

Intuitive Eating PRO Skills Training: TeleCourse Outline

Session		Principle	Handouts	Worksheets
I	Getting Started			
	1. Therapeutic Alliance	1. Reject Dieting	1.1 HO Outline	1.1 WS IE Brief Assessment
	2. Setting Realistic Expectations		10 IE Principles	1.2 WS Food Rules
	3. Key Screening Assessments		Tylka Study	1.3 WS Family Rules
	4. Listening for Themes & Patterns			
II	Attunement & Self-Care	2. Honor Hunger	2.1 HO Attunement IE	2.1 WS Basic Care Prompts
	1. Attunement Model	5. Honor Fullness	2.2 HO Outline	2.2 WS Satiety Cues Journal
	2. Attunement Barriers & Self-Care	6. Seek Satisfaction	2.3 HO Satiety.BJN06	2.3 WS Fullness Fears
	3. How to Get Your Client Attuned	8. Respect Body	2.4 HO Self-Care Assess	2.4 WS Satiety Practices
	4. Practice: Satisfaction			
III	Coping & Cognitive Flexibility			3.1 WS Coping Feelings Stress
	1. Assessing Coping & Stress	4. Challenge Police	3.1 HO.Outline	3.2 WS Eating Deconstructing
	2. Deconstructing Eating Behaviors	7. Cope w/o Food	3.2 HO Ozier JADA.07	3.3 WS Feeling NOW Intensity
	3. Managing Thoughts	8. Respect Body	3.3 HO Feeling Faces	3.4 WS Cognitive Flexibility
	4. Meaningful Lessons			3.5 WS Learning Letting Go 3.6 WS Tracking
IV	Reactivity & Make Peace w/ Food	3. Make Peace	4.1 HO Outline	4.1 WS Practice No Reactivity
	1. Non-Reactivity	8. Respect Body	4.2 HO Epstein Habituation	4.2 WS Petals of Worth
	2. What do you need to feel safe?			4.3 WS Here & Now Body
	2. Respect: Here & Now Body			4.4 WS Assessing Readiness
	3. How to Assess When Ready			4.5 Systematic Habituation
	4. What if Client Doesn't Want to?			
V	Challenging Situations	9. Exercise	5.1 HO Outline	5.1 WS 10 Principles Tracking
	1. "I can't stop eating"	10. Gentle Nutrition	5.2 HO Motivational Interview	5.2 WS "I can't Stop Eating"
	2. Medical Conditions		5. HO IE & Eating Disorders	5.3 WS Attuned Exercise
	3. Eating Disorders			
	4. Motivational Interviewing			

