

The Dynamics of Food Addiction

A New Treatment for an Old Problem

By

Robert Miller, MFT

PsychTech

(626) 795-7966

Table of contents

Chapter 1	
The Dynamics of Food Addiction.....	3
In summary	7
Chapter 2	
Varieties of Eating Experiences.....	8
Substance Induced Feeling States.....	8
Emotion Induced Compulsions.....	9
Belief Induced Compulsions.....	16
Chapter 3	
EMDR Protocols.....	18
Food Craving	19
Food Craving Protocol.....	21
Irrational Positive Beliefs.....	22
Protocol for De-Linking Positive Beliefs.....	23
Other Issues.....	24
Chapter 4	
Seeking the Shadow.....	26
Splitting the Physical.....	27
Protocol for Integrating the Food/Shit Split... 	29
References	

