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

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A New Beginning & TheHealthyWeighOut in Scottsdale, AZ





## 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

<sup>\*</sup> 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.\*\*\*\*\*

<sup>\*</sup> 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.

<sup>\*\*</sup> 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.

<sup>\*\*\*</sup> 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.

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

<sup>\*\*\*\*\*</sup> 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

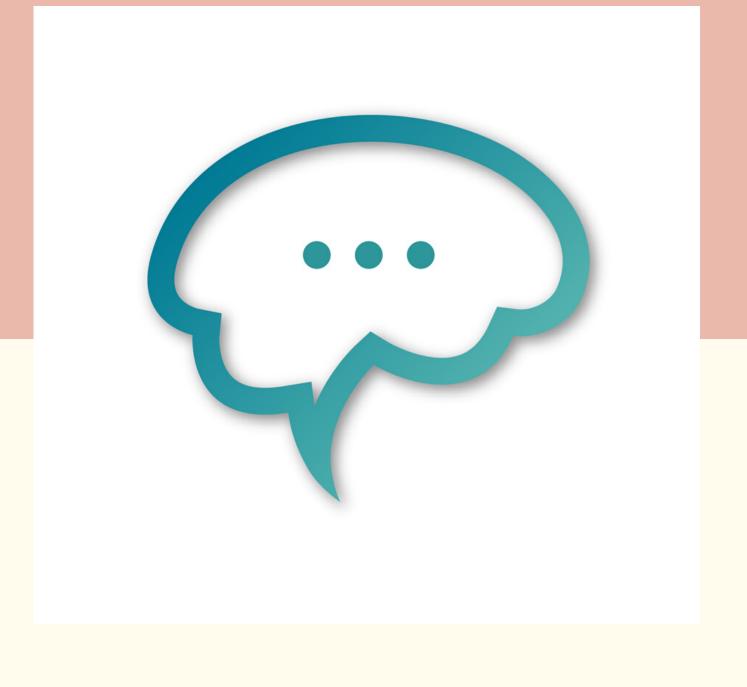
## An Integrated Approach

- 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

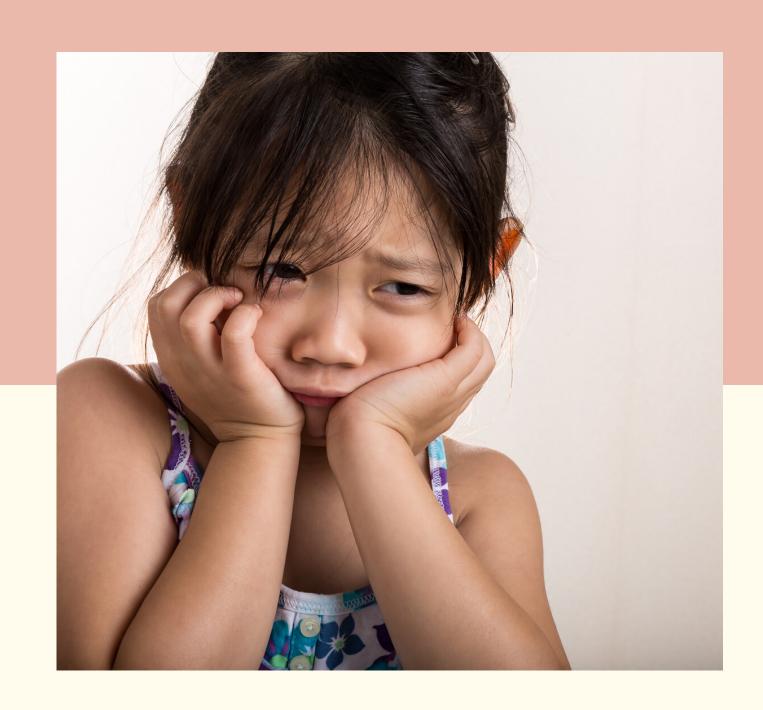
Predictable pattern of emotional and psychological variables that "set the stage" for a disordered relationship with food, body, and weight



7 key components

# Significant & ongoing stress or trauma in early childhood

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



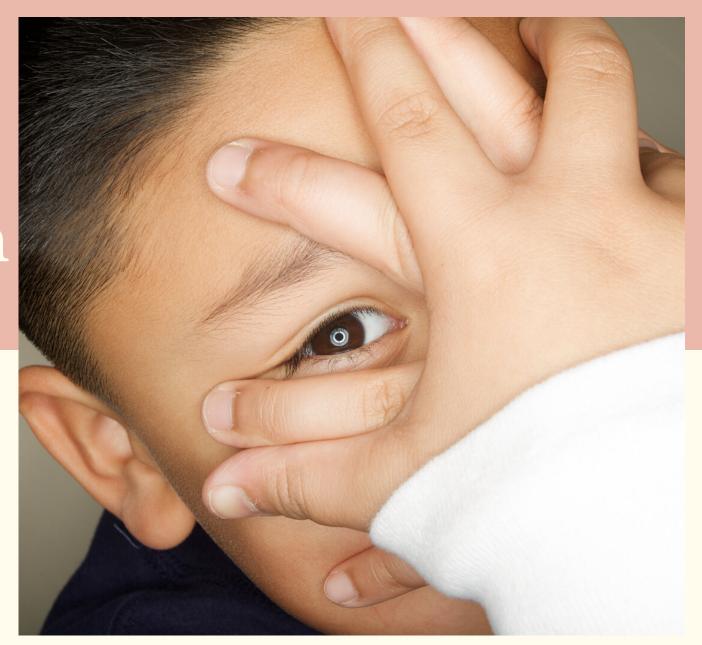
# Minimization of childhood dysfunction by key attachment figures

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



# Limited tolerance for emotional & environmental stimulation

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



# Put on a diet as a child

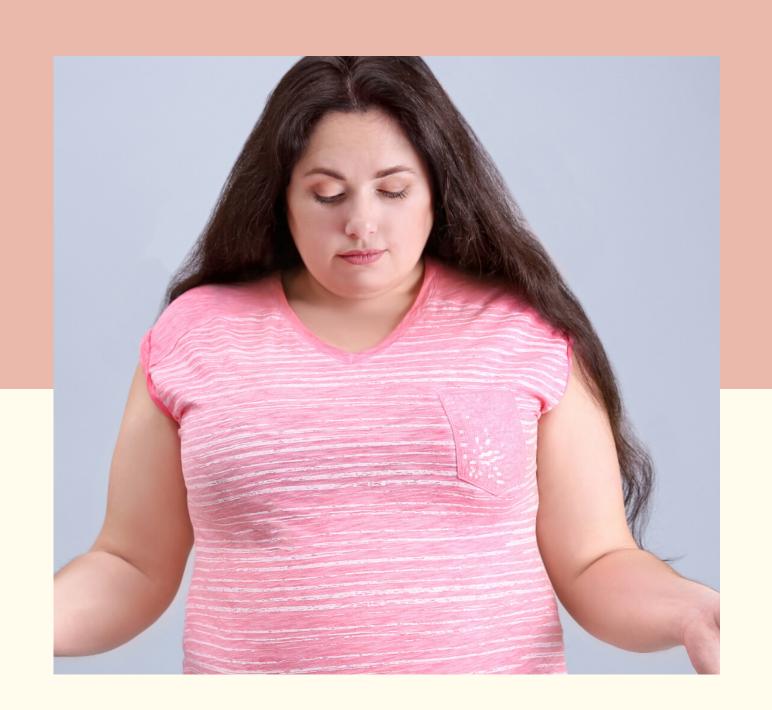
- Memories of restricting and later bingeing as young as age
   5 or 6
- Adolescent girls who diet are at 324% greater risk for obesity than those who do not diet\*



<sup>\*</sup> 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.

## 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



## 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



# Self-less & Dissatisfied

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





Healing...
from the Inside Out

addressing the emotional component

"The Deeper Work" for Full Recovery©

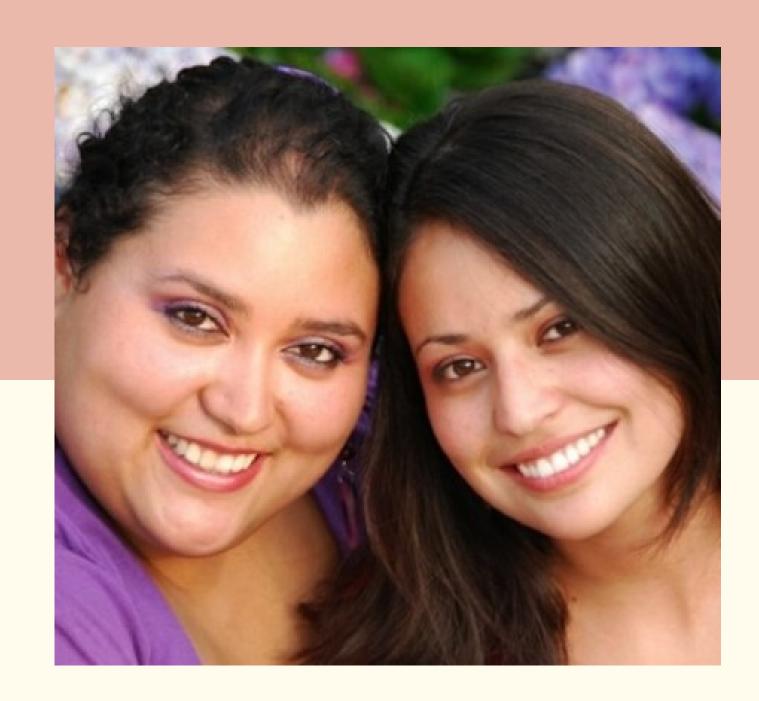
+

addressing the body component

Emotion-Focused Weight Care©

# "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



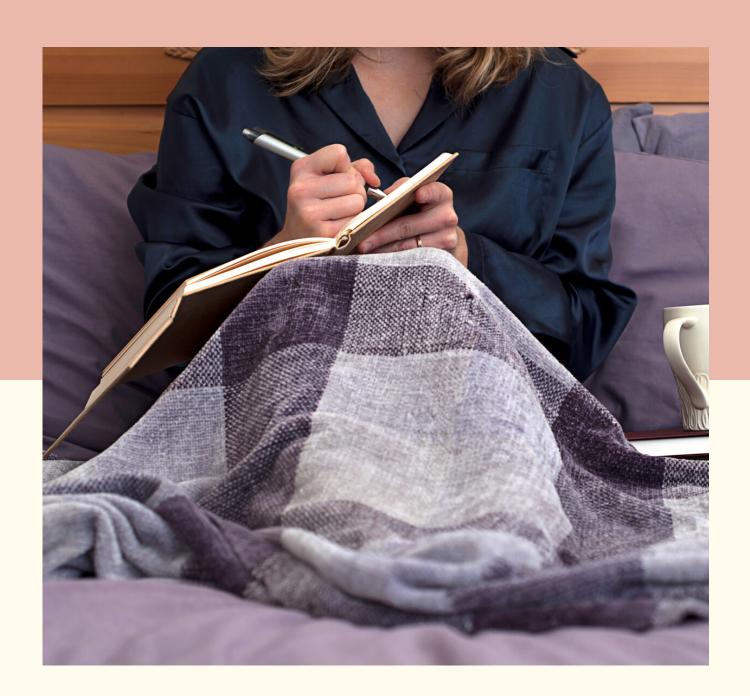
## Diet Trauma No More: Heal Past & Present Diet Debris

- 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



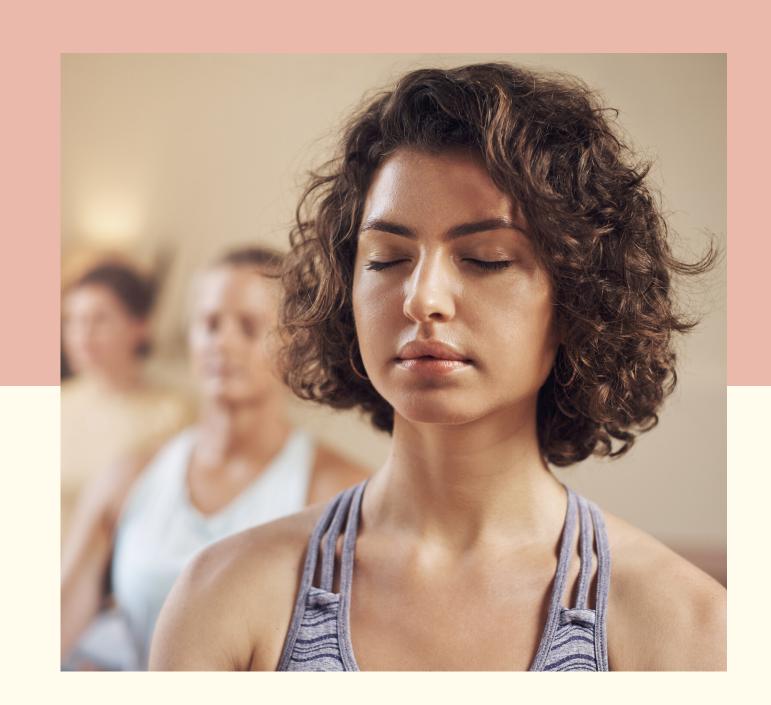
## Approach Your Emotional Self with Compassion & Curiosity

- 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 everchanging internal world



## 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



## 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



## Live from Your Real Self

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



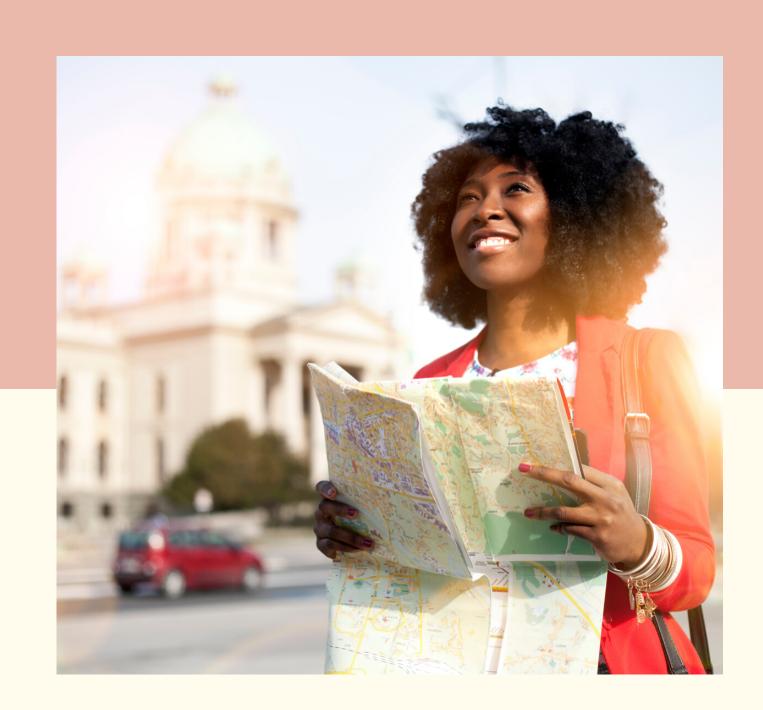
## Living within Emotional Intimacy

- 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



### 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 wellbeing, 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

(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