

Module 10: THE NEUROLOGY OF DISORDERED EATING AND RESTORING RELATIONSHIP TO BODY

Outline

June 1, 2023

NSI Tools

- Stroop Test
- Testing for Visual Suppression
- Convergence/Divergence
- Contractile Mapping
- Accupressure Pen

Disordered Eating Overview

- Food as self-regulation and safety
- Relationship to food for emotional repression
- Beliefs
- Inner critic and the safety of disordered eating
- ACE Study
- Body hierarchy and trauma of falling out of body norm
- Dissociation and disconnection from body; disordered relationship with body

Interoceptive System - High Level Overview and Link to Disordered Eating

The Visual System and Body Dysmorphia

Vagus Health and Disordered Eating

Trauma Informed Nutritional Coaching Guidelines