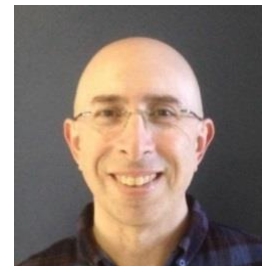


Introspection through the relation with food and eating as a gate to change, cure and healing

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Abstract

How many times you had been surprised by overweight patients that told you to "fix them quickly", who for years after years trying to lose weight, sometime seceded and then back again, gain the weight back? How many time your faith in your patient dissipate and you felt anger and frustration that he or she is not committed enough to the process like you? And how many times you felt that you are not able to understand emphatically (near-experience) why those patients cant keep on fighting, controlling and avoiding in their food and eating's issues? and how many time you realized and told yourself that something is missing?

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Biography:

From 2005 I am working with overweight's patients dealing with emotional eating that come from emotional long-term neglected. In the last 2 year I am working in Tel Hashomer (Sheba) hospital in an overweight treatment center (part of the endocrine institute) while between 2006-2011 I saw eating disorder's patients (and their parents) in Soroka Hospital. From 2007 working as emotional eating's therapist. Leading groups both for therapist and non-therapist, short workshop and year-long dynamic-study groups. Beside working with patients, I involve deeply in education-prevention roles schools, pre-school, eating disorder's clinics, accompanying nutritionist, mantel health department, and much more in 2008.