

## Healing obesity, bulimia or anorexia



Eating disorders often indicate an imbalance or disconnection between mind and body. Naturally people would eat what their body needs to function. However, in eating disorders people eat, binge and purge or don't eat disregarding their own bodies needs. Some of these can be complex! Each person has their own pattern. Each pattern makes sense when you understand the what, how, why and when. This may involve events, family dynamics, thoughts, feelings or other hidden cycles. This 8 week program identifies your hidden pattern by using language, art, story, music and movement. Then we learn ways to change this pattern. In addition, each week we practice mind/body connection.

### Example:

- Ralph is 26, obese since 10 years old. After doing a food diary, Ralph notices that between 3pm and 6pm he eats a bag of lollies. A timeline shows he lived with his Grandparents from 5 to 7 years. He has fond memories of coming home from school and eating lollies. On reflection, Ralph connects that he was living with his grandparents because his father died that year. Eventually, Ralph learned that lollies represents a connection to his father, he is 'hungry' for his father's love. No amount of food will fill his hunger. Ralph needs an alternative way to connect with his Father. Ralph decides to listen to his father's favourite music each day.



### Each week:

- A 15 minute talk and an image that shows the psychological process we are targeting .
- Approximately a one hour activity that you do, which activates alternate neural pathways in the mind.
- Discussion about that activity and what each person has learnt.
- Individual activities for each person to do at home during the week to embed the new learning.
- We will look at whatever you need to help you find a way to heal
- We will have fun, sadness and laughter and you do not have to say a word about yourself.

### Next workshop:

Venue: Serenity Centre  
9 Hopevale Place  
Erskine WA, 6210.

### Eight sessions:

Date: Tues April 21, 28, May, 5, 12, 19, 26 June 2 & 9  
Time: 9am to 11.30am  
Cost: \$800 (Medicare or private health rebates may be available)  
Price includes: a customised workbook, a visual diary, all art supplies

Enrol online or by phone  
Payment in full required by  
April 11.

Places strictly limited.

### About Roslyn Snyder.

15 years treating complex mental health conditions, including eating disorders. She has run group psychology programs for over 18 years, written several books and trains other professionals. Her psychology programs have been independently evaluated and meet best practice standards.