

CASE STUDIES (all names and some case details have been changed to preserve confidentiality).

Alternative to Dieting

Lisa tried every kind of diet in her attempts to lose weight, but nothing seemed to work. When we talked about Lisa's eating patterns, she explained that good food was her main pleasure in life, she enjoyed cooking and really looked forward to every meal.

Reflecting on her past, Lisa realised that eating a good meal cooked by her father was her fondest childhood memory. Lisa's dad was not living with his family, so his visits and meals together were really special. Although this was many years ago, Lisa still had that mental connection between good food and enjoyment.

Discovering new ways to enjoy life became the main content of our sessions. In process, Lisa found sides of herself that she did not know existed – like a passion for music and an interest in creative writing. Food ceased to be Lisa's only source of pleasure and she soon reached her ideal body weight without dieting.