

Neuroscience and Neurological Disorders

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Pilot results of the Reintegrative Protocol in the treatment of Binge Eating

Experiencing a traumatic event, or a series of traumatic events, may increase the probability of subsequent development of binge eating and Binge Eating Disorder (BED). BED is the most common eating disorder in the United States, affecting some 2%-4% of people yearly. Due to the large prevalence of this disorder, as well as the burden BED puts on those living with it, effective treatment practices for treating BED are necessary. To date, there has been no research specifically examining the novel reintegrative protocol in a clinical setting as a treatment modality for BED. The purpose of this small, multiple-baseline pilot study was to explore the practicality and efficacy of the reintegrative protocol in treating BED by treating traumatic memories of individuals who engage in binge eating. Overall, the reintegrative protocol demonstrates promise as a tool for affect regulation and the treatment of BED. While

implementing the protocol was feasible, the results varied among the 6 heterogeneous subjects and therefore, further research is required.

Speaker Biography

Joseph J Nicolosi Jr is the clinical director responsible for evaluations, consultations and educational training at The Breakthrough Clinic in Southern California. He founded The Breakthrough Clinic with the belief that trauma can be treated faster, more gently and more effectively than through conventional psychotherapy treatment, in many cases resulting in greater client self-acceptance, confidence and sense of freedom. He is a Reintegrative Therapist® and president of the Reintegrative Therapy Association and has appeared on network television, news programs and podcasts, and has written for The Federalist and the Washington Examiner.

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