

REGAIN & GETTING BACK ON TRACK

Healing Path Counseling, LLC

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LICENSED CLINICAL PSYCHOLOGIST

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POST-DOCTORAL FELLOW

CLINICAL PSYCHOLOGY



A LITTLE BIT ABOUT US

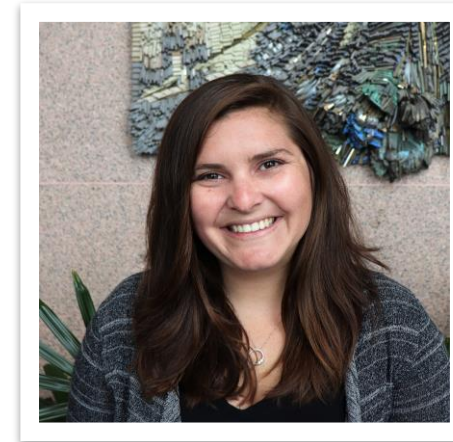
Dr. Brigid Zarbock

- Licensed Clinical Psychologist
- In process of specialized certification in bariatric science
- Specializing in bariatrics, weight management, overeating, binge eating, other eating disorders, body image
- Anxiety, depression, trauma, relationships, loss



Dr. Jordyn Hoffman

- Doctorate in Clinical Psychology, pre-licensed
- Specializing in bariatric and eating concerns
- Adolescents and adults
- Anxiety, depression, trauma, relationships, identity

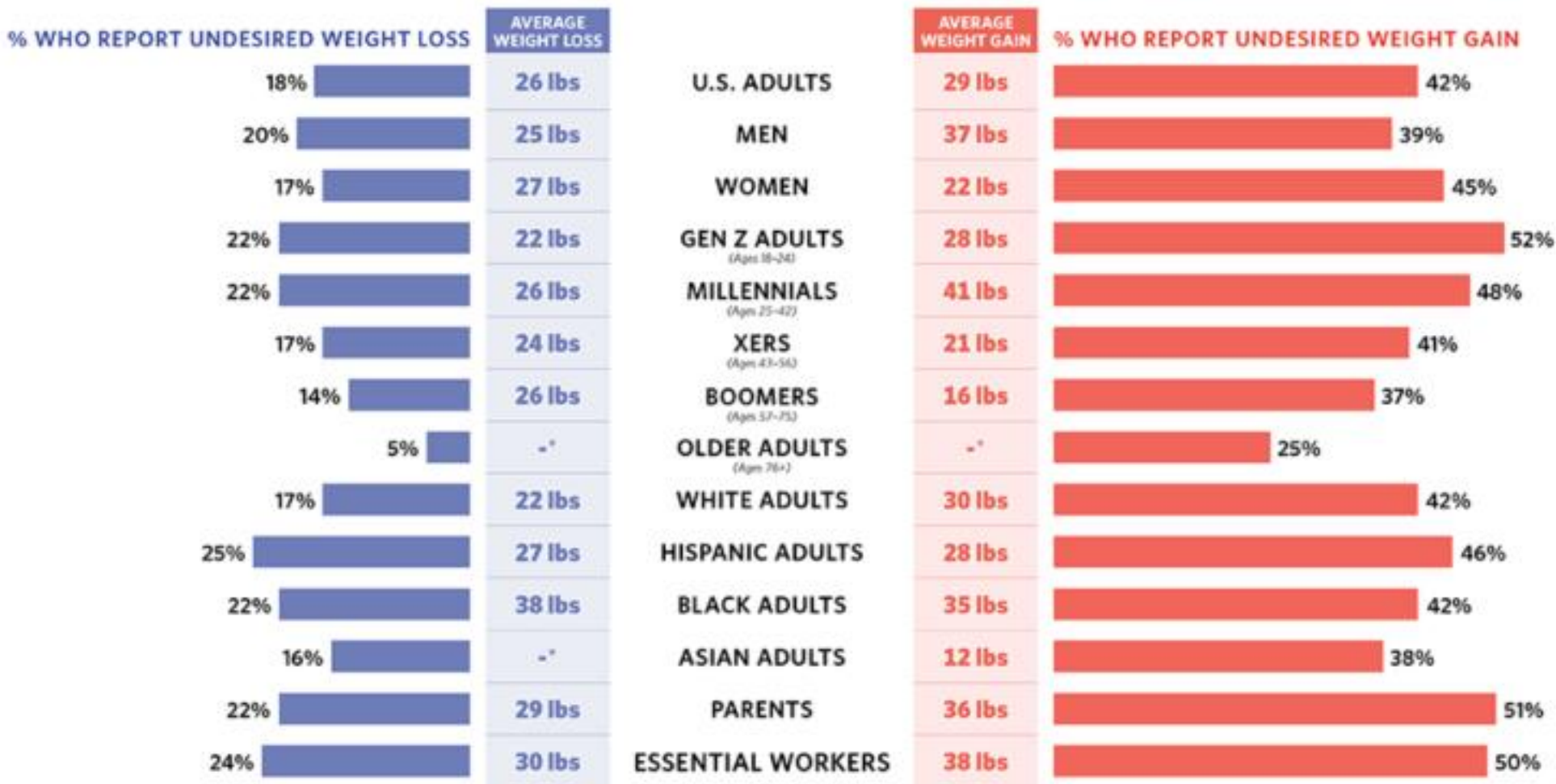


PANDEMIC SURVEY

Slightly More Than 6 in 10 U.S. Adults (61%) Report Undesired Weight Change Since Start of Pandemic



AMERICAN
PSYCHOLOGICAL
ASSOCIATION



CAUSES OF REGAIN



- Anatomic
- Medical
- Psychological, which can lead to anatomic
- Regain has a cause
- Regain is a symptom of something

TAKE INVENTORY



- If the cause of regain is not medical, take inventory in regards to behaviors
- Be honest with yourself
- See *Post-Surgery Obstacles Inventory*

WHAT DID YOU NOTICE?



- What were some of your obstacles?
- What are some of the reasons behind the obstacles?



DO BELIEFS, EXPECTATIONS, AND CRITICISMS CONTRIBUTE TO THE CAUSE OF OBSTACLES?



- A belief is a thought you accept as true, as reality
- Beliefs develop from messages we receive and experiences we have
- They can originate from society, family, culture, etc.
- Expectations involve a belief that something is supposed to happen, and how it is supposed to happen
- Criticism is the expression of disapproval of someone or something based on *perceived* faults or mistakes
- **Beliefs, expectations, and criticisms can impact our behavior**

WHAT DOES THIS LOOK LIKE?



- 
- Event/Behavior: I did not work out today
 - Belief: The goal was for 15min on the treadmill but that is nothing!
 - Expectation: I should be able to do this
 - Criticism: What is wrong with me? This is so simple and I can't even do it right
- 
- Event/Behavior: I ate 3 mini snickers when I was not hungry
 - Belief: What's the big deal? I don't need to monitor this!
 - Expectation: I should be able to eat snickers and be fine!
 - Criticism: Any plan that says "no snickers" is just not going to work

LETS CHANGE IT UP AND HAVE MORE BALANCE



- **Will not** lead to lasting behavioral change:
 - **Event/Behavior:** I did not work out today
 - **Belief:** The goal was for 15min on the treadmill but that is nothing!
 - **Expectation:** I should be able to do this
 - **Criticism:** What is wrong with me? This is so simple and I can't even do it right
-
- **Event/Behavior:** I ate 3 mini snickers when I was not hungry
 - **Belief:** What's the big deal? I don't need to monitor this! Monitoring is punishing.
 - **Expectation:** I should be able to eat snickers and be fine!
 - **Criticism:** Any plan that says "no snickers" is just not going to work
-
- ~~**Will**~~ lead to lasting behavioral change:
 - **Event/Behavior:** I did not work out today
 - **Belief:** 15 MINUTES IS GREATER THAN ZERO!
 - **Expectation:** I do not have to have such a rigid expectation and tell myself I need to workout for 45minutes every day.
 - ~~Criticism:~~ What is wrong with me? This is so simple and I can't even do it right
-
- **Event/Behavior:** I ate 3 mini snickers when I was not hungry
 - **Belief:** Monitoring is important to be able to regulate behaviors. Monitoring should not be done in a punitive way. If I'm doing it punitively, it's not monitoring, its punishment!
 - **Expectation:** I can eat 3 mini snickers and be fine! I need to monitor and see if I am hungry, if this is emotional, if I have had any other candy today, if this is the day I will pick for having my dessert
 - ~~Criticism:~~ Any plan that says "no snickers" is just not going to work

LETS GO OVER SOME OF YOUR EXAMPLES



■ Rigid/Negative

- Event/Behavior:
- Belief:
- Expectation:
- Criticism

■ Alternative/Flexible

- Event/Behavior:
- Belief:
- Expectation:
- Criticism:

EVEN TERMINATORS USE BALANCE



- “People put too much faith in big moments, believing they'll suddenly flip a switch and be healthier. There's no such thing. A healthier future is every tiny step we take, or every little rep, that ultimately leads us to our goal.”
- -Arnold Schwarzenegger

REMEMBER...



- Regain is not “game over”
- Every moment is a moment to make a different choice and challenge an unhelpful belief
- Be honest
- Take inventory
- Seek support
- How you mentally approach this is perhaps the most important
- You CAN do this....you have before!

QUESTIONS?



THANK YOU!!!

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