

Intuitive Eating PRO Skills Training Intensive: Webinar Outline

Session	Principle	Handouts	Worksheets
<p>I Getting Started</p> <ol style="list-style-type: none"> 1. Therapeutic Alliance 2. Setting Realistic Expectations 3. Key Screening Assessments 4. Listening for Themes & Patterns 5. Where to Start with Client 	<p>1. Reject Dieting</p>	<ul style="list-style-type: none"> • Course Outline • Getting Started Session-1 Outline • 10 IE Principles (rev 2022) • Recommended Books and Reading • Intuitive Eating Studies 2022 <p><u>Studies</u></p> <ul style="list-style-type: none"> • Brown et al 2012. Perfectionism & Food Rules • Bruce & Ricciardelli. Meta Review Intuitive Eating. A. 2016 • Burnette 2020. IE Intervention study • Denny (2013) Intuitive Eating...Project Eat Study • Dullo et al 2012. How Dieting Makes Some Fatter • Felitti 2011. Landmark Adverse Childhood Experiences Death in Adults • Fothergill 2016. Biggest Loser Study • Gupta 2020. Semmelweis Reflex • Hazzard 2020. Intuitive Eating PROJECT EAT 8-year study. EWD • Holt-Lunstad 2010. Social Relationships Mortality risk. Meta. PLOS • Holt-Lunstad 2017. Advancing Social Connection Public Health Priority. AP • Linardon, Tylka, Fuller-Tyszkiewicz. 2021. Intuitive Eating Meta • Look. 2013. AHEAD Cardiovascular Effects. NEJM • Mann. Diets. Don't work. AP. 4.07 • Montani 2015. Dieting & Weight Cycling • Neumark-Sztainer 2011 10-Year Dieting Study • O'Hara 2018. What's Wrong with War on Obesity • Pietilainen 2012. Dieting Twins Study • PLOS Med Ed 2010. Social Relationships are Key to Health • Rasmussen 2016 Intentional Weight Loss 6-Year DM study • Richmond. 2020. Weight Focus Public Health-No Benefit. JAMA. ped • Ross et al. 2015. Changing Endpoints-Obesity Paradox • Rothblum 2018. Slim Chance for Permanent Weight Loss • Schaefer 2014. Eating by Internal Cues Review • Solmi et al (2020) Dieting Prevalence in Teens-3 Decades. JAMA Peds • Su 2020. Obesity Paradox-Low BMI Ups heart attack death risk. IHJ • Tomiyama 2016. Misclassification of Health via BMI • Tribole 2017. Intuitive Eating Research Update. SCAN • TYLKA. Flexible Control Intuitive Eating. A. 2015 • Tylka 2013. Intuitive Eating Scale 2 • Tylka et al. 2014. Weight Inclusive v. Weight-Normative 	<ul style="list-style-type: none"> • IE Brief Assessment-2 • Food Rules • Family Rules • Dieting Harm Inventory

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<p>2 Attunement & Self-Care</p> <ul style="list-style-type: none"> 1. Interoceptive Awareness 2. Attunement Model 3. Attunement Barriers & Self-Care 4. How to Get Your Client Attuned 5. Practice: Satisfaction 	<ul style="list-style-type: none"> 2. Honor Hunger 5. Honor Fullness 6. Seek Satisfaction 	<ul style="list-style-type: none"> • Outline • Attunement Model • Practitioner Self-Care Assess <p><u>Studies</u></p> <ul style="list-style-type: none"> • Brunstrom Distraction Study 2006 • Ciampolini Initial Hunger Studies. JNM.2010 • Craig (2009). Insula Human Awareness • Dick (2015). Interoceptive Awareness Hunger Fullness • Garfinkel.Knowing Your Heart Interoceptive Awareness v accuracy.2015.BP • Herbert (2013) Interoceptive Awareness & IE • Mehling et al. (2018). Multidimensional assessment of interoceptive awareness 2. • Neummana et al (2018). Bodily Feelings Maps • Nummenaa et al (2015) Body Map Emotions • Oswald.2017.Interoceptive Awareness IE Body • Robinson (2013) Meta-Eating Awareness 	<ul style="list-style-type: none"> • Basic Care Prompts • Satiety Cues Journal • Fullness Fears • Satiety Practices

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<p>3 Coping & Cognitive Flexibility</p> <ul style="list-style-type: none"> 1. Assessing Coping & Stress 2. Deconstructing Eating Behaviors 3. Managing Thoughts 4. Meaningful Lessons <p>Body Sensation of Emotion</p>	<ul style="list-style-type: none"> 4. Challenge Police 7. Coping with Kindness 	<ul style="list-style-type: none"> • Outline • Moody Faces Chart <p><u>Studies</u></p> <ul style="list-style-type: none"> • Cameron (2014). Fasting Heightens Food Reward • Carbonneau 2021. Compassion Attachment Intuitive Eating.N • Galloway (2010) IE vs Child Feeding Practices College • Hazzard 2022. Link between food insecurity and binge eating • Ozier et al (2007) Stress Assess JADA • Peneau(2013) Dieting Emotional Eating • Price CJ and Hooven (2018). Interoceptive awareness skills for emotion regulation. • Shouse (2011) Self Silencing 	<ul style="list-style-type: none"> • Coping Feelings Stress • Eating Deconstructing • Feeling NOW Intensity • Cognitive Flexibility • Learning Letting Go ID Physical Sensations w Emotions

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<p>4 Non-Reactivity & Make Peace Food</p> <ol style="list-style-type: none"> 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" <p>Food Addiction</p>	<p>3. Make Peace</p>	<ul style="list-style-type: none"> • Outline • Food Addiction Studies • Yale Food Addiction Scale Problems <p><u>Studies</u></p> <ul style="list-style-type: none"> • Barnes (2010). Food Thought Suppression • Carr (2011) Dieting Binge Eating • Epstein.Habituation rev.EXC.PS.2009 • Fisher & LL Birch 1999.Restricting-access to palatable foods • Havermans.Sensory-specific satiety.2012.FJ • Jansen (2007).Do Not Eat Red Food.Increases Intake • Jansen (2008).Garden of Eden-Restriction • Keeler (2015).Chocolate Restriction • Long (2015) Systematic Review Food Addiction • Markus (2017) No human evidence sugar addiction • Masheb 2019.Making Weight Military • Penzenstadler.(2018). Systematic Rev food addiction • Ruddock (2017). Food Addiction Beliefs • Salimpoor (2011).Music Dopamine.NN • Stice (2008) Fasting Increases Risk for BED • Stice (2013) Caloric Deprivation Increases Reward • Westwater (2016). Sugar Addiction State of Science • Ziauddin (2013) Is Food Addiction Useful Concept? 	<ul style="list-style-type: none"> • Practice Non--- Reactivity • Assessing Readiness • Systematic Habituation I Can't Stop Eating...



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<p>5 Respect Body & Gentle Health</p> <ol style="list-style-type: none"> 1. Respect: Here & Now Body 2. Joyful Movement 	<p>8 Respect Body 9. Movement 10. Gentle Nutrition</p>	<ul style="list-style-type: none"> • Outline • ASDAH HAES Principles • Augustus-Horvath (2011) Acceptance Model of Intuitive Eating • Avalos (2005) Body Appreciation Scale • Bacon (2011) Weight Science: Evaluating the Evidence • Brochu (2018). Weight Stigma is Modifiable Risk Factor • Calogero -Daily Practices for Mindful Exercise • Dollar (2017). Do No Harm Exercise at Every Size CDC • Gaesser 2021.Weight Loss versus Fitness • Gast (2014) IE: Physical Activity Motivation & BMI • Hunger (2015). A Call to Shift Public Health Away From Weight • Hunger (2020). Evidence Weight-Inclusive Health Policy • Kinavey 2019.How Anti-Fat Bias is Harming Clients • Luo 2019.Chinese Adolescent IE Role of Body Beauty • O'Hara (2014) Emphasizing appearance vs health outcomes • Oswald (2017). Interoceptive Awareness Body Appreciation • Segar.Prescribing Pleasure Exercise.2014 • Tomiyama (2018). Weight Stigma Harms Health • Tylka 2018 Weight Stigma Health Care Avoidance • Vadiveloo (2017) Perceived Weight Discrim & 10-yr Risk Allostatic Load • Wu (2017). Impact of Weight Stigma Systematic Review 	<ul style="list-style-type: none"> • Petals of Worth • "I Feel Heavy" • Attuned Exercise WS Tracking

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<p>6 Gentle Nutrition Challenges & Application</p> <p>Eating Disorders</p> <ol style="list-style-type: none"> 1. Medical Conditions 2. Scenarios 3. Q & A <p>Certification</p>	<p>Integration</p>	<ul style="list-style-type: none"> • Outline • EAT-26 Assessment • Becoming Certified Intuitive Eating Counselor <p><u>Studies</u></p> <ul style="list-style-type: none"> • AED Medical Care Guidelines • Beccia et al. 2019 ED risk gender race intersectionality students • Bush (2014) Intuitive Eating Worksite Intervention • Clinton (2018). Almost 40% Nutrition Research is Wrong • Cotton 2003.4 Eating Disorder Screening Questions.JGIM • Eneli (2008) Trust Model Child Feeding • Glamiche.Prevalence of ED 2000-2018 systematic revi.AJCN. • Golden (2016).Eating Disorder Prevention • Goode 2020.Binge Eating Racial Disparities.IJED • Ioannidis 2005.Why Most Published Research Findings Are false.PLOS • Ioannidis 2018.Challenge Reforming Nutrition Epidemiological Research.JAMA • Jeukendrup.Carbohydrate Recommendations Athletes exc 2014 • Jones 2021.We Can't Talk About Healthy Eating Without Discussing Food Insecurity • Khalsa (2019) Parental IE behaviors & association w/ infant feeding • Marton 2020.Science Advocacy Quackery Nutritional Books • Matheson.2012. Habits & Mortality in Overweight & Obese Individuals.JABFM • Maurage.Chocolate Nobel Prize Winners Correlations. JN.2013 • Mehler 2020.Atypical anorexia nervosa can be just as bad • Piller 2019.Dubious Dx Prediabetes social determinants of health • Richards 2017.Intuitive Eating Eating Disorders Treatment • Rozin (1999). Four Country Food Worry Study • Scrinis (2008) Ideology of Nutritionism • Stochel (2015). Orthorexia 15 Assessment • Treasure 2020.Eating disorders review.Lancet • Tribole (2010) Intuitive Eating in the Treatment of Eating • Tylka (2006) Intuitive Eating v Eating Disorders? • Wheeler (2016) Intuitive Eating and Diabetes • 2020.Eating Disorders Infographic 	<ul style="list-style-type: none"> • Food Beliefs • IE Principles Tracking

