

HOW TO REDUCE INNER CRITICAL VOICES IN EATING DISORDER PATIENTS?

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DIFFREERENT PARTICIPANTS

1. Therapist?
2. Diëtist?
3. Nurses?
4. Physicians?
5. Experience with eating disorders?
6. Others?

PROGRAM OF THE WORKSHOP

1. Research at voice hearing in eating disorders
2. Treatment strategies to reduce inner criticism
3. Exercises with participants
4. Questions and discussion.

NEGATIVE THOUGHTS OF EATING DISORDER PATIENTS

Inner criticism

Negative thoughts



- I am too fat
- My body is ugly
- Nobody likes me
- I am a fat pig
- I eat too much
- I am stupid



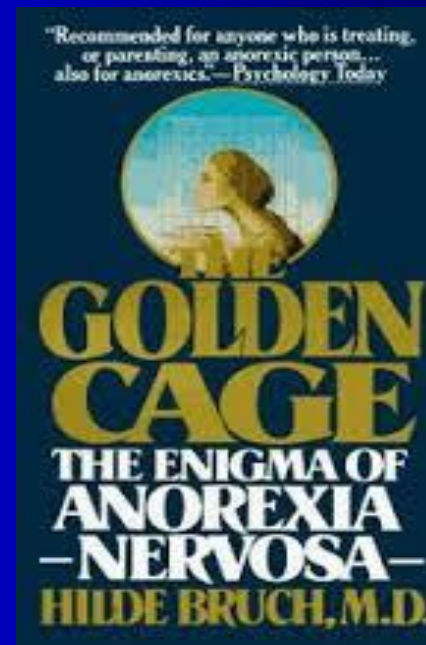
FROM CRITICAL THOUGHTS TO CRITICAL VOICES (Hefner & Eifer, 2004).



**“There is an ongoing struggle in my head.
When I want to eat something a loud voice in my
head says to me that I will become extremely fat”.**

HILDE BRUCH: THE GOLDEN CAGE, 1978

Bruch was the first therapist who wrote about critical inner voices in anorexia patients



QUOTES OF ANORECTIC PATIENTS OF HILDE BRUCH

“I had the feeling that I had to listen to
a strong inner voice in my head which
completely controlled my life”.

- “It was as if an inner dictator ruled over me.”

OTHER PUBLICATIONS ABOUT INNER CRITICAL VOICES

- **Peggy Claude Pierre (1997):** The secret language of Eating Disorders
- **Kortink and Noordenbos(2011)** Stuggling with emotional eating
- **Fox & Thiery (2010):** The Anorectic Voice
- **Noordenbos, Aliakbari & Campbell, 2014.**
- **Pugh and Waller, 2016.**

CHARACTERISTICS OF CRITICAL THOUGHTS

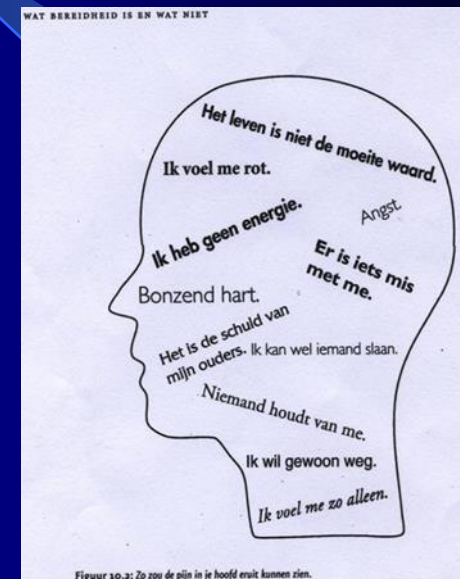
Kortink & Noordenbos, 2011

- Perfectionistic
- Condemning
- Accusatory
- Punishing
- Denigrating
- Dominant



CONTENT OF CRITICAL INNER VOICES

- Reduce food intake and calories
- Reduce weight”
- Your body is ugly
- You are stupid, you are bad
- Consequences:
- Negative feelings about self and body
- Destructive for self-esteem



“You only may eat a reduced number of calories; you do not deserve to eat more”



“If you will eat that you will
become a fat pig”



“Look how fat you are: you have to reduce your weight”



Support for people with eating disorders.



“You have eaten too much. You have to be punished and have to run extra kilometers”



PATIENTS COME TO A DEADLOCK

- The the patients continue their negative thoughts the more they come into a deadlock.



HOW TO EXPLAIN THE DEVELOPMENT OF INNER CRITICAL VOICES?

1. Negative self-evaluation?



2. Perfectionism?

3. Being criticized?

4. Being teased?



NEGATIVE FEELINGS AND DEPRESSION



REPETITION OF CRITICAL THOUGHTS

- Continuously repeating the same thoughts:
- Oliver Sacks: Ear worms
- You are too fat
 - You are too fat
 - You are too fat
 - etc, etc, etc

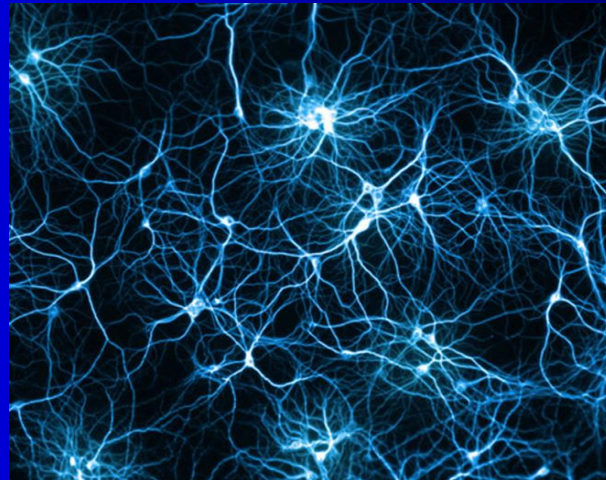


EXPLANATIONS FROM BRAIN RESEARCH

COGNITIONS: pre-frontal cortex

Repeating associative thoughts

Stronger
neural networks



SUPER EGO, EGO AND ID

*Very strong super ego

*Weak ego

*Neglecting id

UBERICH

- ICH

ES

SUPEREGO

I

ID

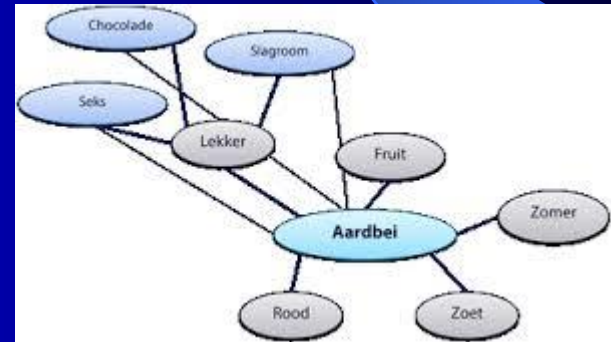
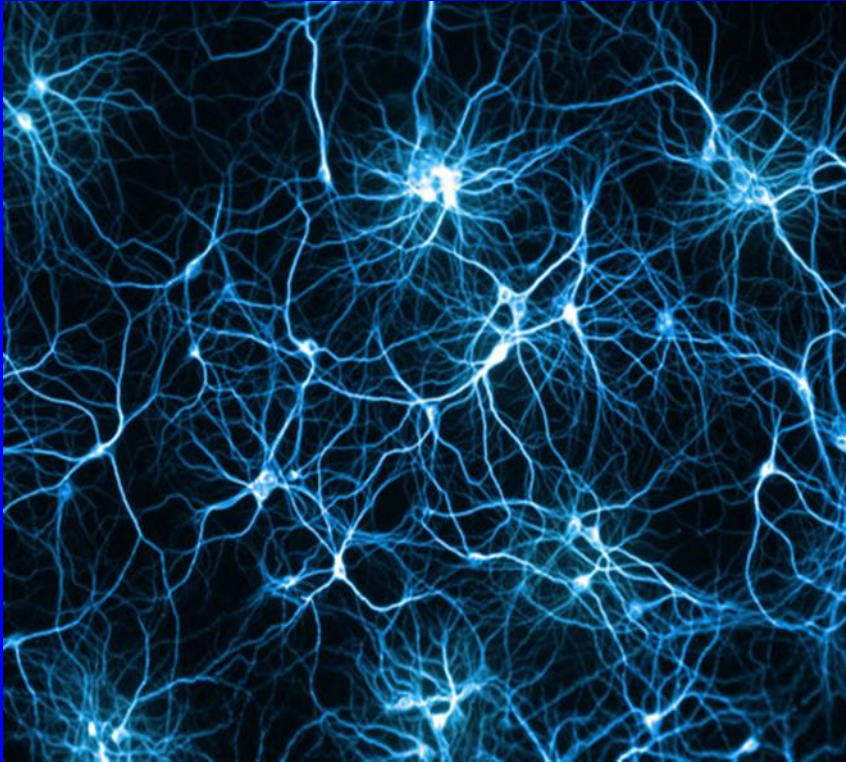
STRATEGIES TO REDUCE CRITICISM

- 1. Consciousness of inner criticism
 - 2. Look at a distance to inner criticism
- 3. Develop critical contra arguments
- 4. Develop positive thoughts
- 5. Stronger ego development

AIMS FOR TREATMENT

- 1. Developing more self esteem
- 2. Empowering the ego development
- 3. Development new neural networks
- 4. Develop positive cognitions about
- 5. Develop positive feelings & emotions

PLASTICITY OF THE BRAIN: DEVELOPMENT OF NEW NEURAL NETWORKS



DEVELOPMENT OF NEW NEURAL NETWORKS

From negative thoughts to positive thoughts

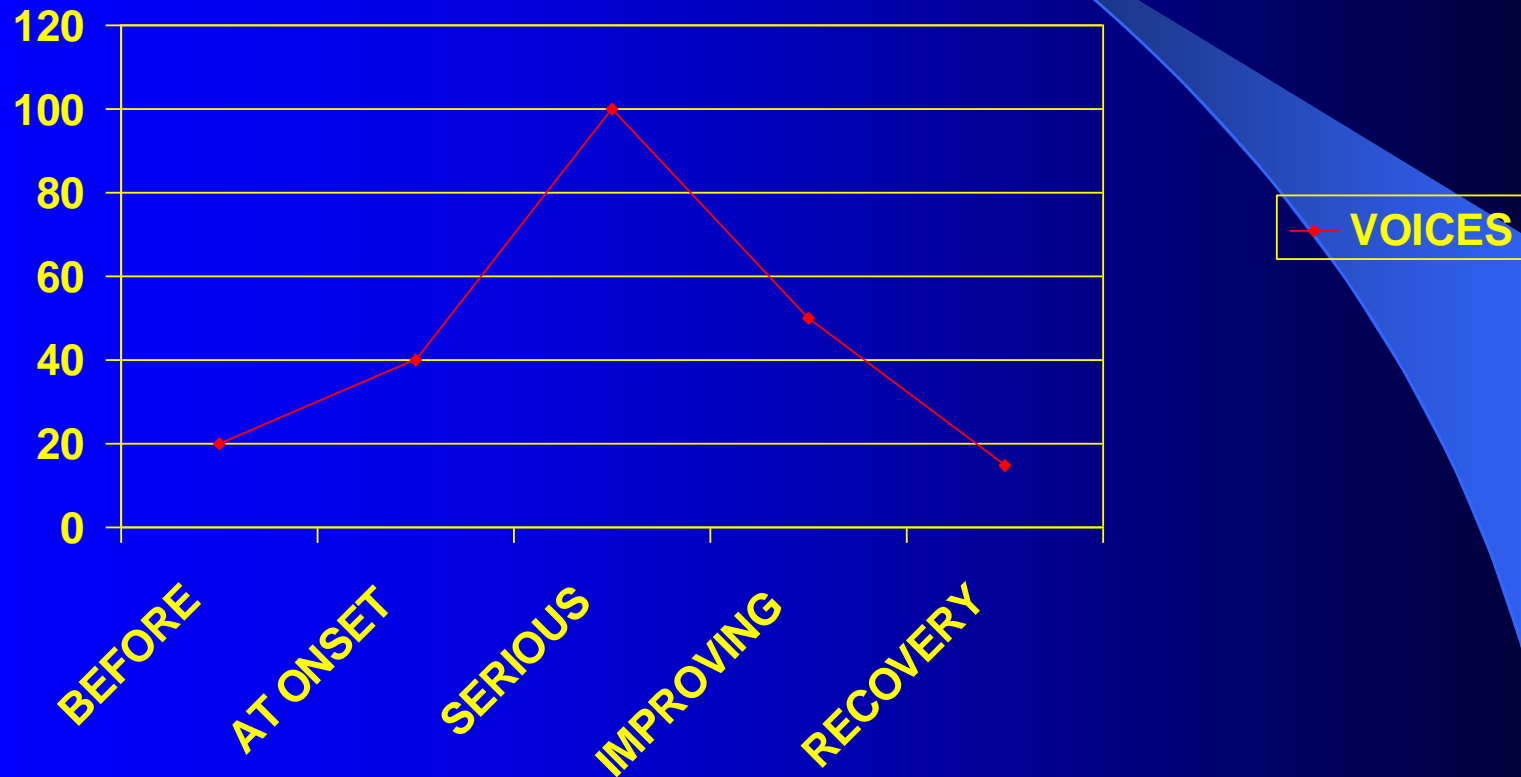
Neurotranscripting:

De-activate the old negative thoughts/ networks

Develop more positive thoughts

REDUCTION OF INNER CRITICAL VOICES

PERCENTAGE %



INNER CRITICAL VOICES AND THOUGHTS WERE REDUCED THROUGH

- Increasing self-esteem and self-evaluation
- Increasing self acceptance
- Increasing food intake and physical health.

EXERCISES TO REDUCE INNER CRITICAL THOUGHTS AND VOICES

TREATMENT STRATEGY IN 7 STEPS

- 1. Become conscious of the critical inner thoughts**
- 2. Learn to analyse the content of the inner voice**
- 3. Develop arguments against the inner voices**
- 4. Voice dialogue**

TREATMENT STRATEGY IN 7 STEPS

5. Take distance from the inner voice

6. Improve you self-image

7. Develop more compassion

WRITE THE CONTENT OF INNER CRITICISM ON A PAPER



Beste ? ? ?
niemand is zo arm
dat hij geen glimlach
geven kan
En niemand is zo rijk
dat hij geen glimlach nodig heeft!
Ik wens je een fijne
liefsdovolle dag toe
Liefs,
@meerlievebrieven.nl

THROW AWAY THE MESSAGE OF THE INNER VOICE



VOICE DIALOGUE



DEFENCE IN COURT



STOP THE TUG-OF-WAR



KEEP CONTROL:
YOU ARE THE DRIVER!



COMPASSION FOCUSED THERAPY: BE MORE KIND TO YOURSELF



DEVELOP POSITIVE THOUGHTS

- 1. about your self
- 2. about your body
- 3. about your food



EVALUATION OF PATIENTS

- “During many years I thought to be cracy but now I have learned that I am not the only person who suffers from an anorectic voice.”
- “I feel so much better about my self and no longer suffer from extreme criticism”.

MANY THANKS FOR YOUR ATTENTION

- Questions and discussion

