

WEIGHT MANAGEMENT & RECBT

A Psychological Approach to Sustainable Change

Weight Management Is Not Just About Willpower

Weight management is often approached as a problem of discipline, restriction, or control. However, research and clinical experience consistently show that long-term difficulties with weight are more closely linked to **emotional regulation, beliefs, stress tolerance, and self-relationship** than to knowledge about food or exercise.

At the **Hellenic Institute for Rational-Emotive & Cognitive-Behavior Therapy (RECBT)**, weight management is addressed through an evidence-based psychological framework that supports **sustainable behavior change without shame, punishment, or extremes**.

How RECBT Approaches Weight Management

RECBT focuses on identifying and modifying the **beliefs and emotional patterns** that interfere with healthy regulation.

Common maintaining factors include:

- Emotional eating and stress-driven consumption
- All-or-nothing thinking (“If I slip, I’ve failed”)
- Low frustration tolerance around hunger, fatigue, or slow progress
- Self-criticism, guilt, and body-related shame
- Unrealistic standards and urgency (“It must happen fast”)
- Loss of control cycles followed by restriction

RECBT helps individuals replace rigid, self-defeating beliefs with **flexible, rational, and compassionate thinking**, supporting consistency over time.

Weight Regulation vs. Weight Control

RECBT emphasizes **regulation**, not control.

Control relies on pressure and avoidance.

Regulation relies on awareness, tolerance, and choice.

Clients learn to:

- Tolerate discomfort without impulsive reactions
- Respond to setbacks without abandoning effort
- Separate body weight from self-worth

- Build habits that are realistic and repeatable
- Reduce emotional eating by addressing emotions directly

Emotional Eating and Beliefs

Emotional eating is not a lack of discipline.

It is often a learned coping strategy for managing stress, fatigue, boredom, or emotional overload.

RECBT targets beliefs such as:

- “I can’t tolerate this feeling unless I eat”
- “I’ve already ruined it, so it doesn’t matter”
- “If I don’t succeed, something is wrong with me”

These beliefs are disputed and replaced with **healthier emotional coping strategies** and flexible self-talk.

Who Can Benefit

- Individuals struggling with emotional eating
- People caught in cycles of dieting and relapse
- Adolescents and adults with body-image distress
- High-achieving individuals with perfectionism and burnout
- Clients seeking weight stability, not extreme control

RECBT Goal

The goal of RECBT-based weight management is not rapid weight loss.

It is the development of **emotional resilience, self-respect, and sustainable regulation**, allowing healthy behaviors to emerge and stabilize over time.

For information, assessment, or therapy services: Visit www.recbt.gr