SUPPORTING HEALTHY BODY IMAGE
Through Nutrition Education and Counseling

JUDITH MATZ, LCSW
CULTURAL PRESSURES
WHAT IS THE MESSAGE?
BEHIND EVERY DIET:

“I’M TOO FAT”
THE DIET/BINGE CYCLE

- Negative Thoughts
- Diet
- Overeat
- Negative Thoughts Revisited
- (Also known as yo-yo dieting)
WHAT IS A DIET?

Any time a person manipulates food for the purpose of weight loss, they are on a diet.
DEPRIVATION

The Pink Elephant
What Clients Say:

- I was bad today (referring to what they ate).
- I’m embarrassed to go out because I feel too fat.
- I’ve let myself go.
- I’m ashamed to eat in public.
- I’m too ashamed to be seen in public.

(From the Diet Survivor’s Handbook, p. 16)
SHAME

What Clients Feel:

- I am what I weigh; the scale determines my worth.
- I envy thin people and equate their appearance with success; my body implies failure.
- I feel “less than” because of my body size.
- If only I could lose weight and get thin, all of these negative feelings would disappear.

(From The Diet Survivor’s Handbook, p. 16)
THE ANTIDOTE TO SHAME

- You Haven’t Failed Your Diet; Your Diet Has Failed You
THE HEALTH AT EVERY SIZE® PARADIGM

- Offers a path toward optimal health – both physical and emotional – for every body!
- Research-based
- Focus on wellness, not weight
- Focus on sustainable behaviors
Attention to emotional, physical, and spiritual well-being, without focus on weight loss or achieving a specific "ideal weight."
#2: Size and Self-Acceptance

- Respect and appreciation for the wonderful diversity of body shapes and size (including one’s own!) rather than the pursuit of an idealized weight or shape.
Eating based on internal cues of hunger, satiety, and appetite, rather than on external food plans or diets.
#4: THE JOY OF MOVEMENT

- Encouraging all physical activities for the associated pleasure and health benefits, rather than following a specific routine of regimented exercise for the primary purpose of weight loss.
Recognition that body shape, size and weight are not evidence of any particular way of eating, level of physical activity, personality, psychological issue, or moral character; confirmation that there is beauty and worth in every body!

(From Beyond a Shadow of a Diet, p. 386, based on Kratina, K., King, N., & Hayes, D. Moving Away From Diets.)
<table>
<thead>
<tr>
<th>THIN</th>
<th>FAT</th>
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<tbody>
<tr>
<td>healthy</td>
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<tr>
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<tr>
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<td>lazy</td>
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<tr>
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<td>eats too much</td>
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<tr>
<td>happy</td>
<td>sluggish</td>
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<tr>
<td>self-control</td>
<td>unhappy</td>
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TECHNIQUES TO BUILD BODY IMAGE:

Stop Negative Talk/Practice Compassion

- 24 Hours of Bad Body Thoughts

- “If yelling made me thin…"

- Computer Exercise
EXTERNAL TECHNIQUES CONTINUED

- CLOTHES
- SCALES
- LIVING IN THE PRESENT:

* If I were thin I would...
PSYCHOLOGICAL FACTORS

THE TRANSLATION OF FEELINGS…

It feel like this:
Anger ➔ Eat

It happens like this:
Anger ➔ Unable to be comfortable with feelings ➔ Eat ➔ Yell ➔ Resolve to lose weight

THE CASE OF CLAIRE
RESOURCES

- **BOOKS**
- **WEBSITES**
  - www.judithmatz.com
- **BLOGS**
  - www.dietsurvivors.com
WE MUST BE THE CHANGE WE WANT TO SEE IN THE WORLD