

**CULTIVATING CONFIDENCE**  
How to Communicate Food Peace So That Your Clients Can Eat With Confidence  
May 15, 2019, 2-3 PM ET  
PRESENTED BY  
Sara Upson, M.Ed., RD, LD, CEDRD  
Certified Eating Disorder Registered Dietitian  
Learning Library  
TODAY'S DIETITIAN

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**LEARNING OBJECTIVES**

1. Explain why food peace improves health and well-being
2. Identify 3 techniques to increase your clients' confidence with eating
3. Challenge assumptions that interfere with cultivating confidence

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**FOOD PEACE**

- The ability to eat foods you enjoy without feeling anxious, guilty, ashamed, or worried about "getting out of control."
  - Confident eating\*

*Confident eating is NOT contingent on eating "right."*

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## BENEFITS OF FOOD PEACE

**IMPROVED:**

- Health
- Well-being
- Bowel function
- Slower aging

**LESS:**

- Guilt
- Shame
- Anxiety
- Depression

**LOWER:**

- Cortisol
- Inflammatory markers

Sources: Tomiyama, A.J. et al (2010); Kiefer, A et (2008); Tomiyama, A.J. et al (2013), Dickerson, S. et al (2004); Fletcher, B. et al (2007)

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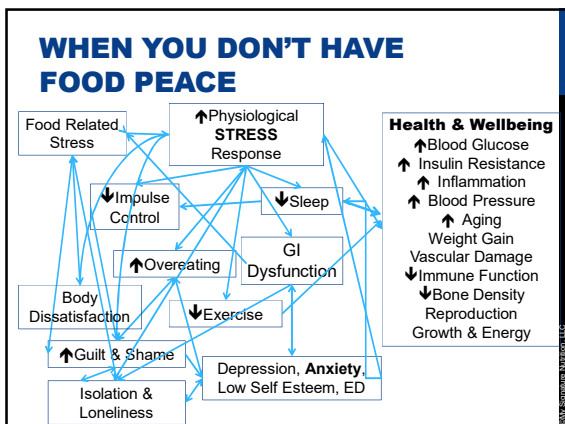
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# 1. Create a Neutral Environment

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## CREATE A NEUTRAL ENVIRONMENT

**Food neutral -**

- **Don't label foods.** No "good," "bad," "healthy," "unhealthy," "clean," etc.
  - Instead: How do you feel? What makes you feel good? All body parts get a say!
- **Your clients already feel bad about their eating.** When we can reduce their guilt and shame we improve their well-being.



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## CREATE A NEUTRAL ENVIRONMENT

**Weight-neutral**

- **Behaviors Based**
- **What would you tell someone with BMI of 22?**



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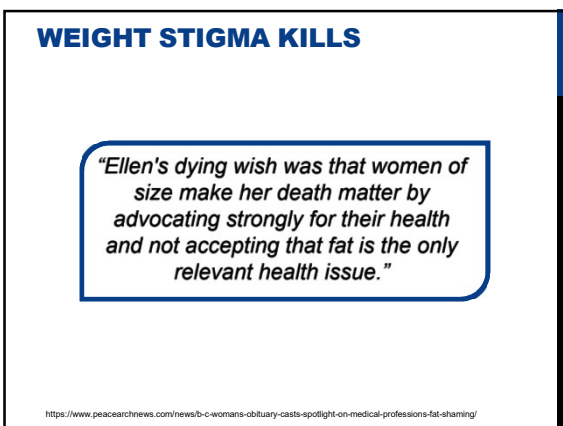
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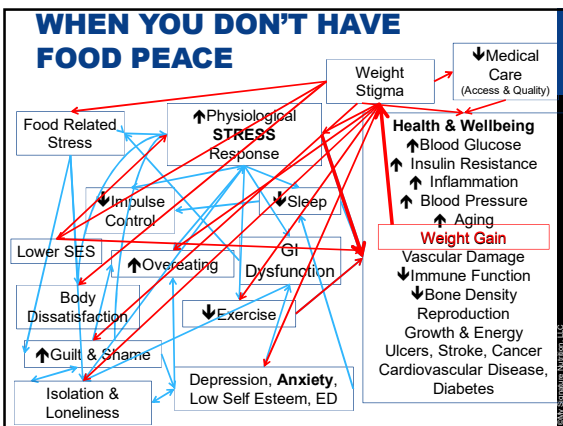
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Source of stigma	Mean	SD	Ever experienced	More than once at multiple times
Family members	1.66	1.20	72	62
Doctors	1.43	1.15	69	52
Classmates	1.57	1.31	64	56
Sales clerks at stores	1.30	1.21	60	47
Friends	1.15	1.11	60	42
Co-workers or colleagues	1.06	1.13	60	38
Mother	1.24	1.29	44	44
Spouse	0.97	1.12	32	32
Servers at restaurants	0.99		35	35
Nurses	0.93		34	34
General community members			35	35
Father			34	34
Employers, supervisors			26	26
Sister			37	28
Dieticians, nutritionists			37	26
Brother		1.14	36	28
Teachers		0.97	32	21
Authority figures	0.82	0.86	23	15
Mental health professionals	0.38	0.84	21	13
Son	0.38	0.83	20	13
Daughter	0.34	0.80	18	12
Other	0.39	0.94	17	13

SD, standard deviation.  
 \* Scores for items range from 0 (never) to 3 (multiple times).  
 Puhl and Brownell (2006).

*Shame is NOT an effective form of behavior change*

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CULTIVATING CONFIDENCE

*You have a unique opportunity to help break the cycle of Food stress & Shame, will you?*

▶ <https://implicit.harvard.edu/implicit/selectatest.html>

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*2. Challenge Assumptions*

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### CHECK FOR BIAS

- **Implicit bias: unconscious attitudes we have towards groups of people, both positive and negative**
- **Be aware of your own biases: race, gender, sexuality, religion → weight & food**
  - Seek supervision, be aware of role of culture
  - Media informs and reinforces implicit bias
- **Can impact client-provider relationship**
  - Transference
  - Counter-transference

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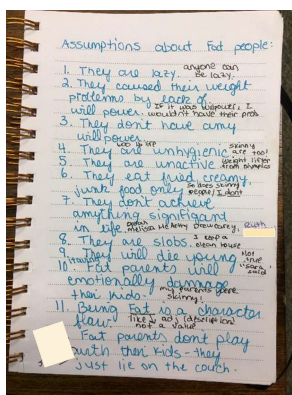
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### CHECK FOR BIAS

#### Clients

Your clients have experienced weight stigma and believe these assumptions for themselves.




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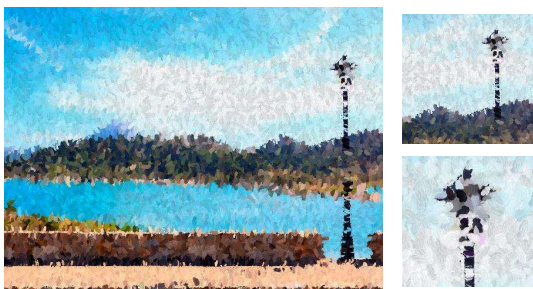
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### SHIFT YOUR PERSPECTIVE




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# 3. Offer Compassion

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## OFFER COMPASSION

Compassion: n. Derived from the Latin words "pati" and "cum" meaning "to suffer with."

Self-compassion: extending compassion to yourself in moments of perceived inadequacy, failure, or general suffering.

*Compassion turns off the stress response.*

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## HOW TO OFFER COMPASSION

- Express Curiosity
- Shift from fixing to exploring
- Model non-judgment with food and weight
- Model self acceptance and compassion
  - [www.self-compassion.org](http://www.self-compassion.org)



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## CULTIVATING CONFIDENCE

### 1. Create a Neutral Environment

- Create a judgment-free zone
  - Model non-judgment with food, eating and weight
- De-stigmatize your language and office space

### 2. Challenge Assumptions

- Be aware of your biases and your client's biases
- Work toward making no assumptions about feelings or eating, as they relate to weight and appearance

### 3. Extend Compassion

- Express curiosity
- Shift from fixing to exploring
- Model non-judgment with food and weight
- Model self-acceptance

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CULTIVATING CONFIDENCE

*When you cultivate confidence through food peace you increase health and well-being for everyone. You challenge cultural messages and help clients feel less stressed and overwhelmed so that they can find more joy and ease with eating.*

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## FOR MORE INFO:

- Secrets of the Eating Lab by Traci Mann
- Body Respect by Linda Bacon and Lucy Aphramor
- Intuitive Eating by Elyse Resch and Evelyn Tribole
- Health At Every Size by Linda Bacon
- Self Compassion by Kristen Neff
- Body Kindness by Rebecca Scritchfield
- Why Zebras don't get Ulcers by Robert Sapolsky

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## QUESTIONS?

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## SARA UPSON, M.ED, RD, LD, CEDRD



Sara Upson, M.Ed., RD, LD, CEDRD, is a Certified Eating Disorder Registered Dietitian with a masters degree in exercise physiology. She is the founder of My Signature Nutrition in Tyler, Texas where she provides outpatient nutrition education and counseling specializing in the treatment of eating disorders and disordered eating through a weight inclusive, health at every size approach. Sara is passionate about helping people feel confident with their eating so that they can spend their time and energy focusing on what matters most to them, instead of stressing over food and their bodies.

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## CREDIT CLAIMING

*You must complete a brief evaluation of the program in order to obtain your certificate. The evaluation will be available for 1 year; you do not have to complete it today.*

### CREDIT CLAIMING INSTRUCTIONS:

1. Go to [www.CE.TodaysDietitian.com/confidence](http://www.CE.TodaysDietitian.com/confidence)  
OR Log in to [www.CE.TodaysDietitian.com](http://www.CE.TodaysDietitian.com) and go to "My Courses" and click on the webinar title.
2. Click "Take Course" on the webinar description page.
3. Select "Start/Resume" Course to complete and submit the evaluation.
4. Download and print your certificate.

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