

# From Chaotic to Peaceful Eating: Effective Strategies

EDRDpro Webinar - February 24th, 2018 | by Vania Phitidis



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# The plan

- About me
- Mindfulness
- The way I work with a client
- From chaotic to peaceful eating: **Effective strategies**
- Questions & take-aways

# Mindfulness

- What it is
  - Becoming aware
  - Moment by moment
  - Of one's body, emotions, thinking
  - Without judgement or attachment



*"Between stimulus and response, there's a space.  
In that space lies our power to choose our response.  
In our response lies our power and freedom."*

*-Viktor Frankl-*

# Mindfulness

- What it is
  - Becoming aware
  - Moment by moment
  - Of one's body, emotions, thinking
  - Without judgement or attachment
- 'Being' instead of 'doing'
- 'Witness' your experience
- Nothing to achieve
- Turning towards/ welcoming
- Benefits
  - ↑ cognitive flexibility
  - ↑ self-observation
  - ↑ ability to focus attention
  - ↓ rumination
  - ↓ stress
  - ↓ emotional reactivity

# Connection

What makes psychotherapy successful?

Client factors	40%
Placebo/hope	15%
Theory/techniques	15%
Relationship with client	30%

# My recipe for connection

AIM: to create an ‘invisible essence’

Ingredients:

- ‘Beingness’
- Gentleness, Love, Compassion
- Non-judgement, unconditional acceptance
- Holding
- Curiosity
- Non-striving
- Transparency
- Meet client where she is & respect her pace
- Collaboration/ partnership

# A mindful space

A space in which whatever arises is observed with awareness, allowing, acceptance and curiosity



# Creating a healing space



# The deeper issues

## “The symptoms”

- Attachment to weight loss
- Non-acceptance of her body/ body image issues
- Dieting history
- Level of self-care
- Difficulty meeting their needs
- Difficulty setting boundaries, etc...

## What's really going on...

- 
- Identification with thoughts
  - Disconnection from body
  - Disconnection from emotions
  - Level of self-compassion... (and let's not forget about cultural oppression...)

# From chaotic to peaceful eating: Effective strategies

- Initial visualisation & motivation
- 3-step breathing space (mindfulness)
- R.A.I.N.S (mindfulness)

# Initial visualisation

When?

- 1st/ 2nd session

Why?

- Know where she's headed
- Shift entrenched identification
- Use what we know from fMRI
- Strengthen approach pathways

What?

- Guided visualisation
- In present tense
- Using approach pathway language

How?

- Verbatim notes
- Living document

Application

- Own handwriting
- Out loud
- Daily

# Motivation

- Meaning
- Clarity
- Anchor
- Strengthens & deepens the process
- “and this matters to you because...”

# 3-step breathing space

- We started with 3-step breathing —————> my sessions start with it
- Powerful practice
  - Connects to present experience
  - Creates space
  - Adaptable
- Addresses deeper issues
- Example
- Instructions
  - 3 x/day
  - Incorporate into stressful situations



# R.A.I.N.S

- Makes up a moment of mindfulness
- Origins of R.A.I.N.S
- Addresses all of the deeper issues



R

Recognise

A

Accept / Allow

I

Investigate

N

Non Identify

S

Self Care / Self Compassion

Acronym created by Michelle McDonald and adapted by Tara Brach.



# R.A.I.N.S

## Recognise

A

I

N

S

- Karla was trying on clothes... hating what she saw in the mirror...

# R.A.I.N.S

R

**Allow / Accept**

I

N

S

- Can I allow this moment to be just as it is?
- Can I say yes to what is happening, just for this moment?

# R.A.I.N.S

R

A

**Investigate feelings**

N

S

HOW:



**Focus on the body**

Notice the sensations where you feel the contraction.



**Slow down**



**Become microscopic**

Notice in detail what is happening, moment to moment.

# R.A.I.N.S

R

A

**Investigate thoughts**

N

S

“I'd be better smaller”

“I'm a failure”

“It'll never change”

# R.A.I.N.S

R

A

I

**Non-identify (it is not me)**

S

- “This is an experience I’m having”
- “I’m not my thoughts”
- “I’m not my feelings”

# R.A.I.N.S

R

A

I

N

**Self-compassion & self-care**

- This was/is hard
- Other people also struggle with this
- What do I need right now?

# R.A.I.N.S - Application

- **ANY** difficulty!
  - Relationships
  - Body image
  - Distress
  - **Cravings**
- In the moment / afterwards
- Karla...

# Questions & take-aways

- What stood out for you as **meaningful** today?
- **1 take-away** for your practice?
- Q & A



Thank you!

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