



Mind-Body Awareness in the treatment of Eating Disorders and Obesity

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Silvia Fiscalini, MA, DTR, R.N.

- Master of Arts from Naropa University, Boulder Colorado 89
- Registered Nurse (Switzerland and USA)
- Long time mindfulness meditation practitioner
- Yoga, Dance, various movement work (Authentic movement, movement theater, improvisation, contemplative dance)

Professional Practice

- Somatic psychology for people with eating disorder, obesity, depression, compulsive patterns, University Hospital Bern
- Body talk: workshops for teenagers on self-image, body-satisfaction, self-esteem
- MBSR-teacher (Mindfulness Based Stress Reduction/Kabat-Zinn)
- Faculty at MBSR-teacher training, Freiburg Germany
- Developing and leading courses in Mindful Eating
- Lectures and workshops on mindfulness, MBSR, mindful eating as a therapeutic approach,
- Co-leader of a one year professional training program: somatic psychology & emotion regulation, stress reduction in the treatment of people with eating disorder and obesity
- Previous: various positions in Hospice work (Founder and director of Berner Hospice and resident manager of Zen Hospice Project, San Francisco)

Thea Rytz MA, EABP

- Master in Social History, Literature, Gender Studies
- Postmodern Dance (Contact Improvisation) Body-Mind Centering, Elsa Gindlers Work, Perceptible Breath, Tai Ji, Qi Gong, Feldenkrais, Yoga, Authentic Movement
- Somatic Psychology (Integrative Movement Therapy and Body Work, Linda Hartley) Cognitive Behavioral Approach, Systemic Approach, Trauma Therapy, Mindfulness based Approaches in Therapy and Education

Professional Practice

- Since 1994 mind-body awareness therapy for people with eating disorder, depression, compulsive patterns, anxieties and PTSD, University Hospital Bern
- Body talk: self-image, body-satisfaction, self-esteem workshops for teenagers
- Seminars, book, songs: dialog of emotion and sensation for kids, parents and teachers
- Co-leader of a one year professional training programm: somatic psychology & emotion regulation, stress reduction in the treatment of people with eating disorder and obesity
- Co-leader of one year programm for psychotherapist: a mindful approach to the the history of my family

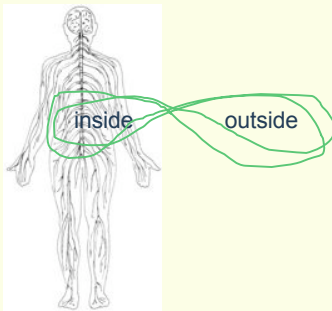
Overview of the Workshop

- Five central aspects of mind-body awareness
- Mind-body awareness and regulation of emotion in the treatment of eating disorder and obesity
- Mindful Eating
- Brief presentation of two reseach projects

Five central aspects of mind-body awareness

- Oscillating attention/ awareness
- Being present
- Moving towards acceptance
- Witnessing, empathy, resonance
- Non-reactivity, flexibility, openness

Oscillating of attention/ awareness



Oscillating of awareness/ attention

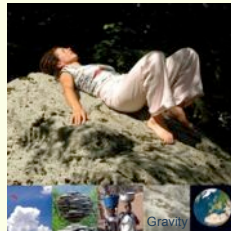
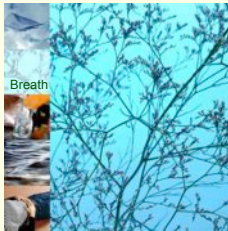


Being present?

We are so full of unrest and noise, and we never really devote ourselves to one thing at a time; our heads are always somewhere in the past or they are directed to what is to come, so that it is sheer coincidence if contact with people or things takes place.

Elsa Gindler, pioneer of mind-body awareness
Berlin 1930

Being present - being in contact here and now



Moving towards Acceptance



- Non-judgemental
- No hidden agenda, no goal
- Unconditional Friendliness
- Responsive vs. reactive, not overly identified
- Flexibility, openness, possibilities

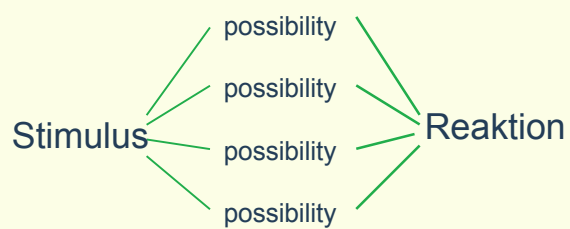
Developing the Inner Witness

- Attuned relationships
- Openness, curiosity
- Mirroring, moving in synchrony
- Connections
- Flow of energy and information
- Witnessing, empathy, resonance





Non-reactivity - Responsiveness



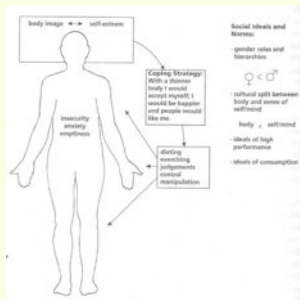
Non-reactivity, flexibility, openness

- Going beyond habitual patterns
- Not jumping to conclusions
- Not knowing yet
- Impuls control
- Creating inner space
- Freedom, reduction of stress

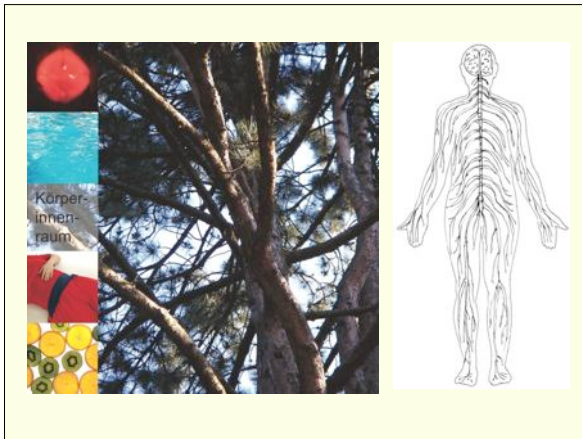


Mind-body awareness and regulation of emotion in the treatment of people coping with eating disorder and obesity

The „perfect“ body furthers self-esteem



„With a thinner body I would accept myself. I would be happier and people would like me“.

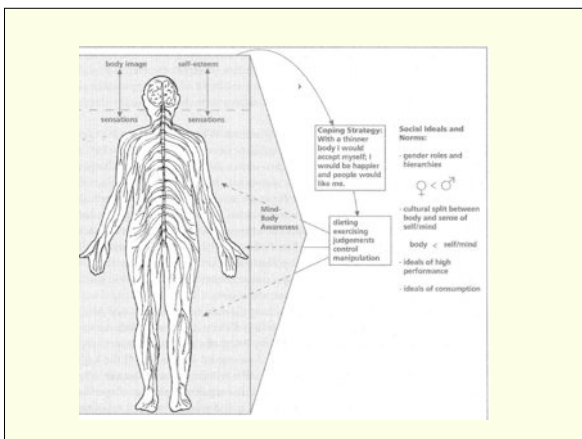


Reconnecting to a sense of self



- Proprioceptive awareness
- Proprium capere = owning the self, self contained
- Developmental movement of babies

➔ Regulation of the Sense of self & Sense of identity



Destructive, desensitized experience

Not „wanting“ to get in touch with what is going on



not sensing anything
strong stimulus
hunger, eating

fear of negative
or overwhelming
emotions

compulsive thinking
controlling patterns

Mindful Eating



Mindfulness - moment to moment awareness

Resting in awareness in any moment involves giving ourselves over to all our senses, in touch with inner and outer landscapes as one seamless whole, and thus in touch with all of life unfolding in its fullness in any moment and in every place we might possibly find ourselves, inwardly or outwardly.

Jon Kabat-Zinn



Heart - Mind

Mindful Eating as part of an interdisciplinary treatment program for obese clients

During a three-year weight reduction program - intensive part of three months in the beginning and ten additional meetings each year during the rest of the time

Patients are being treated by an inter-disciplinary team:

- Regular medical check-ups
- Nutritional counseling
- Physical activity lessons
- Cognitive behavioral group therapy
- Movement Therapy, mind-body awareness therapy
- Mindful Eating group (optional in the 2nd year of treatment)



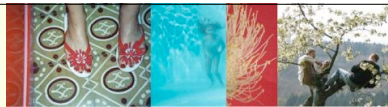
Content of Mindful Eating courses

Mindfulness practice - using the MBSR-model as the basis:

- awareness of sensations/body
- playful, not achievement oriented movement
- awareness of breathing
- mindful eating exercises
- mindfulness in everyday life
- mindfulness in stressful situations
- reconnecting to one's feelings
- expression of one's feelings
- self-compassion



centred and connected



Introduction 1-57

128 Exercises 59-203

My Body - Object or Subject



Exercise situation

Touched and in Motion



Cultivating awareness in daily life

Mind-Body Awareness as a therapeutic approach



Cultivating awareness in (emotionally) stressful situation

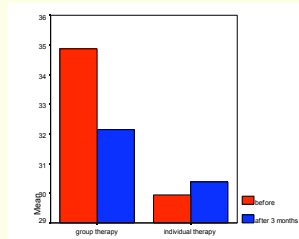
Becoming a little bit more who I am

Research Projects

Mind-body Awareness – Treatment of Obesity - Measuring:
Vitality and Negative Body appraisal

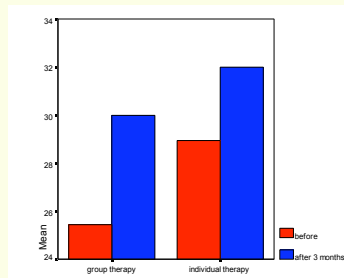
Negative body appraisal

Between subjects: $p=0.625$
Within subjects: $p=0.001$



Vitality

Between subjects: $p=0.001$
Within subjects: $p=0.037$



Research, Nadine Messerli, PhD Clinical Psychology, University of Bern, Switzerland 2005

Results:

- Significant better attitude towards one's body
- Significantly more subjective vitality and feeling better in one's body

New Research Project, 2009 -2010 Master's thesis of three psychology students; University of Bern under the guidance of Nadine Messerli, PhD

- Effects of mind-body awareness on emotion regulation, mindfulness and self-compassion

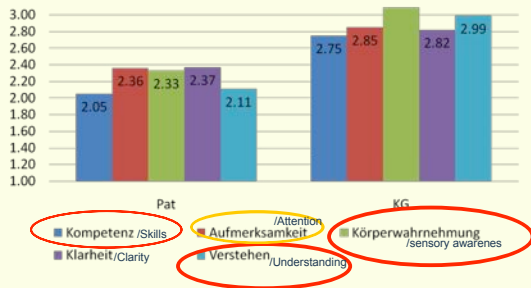
Research Project, 2009 -2010 Master's thesis of Maya Basman
 student of psychology; University of Bern under the guidance of
 Nadine Messerli, PhD

Master thesis of Sabine Jakob 2010 -2011 student of psychology;
 University of Bern under the guidance of Nadine Messerli, PhD

Correlation of mind-body awareness, skills in emotion regulation,
 mindfulness and body image - patients with eating disorder (n= 30
 (2010), n=60 (2011) compare to a control group (n= 30 (2010)
 n=60 (2011)

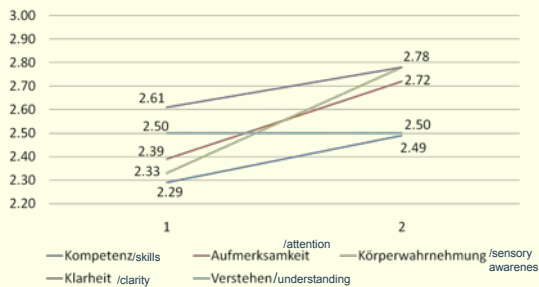
Effects of mind-body awareness on emotion regulation
 mindfulness and body image in a therapy group (pre- and post
 therapy, n = 6 (2010) n= 20 (2011)

patients and control group skills in emotion regulation



Hintergrund •Hypothesen• Methode• **Ergebnisse**

pre- and post therapy measurement



Hintergrund •Hypothesen• Methode• **Ergebnisse**

Yoi mamu - Yoi mamu bokhali som
Yoi mamu - Yoi mamu bokhali som

De man mamu koruna
Tsinav mange 'Marina'
Yoi mamu, Yoi mamu bokhali som

Traditional Roma Song (Slovakia) : Karin Jana Beck, Siya Bonga/www.tschatscho.ch

Interrelation - Connection



The locus of
consciousness is
the dynamic life
of the whole.
Human experience
is a dance that
unfolds in the world
and with others.

Susan Hurley / Aha Noe
