

# Making Changes:

## Cognitive Behavior Therapy for Binge Eating Disorder

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# Making Changes

## Week 4

What About Body Image?

# Weight Loss and Body Satisfaction: A reminder

- Weight Loss and Body Satisfaction
  - Weight loss *is* related to improved body satisfaction.
    - 5 - 15% results in improvement. No greater improvement with greater weight loss.
  - However, weight loss is *not* recommended as strategy for improving body satisfaction because of negative impact of even small weight regain.

# Body Image – What *is* recommended?

- Cognitive Behavior Therapy for Body Image
  - Similar improvement in body satisfaction as found with weight loss.
  - Effects more lasting.
  - May even help with maintenance of weight loss.

# Body Image – What can you do now?

- Acceptance of “natural” weight
  - Greater belief in weight control, the worse the body image and self esteem
  - Greater belief in striving for a healthy lifestyle with acceptance of natural weight, the better the body image and self esteem
  - This approach works, whatever “lifestyle” you choose: you control your lifestyle and accept the resulting weight. NO goal weight.

# Body Image – What can you do now?

- Stabilize your eating
  - Helps you feel confident you are at your “natural” weight, and that you have nothing to apologize for.
- Stop binge eating
  - Binge eating makes it impossible to feel good about your lifestyle and to trust that your body is regulating your weight.
- Some Specific Strategies:
  - Stop “checking” behaviors: reinforces idea that weight/appearance is your most important quality.
  - Catch your thoughts and refocus
  - do NOT avoid.