

Advances in the Treatment of Binge Eating

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Binge Eating Disorder (BED)

- Moved from Appendix B in DSM-IV to an official eating disorder diagnosis in DSM-5 Section 2
1. Characterized by recurrent and persistent episodes of binge eating
 2. Binge eating episodes are associated with 3 or more of the following:
 - Eating much more rapidly than normal
 - Eating until feeling uncomfortably full
 - Eating large amounts of food when not feeling physically hungry
 - Eating alone because of being embarrassed by how much one is eating
 - Feeling disgusted with oneself, depressed, or guilty after overeating
 3. Marked distress regarding binge eating
 4. Absence of regular compensatory behaviors (such as purging)

BED Prevalence Rates

- 3 : 2 ratio of adult females to males
- 3 : 1 ratio of adolescent girls to boys
- AN (.9%), BN (1.5%), BED (3.5%)
- Comparable rates across racial and ethnic groups
- Affects individuals across the weight spectrum, but is 2-4 times more common among individuals who are overweight

Effective Evidence Based Treatments for BED

- Effective evidence-based treatments are available for BED
 - Cognitive Behavior Therapy (CBT)
 - Interpersonal Therapy (IPT)
- Some medication can be helpful in reducing BED. These include antidepressants (such as SSRIs) and certain anticonvulsants (such as Topiramates)

(Denise Wifley Phd.,2013 | Webinar for NEDA focused on Binge Eating Disorder.)

Cognitive Behavior Therapy

- Focuses on decreasing dietary restraint
- Behavioral strategies (self monitoring)
- Cognitive skills assist patients in challenging negative thoughts that lead to binging
- Cognitive restructuring aids patients in challenging harsh stereotyped views of overweight and promotes acceptance of diverse body sizes
- Relapse prevention strategies

Effects of CBT

- Produces a marked and long lasting impact on binge eating and associated psychopathology
- Leads to modest, long term weight loss among those who are overweight

Interpersonal Therapy (IPT)

- IPT improves interpersonal functioning and self-esteem which leads to a decrease in negative affect
 - Focusing on resolving
 - Interpersonal role disputes
 - Role transitions
 - Grief
 - Interpersonal deficits
- Examines patients history to identify interpersonal problem areas associated with symptom onset and maintenance
- Strategies to help patients make changes in identifying problem areas

Effects of IPT

- Robust, long term decrease in over-valuing of shape and weight
- Effects maintained up to 5 years following treatment
- Evidence of high retention and treatment acceptance

Attachment Styles

- **Anxious**
 - *I often worry my partner will stop loving me; I fear that once someone gets to know me, they won't like who I am; I feel anxious and incomplete when not in a relationship; I think about my relationships a lot; I worry if my partner leaves me I will never find anyone else; I worry that I am not attractive enough*
- **Secure**
 - *I find it easy to be affectionate with my partner; I feel comfortable depending on others; I am generally satisfied with my romantic relationships; I am comfortable sharing my personal thoughts and feelings with my partner*
- **Avoidant**
 - *My independence is more important to me than my relationships; I prefer not to share my innermost feelings with my partner; I find it difficult to depend on others; I sometimes feel angry or annoyed with others without knowing why; It makes me nervous when someone gets too close*

Relationship Questionnaire

- Who are the three people you are closest to?
- How do I eat before, while, or after I am with them?
Is there a pattern?
- What are my expectations of them?
- What do I do when people don't meet my expectations?
- What do I need to do differently to no longer turn to food instead of people to get my needs met?

Turning to People Instead of Food

- Ways to Overcome Overeating
 - Turn to people instead of food to get needs met
 - Lighthouse story
 - Gandhi story
 - Set appropriate boundaries with others
 - Job description

Exercise: Energy Boosters and Drainers

Think of a bank account. Some of our activities or actions are like deposits that give us energy, but others are like withdrawals that drain our energy. The deposits are energy boosters, and drainers zap our energy.

Exercise: Energy Boosters and Drainers

- Examples of Energy Boosters (Deposits)
 - 1. _____
 - 2. _____
 - 3. _____
- Examples of Energy Drainers (Withdrawals)
 - 1. _____
 - 2. _____
 - 3. _____

*Consider what it would be like if you were fully energized and your energy account was full. Would it take you less time to complete tasks?
Would you enjoy life more?*

HEALTHY RELATIONSHIPS: Limit Time With Energy Vampires

- The quality of our relationships affects our health and energy level. Our relationships are governed by a give and take of energy. Beware of people in your life who suck the life out of you—the energy vampires.
- Energy vampires are the whiners, grouches, and complainers who make you feel tired and drained while you are with them and often afterwards.
- They intrude in your space, ignore boundaries and privacy, complain constantly, and often blame everyone else for their problems.

Willpower

Marshmallow Experiment

- [Marshmallow Experiment Video](#)

The Marshmallow Experiment

- In the 1960's, Mischel, a professor at Stanford, took nursery-school students, put them in a room one by one, and gave them one treat (sometimes a marshmallow, cookie, or pretzel)
- They were told that they could eat the treat right away, or wait 15 minutes until the experimenter returned. If they waited, they could get an extra treat
- Tracking the kids over time, as they matured and became adults, the kids who had shown the ability to wait (delay gratification) got better grades, were healthier, enjoyed greater professional success, and proved better at staying in relationships- even decades after they took the test

Willpower

- One of the most important predictors of success in life.
- Whether you are resisting that second piece of cake or contemplating a dreaded task, exerting willpower in different areas of your life saps the same mental energy source.
- Once these resources are tapped, we become more at risk to engage in self destructive behaviors like binge eating, drinking, or losing our temper with others.
- The power to resist temptation- binging on chocolates, to endure an unpleasant meeting without losing control of your anger, to delay gratification- is one of our greatest human strengths

Food Log

Time of day	Food & drink (List specific amounts)	Situation/Emotions (i.e. in my kitchen, stressed at work, bored at home, etc.)	Sleep (# of hours)	Non-food pleasure	Willpower Muscle (1-10)

Food Log

Actions taken to strengthen Willpower Muscle:

- 1. _____
- 2. _____
- 3. _____

Food Log

Tips for using the log:

- 1. People tend to underreport their intake by about 30 percent. In order to get the most accurate reading, write down what you eat immediately after eating. The longer you wait, the more distorted your memory may become. Remember to record every morsel and every sip- it all counts. It also may be useful to snap before and after photos of your meal, snack, or treat.

Food Log

- 2. Make a note at what time you went to bed and what time you got up, so that you can calculate how many hours of sleep you're getting each night. Write the number of hours on your log. Lack of sleep can trigger weight gain and it tied to an increased risk for type 2 diabetes. Adequate sleep is necessary for the proper balance of the hormones that affect appetite and fat storage, not to mention that fatigue decreases our ability to handle our emotions and zaps motivation

Food Log

- 3. Recording situations and emotions. Here's where you start connecting the dots linking emotions, situations, and eating. Where were you when you overate? Had you eaten enough earlier in the day? Were you alone? What were you feeling? What happened earlier that day? Was it frustration, too fast-paced, demanding, or even too exciting?

Food Log

- 4. Record pleasurable moments in life and activities you engaged in for well-being and happiness (exercised, prayed, connected with a friend, had a great massage). If food is your only source of pleasure, it makes it difficult to stop overeating.
- 5. Willpower Muscle: Range of 1-10 (1 = willpower muscle depletion, 10 = highest strength). Most people's willpower muscle decreases as the day goes on.

Pleasure File

- There are countless ways to stimulate the brain's pleasure centers. Figure out what pleasures and passions you want to pursue using the following questions:
 - What did you enjoy doing when younger?
 - Did you like to read, paint, play the drums, hike, dance, listen to music, hangout with friends?
 - Should you take piano or guitar lessons now? Or splurge and buy season tickets to a symphony or jazz series? Is it time to find some hiking trails?

Pleasure File

- What do you wish to had more time to do? Shop at antique stores, read bestsellers, travel, play with your children, fall asleep on the hammock, etc.
- Which activities do fully engage you that you lose track of time (crafting, doing yoga, making love, listening to beautiful music)?
- Keep track of your favorite daily moments, describing in a journal the pleasure they bring you. Be specific, and focus on your five senses. For example: walking outside and feeling the warmth of the sun, watching your favorite sports team play, going out dancing with friends, meditating before going to work, smelling flowers or fresh-brewed coffee, enjoying the radiant smile of a loved one

Pleasure File

- Who or what makes you smile or laugh on a regular basis? Your children, favorite TV show, favorite comedian, yourself? Receiving a witty email or sending one? Remember you, your family, and workplace are the best sitcom
- How often do you experience a warm and loving touch from another? A gentle caress, loving embrace, encouraging tap? The tactile pleasures of sex, petting your pets, etc.?

Your Willpower is Like a Muscle: How to Train Yours to be Strong


- Exerting willpower requires the brain to use lots of energy in the form of glucose- which it may not have if you are hungry or not able to metabolize glucose efficiently. This could be the result of sleep or stress
- All these things cause mild dysfunction in the prefrontal cortex that can lead to loss of control and behaviors such as bingeing on food or alcohol
- Since will power is linked to glucose levels, healthy eating and sleeping are crucial in achieving person goals

Demands vs. Resources


Demands	Resources

Demands vs. Resources

Take a look at what you've written. Is the "Demands" column longer than the "Resources" column? Are you working too many hours? Do you have too many responsibilities? When stressful demands outnumber resources, symptoms like overeating or drinking arise in response to the pain or discomfort of an unbalanced lifestyle. You have to either decrease your demands or increase your resources. Otherwise, it is too painful to live this way, and you may overeat to numb yourself of the pain of your lifestyle.

A woman with short, styled grey hair is smiling and looking back over her shoulder. She is wearing a pearl earring and is posing in a way that highlights her skin. The background is a plain, light-colored wall.

beauty has no age limit

 pro·age | *Dove*



too old to be in an anti-aging ad



too old to be in an anti-aging ad



too old to be in an anti-aging ad

campaignformalebeauty.com | Dove

but this isn't an anti-aging ad. this is pro-age.
a new line of skin care from dove. beauty has no age limit.





too many age spots to be in an anti-aging ad

www.dove.com | 1-800-333-3333

but this isn't an anti-aging ad, this is pro-age.
a new line of skin care from dove. beauty has no age limit.





too many wrinkles to be in an anti-aging ad

campaignforrealbeauty.com | Dove

but this isn't an anti-aging ad. this is pro-age.
a new line of skin care from dove. beauty has no age limit.





wrinkled?

wonderful?

Will society ever accept 'old' can be beautiful? Join the beauty debate.

campaignforrealbeauty.co.uk  | *Dove*

Transform Your Body Image

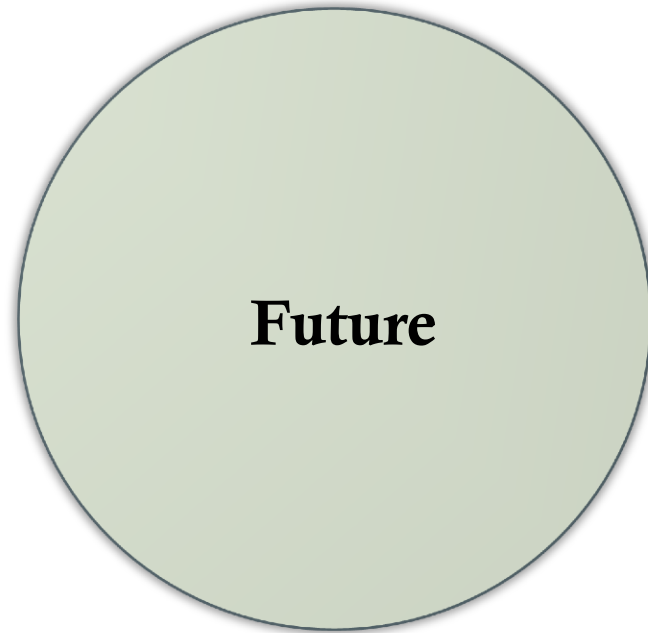
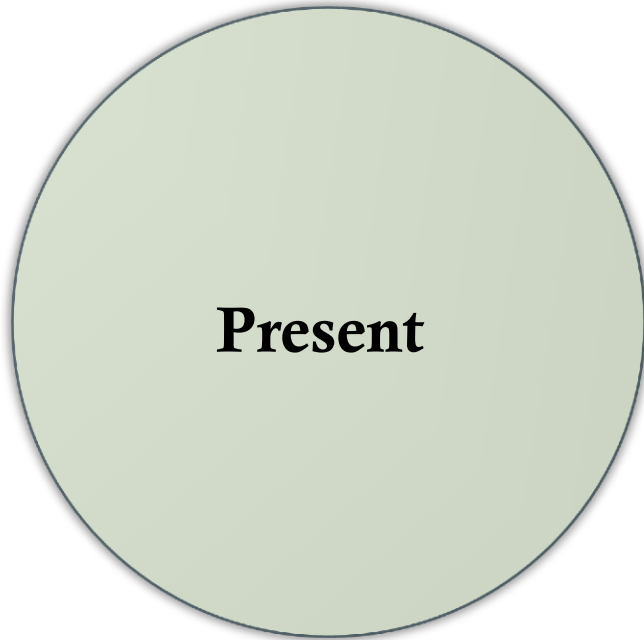
- Develop a realistic weigh goal based on genetics, metabolism, age, etc.
 - 70% genetics, 30% lifestyle
 - Group Exercise: Women Taking Up Space
 - Four Noble Truths
- Individuals must accept moderate, modest weight loss as a success

Four Noble Truths

- Map the Buddha used for teaching about the path of happiness
 - Pain is inevitable
 - Suffering is optional
 - Suffering occurs when we don't want anything to change
 - Craving anything is suffering

Transform Your Body Image

Make time to take care of your body



Transform Your Body Image

- Teach others how to talk about and treat your body
 - Forty-five you old woman
 - “Roseanne Response”
- Develop a different approach to fitness
 - Focus on strength verses weight loss
- Surround yourself with people who support your body image goals
 - Daisy

Transform Your Body Image

“This journey into strength is not just about sculpting the body, but how we can use the pathways of our bodies as a way to mine the strengths in ourselves. For when external and internal strength are blended, balanced . . . that union of flesh and spirit is magnificent, radiant, a cause to rejoice”

-Karin Andes

“A Woman’s Bank of Strength”

Identify Signature Strengths

- Signature Strength: my muscular arms
- I can take care of them by: continuing to weight train
- I can embrace them by: wearing sleeveless dresses

Transform Your Body Image

- Define self by choices you make, not what happened in the past or how people respond to you now
- Goal: I want to eat healthfully and feel good about my body
- Body-Positive Behaviors
 - I woke up early and walked for 45 minutes while listening to my favorite CD
 - When I overate at lunch, instead of binging all day, I got back on track at the next meal
 - I went out dancing with the other nurses after work and had fun
 - I taught my husband how to touch my body in a more nurturing way

Transform Your Body Image

- Develop Empathy for Your Body
 - What is the body part you are most dissatisfied with?
 - How do you treat this part?
 - What does this part need from you now?
- Body Image
 - What focus on gets bigger

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Author of:

*Change Your Mind, Change Your Body:
Feeling Good About Your Body And Self After 40
(Simon & Schuster)*

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*The Life You Want: Get Motivated, Lose Weight, and Be Happy
Bob Greene, Ann Kearney-Cooke, and Janis Jibrin
(Simon & Schuster, December 2010)*

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