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## Am I Hungry?<sup>®</sup> Mindful Eating Program Facilitator Training Objectives

Am I Hungry?<sup>®</sup> Mindful Eating Program Facilitator Training is an online, self-paced program that includes 32 hours of instructional time via recorded webinars and teleseminars by Michelle May, M.D. plus supplemental reading materials (for complete description, see <http://amihungry.com/train-with-us/mindful-eating-facilitator-training/>).

### **Upon completion of this activity, participants will be able to:**

1. Identify the six essential decision points in the “Mindful Eating Cycle.”
2. Describe the typical bio-psycho-social-behavioral patterns in Instinctive Eating, Overeating, and Restrictive Eating.
3. Use the metaphor of a pendulum to demonstrate common dichotomous thought patterns and describe methods for replacing extreme thoughts with more balanced thoughts.
4. Identify signs and physiological causes of physical hunger and explain how to use the Hunger and Fullness Scale to determine the level of hunger and timing of meals.
5. Teach the relationship between thoughts, feelings, actions and ultimately, results.
6. Explain three options that a person has when they want to eat but they are not hungry: eat anyway, redirect their attention, or meet their true needs.
7. Counsel participants to identify physical, environmental, and emotional triggers other than hunger and develop effective strategies to reduce and effectively cope with their triggers for overeating.
8. Teach participants a five-step process for identifying their underlying needs and developing a plan to meet those needs using the acronym FEAST: Focus, Explore, Accept, Strategize, and Take action.
9. Guide participants through the goal setting process.
10. Identify the components of optimal health, including physical, intellectual, emotional, and spiritual components and facilitate a brainstorming session about caring for one’s body, mind, heart, and spirit.
11. Teach self-awareness for selecting food that takes into account personal preferences, health considerations, and available options by asking three questions: What do I want?, What do I need?, and What do I have?
12. Advise participants about “fearless eating” strategies to balance eating for nourishment with eating for enjoyment.

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13. Teach participants mindful eating strategies using the Mindful Eating Cycle during a snack or meal.
  14. Describe essential nutrition basics including carbohydrates, fat, protein, and micronutrients from a non-restrictive perspective, including the role in the body, different types, and factors to consider for a healthful intake.
  15. Guide participants to employ strategies for eating an amount of food that leads to a comfortable level of satiety.
  16. Instruct participants how to use the Mindful Eating Cycle to learn from an overeating episode, develop more effective strategies, and decrease the likelihood of recurrence.
  17. Explain the role of physical activity in overall well-being and health.
  18. Assist participants in overcoming their barriers to exercise by helping them identify their ineffective thoughts about physical activity and replace them with more effective thinking.
  19. Motivate participants to increase their lifestyle activity and facilitate brainstorming at least ten specific suggestions for activities that can be done at home, work, and leisure.
  20. Explain the FITT principle (Frequency, Intensity, Time, Type) for designing a flexible, personalized physical activity program.
  21. Explain the definitions, benefits, and examples of cardiorespiratory fitness, strength training, and flexibility, and cite the indications for exercise clearance.
  22. Conduct an introductory mindful eating workshop to demonstrate satisfactory use of the Am I Hungry? Mindful Eating Program Facilitator Guide and power point presentations for facilitating Workshops.
  23. Utilize effective workshop facilitation skills including Socratic teaching methods, pair share and group share to optimize participation and interaction, and use of structured activities for engagement and concept application.
  24. Describe the importance of diversity and cultural sensitivity in facilitation of workshops, including sensitivity to issues affecting higher-weight participants.

For questions or additional information, please contact us at [Training@AmIHungry.com](mailto:Training@AmIHungry.com) or call 480 704-7811 ext. 301.



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## Am I Hungry?® Mindful Eating Training Continuing Education

Updated 04/23/2016. For updates and additional information, see <http://www.amihungry.com/train-with-us/mindful-eating-facilitator-and-coach-training/>.

### Credits

Am I Hungry? is approved by the American Psychological Association to sponsor continuing education for psychologists. Am I Hungry? maintains responsibility for this program and its content. This course is 32 CEs

Am I Hungry? is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR) CDR Credentialed Practitioners will receive 32 Continuing Professional Education (CPEs) for completion of this activity.

This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.

This course is approved to award 32 CNE through AHNA.

Wellcoaches has approved this activity for 32 continuing education credit hours (CEH).

### Disclosures

Instructor Michelle May, M.D. as owner of Am I Hungry?, P.L.L.C., has a financial relationship with this activity.

There is no provision of commercial support for this program and there is no discussion of off-label usage of products during this activity.

### Michelle May, M.D.

Michelle May, M.D. is a recovered yoyo dieter and the founder of the Am I Hungry?® Mindful Eating Programs and Training ([www.AmIHungry.com](http://www.AmIHungry.com)). She is the award-winning author of *Eat What You Love, Love What You Eat: A Mindful Eating Program to Break Your Eat-Repent-Repeat Cycle* that guides readers to eat fearlessly and mindfully. She is also the author of the *Am I Hungry? Mindful Eating for Bariatric Surgery Workbook and Awareness Journal*, *Eat What You Love, Love What You Eat with Diabetes*, and *Eat What You Love, Love What You Eat for Binge Eating*, and *Eat What You Love, Love What You Eat for Students*.