Key Principles of Dynamic Eating Psychology

Presented by Marc David, Founder of the Institute for the Psychology of Eating
Objectives:
To identify the principles of Dynamic Eating Psychology
To understand the need for a merger of the science of nutrition with the psychology of the eater
To examine a mind body science approach to nutrition
To outline the positive outcomes of incorporating eating psychology into a dietetic practice
Our relationship with food is a doorway
Our relationship with food is a great teacher...
Every unwanted eating habit, challenge with weight, or nutrition related health concern has an unseen wisdom and brilliance...
Every issue and challenge with food, on some level, makes perfect sense – metabolically and emotionally.
If you have a challenging relationship with food and body, then you’re indeed here to heal it...
Our life has a bigger purpose. A higher calling. Our eating challenges are here to move us in the direction of our destiny...
Eating issues are not here to be fixed, eradicated, battled, forced out of existence, or hated into submission. They are here for us to listen to...
Eating challenges are generally not just about eating per se. They often point to domains in life where the action really is: relationship, family of origin, money, work, sexuality, spirituality, religion, community, and more...
Our relationship with food is primal, ancient, genetic, and cosmic. Existence is not possible without food. Therefore, our eating challenges naturally run deep...
Because the language of the psyche is deeply embedded in image and metaphor:
Food = Love = Nourishment = Connection = Intimacy = Survival = Pleasure = more...
Food is a profound symbolic substitute
Mind Body Nutrition is the psychophiology of how digestion, assimilation, calorie burning, and all the nutritive functions of the body are impacted by stress, relaxation, thoughts, feelings, pleasure, nourishment, and more…
Nowhere is the psyche of the eater as powerful and profound then when it comes to the impact of stress physiology on nutritional metabolism.
The digestive system is fantastically sensitive to stress/relaxation chemistry.
Stress can be real, imagined, personal, collective, self chosen, thought-generated, chronic, low level – it’s a graded response
Mind Body Nutrition also includes the study of meal timing – biocircadian nutrition, pleasure chemistry, food attachment and addiction, and the power of nutritional beliefs.
Some Outcomes of Incorporating Eating Psychology into a Dietetic Practice:

- Greater connection with client
- Deeper sense of “safety”
- A relationship that’s more authentic
- Better diagnosis and assessment
- Potential for greater compliancy
- More practitioner satisfaction
- Longer term relationships
- We evolve the field of nutrition and dietetics
Thank you!

Marc David, Founder of the Institute for the Psychology of Eating

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