

Live Online Training: Core Concepts in Mindful Eating for Health Professionals

This 10, 2-hour, online supervised training is for any healthcare or social service professional who would like to receive additional training in mindful eating.

The full training involves:

- 10 live, 2-hour sessions.
- Estimated 10 hours of reading The Core Concepts of Mindful Eating
- Estimated 10-hours of class preparation time

This totals 40 hours of supported education to guide professionals to teach effectively mindful eating.

About the Professional Training:

Participants will deepen their understanding of the main points of mindful eating as well as principles of facilitation and communication from this live, web-based series. Upon completion, participants are encouraged to offer a community-based mindful eating program and receive supervision from their training peers and teachers. If interested, students that have attended the in-person retreat and online training may assist in leading the weekend mindful eating retreat at Aryaloka with their teacher, Megrette Fletcher.

Introduction: Why Mindful Eating?

Before We Begin: Befriending Setbacks and Failure!

Section 1: will focus on engaging in knowledge regarding what is non-judgment, meditation, self-kindness.

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● Kindness and Compassion Meditation	23
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Section 2:Sensory, Thought,Emotional will build on your learning of non-judgment, meditation and self-kindness and allow the mind to focuses and remain present with sensory/physical, cognitive/thought and emotional/feelings

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● What is physical hunger?	62
● Six Phases of Eating	64
Chapter 5: Thought Experience	

Section 3: You will explore tools and techniques to overcome common obstacles to starting a mindful eating practice. You will explore how to communicate mindful eating in ways that does not promote restrictive eating (aka dieting). You will also learn how to counter self-harming behaviors and actions by offering some effective mindfulness tools with your clients.

Chapter 7: Obstacles to Mindful Eating

Chapter 8: Teaching Nutrition without teaching restriction

Chapter 9: Communicating the benefits of Meditation and mindfulness practice

Chapter 10: Creating a Practice and Behavioral Goals

Key Points covered will include:

Mindful Eating Learning Goals

1. Describe how judgment and shame are overcome by the mindfulness practice of non-judgment, meditation and self-compassion
2. Identify five counseling tools to assist in teaching nutrition in a nonjudgmental way?
3. Engage in a regular and consistent meditation?
4. Be able to lead a meditation practice
5. Define Self-compassion, self-kindness and how it relates to change
6. Observe sensory experience while eating.
7. Lead a mindful eating awareness of sensory practice activity.
8. Observe thought experience while eating.
9. Lead an activity to increase awareness of thought experience while eating.
10. Observe an emotional experience while eating.
11. Lead an activity to increase awareness of emotional experience while eating.
12. Identify three tools which are helpful to ease Craving, Self-destructive Behaviors, and Ignorance
13. Effectively teach the following concepts - Mindful Awareness, Kindness, Knowledge of Direct Experience
14. Start a personal mindfulness practice during 10-week study
15. Effectively teach the concept of creating a practice to a fellow student.

The Professional Training in mindful eating has been created by Megrette Fletcher, M.Ed, RD, CDE, co-founder of The Center for Mindful Eating, internationally recognized author and trainer, and registered Dietitian and Diabetes Educator and Dharmacharini Amala, Chair of Aryaloka Buddhist Center, respected teacher and facilitator in meditation and Buddhist topics, and co-founder of The Center for Mindful Eating.

Training details - Interested professionals will attend 10, 2-hour sessions over a 10-week period during which they will explore the ten mindful eating learning objectives listed.

Dates of the training will be March 13 thru May 22th (April 24th is off)

The goals of the training program are to assist healthcare professionals in deepening their understanding of the core concepts in mindful eating as outlined by the book Core Concepts in Mindful Eating

Upon completion of this training, the goal is that each student will be able to answer the following:

- How have I seen this concept presented?
- How can I convey this concept, so it is meaningful to me?
- Have I had an opportunity to teach this concept?
- How will I use the feedback I have received from teaching this concept? A written response post the live online module meeting.

This four-part reflective process will promote a deeper understanding of how to teach these ten mindful eating concepts to the community. Throughout the online training, reflect on learning needs and indicate where additional practice is needed.