



## Diet Counselling

Health Actions diet counselling is an intense form of diet coaching that runs for 60-90 minutes every week. Either one-to-one or in small groups.

The course covers the same education modules as the coaching workshops but has a much more tailor-made approach and is aimed at people who possibly have more in-depth personal issues with food.

The one-to-one option is suitable for people who may simply class themselves as emotional eaters or for those struggling with more challenging eating behaviours. See Binge eating disorder and when negative body image becomes a problem. See pages below.

The course is 20 weeks long but due to the therapeutic nature can sometimes run longer. Progress is monitored throughout, with regular reviews.

Diet counselling is currently available in Wolverhampton and Greater Manchester, at private therapy rooms. Contact Lesley for prices.

# Binge Eating

Are you worried that your eating is out of control? Binge eating disorder is the clinical term for compulsive eating...

BED may be mild or severe, in order to meet the diagnostic criteria, the following are required:

1. Recurrent episodes of binge eating characterised by:-
  - Secretly eating an inordinate amount of food within a 2-hour period and
  - A sense of a lack of control over eating during the episode.
2. The binge eating episodes are associated with THREE or more of the following.
  - a) Eating more rapidly than normal.
  - b) Eating until feeling uncomfortably full.
  - c) Eating large amounts of food when not feeling physically hungry.
  - d) Eating alone because of being embarrassed by how much one is eating.
  - e) Feelings of remorse, disgust or depressed or very guilty after over eating.
3. Marked distress over binge eating is present.
4. Binge eating occurs on average at least 2 days per week for 6 months.

The binges are not followed by inappropriate compensatory behaviours, e.g. fasting, purging or excessive exercise.

People with BED need counselling to help uncover what is causing them to use food in this way. If you think you might be affected by this then contact Lesley for more information or an appointment to talk about your issues.



MOVE  
MORE

## When negative body image becomes a problem

The factors that distinguish someone with a normal body image from someone who has a body image problem are linked to the way they think and act. It's important to realize that you don't have a body image problem simply because you dislike certain parts of your body, think that you'd like to lose a few pounds, or you regularly wear make-up or love clothes. Nor do you have a body image problem if you have a significant disfigurement or an unusual appearance.

Negative body image becomes a problem when:

- You think about your appearance at the expense of other activities.
- You avoid social situations, workplaces or relationships because of the way you look.
- You believe you can only feel confident or be happy

by changing the way you look.

- You believe that the way you look is preventing you from taking part in certain activities .
- You worry excessively about your appearance.
- You repeatedly check your appearance.
- You consistently use very heavy make-up.
- You refuse to leave the house without make-up on.

The above scenarios or ideas can reinforce the idea that your appearance is abnormal and therefore increase any body image anxiety.

Life doesn't have to be that hard. Counselling can help you work on these issues, teaching you techniques to improve your self-esteem and self-confidence.

See ['Diet Coaching'](#) for more details on how to deal with these issues.