

Features of self-acceptance  
in overweight people.

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Correction of self-acceptance  
by methods of psychotherapy.

# The data of the World Health Organization

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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 :

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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

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- Love
- Contact
- The trust

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

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- Restrictive
- Emotiogenic
- External

## Eating behavior is affected by:

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

# Personal Factors Affecting Eating Behavior.

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- 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)

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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:**

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## 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*

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- *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:

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*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

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

# The main goals of psychotherapy when dealing with overweight:

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- 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