“Fixers and doers” who may aspire to the role of ideal carer

ED clients presenting with high levels of resistance, risk and relapse

Healthcare professionals coping with caring without curing

The dissonance and discomfort of being a helper struggling to help

Defending against the dissonance (avoiding, battling, and blaming)

Accepting the dissonance to provide safe and compassionate care

Interpersonal factors (e.g. level of experience)

Interpersonal factors (e.g. relationships in team)

Systemic factors (e.g. culture, time available)

Figure 2. Diagrammatic formulation of healthcare professionals’ lived experiences of working with people with EDs