



MASTER CLASS: Date to be confirmed.

## Binge Eating in Obesity

“Between one third and one half of all adults who are overweight suffer from problems with binge eating, a condition which will render behavioural treatments for obesity ineffective. It must make sense therefore to understand and treat binge eating for permanent weight loss to be possible”

Binge eating, or “compulsive eating”, is of major significance in obesity. Binge eating causes shame and frustration to people who are trying to lose weight. First identified as a psychological condition by Albert Stunkard in 1959, we have now identified other forms of compulsive eating such as The Night Eating Syndrome and “orthorexic overeating”; we understand much more about what these symptoms are and what we can do about them

Nearly half of all people who seek treatment for obesity are affected. The problem is associated with failure to stick to a diet, with severity of relapse and with certain failure to maintain weight loss

This master class will be crucial for you if you work in any aspect of weight management. If you work in general counselling and if you have clients who are overweight, it is likely that binge eating will be exerting a profound effect on physical and emotional wellbeing

### DURING THIS MASTER CLASS YOU WILL DISCOVER

- What binge eating is and why it happens
- How binge eating “fits” with the other eating disorders
- How binge eating disorder differs from compulsive eating
- What binge eating implies about your client if he or she is also overweight, in terms of personality and emotional health
- Methods of assessment & working with binge eating
- How to structure treatment pathways for weight loss in compulsive overeaters
- How to deal with problematic cases and co-morbidities

### QUESTIONS AND DISCUSSION

Some of the afternoon will be given over to questions and discussion. You are invited to bring along your own cases, ensuring that client confidentiality is maintained



### YOUR TUTOR Deanne Jade

Deanne Jade is the principal and founder of NCFED, a psychologist and Fellow of the Royal Society of Medicine. She is acknowledged as a leading expert in the treatment of eating disorders and obesity; and has assisted NICE guideline development processes for obesity, eating disorders and bariatric surgery. Deanne features frequently on TV and radio and is respected for her ability to deliver powerful material in a style that is easy to absorb

