

Treating Obesity using EMDR therapy

Overweight and obesity constitute the fifth leading risk factor for human death in the world.

There are two different types of obesity: endogenous (organic type) and exogenous (psychological, emotional type). Only a small percentage (2-3%) are diagnosed with a pathology of endocrinological origin. The remaining 90-95% suffer from exogenous obesity, caused by psychological and emotional issues.

EMDR therapy for obesity needs to focus on working through those traumatic events or life events experiences where clients learned to manage their emotions through food. Using EMDR therapy we help treat a disease that was catalogued as chronic. And we offer to these clients the possibility to heal it.

Examples of diverse clinical presentations of clients with obesity will be discussed and illustrated with video recordings including obvious, subtle and hidden presentations.

Learning Objectives

Participants will be able to identify the most frequent defenses in clients with Obesity.

Participants will be able apply specific EMDR therapy strategies for increasing self regulation without food in those with Obesity

Participants will be able to identify specific beliefs related to different self-states or emotional parts in clients with Obesity.

Participants will be able to understand obesity from the the AIP model.

Participants will learn effective treatment plan with EMDR Therapy for clients with Obesity.

What is new, unique and/or innovative about this material

Firstly, what is new about this material is the possibility to treat people who suffer from Obesity with EMDR Therapy. Because this disease was catalogued as chronic, which means that these people had a lot of limitations regarding treatment. Normally, these clients were treated with medication, diets, and/or surgery. There was no specific treatment plan for them taking into account how traumatic events and life events could affect their relationship with food. So, what is also new in this presentation is how we can treat people with Obesity through processing their lives events and trauma using EMDR therapy and the positive results we can obtain with it.

This presentation relates to EMDR because the treatment plan is based on the eight phases of the standard protocol.

This presentation relates to EMDR because it shows to therapist how process the traumatic events and life events experiences using the standard protocol in order to heal the problems the person has with food.