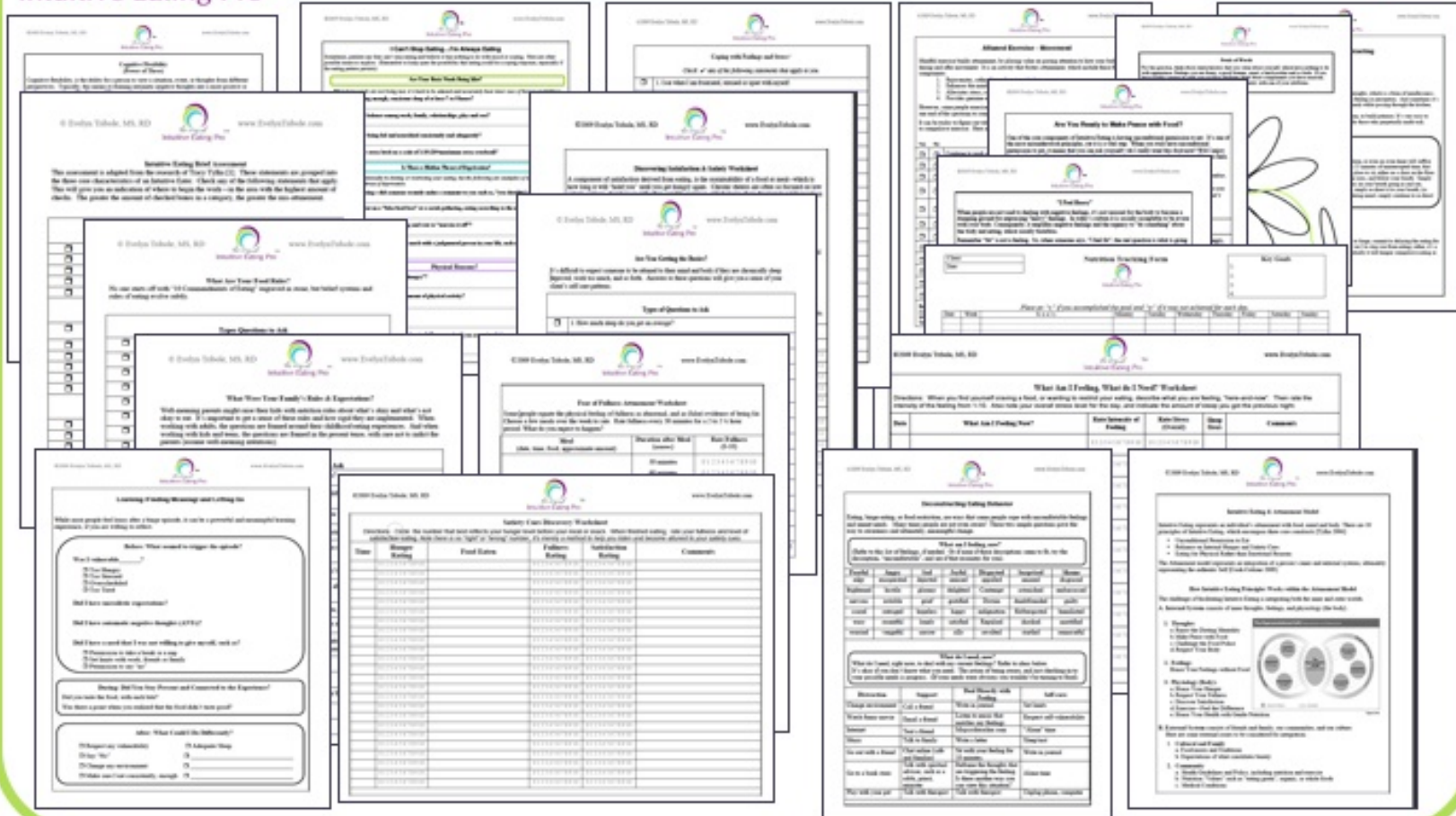


Intuitive Eating PRO Skills Training: TeleCourse Outline

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			
5. Where to Start with Client				
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			



Client Worksheets & Handouts



The collage displays a variety of worksheets and handouts used in the Intuitive Eating Pro program. These include:

- Learn How Eating - The Basics:** A worksheet for understanding the basics of eating and listening to the body's signals.
- Coping with Feelings and Emotions:** A worksheet for exploring the connection between emotions and eating behaviors.
- Mindful Exercise - Movement:** A worksheet for incorporating mindful movement into daily life.
- Are You Ready to Make Peace with Food?:** A worksheet for assessing readiness for intuitive eating and setting intentions.
- What's Your Food Mood?:** A worksheet for tracking and understanding the relationship between mood and eating.
- Are You Craving the Basics?:** A worksheet for identifying and addressing common food cravings.
- Four of Factors Intuitive Eating Worksheet:** A worksheet for identifying personal factors that influence eating behaviors.
- What's Your Family's Role & Expectation?:** A worksheet for exploring family influences on eating habits.
- Lack of Energy Worksheet:** A worksheet for addressing low energy levels and their connection to eating.
- Intuitive Eating Worksheet:** A general worksheet for tracking progress and reflections on intuitive eating.
- Discomforting Eating Worksheet:** A worksheet for identifying and managing discomfort during eating.
- Intuitive Eating 6-Step Worksheet:** A worksheet for tracking the six steps of intuitive eating.