
Certificate Programme in Intuitive Eating Practices

Body Acceptance and Self-Compassion

Ableism refers to the discrimination or prejudice against people with disabilities, which can manifest in the context of body acceptance and self-compassion as the stigmatization of non-normative bodies. Related terms include accessibility, disability rights, and inclusivity. Ableism can be challenged through the promotion of diverse and representative media, the creation of accessible spaces, and the encouragement of self-acceptance and self-love.

Acceptance and Commitment Therapy (ACT) is a type of psychotherapy that focuses on acceptance of difficult emotions, thoughts, and experiences, while also promoting commitment to valued life goals and actions. Related terms include cognitive-behavioral therapy, mindfulness, and values-based action. ACT can be applied to the context of body acceptance and self-compassion by encouraging individuals to develop a non-judgmental awareness of their thoughts and feelings about their bodies, and to cultivate a sense of self-acceptance and self-compassion.

Adverse Childhood Experiences (ACEs) refer to traumatic events or experiences that occur during childhood, such as abuse, neglect, or household dysfunction, which can have a lasting impact on an individual's physical and mental health. Related terms include trauma-informed care, resilience, and attachment theory. ACEs can be addressed in the context of body acceptance and self-compassion by acknowledging the potential impact of trauma on body image and self-esteem, and by providing a safe and supportive environment for individuals to process and heal from their experiences.

Anorexia Nervosa is a serious eating disorder characterized by restrictive eating, significant weight loss, and a distorted body image. Related terms include bulimia nervosa, binge eating disorder, and disordered eating. Anorexia nervosa can be addressed in the context of body acceptance and self-compassion by promoting a non-diet approach to nutrition, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Anti-Diet Approach refers to a paradigm shift in the way we think about food, eating, and weight, which emphasizes self-care, self-compassion, and intuitive eating, rather than restrictive dieting and weight loss. Related terms include health at every size, intuitive eating, and size acceptance. The anti-diet approach can be applied to the context of body acceptance and self-compassion by encouraging individuals to focus on overall health and well-being, rather than weight or appearance, and to develop a positive and accepting relationship with their bodies.

Appearance-Based Teasing refers to the negative comments or jokes made about someone's appearance, which can have a lasting impact on an individual's self-esteem and body image. Related terms include body shaming, fatphobia, and appearance-based discrimination. Appearance-based teasing can be addressed in

the context of body acceptance and self-compassion by promoting positive and respectful communication, encouraging empathy and understanding, and providing support for individuals to develop a positive and resilient body image.

Attachment Theory refers to the study of the way in which we form and maintain relationships with others, which can have a significant impact on our emotional and mental health. Related terms include attachment style, interpersonal neurobiology, and trauma-informed care. Attachment theory can be applied to the context of body acceptance and self-compassion by acknowledging the importance of early relationships and experiences in shaping our body image and self-esteem, and by providing a supportive and nurturing environment for individuals to develop a positive and secure attachment to their bodies.

Binge Eating Disorder (BED) is a serious eating disorder characterized by recurring episodes of binge eating, which can have a significant impact on an individual's physical and mental health. Related terms include bulimia nervosa, anorexia nervosa, and disordered eating. Binge eating disorder can be addressed in the context of body acceptance and self-compassion by promoting a non-diet approach to nutrition, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Body Acceptance refers to the process of developing a positive and accepting relationship with one's body, which can involve challenging negative self-talk, cultivating self-compassion, and promoting self-care. Related terms include body positivity, self-acceptance, and self-esteem. Body acceptance can be applied to the context of intuitive eating practices by encouraging individuals to focus on overall health and well-being, rather than weight or appearance, and to develop a positive and accepting relationship with their bodies.

Body Image refers to the way in which we perceive and experience our bodies, which can be influenced by a range of factors, including media, culture, and personal experiences. Related terms include body esteem, body satisfaction, and body dissatisfaction. Body image can be addressed in the context of body acceptance and self-compassion by promoting positive and diverse representations of bodies in media, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Body Mass Index (BMI) is a measure of weight and height, which can be used to categorize individuals as underweight, normal weight, overweight, or obese. Related terms include weight status, body composition, and health risk. BMI can be addressed in the context of body acceptance and self-compassion by acknowledging its limitations and potential biases, and by promoting a focus on overall health and well-being, rather than weight or BMI.

Body Neutrality refers to the process of developing a neutral or accepting relationship with one's body, which can involve challenging negative self-talk, cultivating self-compassion, and promoting self-care. Related terms include body positivity, body acceptance, and self-esteem. Body neutrality can be applied to

the context of intuitive eating practices by encouraging individuals to focus on overall health and well-being, rather than weight or appearance, and to develop a positive and accepting relationship with their bodies.

Body Positivity refers to the movement that promotes the acceptance and celebration of all bodies, regardless of shape, size, or ability. Related terms include body acceptance, self-acceptance, and self-esteem. Body positivity can be applied to the context of intuitive eating practices by promoting positive and diverse representations of bodies in media, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Bulimia Nervosa is a serious eating disorder characterized by recurring episodes of binge eating and purging, which can have a significant impact on an individual's physical and mental health. Related terms include anorexia nervosa, binge eating disorder, and disordered eating. Bulimia nervosa can be addressed in the context of body acceptance and self-compassion by promoting a non-diet approach to nutrition, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Chronic Stress refers to the ongoing experience of stress, which can have a significant impact on an individual's physical and mental health. Related terms include trauma, anxiety, and depression. Chronic stress can be addressed in the context of body acceptance and self-compassion by promoting self-care and stress-reduction techniques, such as mindfulness and meditation, and by providing support for individuals to develop a positive and accepting relationship with their bodies.

Cognitive-Behavioral Therapy (CBT) is a type of psychotherapy that focuses on identifying and challenging negative thought patterns and behaviors, which can have a significant impact on an individual's mental health. Related terms include acceptance and commitment therapy, mindfulness, and values-based action. CBT can be applied to the context of body acceptance and self-compassion by encouraging individuals to develop a non-judgmental awareness of their thoughts and feelings about their bodies, and to cultivate a sense of self-acceptance and self-compassion.

Compulsive Exercise refers to the excessive and compulsive engagement in physical activity, which can have a significant impact on an individual's physical and mental health. Related terms include exercise addiction, orthorexia nervosa, and disordered eating. Compulsive exercise can be addressed in the context of body acceptance and self-compassion by promoting a balanced and flexible approach to physical activity, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Disordered Eating refers to a range of abnormal eating patterns and behaviors, including restrictive eating, binge eating, and purging. Related terms include anorexia nervosa, bulimia nervosa, and binge eating disorder. Disordered eating can be addressed in the context of body acceptance and self-compassion by promoting a non-diet approach to nutrition, encouraging self-care and self-compassion, and providing

support for individuals to develop a positive and accepting relationship with their bodies.

Diversity refers to the presence of different groups or individuals within a given context, which can include differences in race, ethnicity, gender, sexual orientation, ability, and body shape and size. Related terms include inclusion, equity, and social justice. Diversity can be addressed in the context of body acceptance and self-compassion by promoting positive and diverse representations of bodies in media, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Eating Disorders refer to a range of serious mental health conditions that involve abnormal eating patterns and behaviors, including anorexia nervosa, bulimia nervosa, and binge eating disorder. Related terms include disordered eating, body image, and self-acceptance. Eating disorders can be addressed in the context of body acceptance and self-compassion by promoting a non-diet approach to nutrition, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Emotional Eating refers to the practice of using food as a way to cope with emotions, which can have a significant impact on an individual's physical and mental health. Related terms include comfort eating, stress eating, and intuitive eating. Emotional eating can be addressed in the context of body acceptance and self-compassion by promoting a non-judgmental awareness of emotions and eating patterns, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Fatphobia refers to the discrimination or prejudice against individuals who are perceived as being overweight or obese, which can have a significant impact on an individual's self-esteem and body image. Related terms include weight stigma, sizeism, and appearance-based discrimination. Fatphobia can be addressed in the context of body acceptance and self-compassion by promoting positive and diverse representations of bodies in media, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Food Neophobia refers to the fear or avoidance of new or unfamiliar foods, which can have a significant impact on an individual's nutritional intake and overall health. Related terms include picky eating, food aversion, and eating disorders. Food neophobia can be addressed in the context of body acceptance and self-compassion by promoting a non-judgmental awareness of eating patterns and food preferences, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Health at Every Size (HAES) refers to the paradigm shift in the way we think about weight and health, which emphasizes the importance of overall health and well-being, rather than weight or body shape. Related terms include size acceptance, body positivity, and intuitive eating. HAES can be applied to the context of body acceptance and self-compassion by promoting a focus on overall health and well-being, rather than

weight or appearance, and by encouraging individuals to develop a positive and accepting relationship with their bodies.

Inclusive Language refers to the use of language that is respectful and inclusive of all individuals, regardless of their background, identity, or ability. Related terms include diversity, equity, and social justice. Inclusive language can be addressed in the context of body acceptance and self-compassion by promoting the use of respectful and inclusive language, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Intuitive Eating refers to the practice of eating in response to internal hunger and fullness cues, rather than external factors such as dieting or restriction. Related terms include mindful eating, self-compassion, and body acceptance. Intuitive eating can be applied to the context of body acceptance and self-compassion by promoting a non-judgmental awareness of eating patterns and food preferences, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Mindful Eating refers to the practice of paying attention to the experience of eating, including the taste, texture, and smell of food, as well as the physical sensations of hunger and fullness. Related terms include intuitive eating, self-compassion, and body acceptance. Mindful eating can be applied to the context of body acceptance and self-compassion by promoting a non-judgmental awareness of eating patterns and food preferences, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Negative Self-Talk refers to the pattern of negative and critical thoughts about oneself, which can have a significant impact on an individual's self-esteem and body image. Related terms include self-compassion, self-acceptance, and body positivity. Negative self-talk can be addressed in the context of body acceptance and self-compassion by promoting a non-judgmental awareness of thoughts and feelings, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Non-Diet Approach refers to the paradigm shift in the way we think about food and eating, which emphasizes self-care, self-compassion, and intuitive eating, rather than restrictive dieting and weight loss. Related terms include intuitive eating, mindful eating, and health at every size. The non-diet approach can be applied to the context of body acceptance and self-compassion by promoting a focus on overall health and well-being, rather than weight or appearance, and by encouraging individuals to develop a positive and accepting relationship with their bodies.

Orthorexia Nervosa is a serious eating disorder characterized by an obsessive focus on healthy eating, which can have a significant impact on an individual's physical and mental health. Orthorexia nervosa can be addressed in the context of body acceptance and self-compassion by promoting a balanced and flexible approach to nutrition, encouraging self-care and self-compassion, and providing support for individuals to

develop a positive and accepting relationship with their bodies.

Positive Body Image refers to the experience of having a positive and accepting relationship with one's body, which can involve challenging negative self-talk, cultivating self-compassion, and promoting self-care. Positive body image can be applied to the context of intuitive eating practices by encouraging individuals to focus on overall health and well-being, rather than weight or appearance, and to develop a positive and accepting relationship with their bodies.

Self-Acceptance refers to the process of developing a positive and accepting relationship with oneself, including one's body, which can involve challenging negative self-talk, cultivating self-compassion, and promoting self-care. Related terms include body acceptance, self-compassion, and self-esteem. Self-acceptance can be applied to the context of body acceptance and self-compassion by promoting a non-judgmental awareness of thoughts and feelings, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Self-Compassion refers to the practice of treating oneself with kindness, understanding, and acceptance, particularly in the face of challenges or difficulties. Related terms include self-acceptance, body acceptance, and mindful eating. Self-compassion can be applied to the context of body acceptance and self-compassion by promoting a non-judgmental awareness of thoughts and feelings, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Self-Esteem refers to the evaluation of one's own worth or value, which can be influenced by a range of factors, including body image, self-acceptance, and self-compassion. Related terms include body image, self-acceptance, and self-compassion. Self-esteem can be addressed in the context of body acceptance and self-compassion by promoting a non-judgmental awareness of thoughts and feelings, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Size Acceptance refers to the movement that promotes the acceptance and celebration of all bodies, regardless of shape or size. Related terms include body positivity, body acceptance, and self-acceptance. Size acceptance can be applied to the context of intuitive eating practices by promoting positive and diverse representations of bodies in media, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Social Comparison refers to the process of comparing oneself to others, which can have a significant impact on an individual's self-esteem and body image. Social comparison can be addressed in the context of body acceptance and self-compassion by promoting a non-judgmental awareness of thoughts and feelings, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Stigma refers to the negative label or stereotype that is associated with a particular group or characteristic,

such as mental illness, disability, or overweight. Related terms include discrimination, prejudice, and social justice. Stigma can be addressed in the context of body acceptance and self-compassion by promoting positive and diverse representations of bodies in media, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Trauma-Informed Care refers to the approach to care that acknowledges the potential impact of trauma on an individual's life and experiences, and seeks to provide a safe and supportive environment for healing and recovery. Related terms include trauma, adverse childhood experiences, and attachment theory. Trauma-informed care can be applied to the context of body acceptance and self-compassion by acknowledging the potential impact of trauma on body image and self-esteem, and by providing a safe and supportive environment for individuals to process and heal from their experiences.

Weight Stigma refers to the negative label or stereotype that is associated with being overweight or obese, which can have a significant impact on an individual's self-esteem and body image. Related terms include fatphobia, sizeism, and appearance-based discrimination. Weight stigma can be addressed in the context of body acceptance and self-compassion by promoting positive and diverse representations of bodies in media, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Weight Cycling refers to the pattern of repeatedly losing and gaining weight, which can have a significant impact on an individual's physical and mental health. Related terms include yo-yo dieting, disordered eating, and body image. Weight cycling can be addressed in the context of body acceptance and self-compassion by promoting a non-diet approach to nutrition, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.

Yo-Yo Dieting refers to the pattern of repeatedly going on and off diets, which can have a significant impact on an individual's physical and mental health. Related terms include weight cycling, disordered eating, and body image. Yo-yo dieting can be addressed in the context of body acceptance and self-compassion by promoting a non-diet approach to nutrition, encouraging self-care and self-compassion, and providing support for individuals to develop a positive and accepting relationship with their bodies.