



**Intuitive Eating PRO Skills Training Intensive: Teleseminar Outline**

Session	Principle	Handouts	Worksheets
<p><b>I Getting Started</b></p> <ol style="list-style-type: none"> <li>1. Therapeutic Alliance</li> <li>2. Setting Realistic Expectations</li> <li>3. Key Screening Assessments</li> <li>4. Listening for Themes &amp; Patterns</li> <li>5. Where to Start with Client</li> </ol>	<ol style="list-style-type: none"> <li>1. Reject Dieting</li> </ol>	<ul style="list-style-type: none"> <li>• Course Outline</li> <li>• Getting Started Session-1 Outline</li> <li>• 10 IE Principles</li> <li>• Recommended Books and Reading</li> <li>• Intuitive Eating Studies 2017</li> </ul> <p><u>Studies</u></p> <ul style="list-style-type: none"> <li>• Brown et al 2012 Perfectionism &amp; Food Rules</li> <li>• Dullo. How Dieting Makes Some Fatter 2012</li> <li>• Fothergill. Biggest Loser Study2016</li> <li>• Montani. Weight Cycling 2015</li> <li>• Pietilainen. Twins Dieting Study 2012</li> <li>• Ross et al 2015. Changing Endpoints-Obesity Paradox</li> <li>• Satter Intuitive Eating v Mindful 2012</li> <li>• Schaefer 2014. Eating by Internal Cues Rview</li> <li>• Tylka 2013. Intuitive Eating-2</li> <li>• Tylka et al. 2014. Weight Inclusive v. Weight Normative</li> <li>• Tomiyama 2016 Misclassification of Health-BMI</li> </ul>	<ul style="list-style-type: none"> <li>• IE Brief Assessment-2</li> <li>• Food Rules</li> <li>• Family Rules</li> </ul>
<p><b>2 Attunement &amp; Self-Care</b></p> <ol style="list-style-type: none"> <li>1. Interoceptive Awareness</li> <li>2. Attunement Model</li> <li>3. Attunement Barriers &amp; Self-Care</li> <li>4. How to Get Your Client Attuned</li> <li>5. Practice: Satisfaction</li> </ol>	<ol style="list-style-type: none"> <li>2. Honor Hunger</li> <li>5. Honor Fullness</li> <li>6. Seek Satisfaction</li> </ol>	<ul style="list-style-type: none"> <li>• Outline</li> <li>• Attunement Model</li> <li>• Practitioner Self-Care Assess</li> </ul> <p><u>Studies</u></p> <ul style="list-style-type: none"> <li>• Brunstrom Distraction Study 2006</li> <li>• Ciampolini Initial Hunger Studies. JNM.2010</li> <li>• Non Hunger Eating Increases Weight AJCN 2010</li> <li>• Glucose Hunger Weight Loss.NM.2010</li> <li>• Framson. Mindful Eating Assessment 2009</li> <li>• Herbert (2013) Interoceptive Awareness &amp; Intuitive Eating</li> <li>• Robinson (2013) Meta-Eating Awareness</li> <li>• Garfinkel. Interoceptive Awareness BP 2015</li> <li>• Dick (2015). Interoceptive Awareness Hunger Fullness 2015</li> </ul>	<ul style="list-style-type: none"> <li>• Basic Care Prompts</li> <li>• Satiety Cues Journal</li> <li>• Fullness Fears</li> <li>• Satiety Practices</li> </ul>

Session	Principle	Handouts	Worksheets
<b>3 Coping &amp; Cognitive Flexibility</b> 1. Assessing Coping & Stress 2. Deconstructing Eating Behaviors 3. Managing Thoughts 4. Meaningful Lessons	4. Challenge Police 7. Cope w/o Food	<ul style="list-style-type: none"> <li>• Outline</li> <li>• Moody Faces Chart</li> </ul> <u>Studies</u> <ul style="list-style-type: none"> <li>• Cameron (2014). Fasting Heightens Food Reward</li> <li>• Galloway (2010) IE vs Child Feeding Practices College</li> <li>• Ozier et al (2007) Stress Assess JADA</li> <li>• Peneau(2013) Dieting Emotional Eating</li> <li>• Shouse (2011) Self Silencing</li> <li>• Peneau(2013) Dieting Emotional Eating</li> <li>• Shouse (2011) Self Silencing</li> </ul>	<ul style="list-style-type: none"> <li>• Coping Feelings Stress</li> <li>• Eating Deconstructing</li> <li>• Feeling NOW Intensity</li> <li>• Cognitive Flexibility</li> <li>• Learning Letting Go</li> </ul>
<b>4 Non-Reactivity &amp; Make Peace Food</b> 1. Role of Reactiveness with Eating 2. Power of Waiting 3. How to Assess When Ready 4. Systematic Habituation 5. "I can't stop eating" 6. Food Addiction	3. Make Peace	<ul style="list-style-type: none"> <li>• Outline</li> <li>• Food Addiction Studies</li> <li>• Yale Food Addiction Scale Problems</li> </ul> <u>Studies</u> <ul style="list-style-type: none"> <li>• Barnes (2010). Food Thought Supression</li> <li>• Carr (2011) Dieting Binge Eating</li> <li>• Jansen (2007).Do Not Eat Red Food..Increases Intake</li> <li>• Jansen (2008).Garden of Eden-Restriction</li> <li>• Keeler (2015).Chocolate Restriction</li> <li>• Long (2015)Systematic Review Food Addiction</li> <li>• Stice (2008) Fasting Increases Risk for BED</li> <li>• Stice (2013) Caloric Deprivation Increases Reward</li> <li>• Ziauddin ( 2013) Is Food Addiction Useful Concept</li> </ul>	<ul style="list-style-type: none"> <li>• Practice Non---Reactivity</li> <li>• Assessing Readiness</li> <li>• Systematic Habituation</li> <li>• I Can't Stop Eating...</li> </ul>
<b>5 Respect Body &amp; Gentle Health</b> 1. Respect: Here & Now Body 2. Joyful Movement 3. Gentle Nutrition 4. Eating Disorders	8 Respect Body 9. Exercise 10. Gentle Nutrition	<ul style="list-style-type: none"> <li>• Outline</li> </ul> <u>Studies</u> <ul style="list-style-type: none"> <li>• Augustus-Horvath (2011) Acceptance Model of IE</li> <li>• Avalos (2005) Body Appreciation Scale</li> <li>• Bacon (2011) Weight Science: Evaluating the Evidence</li> <li>• Calogero -Daily Practices for Mindful Exercise</li> <li>• Gast (2014) Intuitive Eating: Physical Activity Motivation &amp; BMI</li> <li>• Ohara (2014) Emphasizing appearance versus health outcomes in exercise:</li> <li>• Scrinis (2008) Ideology of Nutritionism</li> </ul>	<ul style="list-style-type: none"> <li>• Petals of Worth "I Feel Heavy"</li> <li>• Attuned Exercise WS Tracking</li> </ul>

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<b>6 Challenges &amp; Application</b> 1. Medical Conditions 2. Scenarios 3. Q & A 4. Certification	Integration	<ul style="list-style-type: none"> <li>• Outline</li> <li>• Intuitive Eating &amp; Eating Disorders Chart</li> <li>• Becoming Certified Intuitive Eating Counselor</li> <li>• FAQ-Certification</li> </ul> <u>Studies</u> <ul style="list-style-type: none"> <li>• Bush (2014) Intuitive Eating Worksite Intervention</li> <li>• Denny (2013) Intuitive Eating...Project Eat Study</li> <li>• Eneli (2008) Trust Model Child Feeding</li> <li>• Golden (2016).Eating Disorder Prevention</li> <li>• Miller (2012) Mindful Eating Intervention Diabetes</li> <li>• Neumark-Sztainer 2011 10-Year Dieting Study</li> <li>• Tribole (2010) Intuitive Eating in the Treatment of Eating</li> <li>• Tylka (2006) Intuitive Eating v Eating Disorders?</li> <li>• Wheeler (2016) Intuitive Eating and Diabetes</li> </ul>	-