"> • Sees a mix of body ideals/standards on social media both from the Global North (UK/US) and Caribbean 	<ul style="list-style-type: none"> • Be open and curious about cultural differences in body image and body standards and the thoughts and feelings this gives rise to

	<ul style="list-style-type: none">• Caribbean colourism (prejudice against darker vs. lighter skin) overlaid with differences and implicit racism in Global North body ideals (e.g. preference in media for slim white women)• Fad diet and exercise Instagram accounts (normally targeting skinny, white body ideals)• Body ideals being pulled in different directions	<ul style="list-style-type: none">• Provide specific information and psychoeducation around the origins of BMI and rationale for it not being a 'good fit' for different cultures• Reflect on social media use together, using these examples and topics in discussions• Think together about useful and less useful aspects of social media, and how to change social media use to feature more of the former and less of the latter
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Example case 2: FREED adaptations for a lesbian woman who has recently begun to consider some of her body image issues in terms of gender dysphoria

FREED Topic	Relevance to individual	Adaptations or Personalisations that may be helpful
Transitions	<ul style="list-style-type: none"> Starting a new job but feeling precarious as this (like previous jobs) is short-term and does not have much security Beginning exploratory process of thinking more openly around gender identity 	<ul style="list-style-type: none"> Acknowledging that establishing adult identity and place in the world can be difficult when employment is precarious or uncertain Being curious about open questions around gender Providing resources for LGBT mental health groups
Emerging Adulthood	<ul style="list-style-type: none"> Emerging identity as a gay woman and adult – continual process of coming out when e.g. starting new jobs Defining adult identity when moving out of parents' home and beginning adult jobs Navigating open questions around gender identity and how this might change how one view's themselves 	<ul style="list-style-type: none"> Providing general FREED and other resources around emerging adulthood and identity <ul style="list-style-type: none"> Acknowledging that establishing adult identity and place in the world can be difficult when employment is precarious or uncertain Being curious about open questions around gender Providing resources for LGBT mental health groups Trying to find resources around body image are not as rigidly focused on women's bodies
Family	<ul style="list-style-type: none"> Supportive parents, but unhelpful beliefs around eating, weight and exercise Supportive close friends open to and interested in discussing mental health and eating disorders 	<ul style="list-style-type: none"> Parents could be referred to parents/carers groups in first instance Encourage bringing friends to sessions and/or having reflective discussions with friends after sessions
Social Media	<ul style="list-style-type: none"> Uses social media with a focus on certain celebrities with certain appearances and body shapes 	<ul style="list-style-type: none"> Encouraging unfollowing accounts focused on diet and fitness, moving towards more body positive accounts, muting/blocking certain accounts and keywords