

# Inside the Mind of an Emotional Eater: "The Deeper Work" for Full Recovery

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# Dieting to Disorder

## A Nation Obsessed with the "Obesity Epidemic"

- Consistent and harmful messages about the "danger" of weight gain and obesity
- Diet and exercise touted as the gold standard treatment for weight issues
- Increased weight bias and stigma\*
- Little to no regard for the emotional or mental health issues underlying the issues

\* Puhl, R. M., & Heuer, C. A. (2009). The stigma of obesity: A review and update. *Obesity*, 17(5), 941-964.





# Dieting to Disorder

## Dieting to Disorder

- 95% of all dieters regain the lost weight (and then some) within 1-5 years.\*
- Repeated & chronic dieting **triples** the odds of obesity\*\* and increases binge eating behaviors.\*\*\*
- 35% of "normal dieters" progress to disordered eating patterns.\*\*\*\*
- 70% of those with binge eating disorder are obese.\*\*\*\*\*

\* Grodstein, F., Levine, R., Spencer, T., Colditz, G. A., & Stampfer, M. J. (1996). Three-year follow-up of participants in a commercial weight loss program: Can you keep it off? Archives of Internal Medicine, 156(12), 1302.

\*\* Siahpush M, Tibbits M, Shaikh RA, Singh GK, Sikora Kessler A, & Huang TT. Dieting increases the likelihood of subsequent obesity and BMI gain: Results from a prospective study of an Australian national sample. International Journal of Behavioral Medicine, 22(5): 662-71.

\*\*\* Field, A. E., Austin, S. B., Taylor, C. B., Malpeis, S., Rosner, B., Rockett, H. R., Gillman, M. W. & Colditz, G. A. (2003). Relation between dieting and weight change among preadolescents and adolescents. Pediatrics, 112(4), 900-906.

\*\*\*\* Shisslak, C.M., Crago, M., & Estes, L.S. (1995). The spectrum of eating disturbances. International Journal of Eating Disorders, 18(3), 209-219.

\*\*\*\*\* Grucza, R.A., Przybeck, T.R., & Cloninger, C.R. (2007). Prevalence and correlates of binge eating disorder in a community sample. Comprehensive Psychiatry, 48(2), 124-131.





## The Origins of Our Work

### An Integrated Approach

- 2013: Binge Eating Disorder added to DSM-5
  - More clients seeking treatment for BED and weight issues
  - They wanted both the psychological AND physical support to reach their personal goals
- 2014: Launched TheHealthyWeighOut
  - Teaching people a healthy way to treat their eating & weight issues
  - Emotional + Nutritional + Physical





# The Origins of Our Work

## An Integrated Approach

- 2016: Inside the Mind of an Emotional Eater©
  - Psychological "profile" of people affected by binge eating disorder and weight issues emerged
- 2019: "The Deeper Work" for Full Recovery©
  - An ongoing video series for our online educational community, Circle of HOPE, focused on teaching people HOW to create a liberating relationship with food, body, Self, and others
- 2020: Emotion-Focused Weight Care©



# Inside the Mind of an Emotional Eater

Predictable pattern of emotional and psychological variables that “set the stage” for a disordered relationship with food, body, and weight

7 key components





Profile #1

# Significant & ongoing stress or trauma in early childhood

- Abuse
- Neglect
- Family violence
- Addiction
- Absent or disengaged parents





Profile #2

# Minimization of childhood dysfunction by key attachment figures

- Invalidation, not a big deal
- Gaslighting
- Enabling of dysfunction
- Shame for emotionally responding to dysfunction





Profile #3

# Limited tolerance for emotional & environmental stimulation

- Emotional sensitivity
- Highly Sensitive Person
- Sensory Processing
- No healthy role models for emotional intimacy and connection





Profile #4

# Put on a diet as a child

- Memories of restricting and later bingeing as young as age 5 or 6
- Adolescent girls who diet are at 324% greater risk for obesity than those who do not diet\*



\* Stice, Cameron, R. P., Killen, J. D., Hayward, C. & Taylor, C. B. (1999). Naturalistic weight-reduction efforts prospectively predict growth in relative weight and onset of obesity among female adolescents. *Journal of Consulting and Clinical Psychology*, 67, 967-974.



Profile #5

# Blaming of Self: Intense Self-Hatred and Shame

- Ashamed of and disgusted for who they are
- Felt sense of badness and unworthiness - blame Self
- Terribly critical of themselves
- Expect perfection and never feel good enough
- Feeling empty inside





Profile #6

# Intense Fear of Emotional, Physical, and/or Sexual Intimacy

- Keep people at a distance and become isolated
- May seek out relationships with emotional intimacy but no physical intimacy, or vice versa
- Struggle with feelings of loneliness and abandonment





Profile #7

# Self-less & Dissatisfied

- Needless Self
- Excessive Caretaking
- People-Pleasing
- Codependency
- Fear of abandonment
- Resentful
- Victimized







*addressing the emotional component*

"The Deeper Work"  
for Full Recovery©

+

*addressing the body component*

Emotion-Focused  
Weight Care©

Healing...  
from the Inside Out



# "The Deeper Work" for Full Recovery

- Connecting the psychological dots
- Must be done for sustainable change to occur
- In tandem with Intuitive Eating & Intuitive Movement
- 7 Layers



Layer #1

# Diet Trauma No More: Heal Past & Present Diet Debris

- Grieve years/decades lost to dieting and all of the unintended negative side effects
- Acknowledge and accept importance of a no-diet approach moving forward
- Give Self unconditional permission to eat all foods





Layer #2

# Approach Your Emotional Self with Compassion & Curiosity

- Be gentle with your Self as you become aware of your authentic feelings and needs
- Replace self-judgment and criticism with compassion & empathy toward Self
- Stay open and curious to your ever-changing internal world





Layer #3

# Learn to Love Your Vulnerability

- Importance of being vulnerable with your Self - acknowledging your tender truths and sensitive feelings
- Risk to acknowledge ALL parts of your Self
- Risk to be authentic & vulnerable in relationship with Others





Layer #4

# Heal Your Dysfunctional Past: The Gift of Re-Parenting

- Become the loving parent to your Self that you didn't have as a child
- Create internal safety, trust, esteem, acknowledgment, encouragement
- Regularly check in with inner child and respond to child's feelings and needs with curiosity and compassion



Layer #5

# Live from Your Real Self

- Without apology, live a life that honors and embraces ALL of your Real Self





Layer #6

# Living within Emotional Intimacy

- Cultivate relationships with emotional depth where you feel truly seen, heard, safe, and cared for/about
- Openly share your feelings and needs
- Appreciate the value of loving disagreements and conflict as a means to deepening the relationship



Layer #7

# Feed Your Soul

- Get in the driver's seat of your own life
- Know what your Soul is hungry for, and go for it!
- Follow your passions, gifts, curiosities







# Personal Weight Goals

Once a person understands the  
psychological origins and function  
of their disordered eating

*and*

Heals the many layers of their  
once-broken emotional and  
psychological processes

(and they still have a personal goal of weight change)

*they may be ready for...*

**Emotion-Focused  
Weight Care©**



# Emotion-Focused Weight Care

- A Self-loving and compassionate approach to addressing personal issues and goals related to weight
- A no-diet, no-trauma approach to caring for one's Body-Self when pursuing personal goals of well-being, motivated by Self-love, not Self-hate







# The Healthy "Weigh" Out of Emotional and Binge Eating

Understand the psychological  
function of your disordered  
relationship with food

+

Cultivate healthy emotional and  
psychological processes so food is  
no longer your lover, friend,  
confidant

+

Approach weight and health issues  
in an emotionally loving way



**Connect  
with Us!**

### Online

[www.TheHealthyWeighOut.com](http://www.TheHealthyWeighOut.com)

(learn more about our online educational community,  
video programs, and consultation services)

### YouTube Channel

Eating Disorder Recovery for A New Beginning

### Instagram & Facebook

@drjulietanne | @drashleysouthard

### Email

[Contact@TheHealthyWeighOut.com](mailto:Contact@TheHealthyWeighOut.com)