

Mindfulness-Based Eating Awareness Training for Professionals

Dates: July 7-12, 2019

Presenters: Jean Kristeller, PhD; Andrea Lieberstein, MPH, RD

Program Location: Kripalu Center for Yoga & Health, Stockbridge, MA

Program

Mindfulness-Based Eating Awareness Training (MB-EAT), developed by Jean Kristeller and supported by NIH-funded research, addresses mindless and stress-related eating, disordered eating patterns, and obesity through the application of mindfulness meditation. Informed by Jon Kabat-Zinn's Mindfulness-Based Stress Reduction work and the principles of food-intake regulation, the MB-EAT program employs mindfulness meditation, eating exercises, didactic instruction, and self-reflection to cultivate awareness and a more balanced and positive relationship to eating and weight.

Presenter(s) Bio

Jean Kristeller, PhD, author of *The Joy of Half a Cookie* and a psychologist with her doctorate from Yale University, has used meditation-based interventions for eating disorders and obesity for more than 25 years. Her research on Mindfulness-Based Eating Awareness Training (MB-EAT) has received NIH funding, and she is a leader in the area of mindful eating and a founder of the Center for Mindful Eating. She is emeritus faculty at Indiana State University, with previous faculty appointments at Harvard University and the University of Massachusetts Medical School. mb-eat.com

Andrea Lieberstein, MPH, RDN, RYT, is an author, mindfulness-based registered dietitian nutritionist, mindfulness meditation teacher, and mindful-eating expert. She leads mindful-eating trainings and retreats internationally, coaching and training professionals and the general public. In her private practice, Andrea works with individuals who have a range of disordered-eating, nutrition, body-image, and stress-related issues and health concerns. She spearheaded mind/body/spirit programs at Kaiser Permanente Northern California centers for years. Andrea is author of the book, *Well Nourished*, and a contributing author to *Resources for Teaching Mindfulness: An International Handbook*, and *The Relaxation and Stress Reduction Workbook* (5th edition).

- mindfuleatingtraining.com

Agenda

Sunday	
7:30–9:30 pm	Introduction to basic concepts, research, and clinical application; mindfulness meditation practice (MMP).
Monday	
8:45 – 11:45 am	MMP; further overview of basic concepts/research; raising mindful eating practice (MEP); physical hunger awareness; stomach fullness. Use of mini-meditations.
2:00–5:00 pm	MMP; intro. to KEEP IT OFF measure; 'outer wisdom'/ intro. to 500 calorie challenge; physical vs. psychological triggers for eating; chaining; MEP; applying to dinner.

7:15–9:00 pm	MMP; discussion of dinner; MEP: intro. to taste satisfaction/satiety.
Tuesday	
8:45 – 11:45 am	Teach backs (TB) – practicing MMPs & MEPs w/ each other: raisin MEP; mini-meditations; hunger & fullness awareness. Intro. to use of calorie guide.
2:00–5:00 pm	TBs on KEEP IT OFF; taste. Intro to mindful choice MEP.
7:15–9:00 pm	MMP; walking meditation; processing meal experience.
Wednesday	
7:00-8:00am	Sitting meditation (breakfast)
9 – 11:45 am	MMP; walking meditation w/ additional instruction; body scan; healing self-touch; chair yoga; wisdom meditation. Forgiveness meditation.
4:30 – 6:00 pm	TBs: wisdom, sitting and walking meditation. Advanced eating meditation script.
Thursday	
8:45 – 11:45 am	MMP; preparation for teaching issues; chaining. Outer wisdom: nutrition/calories/physical activity. Profession-focused small groups. TB: planning for buffet lunch.
2:00–5:00 pm	TB: chair yoga; chaining analysis; body scan/ healing self-touch; forgiveness meditation.
7:15–9:00 pm	Review of clinical issues; maintaining change.
Friday	
8:30–11:30 am	Reviewing follow-up sessions; Self-acceptance meditation; Values exercise; review of resources for teaching program.

Learning Objectives

Participants will be able to:

- explain the reasons for use of mindfulness meditation for eating regulation to clients.
- explain the reasons for the structure of the MB-EAT program.
- explain the conceptual differences between ‘inner wisdom’ and ‘outer wisdom’ practices.
- summarize research on the therapeutic benefits of sitting meditation practices.
- summarize the therapeutic benefits of mini-meditation practices related to eating.
- summarize the benefits of mini-meditation practices related to other issues.
- summarize the benefits of body awareness exercises.
- summarize the research findings related to use of MB-EAT in various populations.

- identify measurement tools (diagnostic assessment; process measures such as the KEEP IT OFF) appropriate to evaluation of MB-EAT participants.
 - explain precautions of mindful eating exercises for some eating disordered clients.
 - recognize basic breath awareness meditation and identify common issues that occur with beginning practice.
 - recognize mindful awareness of hunger practices.
 - recognize mindful awareness of fullness practices.
 - recognize mindful awareness of taste satisfaction practices.
 - practice mindful components of MB-EAT for self.
 - recognize mindful food choices practices.
 - recognize exercises related to identifying various triggers for mindless and/or stress eating (chaining exercise).
 - recognize exercises related to interrupting chain of mindless/stress eating (chaining exercise).
 - recognize seated body awareness/acceptance exercises (body scan; healing self-touch).
 - recognize seated yoga.
 - recognize walking meditation.
 - recognize mindful self-acceptance exercises related to eating and body weight, including forgiveness and values identification.
 - practice and explain how to use mindful awareness of hunger, fullness and taste satisfaction to eat less but enjoy more.
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- summarize the distinction between standard dieting approaches and use of mindful 'outer wisdom' approaches (e.g., mindful use of healthy nutrition and exercise information; 500 Calorie Challenge; KEEP IT OFF).
 - summarize mindful approaches to determining caloric needs for the purposes of managing weight.
 - explain how to use mindful awareness and nutrition information to meet energy needs throughout the day.
 - explain how to bring mindful awareness to exercise choices for healthy weight regulation.
 - identify how to bring mindful awareness to eating behaviors that can impact weight.
 - identify how to mindfully use current dietary guidelines for healthy eating.
 - explain how to use inner and outer wisdom to choose portion sizes mindfully.
 - practice eating simple meals using mindful awareness of inner and outer wisdom.
 - practice making complex meal choices (e.g., at a buffet) using mindful awareness of inner and outer wisdom.

Program Costs and Registration

Please visit www.kripalu.org

Cancellation Policy

Continuing Education payments will be refunded in full if you cancel 14 or more days prior to your arrival date. If you cancel less than 14 days before your arrival date, or you do not show up, you will not be eligible for a refund or credit.

Grievance Policy

To request a copy of Kripalu's CE grievance procedure, please contact the Continuing Education Coordinator at cec@kripalu.org or 413.448.3127.

Social Work – 31.5 CE Credits

Programs have been approved for Category 1 Continuing Education hours for relicensure, in accordance with 258 CMR through the collaborative of NASW and the Boston College and Simmons College Schools of Social Work. Kripalu is not recognized by the state of New York to offer continuing education credits to social workers through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.

Nursing – 36.9 CE Credits

Nursing Continuing Education Credits provided through Berkshire Area Health Education Center (AHEC). This course is designed for Registered and Licensed Practical Nurses, CNA's, and other health care and human service professionals and meets the requirements nursing contact hours as specified by the Massachusetts Board of Registration in Nursing - 244 CMR 5.04

Registered Dietitians - 31.5 CE Credits

Kripalu Center for Yoga & Health is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR), the credentialing agency for the Academy of Nutrition and Dietetics. Provider # KC200

For additional CE information, please visit <https://kripalu.org/continuing-education-credits>