

# Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences

May 01-03, 2017 Toronto, Canada

## Mindfulness based approach in the treatment of obesity: An integration with CBT approach

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This article presents the obesity and overweight as a serious public health problem, and it proposes a complementary treatment based on Mindfulness. It is founded by empirical study, which may be an effective alternative when patients do not respond to conventional therapy. This technique has promising results to obesity treatment and eating disorder associated with obesity. Obesity has become a growing world epidemic, considering the number of obese around the world has doubled since 1980, according to World Health Organization. Obesity is a serious world public health problem. Approximately 65% of population which live in country with high mortality rates resulting from the obesity and overweight more than malnutrition. Obesity treatment and overweight is complex and multidisciplinary. There are several treatment options and all that they include a hypocaloric diet prescription, practice of physical activities in order to increase the caloric deficit through reduction of caloric intake and enhancement of caloric expenditure. There is no pharmacological treatment in the long term that involves a change of habit. It can be said based on empiric evidence which conventional treatments to obesity as a behavior therapy, hypocaloric diets, physical training, psychopharmacology, they often produce moderate and temporary effects to weight loss. It has demonstrated in scientific researches that Mindfulness technique helps to reduce body mass index from obese and decreases the fit of hungry and a food compulsion. The Mindfulness technique focuses on physiological signals helping people to improve the awareness about alimentary process, decreasing the Excessive amount of food consumed.

### Biography

Pacheco Emerson has studied and built an integrated method using Mindfulness and CBT in the treatment of obese patients and the preliminary results confirms the efficacy of the approach. He has developed the integrants method after collecting years of clinic and Research data.

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