

# European Food Chemistry & Eating Disorder Congress

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## Emotions regulations and effective therapy approach



**Isabelle Plasmeijer**

*ISA Power Team, Netherlands*

Where does the Eating Disorder originate from? A person with an eating disorder feels trapped in their own life, trapped in their own body, unable to escape the anxiety, depression, and perfectionism that fuel the eating disorder. People who suffer from this mental illness often wonder “will I ever get better?”

Isabelle Plasmeijer will share the things that are underneath the ED mask. She will talk about emotion regulation; how to deal with anger, guilt, grieve, anxiety and depression.

During this lecture Isabelle will be sharing life examples from the working field. Experience taught her that everybody is capable to get better, even those who have been sick for more than 30 years. She will present a mix of tools and skills that you can use to train the unconscious mind, re-write the past, and redefine who you are by creating a new identity; an identity that is not wrapped around food, your looks and bodyweight.

### Biography

Isabelle Plasmeijer set up her own organization ISA POWER Team and together with 25 coaches in her team she helps people from all over the world recover from an Eating Disorder. She educates schools, trains professionals.

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### Notes: