

New 2011-2012 Dates

Weight Matters

*Tired of Simple Answers that haven't worked for you?
Dare to delve beneath the "how to" of dieting and food regimens.*

Two Interlinked Workshops

The Body Image Transformation Experience BITE®

For those who want to solve their Eating Regulation issues once and for all.

**Applying current research in neuroscience to Clinical Practice*

Workshop I: *Owning My Body My Self*

Fall 2011

Workshop II: *Transforming My Body My Self*

Winter 2012

Despite popular notions of diets and food plans, weight loss and eating regulation is a very complicated process, physically and emotionally. The challenge can be daunting, constant, and to top it off, may not go away even if you "succeed."

Whether you struggle with 20 or 50 pounds, similar dynamics are at work. Through exploration, action, and implementation of specific self-regulatory techniques, BITE® works with you to effect a satisfying and healthy outside change that reflects core internal change.

Overeating is often a 'high caloric' defense and regulation mechanism connected to feelings of shame and worthlessness. Sometimes it stems from the fear of being a sexually attractive adult. Fat may be armor against the world, or it may be a hated side effect of using food to ease loneliness and emotional pain. This is a vicious circle—the worse you feel, the more you eat; and the more you eat, the worse you feel. Usually the pain is kept secret, and the secrecy adds to the shame. Your internal world and sense of self, constructed from a legacy of attachment experiences from long ago, keeps you trapped in a body you don't like. As time goes on, the problem gets worse biologically, and your feelings about yourself spiral downward.

* BITE® works well as a complement to ongoing individual psychotherapy, nutrition counseling and exercise programs.

Who is BITE® For?

BITE® is for those who need help to find the courage necessary to:

- understand their interaction with food
- honor themselves as they are
- explore their self regulatory issues
- gain ownership of their bodies
- learn the somatics and "language" of their bodies
- learn new skills for self regulation

Workshop I

Owning My Body My Self *“Why Can’t I Just Do It?”*

Workshop I is a concentrated group therapy experience that focuses on the underlying emotions and regulatory problems connected to your overeating, overweight, and self-perception. Get familiar with your regulatory system and become more accurately attuned.

The workshop goals are challenging, and it takes courage to sort out the answers and work them through. The workshop will provide a safe, confidential, and supportive environment in which to explore the emotional and regulatory changes necessary to move you to the steps of *action*.

Workshop II

Transforming My Body My Self *“Now I See How to Get Beyond My ‘Fat’ Head!”*

Workshop II focuses on using your body as a resource to learn to regulate your sensory system. Learning about one’s body is not an intellectual journey. Participants will engage in in-depth body image work encompassing mindfulness techniques. We learn about our bodies through movement, somatic exploration, and other experiential therapies. Regulating eating and mood dovetail with techniques used to explore and appreciate one’s sense of self and one’s body image.

The Workshop goals address:

- Do I have a right to exist
- Can my needs be met
- Am I loveable
- Can I tolerate myself being in a successful body
- Can I get rid of my sense of negative self worth and sense of shame
- Can I integrate outside change with inside change

Mentoring Group

For those who want continued ongoing work, support, and practice in skills developed in the BITE® Workshops. The goal is to achieve full and lasting integration.

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