

## Intuitive Eating PRO Skills Training Intensive: Webinar Outline

Session	Principle	Handouts & Studies	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 (rev 2024)</li> <li>• Recommended Books and Reading</li> <li>• Intuitive Eating Studies 2024</li> </ul> <p><b>Studies</b></p> <ul style="list-style-type: none"> <li>• Brown et al 2012. Perfectionism &amp; Food Rules</li> <li>• Bruce &amp; Ricciardelli. Meta Review Intuitive Eating. A. 2016</li> <li>• Burnette 2020. IE Intervention study</li> <li>• Denny (2013) Intuitive Eating...Project Eat Study</li> <li>• Dullo et al 2012. How Dieting Makes Some Fatter</li> <li>• Felitti 2011. Landmark Adverse Childhood Experiences Death in Adults</li> <li>• Fothergill 2016. Biggest Loser Study</li> <li>• Gupta 2020. Semmelweis Reflex</li> <li>• Hazzard 2020. Intuitive Eating PROJECT EAT 8-year study. EWD</li> <li>• Holt-Lunstad 2010. Social Relationships Mortality risk. Meta. PLOS</li> <li>• Holt-Lunstad 2017. Advancing Social Connection Public Health Priority. AP</li> <li>• Linardon, Tylka, Fuller-Tyszkiewicz. 2021. Intuitive Eating Meta</li> <li>• Mann. Diets. Don't work. AP. 4.07</li> <li>• Montani 2015. Dieting &amp; Weight Cycling</li> <li>• Neumark-Sztainer 2011 10-Year Dieting Study</li> <li>• O'Hara 2018. What's Wrong with War on Obesity</li> <li>• Pietilainen 2012. Dieting Twins Study</li> <li>• PLOS Med Ed 2010. Social Relationships are Key to Health</li> <li>• Richmond. 2020. Weight Focus Public Health-No Benefit. JAMA. Ped</li> <li>• Ross et al. 2015. Changing Endpoints-Obesity Paradox</li> <li>• Rothblum 2018. Slim Chance for Permanent Weight Loss</li> <li>• Schaefer 2014. Eating by Internal Cues Review</li> <li>• Solmi et al (2020) Dieting Prevalence in Teens-3 Decades. JAMA Peds</li> <li>• Su 2020. Obesity Paradox-Low BMI Ups heart attack death risk. IHJ</li> <li>• Tomiyama 2016. Misclassification of Health via BMI</li> <li>• Tribole 2017. Intuitive Eating Research Update. SCAN</li> <li>• Tylka 2013. Intuitive Eating Scale 2</li> <li>• Tylka et al. 2014. Weight Inclusive v. Weight-Normative</li> </ul>	<ul style="list-style-type: none"> <li>• IE Brief Assessment-2</li> <li>• Food Rules</li> <li>• Family Rules</li> <li>• Dieting Harm Inventory</li> </ul>

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

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<p><b>3 Coping &amp; Cognitive Flexibility</b></p> <ol style="list-style-type: none"> <li>1. Assessing Coping &amp; Stress</li> <li>2. Deconstructing Eating Behaviors</li> <li>3. Managing Thoughts</li> <li>4. Meaningful Lessons</li> <li>5. Body Sensation of Emotion</li> </ol>	<ol style="list-style-type: none"> <li>4. Challenge Police</li> <li>7. Coping with Kindness</li> </ol>	<ul style="list-style-type: none"> <li>• Outline</li> <li>• Moody Faces Chart</li> <li>• Describe Your Physical Sensation</li> </ul> <p><b>Studies</b></p> <ul style="list-style-type: none"> <li>• Cameron (2014). Fasting Heightens Food Reward</li> <li>• Carbonneau 2021. Compassion Attachment Intuitive Eating.N</li> <li>• Galloway (2010) IE vs Child Feeding Practices College</li> <li>• Hazzard 2022. Link between food insecurity &amp; binge eating</li> <li>• Longhurst 2023. Intuitive Eating Neurodiversity autism.IJED</li> <li>• Ozier et al (2007) Stress Assess JADA</li> <li>• Pankevich. Calorie Restriction Binge Eating Epigenetic.JN.2010</li> <li>• Peneau (2013) Dieting Emotional Eating</li> <li>• Polivy.2005. Deprivation Effect Food Craving.IJED</li> <li>• Price CJ and Hooven (2018). Interoceptive awareness skills for emotion regulation.</li> <li>• Shouse (2011) Self Silencing</li> </ul>	<ul style="list-style-type: none"> <li>• Coping with Feelings &amp; Stress</li> <li>• Deconstructing Eating Behavior</li> <li>• Feeling NOW Intensity</li> <li>• Cognitive Flexibility</li> <li>• Learning &amp; Letting Go</li> <li>• ID Physical Sensations with Emotions</li> </ul>

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<p><b>4 Non-Reactivity &amp; Make Peace Food</b></p> <ol style="list-style-type: none"> <li>1. Role of Reactiveness with Eating</li> <li>2. Power of Waiting</li> <li>3. How to Assess When Ready</li> <li>4. Systematic Habituation</li> <li>5. "I can't stop eating"</li> </ol> <p>Food Addiction</p>	<p>3. Make Peace</p>	<ul style="list-style-type: none"> <li>• Outline</li> <li>• Food Addiction Studies</li> <li>• Yale Food Addiction Scale Problems</li> <li>• Triangle of Awareness</li> </ul> <p><b>Studies</b></p> <ul style="list-style-type: none"> <li>• Barnes (2010). Food Thought Suppression</li> <li>• Carr (2011) Dieting Binge Eating</li> <li>• Epstein.Habituation rev.EXC.PS.2009</li> <li>• Fisher &amp; LL Birch 1999.Restricting-access to palatable foods</li> <li>• Greenberg 2021.Sugar and Sweet tAste-Addictive or Reward</li> <li>• Havermans.Sensory-specific satiety.2012.FJ</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>• Markus (2017) No human evidence sugar addiction</li> <li>• Masheb 2019.Making Weight Military</li> <li>• Penzenstadler.(2018). Systematic Rev food addiction</li> <li>• Ruddock (2017). Food Addiction Beliefs</li> <li>• Salimpoor (2011).Music Dopamine.NN</li> <li>• Stice (2008) Fasting Increases Risk for BED</li> <li>• Stice (2013) Caloric Deprivation Increases Reward</li> <li>• Westwater (2016). Sugar Addiction State of Science</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 I Can't Stop Eating...</li> </ul>

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<p><b>5 Respect Body &amp; Gentle Health</b></p> <p>1. Respect: Here &amp; Now Body</p> <p>2. Joyful Movement</p>	<p>8 Respect Body</p> <p>9. Movement</p> <p>10. Gentle Nutrition</p>	<ul style="list-style-type: none"> <li>• Outline</li> <li><b>Studies</b></li> <li>• Augustus-Horvath (2011) Acceptance Model of Intuitive Eating</li> <li>• Avalos (2005) Body Appreciation Scale</li> <li>• Bacon (2011) Weight Science: Evaluating the Evidence</li> <li>• Brochu (2018). Weight Stigma is Modifiable Risk Factor</li> <li>• Calogero -Daily Practices for Mindful Exercise</li> <li>• Dollar (2017). Do No Harm Exercise at Every Size CDC</li> <li>• Gaesser 2021.Weight Loss versus Fitness</li> <li>• Hunger (2015). A Call to Shift Public Health Away From Weight</li> <li>• Hunger (2020). Evidence Weight-Inclusive Health Policy</li> <li>• Kinavey 2019.How Anti-Fat Bias is Harming Clients</li> <li>• Levinson 2024. systematic review of weight stigma &amp; disordered eating</li> <li>• O'Hara (2014) Emphasizing appearance vs health outcomes</li> <li>• Oswald (2017). Interoceptive Awareness Body Appreciation</li> <li>• Segar.Prescribing Pleasure Exercise.2014</li> <li>• Tomiyama (2018). Weight Stigma Harms Health</li> <li>• Tylka 2018 Weight Stigma Health Care Avoidance</li> <li>• Vadiveloo (2017) Perceived Weight Discrim &amp; 10-yr Risk Allostatic Load</li> <li>• Wu (2017). Impact of Weight Stigma Systematic Review</li> </ul>	<ul style="list-style-type: none"> <li>• Petals of Worth</li> <li>• “I Feel Heavy”</li> <li>• Attuned Exercise WS Tracking</li> </ul>

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<p><b>6. Gentle Nutrition Challenges &amp; Application</b></p> <p>Eating Disorders</p> <ol style="list-style-type: none"> <li>1. Medical Conditions</li> <li>2. Scenarios</li> <li>3. Q &amp; A</li> </ol> <p>Certification</p>	<p>Integration</p>	<ul style="list-style-type: none"> <li>• Outline</li> <li>• EAT-26 Assessment</li> <li>• Becoming Certified Intuitive Eating Counselor</li> </ul> <p><b>Studies</b></p> <ul style="list-style-type: none"> <li>• AED Medical Care Guidelines</li> <li>• Beccia et al. 2019 ED risk gender race intersectionality students</li> <li>• Bush (2014) Intuitive Eating Worksite Intervention</li> <li>• Clinton (2018). Almost 40% Nutrition Research is Wrong</li> <li>• Cotton 2003.4 Eating Disorder Screening Questions.JGIM</li> <li>• Eneli (2008) Trust Model Child Feeding</li> <li>• Garber 2019.Atypical Anorexia Nervosa Illness severity</li> <li>• Glamiche.Prevalence of ED 2000-2018 systematic revi.AJCN.</li> <li>• Golden (2016).Eating Disorder Prevention</li> <li>• Goode 2020.Binge Eating Racial Disparities.IJED</li> <li>• Hensley-Hackett 2022.Intuitive Eating Diet Quality Systematic Review</li> <li>• Ioannidis 2005.Why Most Published Research Findings Are false.PLOS</li> <li>• Ioannidis 2018.Challenge Reforming Nutrition Epidemiological Research.JAMA</li> <li>• Jeukendrup.Carbohydrate Recommendations Athletes exc 2014</li> <li>• Jones 2021.We Can't Talk About Healthy Eating Without Discussing Food Insecurity</li> <li>• Khalsa (2019) Parental IE behaviors &amp; association w/ infant feeding</li> <li>• Marton 2020.Science Advocacy Quackery Nutritional Books</li> <li>• Matheson.2012. Habits &amp; Mortality in Overweight &amp; Obese Individuals.JABFM</li> <li>• Maurage.Chocolate Nobel Prize Winners Correlations. JN.2013</li> <li>• Mehler 2020.Atypical anorexia nervosa can be just as bad</li> <li>• Olympic Committee Consensus RED-S.2018</li> <li>• Piller 2019.Dubious Dx Prediabetes social determinants of health</li> <li>• Richards 2017.Intuitive Eating Disorders Treatment</li> <li>• Rozin (1999). Four Country Food Worry Study</li> <li>• Scrinis (2008) Ideology of Nutritionism</li> <li>• Stochel (2015). Orthorexia 15 Assessment</li> <li>• Treasure 2020.Eating disorders review.Lancet</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> <li>• 2020.Eating Disorders Infographic</li> </ul>	<ul style="list-style-type: none"> <li>• Food Beliefs</li> <li>• IE Principles Tracking</li> </ul>

