Celiac Disease: An Adlerian Approach

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Celiac Disease

- Auto Immune Disorder
- Immune Response after ingesting Gluten
- Causes damage to the Small Intestine
  - Lined with Villi
  - Absorbs Nutrients
  - Over time villi will atrophy (flatten)
  - Decreases normal absorption

Celiac Sprue Disease

- Usually Genetically Inherited
- 1 in 133 people have celiac
- Largely under diagnosed
- Celiac can occur at any age
- More common in Women than Men
- Gluten is a type of protein found in:
  - Wheat, Rye, Barley, & Malt
  - Some Oats
  - (varies by person & processing)
- Hidden Sources of Gluten
  - Soy Sauce
  - Some Lipsticks
  - Adhesive on Envelopes
  - Some Medicines

Response to Gluten

Short Term Reactions

- Gastrointestinal Problems
  - Gas/Bloating
  - Abdominal Pain/Cramps
  - Constipation
  - Diarrhea
- Weight Loss, or no Weight Gain
- Skin Rash
- Dermatitis Herpetiformis
- Dry Skin/Eczema
- "Brain Fog"
- Weakness & Fatigue
- Frequent Respiratory Infections
- Weak Tooth Enamel

- More

Many People with Celiac may have intermittent reactions, while some show no symptoms at all.

Response (continued)

Long Term Implications

- Malnutrition
- Iron Deficiency Anemia
- Osteoporosis
- Cancer
  - T-Cell Lymphoma

Treatment

A Gluten-Free Diet

- The only way to treat Celiac Disease is by permanently removing gluten from one’s diet
- Alternatives to “Gluten Foods”
  - Rice/Corn Pasta
  - Potato, Rice, Tapioca, etc. Flours
  - Sorghum/Rice Beer
- GF Options are becoming better tasting and more readily available
- Restaurants are becoming more accommodating
- Some have GF items listed on their regular menu
- Cross-Contamination is still a concern

Organ Inferiority

- Children who suffer from diseases or imperfect organs may:
  - over compensate for the weakness by strengthening it
  - Compensate by working hard to improve another area
  - Exercising
  - Becoming pseudo experts

Organ Inferiority (continued)

- Or stay discouraged and tend to give up
- Also may be impacted by how the child was raised
- Pampered – expect to be cared for
- Neglected – may be self-reliant on diet, or give up

Adler’s Life Style

Concept

- Life Style
  - Unique and created by the person
  - Formed in early years of one’s life
  - How a person approaches or “moves” towards their goal
  - The way they approach situations throughout life
- How do the issues presented by Celiac influence life style, or how does life style influence approach of individual to their disease?
- Important for intervention

Social Interest

- Gemeinschaftsgefühl (Social Interest)
  - Celiac can decrease feelings of belonging and connectedness, thereby impacting mental health
  - Discouragement could come from feeling
    - Different
    - A burden
    - Weird
  - Could find a role as the educator, or advocate
  - Can also be ignored

References


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