

Emotional Eating in an Adolescent

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Introduction

Obesity as an epidemic disease arouses concerns within the public. Emotional Eating is common among obese. It is characterized by physical and emotional causes and outcomes, as seen in Emma's case (age 13 yrs.).

Objectives

Short term goals:

- Experience of empowerment
- Progress in self-acceptance
- Reduction of self-flagellation

Long term goals:

- Weight reduction
- Preparedness to produce from CBT treatment

Method

- Systematic collection by intake form
- Monthly weighing and result discussion
- Preparing toward use of diary (food and emotions)

Conclusions

- Multidisciplinary approach is necessary for treating adolescents with eating challenges
- Emotional eating has impact on various varied domains and settings
- Emotional improvement and personal growth and transformations do not require physical changes
- Treating adolescents requires flexibility and transitions between techniques

Results

- Achieving therapeutic alliance
- Social status improvement
- Stopping weight gain