



Mindful Eating for Binge Eating

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## Am I Hungry?® Mindful Eating for Binge Eating Therapist Training

For a complete description, download the Am I Hungry? Mindful Eating for Binge Eating Therapist Training Information Packet from:

<https://amihungry.com/train-with-us/mindful-eating-binge-eating-training/>.

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

1. State the basic diagnostic criteria and treatment of eating disorders to ensure the proper placement of participants in the ME-BE Program or appropriate referral if needed.
2. Identify the six crucial decision points in the “Mindful Eating Cycle.”
3. Describe the typical bio-psycho-social-behavioral patterns in instinctive eating, overeating, bingeing, and restrictive eating.
4. Use the metaphor of a pendulum to demonstrate common dichotomous thought patterns and describe methods for replacing extreme thoughts with more balanced thoughts.
5. 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.
6. Teach the relationship between thoughts, feelings, actions and ultimately, results.
7. 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.
8. Counsel participants to identify physical triggers other than hunger and learn to reduce and effectively cope with them by using effective self-regulation skills.
9. Teach mindfulness as a method for identifying counter-productive internal dialogue and transform it into a powerful method of self-care.
10. Counsel participants to identify environmental triggers for binge eating and learn strategies to reduce, rethink, and recreate thought patterns to interrupt the binge eating cycle.
11. Teach participants a step-by-step process to describe, identify, and manage emotions and help them identify and meet the needs that may be driving them to binge eat.
12. 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?
13. Advise participants about strategies for learning to balance eating for nourishment with eating for enjoyment through fearless eating strategies.



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14. Teach participants mindful eating strategies to help them achieve more satisfaction and pleasure from eating as a long-term recovery strategy.
15. Guide participants to employ strategies for eating an amount of food that leads to a comfortable level of satiety to decrease the physical and emotional discomfort that feeds the binge cycle.
16. Instruct participants how to use the Mindful Eating Cycle to learn from an overeating/bingeing episode, develop more effective strategies, and decrease the likelihood of recurrence.
17. Guide participants toward healing their relationship with their body and cultivating a self-care mindset.
18. Explain the difference between mindful movement and punishing exercise, and how a new self-care mindset can heal old ineffective thoughts about physical activity, leading to a more active lifestyle.
19. Motivate participants to increase their lifestyle activity and facilitate brainstorming at least ten specific suggestions for movement that can be done at home, work, and leisure.
20. Guide participants toward cultivating a mindset of hope and belief in their ability to maintain a full life of recovery using the mindful eating cycle and skills for self-regulation.
21. Teach an Am I Hungry? Mindful Eating for Binge Eating (ME-BE) workshop series and facilitate therapy groups or individual therapy for a 10-week ME-BE Program.
22. Utilize effective therapeutic techniques to draw out participation and sharing by group participants to optimize their self-discovery and reinforce new skills for lasting recovery.
23. Learn outcomes measurement and basic business and marketing strategies to ensure an effective and successful program.
24. Describe the importance of diversity and cultural sensitivity in facilitation of workshops, including sensitivity to issues affecting higher weight participants.
25. Access case consultation for ongoing support with participants in the ME-BE program.

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