Chocolate Mousse, an Iceberg and a Police Cruiser

Cognitive-behavioral tips, tools and techniques for your practice.

Wendy Shah, RD & Colleen Cannon, PhD, RPsych
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Nutrition ‘Therapy’ for Health
Change is Challenging
I’m such a loser – I have no will power.

Why do I keep going back to old habits?

I know what to eat, but I just can’t do it. I’ll have to try harder.

How can I manage my blood glucose if I can’t manage what I put into my mouth?
Learning Objectives

• To recognize how the cognitive-behavioral (CBT) model relates to eating.
• To experience simple CBT tools and techniques that raise clients’ awareness of internal and external triggers for problematic eating.
• To leave with new resources and activities to start using in your practice next week.
Address the WHY of Eating

• Clinical experience taught me that nutrition counselling is not only based in science.

• Nutrition counselling also involves understanding the psychology of eating.
What lies under the eating iceberg?
Associations with Food Start at Birth
Mind-full Eating

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Word Association
Our Unique, Personal Relationship with Food
Our Eating Environment Has Changed

For a lively and enlightening discussion, ask this question:

What’s different about our eating environment in North America in 2019 compared to the eating environment of our grandparents?
What is there to drink?
What is there to drink now?
What’s getting fueled now?

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Food is everywhere!
Food is Big Business
It’s Not Just a Lack of Willpower

- Exposed to food 24/7.
- Lifts a weight off client’s shoulders.
- Normalizes challenges to eat healthfully.
- Feel less shame and guilt.
- More receptive to counseling.
Cognitive-behavioral Model

Thoughts

Behaviors

Emotions
Recommended in Clinical Practice Guidelines

• For various chronic medical conditions, including:
  - Diabetes
  - Cardiovascular Disease
  - Obesity/Overweight

• International CPGs
Stepped Care Approach

Start with the simplest, least intrusive, and least costly treatment.

Wilson, Vitousek & Loeb, 2000

A significant proportion of eating disordered patients get better with a minimal intervention. Others can be referred on.

Non-therapists can use basic CBT techniques and tools.
Different Mindsets
Focus on Thoughts

Change thinking habits to change eating habits

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Thoughts → Behavior
Different Mindset

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Help clients become aware of the thoughts, feelings and circumstances underlying their behaviors.

Refer the deeper issues to the therapists.
Start with Awareness
Automatic Thoughts are Helpful

- Look both ways before crossing the street
- Don’t touch the hot stove
- Put on your seatbelt
- Don’t talk with your mouth full
- Blow on your soup to prevent burning your tongue

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But Sometimes, Not So Much

• Finish your plate, think of the starving children overseas
• Your deserve a break!
• Just one or two won’t hurt
• A meal isn’t complete without a sweet
• She made my favorite, I have to eat it
• You can’t watch a movie without popcorn!
Focus on Underlying Thoughts

Buying footlong sub sandwich

It’s a healthy choice

I’ll eat half and the rest for dinner

I get more for my money!
Change thinking habits to change eating habits
Buying footlong sub sandwich

It’s healthier than other choices but still high in carbs and sodium

Chances are that I’ll eat the whole thing

But I’m spending more money!
A Change in Mindset
Perfection Mindset
Focus on Underlying Thoughts

Eating steak dinner with friends

I should have ordered the fish – ugh.

I can’t live without beef.

Who cares about living longer if I can’t enjoy myself.

I cheated on my diet, I’ll start again on Monday.
Beef in moderation isn’t going to mess up my cholesterol.

A Different Mindset – 80/20

Eating steak dinner with friends

This tastes terrific.
I’m going to savor every bite.

It’s great to enjoy a good steak once in a while.

Beef in moderation isn’t going to mess up my cholesterol.
Our Program Helps Clients

1) Recognize the environmental, biological and learned factors that influence their eating.

2) Discover their personal eating triggers.

3) Select from a menu of cognitive-behavioral techniques to learn to respond differently.

4) Use strategies to maintain their new behaviors.
Why We Eat

• Most popular activity in our cognitive-behavioral program!

• Paper and pen or whiteboard and marker

• Write the heading ‘Why We Eat’

• Brainstorm as many reasons as possible within a couple of minutes
Three Types of Hunger

Stomach hunger

Mouth hunger

Heart hunger
- Bored
- Stressed
- Hungry
- Tired
- Celebration
- Smells good
- Family expects it
- Prevent low blood glucose
- Upset
- It’s free (samples)
- Can’t waste it
- Saw ad on TV
- I deserve a treat
- For my health
Take Away - Tools and Techniques

• Food word association activity
• Eating environment discussion
• Iceberg CBT tool
• Examples of automatic thinking
• Change in mindset stories
• Is this stomach, mouth or heart hunger? self-awareness tool
Come to our Member Resource Booth

Visit our Website - www.cravingchange.ca

Check us out on social media

• Facebook - Craving Change Inc.
• Instagram – cravingchangeinc
• Twitter - @cravingchangetm

Thank you!

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