

Overcoming Overeating

A brief overview of binge eating disorder and the brain science behind it, as well as simple tools to overcome overeating and create new, healthy eating habits.

1

Introduction

- Diagnostic criteria
- Neuroscience
- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Mindfulness
- Intuitive Eating

2

Disclaimer

- While I am a licensed therapist, the information included in this course is intended for educational purposes only, and should not be considered a substitute for medical care or individual therapy.

3

Diagnostic Criteria

Is it just overeating, or is it more?

4

Diagnostic Statistic Manual - V

- Binge Eating Disorder is identified by:
 - Recurrent episodes of bingeing
 - Bingeing is defined as both:
 - Eating, in a determined period of time, an amount definitely larger than what most people would eat in similar circumstances
 - A sense of lack of control

5

Diagnostic Statistic Manual - V

- Bingeing is associated with three or more-
 - Eating much more rapidly than normal
 - Eating until feeling uncomfortably full
 - Eating large amounts, though not physically hungry
 - Eating alone, due to embarrassment (at amount of food or how it is eaten)
 - Feeling disgusted, depressed, or guilty after eating

6

Diagnostic Statistic Manual - V

- Marked distress regarding bingeing is noted
- Occurs on average once a week for three months or more
- Is unrelated to bulimia or anorexia

7

Diagnostic Statistic Manual - V

- Important things to know:
 - This does not include grazing throughout the day, if the amount of food is even more than recommended
 - Bingeing can happen in more than one place
 - Is unrelated to an event such as Thanksgiving
 - Bingeing can be planned out
 - This is NOT the same as obesity

8

Diagnostic Statistic Manual - V

- There is no racial bias in diagnosis, but this occurs more in women than men
- This typically starts in adolescence/early adulthood
- Triggers for Binge Eating Disorder:
 - Dietary restraint
 - Negative feelings towards one's weight, body shape, and/or food
 - Boredom

9

Beyond the diagnosis

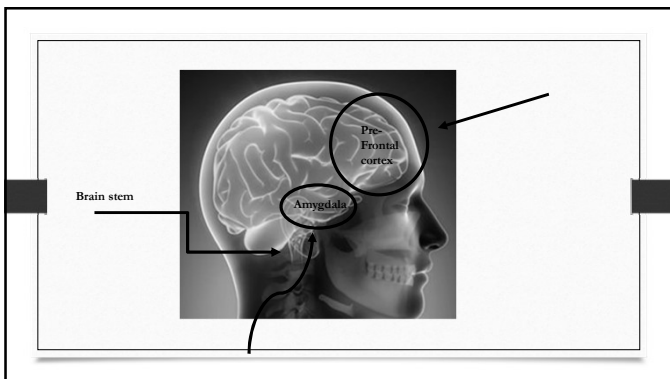
- So what?
 - Undesired behavior, and unpleasant feelings or beliefs about self
 - Health risks
 - Financial impact

10

Neuroscience

What does the brain have to do with it?


11




12

Habits are like Highways

Our habits have built and strengthened pathways in our brains so that they are as large and heavily traveled as freeways. These habits can use auto-pilot or cruise control, and don't require a lot of thought. The more frequently you travel the highway, the less you notice because it's old news.



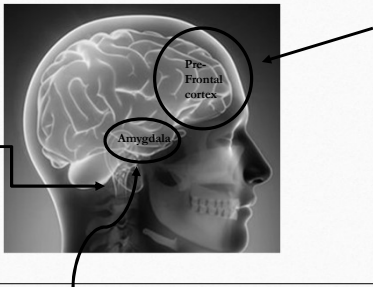
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New habits are like hiking trails

New trails can be forged, but the going is slow and tough. Often times there are obstacles and require work. Building new habits is like forging a new trail – it can be done, but it will take work, and time. It will take a lot of time before it becomes the pathway of choice over the old freeway.

14



15

Ways to Train the Pre-Frontal Cortex

Review of Therapy and Mindfulness Tools to Create New Habits

16

Dialectical Behavior Therapy

An overview, and skill learning – distress tolerance, and calm mind.

17

Introduction

- Dialectical Behavior Therapy (DBT) uses a combination of acceptance skills and change skills to help people find middle ground between two extremes.
- In DBT, clients:
 - Learn to accept themselves as they are, and identify a need for something to change
 - Get what they need, but fear losing what they need as they grow
 - Maintain personal integrity and validate own views, while learning new skills to emerge from uncomfortable patterns

18

Categories of Skills

<ul style="list-style-type: none"> • Acceptance Skills <ul style="list-style-type: none"> • Mindfulness Skills <ul style="list-style-type: none"> • Being aware of what is happening without judgment of what is happening • Distress Tolerance Skills <ul style="list-style-type: none"> • Learning to bear pain skillfully, as it can't be avoided entirely and will occur with change 	<ul style="list-style-type: none"> • Change Skills <ul style="list-style-type: none"> • Interpersonal Effectiveness Skills <ul style="list-style-type: none"> • Core skills include strategies for asking for what one needs, saying no, and managing conflicts • Emotion Regulation Skills <ul style="list-style-type: none"> • Reduce vulnerability to emotion mind
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19

Assumptions

- DBT assumes the following:
 - People are doing the best they can
 - People want to improve
 - People need to do better, try harder, be more motivated to change
 - People may not have caused all of their own problems, but they have to solve them anyway
 - New behavior has to be learned in relevant contexts
 - All behaviors are caused
 - Figuring out causes of behavior is a more effective way to change than judging or blaming

20

“Middle Path”: DBT with BED

Dialectical Abstinance

<ul style="list-style-type: none"> • You need to be fully adherent and comply with your food plan, that includes abstinence from certain triggering foods 	<ul style="list-style-type: none"> • Doing that perfectly is a complete and utter impossibility
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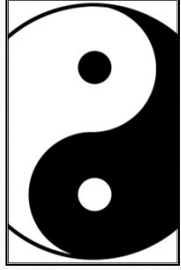
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Mindfulness Skills

- Intentionally living with awareness in present moment, without judging or rejecting moment, and without attachment to the moment
- OBSERVE. DESCRIBE. PARTICIPATE. The three steps to every moment.
- "Open the mind. Focus the mind." Mindfulness in a nutshell.

22

Wise Mind
Yin and yang of head and gut, thinking clearly about feelings

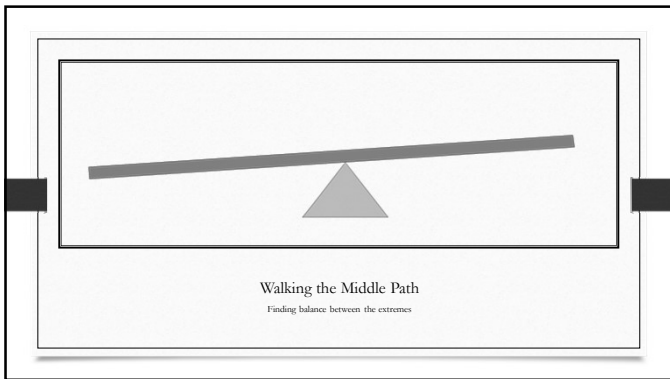


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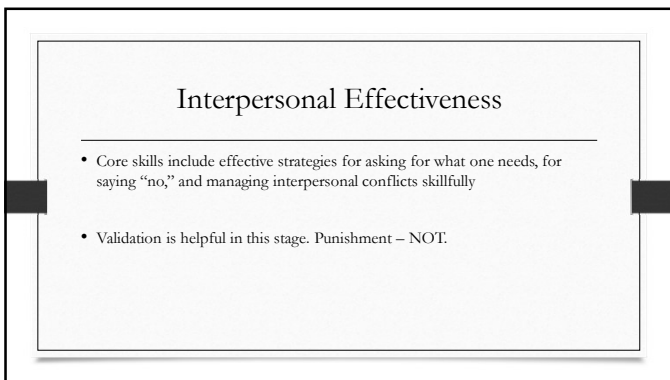
Loving Kindness

- This would be saying a "prayer" for someone, to someone, with the request or goal of asking for compassion, happiness, and increased feelings of connection.
- This especially applies to people you don't like.

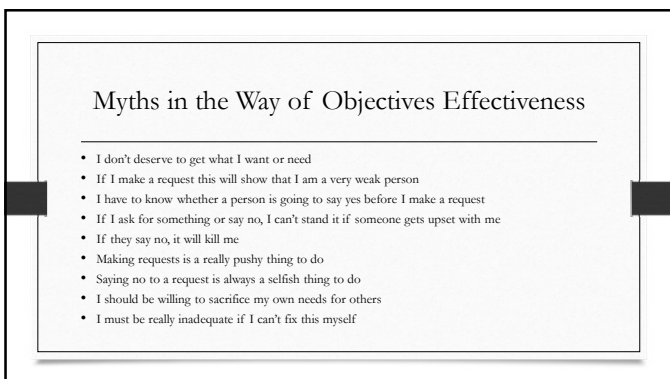
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25



26



27

Myths in the Way of Relationship/Self-Respect Effectiveness

- I shouldn't have to ask/say no; they should know.
- I shouldn't have to tell them they hurt my feelings; they should've known.
- Other people should be willing to do more for my needs.
- Other people should like, approve of, and support me.
- They don't deserve my being skillful or treating them well.
- Getting what I want when I want is most important.
- I shouldn't be fair, kind, courteous or respectful if they aren't towards me.
- Everybody lies.

28

F.A.S.T.

- This skill allows the user to maintain self-respect
- F. Be fair, to yourself and the other person. Validate your own feelings and wishes.
- A. No apologies. Not for asking, not for having an opinion. No looking ashamed.
- S. Stick to values. Your OWN values. Don't sell out for something not important.
- T. Be truthful. Don't lie. Don't act helpless when you are not. Don't exaggerate or make up excuses.

29

Emotion Regulation Skills

- Accumulate positive emotions. Add to life what feels GOOD!
- When a strong emotion comes up, do the opposite. Urge to eat? Go for a walk.
- Stay mindful of current emotions. Name them – it helps.

30

Pleasant Events List

- Going on vacation, planning a career, getting out of debt, relaxing, watching a movie, jogging, laughing, reminiscing about past trips, hobbies, meet new people, save money, practice yoga, go hunting, plan a wedding, take a nap, go sailing, think "I'm an ok person," fly a kite, talk with friends, go camping, sing in the shower, doodle, take care of plants, have quiet morning
- Create your own list. Commit to adding something, one thing, a day.

31

P.L.E.A.S.E.

- P.L. – Treat **physical** illness. Take care of your body.
- E. -- **Balanced eating**. Don't eat too much or too little. Stay away from food that makes you overly emotional.
- A. – **Avoid** mood-altering substances. No drugs. Limit alcohol.
- S. – **Balance sleep**. Aim for 7-9 hours a night, or what helps you feel good.
- E. – **Get exercise**. Do some sort of exercise daily. Aim for 30 min.

32


Distress Tolerance Skills

- The benefits of learning to bear pain skillfully?
 - Because it cannot be avoided completely
 - It will especially occur with change efforts
- This is a progression of mindfulness

33

Turning the Mind

1. **Observe** that you are not accepting. Look for anger bitterness, annoyance.
2. **Make a commitment** to accept reality as it is
3. **Do it again**, over and over. Keep turning every time you come to the fork.
4. **Develop a plan** for catching yourself in the future when you drift out of acceptance.



34

Adaptive Denial

- If you just can't handle cravings, try denial.
- "I'm not craving ice cream, I want gum."
 - Give logic a break. Don't argue with yourself
 - Give in to alternate behavior. (Chew the gum).
- Put it off for 5 minutes. Then another 5. You only have to make it thru today.

35

Crisis Intervention

<p style="text-align: center;">S.T.O.P.</p> <ul style="list-style-type: none"> • S. Stop. Don't just react. Don't move a muscle. Keep control. • T. Take a step back. Take a break, a deep breath. • O. Observe. What's going on around you, your thoughts and feelings, too? • P. Proceed <i>mindfully</i>. Act with awareness. Ask wise mind, which actions will make it better? 	<p style="text-align: center;">T.I.P.</p> <ul style="list-style-type: none"> • T. Tip the temp. Of your face. With COLD water. An ice pack will work too. • I. Intense exercise. Get out stored up energy with burpees. • P. Pace your breathing. • Pair that with muscle relaxation.
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36

Cognitive Behavior Therapy

A new way to look at feelings, some common thinking errors, and discovering the inner dialog

37

Introduction

- Cognitive Behavioral Therapy (CBT) is understood in three layers:
 - Consciousness
 - Monitor and processing environment
 - Link memories to new events
 - Control and plan
 - Automatic thoughts – subliminal
 - Schemas – core beliefs about self, others, and the world
- In CBT, clients learn to identify and change faulty thinking, unhelpful thought patterns, and take responsibility for their actions

38

Thinking Errors

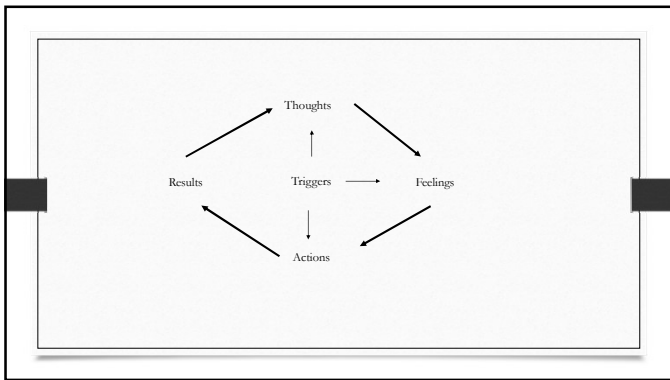
• Mental filter	• Deflecting
• Overgeneralization	• Assuming
• Personalization	• Should's
• All-or-nothing thinking	• Compare/despair
• Catastrophizing	• Blaming
• Uniqueness	• Mind reading
• Fallacy of Fairness	• Fortune telling

39

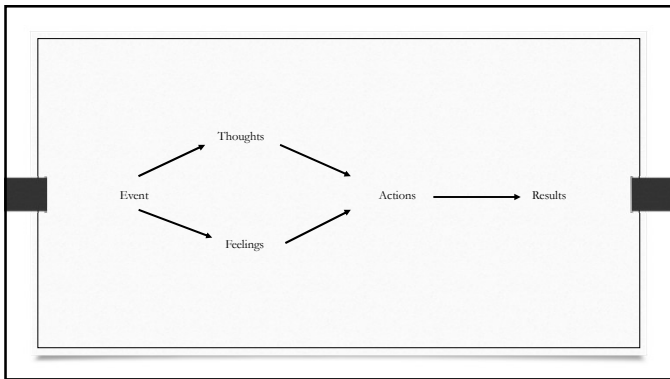
Automatic Thoughts

- These are the things that come to mind first, and often are a pattern
- These help you identify influential people in your life

40



41



42

Triggers

- These are the people, places, and things
- Sometimes these can be avoided. Sometimes they can't.
- When they can't, you need coping skills.
 - Call a friend
 - Go for a walk
 - Listen to music
 - Exercise

43

Mindfulness

Awareness of the present moment.
All we have is now.

44

Introduction

- The history of mindfulness is entwined with Buddhism, but has evolved into any quiet time where the focus is on the breath, guided imagery, movement, or other acute presence.
- It has been referred to as “the practice of cultivating conscious awareness of our thoughts, feelings, environment in every moment, without judging the experience.”
- Clients learn how to live life moment by moment, with awareness

45

Benefits of Mindfulness

- Resilience
- Stress relief
- Thought control
- Decreased depression
- Decreased anxiety
- Increased impulse control
- Improve health


- Better perception of reality
- Avoid thinking errors
- Releasing repressed emotions
- Better sleep
- Reverse effects of aging
- Increase creativity

46

Mindful Activities

- Yoga – focusing on body and breath mindfully while moving, creating energy
- Eating – must be practiced, focus attention and all five senses towards the meal, eating process, and sensory experience
- Anything – brushing teeth, going for a walk, cooking a meal.
 - Anytime all 5 senses are hyper-focused on the moment at hand, it becomes mindful
 - Be careful not to judge, but to accept whatever is being experienced

47



Urge Surfing
I can't stop the waves from coming, but I can learn to surf

48

7 Foundations of Mindfulness

- Non-judgmental – it is what it is
- Patience – don't rush it, let it happen
- Beginner's mind – we all have something to learn
- Trust – it will be okay
- Non-striving – don't force it, it will happen
- Acceptance – it is.
- Letting go – it is beyond your control

49

Intuitive Eating

- A variation of mindfulness, with the added element of intuition
- We are trained to ignore our intuition, but it speaks to us, through:
 - Things others say
 - Things we read
 - Our body sending messages
- Intuition can be identified as a feeling of excitement or anxiety, as confirmation or a nudge to stop something.

50

Intuitive Eating

Recognize.
Is this something my body truly needs?

Reframe.
Get rid of the food police. No food is bad, it's just food.

Reclaim.
Focus on the truth. Your body needs food. You can eat when you are hungry, and have power to stop when you are full.

51

Two Attitudes to Adopt:
 1) Body acceptance
 2) Dieting is harmful

Intuitive eating is about learning:

- How NOT to eat emotionally, socially, for environmental reasons, etc
- How to interpret body signals (i.e. cravings, hunger, etc.) and how to respond in a healthy, positive, nurturing way

Self-worth has nothing to do with what you ate today.

52

“Rules” of Intuitive Eating

- Eat when you are hungry.
- Eat what you want.
- Eat until you’ve had enough.
- Commit to yourself to remain focused throughout one meal each day.
- Prepare food with care. Go for quality over quantity.
- Turn off all radio, TV, phones, etc.
- Focus on each bite. Enjoy your food.
- Take your time.

53

So...

- You need to develop a non-diet mindset →
- You need caring support →
- You need to honor your body →

- Reject diet mentality. No keto, no intermittent fasting, nothing.
- Build a support network. Practice self-care.
- Tune into thoughts, feelings, signals. Let those signals guide eating.

54

“Checking In”

- Identifying those signals comes through checking in with yourself. This is done by:
 - Journaling
 - Daily practice
 - Contemplative time
 - Prayer
 - Meditation
 - Going for a walk
 - Whatever your preference

55

Stages of Change

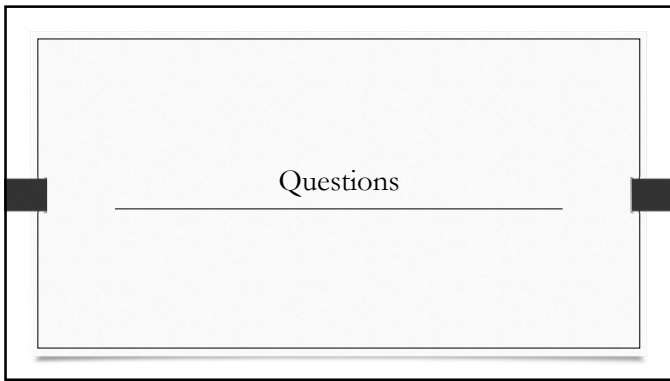
- Unconscious incompetence.
 - You don't know what you don't know.
- Conscious incompetence.
 - You know what you don't know, but you want to learn it.
- Conscious competence.
 - You are doing it, but you have to think about it.
- Unconscious competence.
 - You don't even have to think about it anymore.

56

The How

- Learn what it feels like to be hungry. Truly, physically hungry.
- Learn what it feels like to have eaten enough. Satisfied, not overfull.
- Nutrition Journal –
 - Document what you eat, but don't try to control it with dieting rules
- Meal plan –
 - Plan a menu for your calories and macros
 - Know you can change it
 - Keep eating if you are still hungry

57



58
