

DAY 1



Obesity &

**FOOD ANXIETY
SERIES**

BY CHIKEITHA OWENS LPC CBC, CCTP

**LICENSED PROFESSIONAL
COUNSELOR**

Introduce
ABOUT ME

Private Practice: Owner of
Abundance of Hope Counseling est.
2009

Location: Corinth, Texas (Tele-Health)

Mother and Wife: 3 Boys 8, 26 and 24

Implemented the W.A.I.T program

Walk-Approach-Initiate-Transform-
12-Week Course

www.dfwwaitloss.com

bariatricadvocates.com Bariatric
Professionals Listing Directory

www.abundanceofhope.com



**CHIKEITHA OWENS
LPC, CBC, CCTP**

Focus Area:
Trauma and Obesity



PURPOSE

The role of a Dietitian is very important in the life of Bariatric patients. This 2-Day Series on Obesity and Food Anxiety will help Dietitians raise their level of understanding when it comes to working with their patients during the upcoming holidays. Participants will understand how nutrition can be used to support trauma. Participants will learn about the different types of foods that support trauma. They will gain tips to help their patients cope with meal prep anxiety. They will learn about how the texture of food can cause emotions for some patients. Participants will leave better equipped to assist their patients in this area.



BRIEF SUMMARY

- Holiday Blues/Seasonal Affective Disorder
- Understand Anxiety
- Understand how Anxiety can be associated with Food
- Understand how emotions can be attached to Food
- How nutrition can support trauma
- Meal Prep Anxiety
- Gain Tips to help Clients Cope
- How to approach the Holidays



NOTE TAKERS ARE CHANGE MAKERS



STORY TIME



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YOU ARE HUMAN FIRST



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SEASONAL AFFECTIVE DISORDER



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SEASONAL AFFECTIVE DISORDER

SAD



SEASONAL AFFECTIVE DISORDER

Is a form of depression also known as SAD, seasonal depression or winter depression.

In the Diagnostic Manual of Mental Disorders (DSM-5), this disorder is identified as a type of depression





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DSM-IV CLASSIFIES SAD TYPE



What are the Symptoms

Symptoms of major depression may include:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Experiencing changes in appetite or weight
- Having problems with sleep
- Feeling sluggish or agitated
- Having low energy
- Feeling hopeless or worthless
- Having difficulty concentrating
- Having frequent thoughts of death or suicide



Winter-pattern SAD, Additional specific symptoms

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Social withdrawal (feeling like “hibernating”)

Summer-pattern SAD, Additional specific symptoms

- Trouble sleeping (insomnia)
- Poor appetite, leading to weight loss
- Restlessness and agitation
- Anxiety
- Episodes of violent behavior

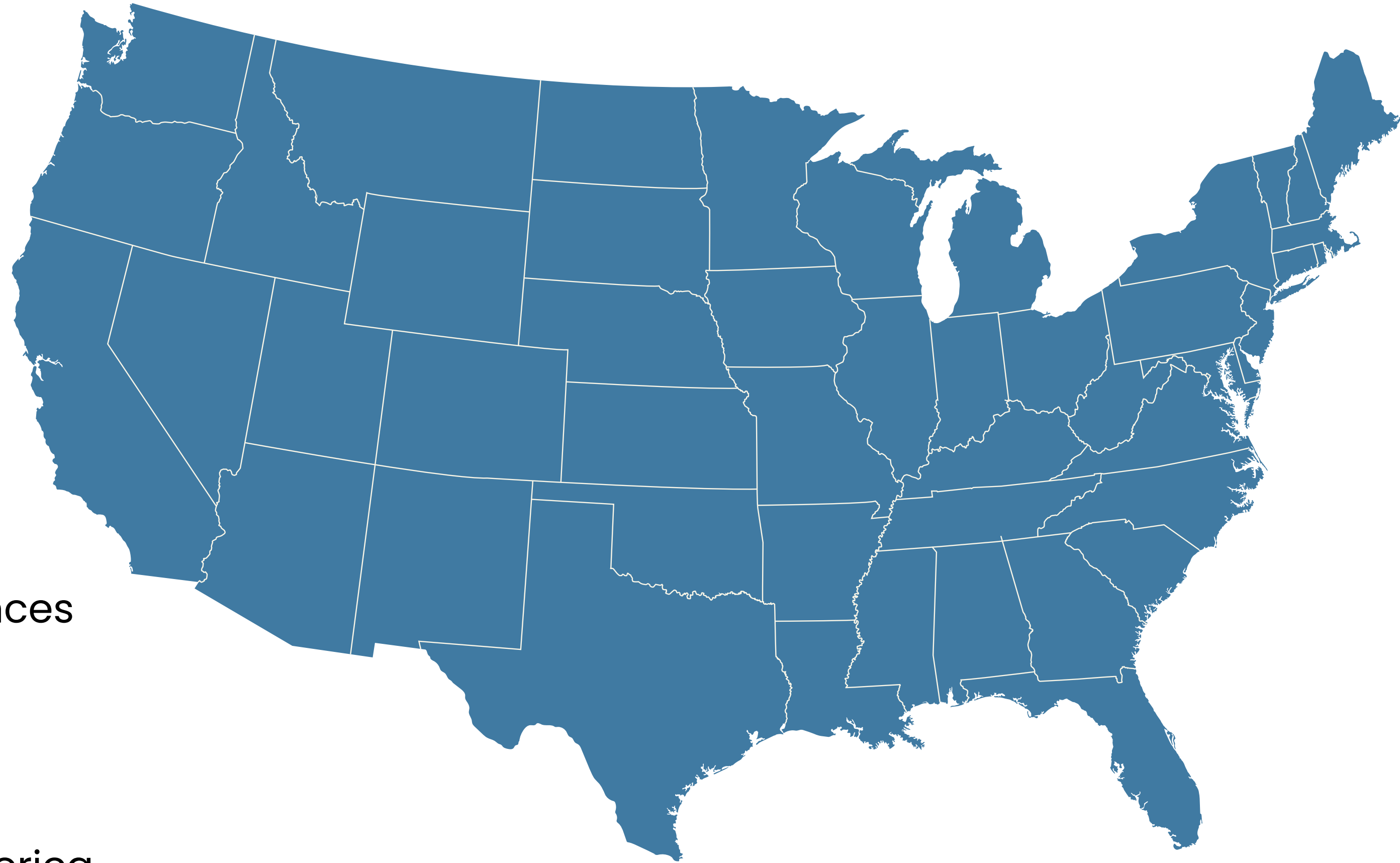
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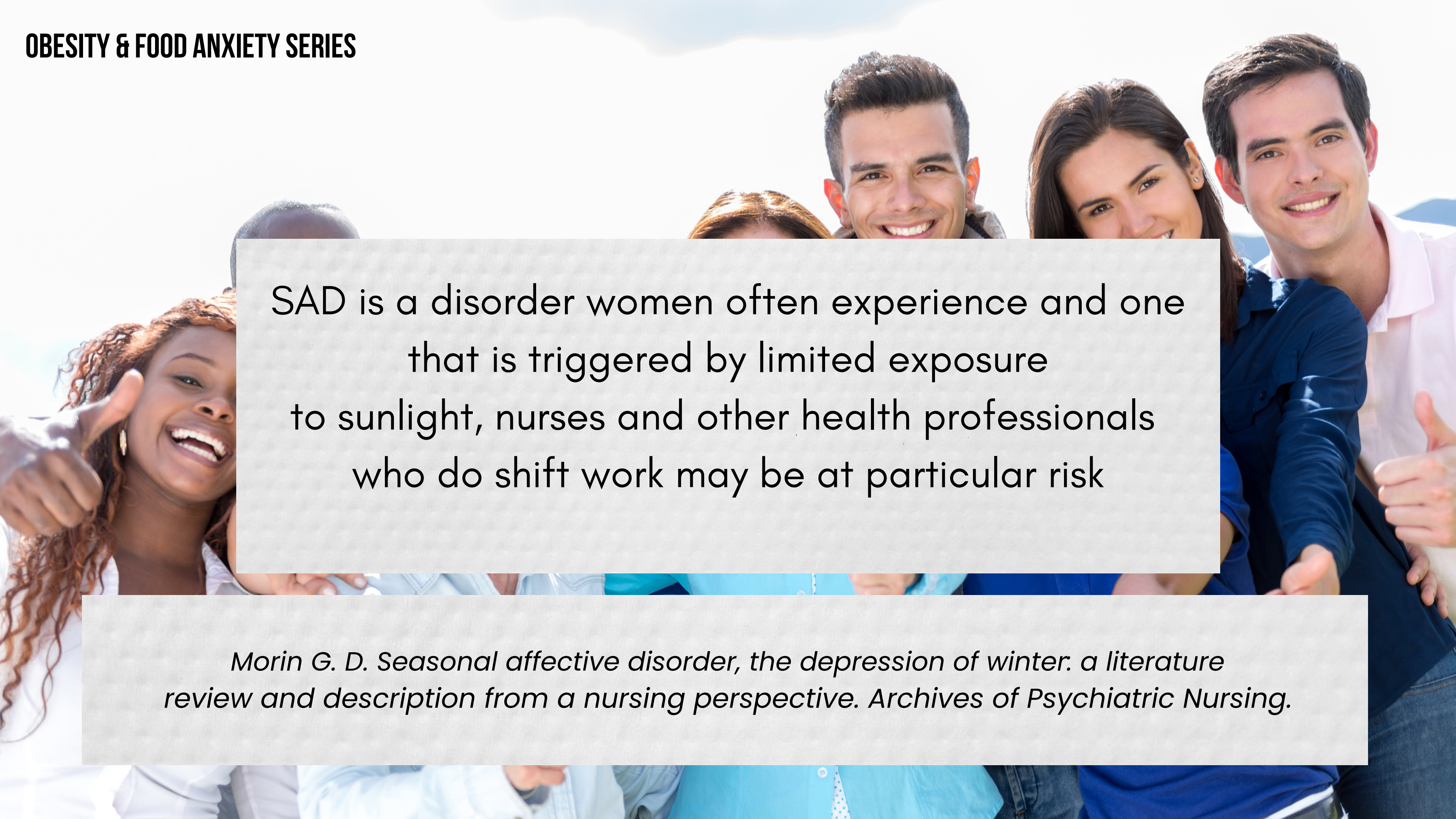
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U.S. population experiences seasonal depression.

MHA Mental Health America





SAD is a disorder women often experience and one that is triggered by limited exposure to sunlight, nurses and other health professionals who do shift work may be at particular risk

Morin G. D. Seasonal affective disorder, the depression of winter. a literature review and description from a nursing perspective. Archives of Psychiatric Nursing.

FOUR OUT OF FIVE PEOPLE WHO HAVE SEASONAL DEPRESSION ARE WOMEN.





Age of onset of seasonal depression is between 20 and 30 years of age, however, symptoms can appear earlier.

TYPES OF TREATMENT

SAD

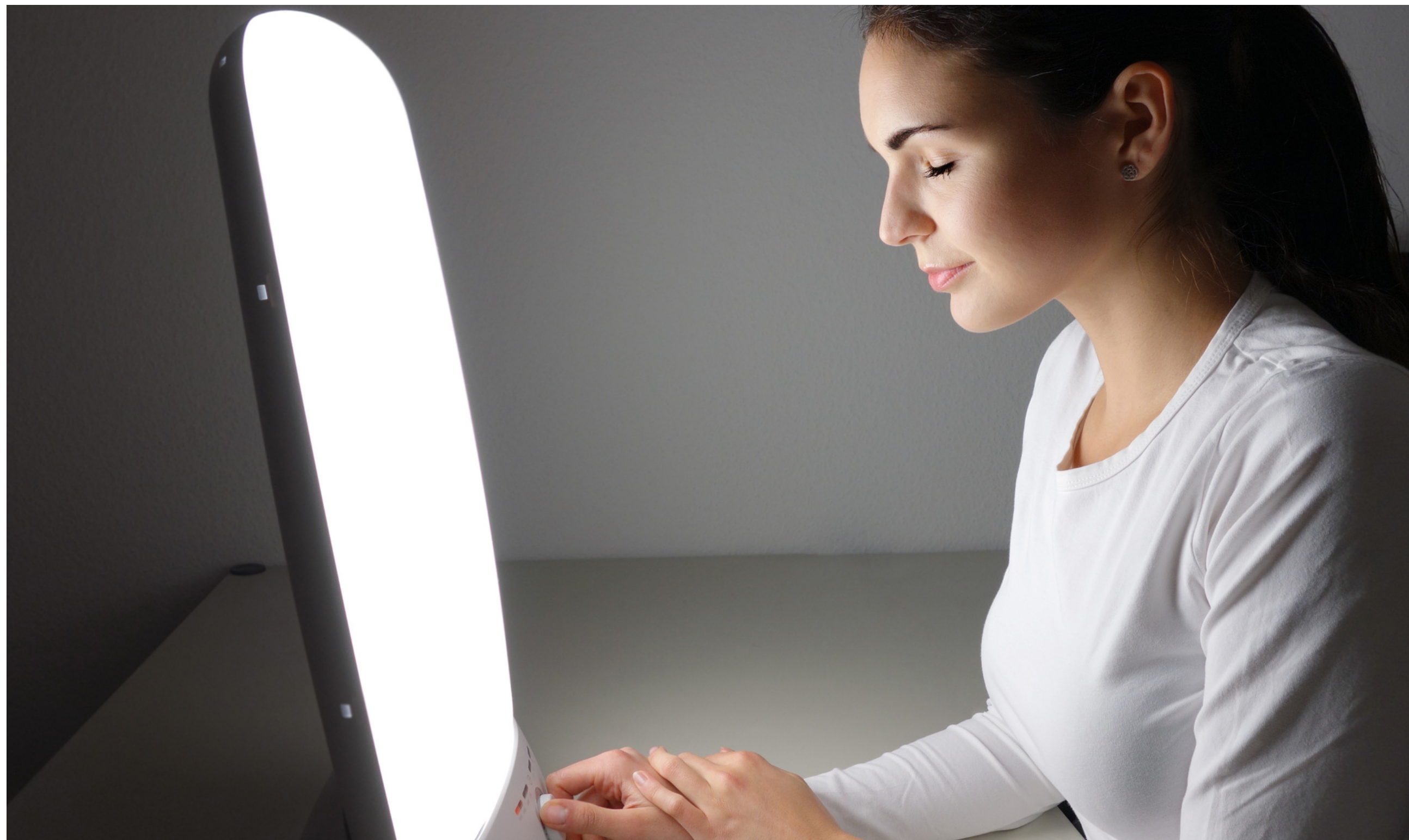


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LIGHT THERAPY



LIGHT THERAPY





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Commonly used SSRIs include

- Fluoxetine
- Citalopram
- Sertraline
- Paroxetine
- Escitalopram







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PREPARING

STRESSING

WORRYING



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*Thanks
giving*



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ANXIETY ANXIETY