

Features of self-acceptance
in overweight people.

Correction of self-acceptance
by methods of psychotherapy.

The data of the World Health Organization

Had excessive weight in 2016:

About 1,9 milliards of people above 18

41 millions of children in childhood

Body mass index : 25 and bigger – its indicate that one has excessive body weight;
30 and bigger – its indicates obesity

Self-acceptance as a concept :

Self-esteem

Self confidence

The positive perception of self and one's life as a whole

Awareness and acceptance of not only one's positive characteristics, but one's flaws.

Self-recognition (unconditional love oneself, "as is")

Treating oneself as a person worthy of respect

Independence from external evaluations

Self-acceptance in terms of positive psychotherapy

- Love
- Contact
- The trust

Three styles of eating behavior (T. van Strain):

- Restrictive
- Emotiogenic
- External

Eating behavior is affected by:

- Family traditions
- The concept
- Psychological factors
- Sociocultural influence
- Transcultural approach

Personal Factors Affecting Eating Behavior.

- Oral Fixation (Z. Freud)
- Unstable self-esteem
- Anxiety
- lack of autonomy
- Body image violation
- Self-critical perfectionism

Emotiogenic food model (H.L. Kaplan, H.S. Kaplan)

Incentives for eating are not hunger, but emotional discomfort:

- Anxiety
- Irritation
- Boredom
- Feeling of depression
- Loneliness
- etcetera

(overeating, as a distinction between anxiety and hunger)

The psychological benefits of overeating and obesity. **Three hypotheses:**

1. Disguise.

Overeating to mask stress. The real problem is masked by the problem of overeating or being overweight.

2. Comfort.

Food intake as a way of distracting while eating from anxiety or from circumstances causing stress.

3. Distraction.

food provides comfort and reassurance.

Relationship between mother and baby

- *If a mother uses feeding in response to a crying baby, the baby ceases to distinguish between hunger and negative emotions. Thus, in adulthood, such a person will also be inclined to use food to feel better (Poivy J., Herman C.P., 1999).*
- *The fundamental prerequisites for a child's mental health are their innate and developing ability to maintain self-control in the process of separation and individuation. (Mahler, 1968)*
- *(Winnicott, 1958) Introjection of an external object, as a necessary condition for the possibility of being alone.*

Psychodynamic approach:

The relationship of manifestations of the processes of eating disorder with intrinsically personal conflicts arising from tensions between conflicting needs and motives, ambivalent feelings, etc. (Wasserman, Svyatenko, Trifonova, 2009).

BASIC DIRECTIONS OF PSYCHOTHERAPY WITH OVER WEIGHT

- Psychodynamic approach
- Cognitive Behavioral Approach
- Art therapy
- Body oriented approach

The main goals of psychotherapy when dealing with overweight:

- Self-Acceptance Development
- Strengthening self-esteem
- The ability to be in touch with your own emotions
- **Development of primary basic abilities:**
 - Love
 - Contact
 - The trust