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Complementary approaches to food addiction & compulsive food behaviours

Adopting a holistic approach to helping with eating disorders and compulsive food behaviours can be extremely beneficial in supporting clients to break the unsatisfying cycle of bingeing, starving or purging. In addition to psychiatric methods there are many other forms of support that can help when it comes to food addiction, compulsive eating, bulimia and other eating disorders. Such as hypnotherapy, emotional psychosomatic bodywork, NLP coaching, group support, 12 step programs and inner child work. These approaches can help clients to release the emotional triggers, stop obsessing about food or acting out harmful food behaviors. Enabling them to form new habits in the way they treat themselves, live their lives and ultimately eat. In this presentation, Nicola will share some personal stories and how this type of support can complement other approaches to addictions. As well as share the single biggest factor that needs to be present to overcome any addiction.

Biography

Nicola Beer is the Founder of the Marriage Makeover and Pure Peace Coaching which focuses on eating peacefully. She is a co-author of 4 international best-seller books. Currently she runs an Eating Disorder Support group in Dubai. She is a UK Certified in NLP coaching, Grief and Loss Recovery, Hypnotherapy, Addiction coaching. She has also completed several courses in Transpersonal Counseling and Psychology and Emotional Psychosomatic Body Work. She has completed her BSc in Sociology from the University of Bath, UK.

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