

The Emotional Aspect of Obesity – A program for psychotherapists

Roni Maislish M.S.W

Vision –The obesity’s epidemic is growing during the last years. More and more people around the world joining into this group of people who suffer from overweight and obesity. During the years, many different programs developed to help this group but most of those programs focus and emphasis the bio-medical approach and try to assist trough dieting, sport and medicine. We believe that the psycho-social aspect of obesity is merely known both for the patients and for the therapist as well. We suggest that if more psychotherapist will take the responsibility of treating this disease, and gradually become an expert of that field, the statistic will change in the near future while more professionals engage and response to all kind of issues connected to the relationship with food and eating of their patients.

The program aims to teach a “language” based on the combination of the “non-diet” approach, mindfulness eating, “self-psychology” paradigm, “theater of the body” perspective, and much more. By teaching (theoretical and experimental materials) and process it, we will share all kind of emotional knowledge and tools. We will also use the food itself to examine themes (like choosing, holding, controlling) and see how they demonstrate both in the food and eating issues versus other issues. We will help the student to listen carefully to their (and their patients) inner signals (bottom-up process) and label them, understand them and integrated them to a more comprehensive stage (top-down process). That will help them, when they work with overweight’s patients, to reduce their emotional eating and start feeling more strong, quiet and full joy (and hopefully start losing weight).

Each of the 20 meetings will last 3.5 hours and include:

- 1) presentation and reading articles together (1 hour)
15 min break
- 2) experimental work. In some of the sessions we will practice the “mindfulness meal” so the participants could start leading “emotional eating’s groups”, when they will graduate this program. In some other sessions I will teach different kind of experimental work which the students could use in their group work. (1 hour).
15 min break
- 3) supervision on cases (1 hour).

Program outline

- Introduction with basic term: emotional eating, emotional starvation/hunger, social eating, the emotional role of the fat and more.
- When food is love – practicing how many people prefer having relationship with food and eating instead with human beings.
- Body-mind integrated and re-discovering our natural hunger-satisfy mechanism
- The theater of the body – how we choose to present our basic and intimate needs through our eating habits and our overweight.
- The connection between emotional neglected, violence and complex trauma to overeating and obesity.
- Self-psychology perspective's implementation with overweight's patients – the emphatic self-object who can “walk in his patents shoes”.
- The fat as an “I-skin” envelope which protect and hold many of the overweight patients.

Learning objectives:

1. The students will learn to approach obesity from a social-emotional perspective.
2. The students will understand both theoretical and clinical, how the self-psychology's paradigm is being practice trough the relationship with food and eating of the patients.
3. The student will learn to engage more freely and respectfully with a patient who suffer from obesity.
4. The students will learn the meaning of the term empathic self-object and practice different way to improve their emphatic capabilities.

Bibliography

1. When food is love (Geneen Roth) 1992
2. Psychic Deadness, chapter “emotional starvation” (Michael Eigen) 2004
3. Toxic Nourishment, chapter “toxic nourishment” (Michael Eigen) 1999
4. I-Skin (Didier Anzieu) 1995
5. Theaters of the Body (Joyce McDougell) 1989
6. How does the analysis Cure? (Heinz Kohut) 1984
7. Getting to the heart of the matter: Does aberrant interoceptive processing contribute towards emotional eating? (Hayley A. Young) 2017

Price – 1850 Euros

Dates – we are starting on the 12th of February 2024 at 10 AM (GMT)

For registration send an email to ronimaislish33@gmail.com

About the instructors

Roni Maislish M.A (psychotherapist and clinical social worker).

From 2005 I am working with overweight's patients dealing with emotional eating who suffer most of their childhood from emotional long-term neglected. Between 2018-2020 I worked in Tel Hashomer (Sheba) hospital in an overweight treatment center (part of the endocrine institute) Between 2006-2011 I saw eating disorder's patients (and their parents) in Soroka Hospital. From 2007 I am working as emotional eating's therapist. Among my work I am leading groups both for therapist and non-therapist, short workshop and year-long dynamic-study groups. Beside working with patients, I involve deeply in education-prevention roles in schools, pre-school, eating disorder's clinics, dietitians, mantel health department, and much more .in 2008 I participated in a 6-day retreat in California leaded by Geneen Roth (the auteur of the bestseller "When food is Love").