



Mindful Eating for Bariatric Surgery

## Workshop Facilitator Training Online

Become a Licensed Am I Hungry?® Mindful Eating for  
Bariatric Surgery Facilitator  
at your own pace, on *your* schedule

This information packet includes all the details about our Mindful Eating for Bariatric Surgery Program Training and Licensing process, including FAQs and registration links.

If you have any additional questions, don't  
hesitate to contact us!

[training@AmIHungry.com](mailto:training@AmIHungry.com)

**Already decided? Great!**

Register to get started now:

Click here to order: <http://bit.ly/1dHxMyN> then  
choose from 1, 3 or 10 payments



*The Am I Hungry? program is one of the most comprehensive trainings I have received. As a professional, it provided me with the skills to get started immediately. I have knowledge, tools, and support to begin working with an individual client or workshop participants. I highly recommend this program. —Ellen Cullman, Ph.D., Mindful Eating Coach*

[www.AmIHungry.com](http://www.AmIHungry.com)

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Why You? Why Now?	3
Mindful Eating for Bariatric Surgery Program Features	5
Mindful Eating for Bariatric Surgery Training Features	6
How Am I Hungry? Training Works	7
Mindful Eating for Bariatric Surgery Training Outline	8
Continuing Education	9
Licensing Requirements	10
Fee and Registration	11
Frequently Asked Questions	12

### Contact Us:

Michelle May, M.D.  
Am I Hungry?, P.L.L.C.  
480 704-7811  
P.O. Box 93686  
Phoenix, AZ 85070  
[Training@AmIHungry.com](mailto:Training@AmIHungry.com)

*The Am I Hungry? Facilitator Training “sealed the deal” for me. Any questions I had about this approach were completely erased. It prepares facilitators completely and confidently to take this message of eating and living to the public. The materials are comprehensive and excellent. I know that I will be using this information for the rest of my career as a Family Physician and for the rest of my life personally. I (and hopefully all of my patients and participants to come) will NEVER diet again!*

—Lori Hurst, M.D.

*As a health professional who has also had gastric bypass surgery, I quickly realized that they didn’t staple my brain! The Am I Hungry? principles apply well to bariatric surgery patients and help them better use their tools and strengths to ensure optimal health.*

—Janine Kyrillos, M.D.

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## Help Your Patients Adjust to Their “New Normal”

Am I Hungry? Mindful Eating for Bariatric Surgery (ME-BS) Facilitator Training is a comprehensive program for health professionals who work with pre- and post-bariatric surgery patients (specifically gastric bypass, sleeve, or the band). This training provides the skills and tools necessary to apply mindful eating concepts to help prevent, identify, and resolve the mindless habits and emotional eating issues that lead to maladaptive eating and other problems after bariatric surgery.<sup>1</sup>

Since 1999, tens of thousands of people have used the Am I Hungry? Mindful Eating Program and/or read *Eat What You Love, Love What You Eat* to resolve their difficult eating issues. People who have had bariatric surgery often tell us that their procedure did not fix their “real” problem and/or that they need additional skills to cope with their “new normal.”

### Bariatric Surgery and Mindful Eating

Mindfulness is beneficial because it teaches us to focus our attention and awareness on what is happening right now, which in turn, helps us disengage from habitual, unsatisfying, and unskillful habits and behaviors.

Specifically, mindful eating skills help resolve the mindless habits and emotional eating issues that lead to problems after bariatric surgery, including:

- Eating too quickly, taking large bites, or not chewing thoroughly
- Eating mindlessly while distracted, leading to over-consumption
- Not savoring food and therefore having difficulty feeling satisfied with small volumes of food
- Eating too much, leading to discomfort, vomiting, and/or distention of the pouch
- Grazing throughout the day and/or eating “slider” foods and high-calorie soft foods and liquids
- Struggling with emotional eating
- Not consuming enough protein or nutrient-rich foods
- Feeling guilty, deprived, or left out in social situations
- Struggling to establish consistent, joyful physical activity
- Difficulty adjusting to life after bariatric surgery

<sup>1</sup> The mindful eating cycle: Preventing and resolving maladaptive eating after bariatric surgery. *Bariatric Times*, 11(2), 8-12. <https://bariatrictimes.com/the-mindful-eating-cycle-preventing-and-resolving-maladaptive-eating-after-bariatric-surgery/>

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## It's STILL Not about the Food!

Everyone agrees that bariatric surgery is a tool—not a quick fix. But a tool can do nothing on its own; it requires skillful management by a knowledgeable user to work effectively.

Most people who make the major decision to have bariatric surgery feel that they have tried everything else first. They hope that bariatric surgery will improve their health and energy. Yet without the additional tool of mindful eating, bariatric surgery can feel like a permanent diet that continues to consume their life. After all, even after bariatric surgery, it still isn't really about the food.

Some believe or hope that having bariatric surgery will solve all of their problems—but nothing could be further from the truth. For example, people who eat emotionally will still have to face the situations and emotions that triggered overeating in the past. As one patient said, "They didn't operate on my brain!"

Some discover that they miss their "friend"—food—leaving them with a feeling of loss. As another patient said, "I've cut out my coping skill!" Others believe that after surgery they won't need to think about their eating anymore. In fact, it is just the opposite. They need to become very thoughtful about eating in order to use this tool optimally. If they're not mindful about their eating, they can experience uncomfortable, even serious consequences—and be far less likely to get the results they hoped for.

As a result, despite having surgery, many still find themselves stuck in an eat-repent-repeat cycle. It's difficult to see people invest so much yet continue to struggle in their relationship with food.

## Finally free to live the vibrant life they've craved!

Teaching your bariatric surgery patients mindful eating concepts and skills using the Am I Hungry?<sup>®</sup> Mindful Eating Cycle will help them think about eating when they need to and free up their energy and attention to focus on living in between. They finally get to live the vibrant life they desperately wanted!

Read on to learn about the Am I Hungry? Mindful Eating for Bariatric Surgery program and see how you can learn and share these life-changing concepts with your bariatric surgery patients!

Am I Hungry?<sup>®</sup> Mindful Eating for Bariatric Surgery Workshops are ideal for bariatric surgery programs, hospitals, clinical practices, community-based programs, and support groups.

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## Am I Hungry? Mindful Eating for Bariatric Surgery Program Features

- Comprehensive, interdisciplinary approach that includes the behavioral, nutritional, and fitness aspects of a balanced, healthy lifestyle.
- Developed by family physician, Michelle May, M.D. in collaboration with a licensed psychologist, registered dietitians, and an exercise physiologist.
- Workshop content is based on the Am I Hungry? Mindful Eating Cycle<sup>1</sup> and includes post-surgical nutrition and physical activity basics.
- Utilizes the award-winning book *Eat What You Love, Love What You Eat: A Mindful Eating Program to Break Your Eat-Repent-Repeat Cycle* by Michelle May MD and *Am I Hungry? Mindful Eating for Bariatric Surgery Workbook and Awareness Journal* by Michelle May MD and Margaret Furtado MS, RD.
- Non-restrictive, weight-neutral philosophy and mindfulness training provides participants with a flexible, sustainable approach.
- Utilizes cognitive/behavioral strategies to motivate changes in behavior, increase self-efficacy, promote self-management, and inspire participants to increase their physical activity and improve their nutrition.
- The focus is on healing the relationship with food and their body.<sup>2</sup>
- May be taught by a single licensed Facilitator or by a multidimensional team of Facilitators (i.e. health educator, dietitian, counselor, exercise specialist).
- Am I Hungry? Mindful Eating for Bariatric Surgery Workshop Format:
  - 8-weekly interactive group workshops (in person or by telephone/webinar)
  - 1-2 hours in length each week, depending on size and setting
  - Work with individuals or small, medium, or large groups
  - Facilitators may use PowerPoint and/or flipchart/dry erase board
- Although participants are not given rigid rules to follow, a study of 229 participants in our mindful eating programs showed improved self-efficacy, gradual weight loss, significantly increased activity, and more healthful eating by a majority of the participants. 90% completed the program and nearly all said

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<sup>1</sup> May, M., Furtado, M., & Ornstein, L. (2014). The mindful eating cycle: Preventing and resolving maladaptive eating after bariatric surgery. *Bariatric Times*, 11(2), 8-12. <https://bariatrictimes.com/the-mindful-eating-cycle-preventing-and-resolving-maladaptive-eating-after-bariatric-surgery/>

<sup>2</sup> Anderson, K., May, M. (2012.) *The Mindful Eating Cycle: Treatment for Binge Eating Disorder*. Arizona State University, Doctor of Behavioral Health, Culminating Project. A 10-week treatment program for adult women with binge eating disorder. Participants went from a range of severe binge eating to a non-bingeing level on the Binge Eating Scale. Other significant improvements were found in levels of mindfulness, depression, anxiety and dietary choices.



Mindful Eating for Bariatric Surgery

## ME-BS Facilitator Training Program Features

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they would recommend it.<sup>3</sup>

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<sup>3</sup> Reichard, G., May, M., Krepcho, M., Kohlerman, N. (2006, April). *Am I Hungry? A preliminary investigation of an innovative and promising non-diet weight loss program*. Poster session presented at the annual conference of the Society of Teachers of Family Medicine, San Francisco, CA.

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## Am I Hungry? Mindful Eating for Bariatric Surgery Training provides:

- **Great content!** You'll learn life-changing mindful eating strategies using a non-diet, weight-neutral, mindfulness-based approach you can immediately use and share with your patients or clients in individual or group sessions.
- **The skills** to be an effective, inspiring facilitator to help your participants or clients adjust effectively to their "new normal."
- **In depth training** – 32 hours of training available online at *your* convenience.
- **Valuable training materials** – we provide everything you'll need for success:
  - Unlimited email and phone access to the Am I Hungry? Team for questions
  - Complete Am I Hungry? Mindful Eating for Bariatric Surgery Facilitator Training Guide keyed to all your other tools
  - PowerPoint slides for an introductory session and all eight workshops
  - Copy of *Eat What You Love, Love What You Eat*
  - Copy of *Am I Hungry? Mindful Eating for Bariatric Surgery Program Workbook and Awareness Journal*
  - Business materials including forms, assessments, and pricing information
  - Access to our private Am I Hungry? Member Portal and online tools
  - Quarterly Licensee Update webinar. All content updates also included.
  - Monthly Skill-Building webinar (optional)
- **Full immersion in the Am I Hungry? Mindful Eating Program.** During Training, you'll participate in the 8-week Am I Hungry? Mindful Eating for Bariatric Surgery Program workshop facilitated by Dr. May via online videos.
- **BONUS! You'll receive our Comprehensive Business Planning and Marketing Curriculum and BONUS! Marketing materials: flyers, press releases, articles, handouts** to successfully manage and market your program.
- **32 hours Continuing Education credits available** (see CE page for details.)
- **Unparalleled personal and professional growth** that will take you to a whole new level!

## How Am I Hungry? Mindful Eating for Bariatric Surgery Training Works

Am I Hungry? Mindful Eating for Bariatric Surgery Facilitator Training is online so you can complete it at your pace, on your schedule.

- After you register, you will receive access to training materials including:
  - Am I Hungry? Mindful Eating for Bariatric Surgery Facilitator Training Guide
  - Copy of Eat What You Love, Love What You Eat
  - Am I Hungry? Mindful Eating Program for Bariatric Surgery Workbook
  - PowerPoints for an introductory session and all eight workshops
  - Password access to our Member Portal where you'll find the **Mindful Eating for Bariatric Surgery** online training videos with Michelle May, M.D. and other tools



- When you have completed your training, you'll take a post-test, conduct an Introductory workshop, and then you'll be qualified to offer this program in your Bariatric Surgery Center, office, hospital, community, or support group to help your participants adjust effectively to their "new normal."
- Continuing Education Credits: Dietitians and Wellcoaches can earn 32 continuing education credits for completing this training program. See Continuing Education page.
- You'll also have access to bonus Business and Marketing training!



Mindful Eating for Bariatric Surgery

## ME-BS Facilitator Training How This Training Works

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*Excellent opportunity to expand not only your knowledge but also skill sets for meeting your patients' needs. Feel this offers a genuinely unique and incredibly valuable alternative. —Beth Woodford, MD*

 Introduction

 Workshop 1

**In Charge, Not In Control**

**Think:** Why Do I Eat?

**Nourish:** Diets Don't Work

**Live:** Born to Move

**Adjust:** Understanding Bariatric Surgery

 Workshop 2

**Trust Your Body Wisdom**

**Think:** Am I Hungry?

**Nourish:** Rediscover Food

**Live:** Change Your Mind

**Adjust:** Recognizing Your New Normal

 Workshop 3

**It's Not About the Food**

**Think:** I'm NOT Hungry. What Now?

**Nourish:** Drink and Be Merry

**Live:** Lay Your Foundation

**Adjust:** It STILL Isn't About the Food

 Workshop 4

**What Am I Really Hungry For?**

**Think:** Head Hunger

**Nourish:** Clearing Carb Confusion

**Live:** Increase Your Stamina

**Adjust:** Coping with Weight Expectations

 Workshop 5

**Fearless Eating**

**Think:** What Do I Eat?

**Nourish:** Fat Facts

**Live:** Increase Your Flexibility

**Adjust:** Eating What I Need

 Workshop 6

**Mindful Eating**

**Think:** How Do I Eat?

**Nourish:** Protein Power

**Live:** Increase Your Strength

**Adjust:** Slowing Down and Tuning In

 Workshop 7

**Just Right**

**Think:** How Much Do I Need?

**Nourish:** Nutrition at a Glance

**Live:** Challenge Your Body

**Adjust:** Getting Comfortable with Being Comfortable

 Workshop 8

**Self-Care Buffer Zone**

**Think:** Where Do I Invest My Energy?

**Nourish:** A Flexible Plan for Self-Care

**Live:** On Your Terms

**Adjust:** Invest Your Energy in Living!

**BONUS! Business Planning and Marketing**

**B&M 1:** About You

**B&M 2:** About Your Clients

**B&M 3:** About Your Business

**B&M 4:** Workshop Logistics - Part I

**B&M 5:** Public Speaking

**B&M 6:** Your Marketing Toolkit

**B&M 7:** Public and Media Relations

**B&M 8:** Workshop Logistics – Part II

**B&M 9:** Workshop Pricing and Policies

**B&M 10:** Website and Internet Marketing

**B&M 11:** Strategic Partners

**B&M 12:** Putting It All Together

**Supplemental Training**

Workshop Facilitation Skills

Eating Disorders

Support Groups

Healthcare Settings

Workplace Wellness

Monthly Skill-Building Webinars

**Bonus:** Business and Marketing Plan

**Support**

Unlimited email support

Online Forum (Participant and Facilitator)

Quarterly Licensee Update

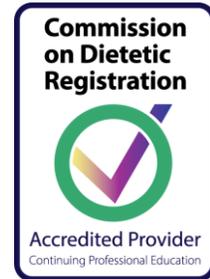
**Bonus:** 30-minute mentoring with Dr. May

## Continuing Education Credit

### Am I Hungry? Mindful Eating for Bariatric Surgery Training

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 program has been approved for 32 **Wellcoaches** continuing education hours (CEH).



### Disclosures

Michelle May, M.D. as owner of Am I Hungry? P.L.L.C., has a financial relationship with this activity. This presenter is aware of the conflict of interest policy and has agreed to present the information fairly and without bias.

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

### Objectives

Download: <http://www.amihungry.com/pdf/Am-I-Hungry-Bariatric-Surgery-Facilitator-Training-Objectives.pdf>

*Excellent format to help someone passionate about this work deliver the message of mindful eating and overall health and wellness in a credible, evidence-based, professional manner. I would recommend this training to anyone—from those new in the field to the seasoned clinician!* —Amy Hanson-Akins, MSW, Eating Disorder Therapist

*The facilitator training is full of detailed information about each workshop as well as marketing. I also appreciate the online forum and access to marketing materials. Dr. May has a wonderful formula that works and she encourages facilitators to use their presenting style to make the program their own.*  
—Sara Bernstein, LSW, Licensed Wellcoach

*The simple and straight forward body-mind-heart approach to eating and living vibrantly is not just another tool in the wellness toolkit. It may be THE tool for those who struggle with eating. We're looking forward to sharing Am I Hungry? Thank you!*  
—Suzanne Dubose, RN, BSN, BS

*Am I Hungry? is one of the most organized and thorough trainings I have completed. The training also addressed marketing and putting on a successful workshop.*  
—Elizabeth Schenk, BS, MBA

## Requirements for Licensed Facilitators

- Am I Hungry?<sup>®</sup> is protected by copyright and trademark. Programs can only be offered by trained and Licensed Am I Hungry? Facilitators, Coaches, Therapists, and Instructors.
- Facilitator candidates should have health/fitness/wellness training and qualifications, and/or significant personal experience that will benefit their participants. Examples include physicians, P.A.s, N.P.s, dietitians, psychologists, coaches, personal trainers, health educators, social workers, nurses, clergy, etc. In some cases, personal application of the Am I Hungry? principles equip a person to be an effective Facilitator. Please contact us if you have questions about your how your education, training, or experience might complement our program.
- Signed Facilitator Agreement and Mindful Eating for Bariatric Surgery Addendum to follow the protocols and maintain the standards of Am I Hungry?. The Agreement will be provided in advance for your review upon request.
- Participate in the eight Am I Hungry? Mindful Eating for Bariatric Surgery Program videos; complete the supplemental Mindful Eating for Bariatric Surgery Training; read *Eat What You Love, Love What You Eat: A Mindful Eating Program to Break Your Eat-Repent-Repeat Cycle*, and use the *Am I Hungry? Mindful Eating for Bariatric Surgery Workbook and Awareness Journal*. (These requirements will be met during your training.)
- Pass a post-test demonstrating understanding of essential Am I Hungry? mindful eating concepts.
- Demonstration of proficiency using the Am I Hungry? Facilitator materials and resources including the Am I Hungry? Mindful Eating for Bariatric Surgery Facilitator Guide and PowerPoint presentations of the eight workshops and marketing materials.
- Your initial Am I Hungry? Training and Licensing Fee *includes* your all materials, training, and first Annual Licensing fee (see below). The Annual Relicensing fee is \$500 and includes program updates, marketing support, and quarterly training.
- Your first license term is 15 months—which includes three months to complete your online training and your first annual license.
- Payment of a \$40 per Participant Fee to Am I Hungry? to cover their workshop materials (copy of *Eat What You Love, Love What You Eat: A Mindful Eating Program to Break Your Eat-Repent-Repeat Cycle* and *Am I Hungry? Mindful Eating for Bariatric Surgery Workbook and Awareness Journal*), Daily Mindful Moments, password access to the [www.AmIHungry.net](http://www.AmIHungry.net) Member Portal, and administrative expenses.

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## Register for Am I Hungry? Mindful Eating for Bariatric Surgery Training

You have several convenient payment options. You may pay by credit card online using our secure shopping cart with the option to make one, three, or ten payments. If you prefer, you can pay by check or use a purchase order (single payment only).

Complete Training and Licensing Fee.....\$1999\* \*\*

**\*Organizations:** Save \$250 for each additional Facilitator from the same organization! Please email [Training@AmIHungry.com](mailto:Training@AmIHungry.com) for the link to apply this discount.

**\*\*Current Am I Hungry? Licensees:** See the Licensee Marketplace for discounted tuition for this training.

### Credit card

Click or paste this link then select your payment method: <http://bit.ly/1dHxMyN>

- 1 payment of \$1999
- 3 monthly payments \$683 (1<sup>st</sup> payment on registration then every 4 weeks)
- 10 monthly payments of \$205 (1<sup>st</sup> payment on registration then every 4 weeks)

### Pay by Check

If you prefer to pay by check or purchase order, please email [Training@AmIHungry.com](mailto:Training@AmIHungry.com) and we will send you a registration link. This is available for the single payment option only.

### Cancellation Policy

Registration is non-refundable. Under certain emergency circumstances, allowed completion time may be extended.

*I highly recommend this training - it is professional, information-rich, and inspiring! The program material is extremely well presented and easy to follow... it truly exceeded my expectations.*  
—Toni Harris

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## Frequently Asked Questions

**Q** – What is Am I Hungry? Mindful Eating Training?

**A** – Am I Hungry? Mindful Eating Training is an online program that can be accessed anywhere, anytime from any computer with a good Internet connection, allowing you to complete mindful eating training on your schedule at your pace. Your Training includes audio and video sessions, a complete Facilitator Guide, support tools, and marketing materials. We have offered Facilitator Training since 2006 and over 700 Facilitators from multiple disciplines have been trained in more than thirty countries!

**Q** – Do you offer Am I Hungry? Training in a live format?

**A** – Periodically, we offer live, interactive workshops and training. We encourage you to take advantage of this opportunity when it is available! We also record all the sessions and make them available for this online, self-paced training.

At other times, we offer live Am I Hungry? Mindful Eating Retreats that give us a chance to work with Licensees and participants in person: <http://www.amihungry.com/learning-options/retreats>

We are confident that our comprehensive online training is an excellent format for covering the content and skills with the added accessibility necessary for busy professionals in numerous time zones. Combining the convenience of technology with the numerous opportunities for personal interaction will help you complete your training in the most effective and efficient manner possible.

**Q** – How does this online training work?

**A** – Below is a general outline of what happens once you register for Am I Hungry? Mindful Eating for Bariatric Surgery Training.

- When you register, you'll receive a Licensing Agreement and ME-BS Addendum to review, sign, and return. You'll also receive a link to an information form so we can learn more about you.
- As soon as we receive your signed Licensing Agreement and ME-BS Addendum, we'll ship your ME-BS facilitator training materials (see page 6).
- We'll email your Licensee log-in instructions for our [www.AmIHungry.net](http://www.AmIHungry.net) *Licensee* Member Portal. The Portal has videos for all the training sessions and audio and/or video recordings of all the other topics listed on page 8 (and more!). You may complete these sessions at your own pace on your schedule.
- During your training you'll participate in the eight Am I Hungry? Mindful Eating for Bariatric Surgery Workshops just like *your* participants. You'll receive password access to the [AmIHungry.net](http://www.AmIHungry.net) *Participant* Member Portal to use the same tools your participants will use when you facilitate your own programs. As you participate in the workshop as a participant, you'll follow along in your Facilitator Guide to learn how to facilitate the workshops yourself.



- When you've completed the eight workshops, you'll take an online post-test demonstrating understanding of essential Am I Hungry? mindful eating concepts.
- You'll also find an abundance of other tools and resources that make it easy to start your own ME-BS workshops as soon as you are ready!
- We recommend you also complete our bonus comprehensive Business Planning and Marketing Curriculum—a series of 12 audio modules and written activities that you'll complete in tandem with the other training sessions. When you're done with the B&M curriculum, you'll have a detailed business and marketing plan to work from.
- You'll conduct an Introductory Am I Hungry? Workshop for friends, family, co-workers, or potential participants to demonstrate proficiency using the Am I Hungry? Facilitator materials and resources including the Am I Hungry? Mindful Eating for Bariatric Surgery Facilitator Guide, PowerPoint presentations, and marketing materials. Introductory sessions are also a wonderful marketing tool for your future workshops, so we provide everything you need to be successful.
- When you're done with all of the training modules, you'll fill out a Training Evaluation form, schedule an individual 30-minute call with Dr. May to answer questions and create a plan, and receive your License and Continuing Education Certificate by mail.

**Q** – What if I finish my training requirements in less than three months?

**A** – Your first license term is 15 months, including three months to complete your training. You must complete your training requirements before offering workshops. If you finish your training in less than three months, you will have more time left on your first license term. Similarly, if it takes longer, you'll have less time left on your first annual license.

**Q** – How soon can I start facilitating workshops?

**A** – Your license is activated as soon as you've completed the training requirements; you are then able to start your workshops immediately. In fact, one of the advantages to online training is that it is self-paced so you can finish more quickly than three months if you wish. If you were able to dedicate the necessary time to this process, you could complete the training in just a couple of weeks. However, most people spread their training period out longer than that. It is to your advantage to complete your training within three months to make maximal use of the license term.

**Q** – What are the technology requirements for online training?

**A** – For an optimal experience, we recommend that you have a computer with speakers or headphones and a fast Internet connection.

**Q** – What do I charge for my workshops and how much can I earn?

**A** – Since this is a license (rather than a franchise), you may charge whatever you feel is appropriate for your participants. Your workshop charge will depend on your market and reasons for providing the workshops. The average is around \$250 per person. In some settings, such as community health centers, worksite workshops or faith-based settings, you



Mindful Eating for Bariatric Surgery

## ME-BS Facilitator Training Frequently Asked Questions

may decide to charge the participants only the Participant Fee when your time is volunteer or covered by a grant, employer, or other third party. (We recommend that you charge at least a nominal fee if possible, so the participant makes an investment and a commitment.)

Workshops in a private setting by a highly qualified health profession may charge more than \$250.

There are a number of factors to consider when determining your potential income, including how much you charge per participant, how many participants you have, how often you offer a workshop, and your expenses (for example, office space rental, assistants if any, insurance and other business expenses, \$40 plus a shipping and handling fee of \$6.95 per participant or \$30 for a set of 10).

As an example, if you charged \$250 per participant (\$47 of that for the Participant Fee and S&H)), had an average of 8 participants for each workshop series, offered four workshops a year, and used your office lobby after hours, you could make an additional \$6,520 per year. You'll receive a table for projecting your revenue, but obviously, there are many variables and we cannot guarantee any particular income.

**Q** – I see people individually, not usually in groups.

**A** – During the Mindful Eating for Bariatric Surgery Program Facilitator Training, you will learn the Mindful Eating Cycle skills and strategies to help your participants or clients in group or individual settings. This training is offered in a group format, but you'll be excited to learn that we also offer Am I Hungry? Training for Mindful Eating Coaching to support the successful integration of the Am I Hungry? Mindful Eating Cycle into one-on-one work with clients or patients in a variety of corporate, clinical, and private settings. It focuses on important aspects of the coaching process, including impactful questions, suggested activities, and potential barriers that clients, patients, and health professionals may encounter. For more information about this training, visit our website: [www.amihungry.com/train-with-us/training-for-mindful-eating-coaching](http://www.amihungry.com/train-with-us/training-for-mindful-eating-coaching). There is a significant savings for participating in multiple trainings; email [training@amihungry.com](mailto:training@amihungry.com) for the link.

**Q** – How do I know if I am qualified to facilitate these workshops?

**A** – We do not “credential” our Licensees. In other words, you will decide if you would be a credible Facilitator and we will provide you with the appropriate training and complete materials. Based on our experience, those who have health/behavioral health/fitness/or wellness training and qualifications, *and/or* significant personal experience are most successful. Examples include physicians, P.A.s, N.P.s, dietitians, nutritionists, psychologists, coaches, exercise physiologists, personal trainers, health educators, social workers, nurses, clergy, etc. In some cases, personal application of the Am I Hungry? principles equip a person to be an effective Facilitator. Please contact us if you have questions about your how your education, training, or experience might complement this program.

**Q** – Why do you require licensing and relicensing?

**A** – Our goal is to offer high quality mindful eating programs that remain effective, current (in content and format), and consistent from one location to another. This necessitates ongoing commitment and contact with those who offer Am I Hungry? Mindful Eating Programs.



Mindful Eating for Bariatric Surgery

## ME-BS Facilitator Training Frequently Asked Questions

Specifically, you will be licensed to use our brand, logo, and most important, our Mindful Eating Cycle model. We are committed to continuous quality improvement so our programs have evolved significantly over the last seventeen years and our Licensees have been kept up to date with fresh perspectives and materials on an ongoing basis. In turn, your clients can feel confident that as a licensee, you are in step with the most recent developments.

In addition, the License Fees enable us to provide ongoing support and marketing, quarterly materials updates, Licensee Updates, up to 75% off our other mindful eating trainings, and access to all of our resources and a community of individuals around the world who work with these life-changing concepts.

**Q –** What will the Relicensing fee be after 15 months?

**A –** The annual License Renewal fee is \$500 and includes quarterly Licensee Updates, materials updates, monthly optional Skill-Building webinars, ongoing support, up to 75% off our other mindful eating trainings, and access to all of our resources and a community of individuals around the world who work with these life-changing concepts. Depending on what you charge for your workshops, most people cover their licensing fee with just two or three participants a year. (There is only one Licensing Fee per person, no matter how many trainings you do with us.)

**Q –** I am a health professional who really believes in mindful eating. Why wouldn't I just create a program myself?

**A –** You could certainly create your own program - many individuals have. After we discovered how powerful our Mindful Eating Cycle model is for teaching this approach to individuals and groups, we decided to offer mindful eating training so *you* don't have to do all the work we've already done or spend all of the time and money that we've invested in building Am I Hungry? mindful eating programs. You don't have to wait for the years of experience required to establish which strategies, techniques, and materials work best for participants so you can offer the best program possible. We also provide you with all of the materials - detailed Facilitator Guide, book, workbook, PowerPoints, flyers, documents, and much more - that took us years to develop (and we do the work to keep them up to date!). Another reason to consider Am I Hungry? instead of trying to develop something on your own is that we provide ongoing support, marketing, and connection with others who love mindful eating too. [Participants in our trainings say](#) that it exceeded their expectations and was well worth their investment. In short, our intention is focus on doing what we do best so *you* can focus on serving your circle of influence!

**Q –** Can we “team-teach” the workshops?

**A –** Absolutely! A multi-disciplinary team is an excellent way to deliver the workshops. In fact, we offer \$250 off each additional Facilitator Training registration from the same organization or company. All of your regular Facilitators must be licensed. However, it is acceptable to have a “guest” instructor with expertise on a particular area occasionally present during a workshop led by a Licensed Facilitator but the Licensee is responsible for making sure the content they present is consistent with this approach.



Mindful Eating for Bariatric Surgery

## ME-BS Facilitator Training Frequently Asked Questions

**Q** – What materials will my participants need?

**A** – They'll need a copy of *Eat What You Love, Love What You Eat* and the *Am I Hungry? Mindful Eating for Bariatric Surgery Workbook and Awareness Journal*. They also get motivational emails and password access to the [www.AmIHungry.net](http://www.AmIHungry.net) Member Portal. These are all included in the Participant Fee.

**Q** – What is the private “Am I Hungry? Member Portal”?

**A** – Our private network portal for Am I Hungry? participants and Licensees is [www.AmIHungry.net](http://www.AmIHungry.net). From the Member Portal, you'll be able to register and track your participants' progress; communicate with and encourage them through newsletters, custom web pages and resources; give them access to a private online journal, a forum to communicate with their classmates, and use of the Am I Hungry? Virtual Coach. This portal also allows you to share ideas and questions with other Licensees, read Licensee updates, order participant materials, and access other valuable resources.

**Q** – Will I have to teach exercise classes?

**A** – No. The Am I Hungry? curriculum educates and motivates participants to become more physically active, but you'll only teach exercise classes if you are qualified to and want to.

**Q** – What about workshops for other special groups, like those who have binge eating disorder or diabetes?

**A** – Mindful eating is a universal approach appropriate for anyone who will benefit from changing the way they think about eating, physical activity, and self-care. Most workshops will have participants with a variety of challenges so we address special populations during the training and have supplemental materials that those participants can use alongside their other materials.

In addition, for licensees who would like to offer workshops especially for those groups, we offer additional training at a significantly reduced price (about 75% off!) for licensees:

Mindful Eating Program Facilitator Training

<http://amihungry.com/train-with-us/mindful-eating-facilitator-training>

Mindful Eating for Diabetes Facilitator Training

<http://amihungry.com/train-with-us/mindful-eating-for-diabetes-facilitator-training>

Mindful Eating for Binge Eating Therapist and Treatment Team Training

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

Mindful Eating for Students Instructor Training

<https://amihungry.com/train-with-us/mindful-eating-for-students-instructor-training>

Mindful Eating Training for Yoga Instructors

<https://amihungry.com/train-with-us/mindful-eating-training-for-yoga-instructors/>

Training for Mindful Eating Coaching

[www.amihungry.com/train-with-us/training-for-mindful-eating-coaching](http://www.amihungry.com/train-with-us/training-for-mindful-eating-coaching)



Mindful Eating for Bariatric Surgery

## ME-BS Facilitator Training Frequently Asked Questions

**Q** – I would like to teach worksite wellness programs. Is Am I Hungry? appropriate?

**A** – Absolutely! Am I Hungry? has been taught in many companies and organizations. In fact, not only are healthier employees happier and more productive, the mindful eating concepts they learn are transferrable to other aspects of their work life. We've found that our [Mindful Eating Program](#) in a one-hour lunchtime format focused on the “Think” portion of the curriculum works best for onsite programs. You can offer additional workshops on the Nourish and Live portions of the curriculum as well. If you employees in multiple or remote locations, you may want to consider offering a webinar or our online program instead. Please visit: <http://www.amihungry.com/programs/mindful-eating-for-workplace-wellness>

**Q** – Can this program be taught to children or adolescents?

**A** – Parents who participate in our programs tell us that these concepts have a huge impact on the way they manage meals and physical activity at home and that their children easily grasp the ideas they share with them. However, while a mature adolescent might benefit from this approach, the materials were developed for adults. We will develop a family program in the future; for now, we recommend offering the program to parents since they have the greatest influence on the attitudes and behaviors of their children. In addition, we have several articles that you can share with families about this approach: <http://amihungry.com/programs/mindful-eating-for-families>. We also have a book called [Eat What You Love, Love What You Eat for Students: A Mindful Eating Program for Fueling the Life You Crave](#) that is appropriate for older teens, college students, and young adults.

**Q** – Do you have corporate licenses available so my organization can provide Am I Hungry? through multiple facilitators or multiple locations?

**A** – Yes, there are corporate Am I Hungry? licenses available. These are structured to meet the specific needs of your company or organization so please contact us at [training@AmIHungry.com](mailto:training@AmIHungry.com) or 480 704-7811 ext. 401 to discuss the details.

**Q** – How much weight do people lose “doing” this program?

**A** – Evidence indicates that focusing on weight loss as a primary goal for an intervention can be ineffective and counterproductive. For this reason and many others, Am I Hungry? is a weight-neutral approach (or Health at Every Size® approach). For many people who practice mindful eating, sustainable weight loss may be an outcome—but we view it as a possible side effect of Am I Hungry? programs and services, not the primary reason to participate. Our goal is to guide participants to transform their underlying thoughts, feelings, and beliefs about eating and physical activity, leading to meaningful and sustainable behavior change. For more information on this topic, please review our white paper, [Mindful Eating: Shifting the Focus from Weight to Well-being](#).

**Q** – Does medical insurance pay for participants to attend these workshops?

**A** – That depends on the individual's health insurance policy and the diagnosis. Some participants have a Medical Savings Account or other benefits they can use. Please advise your participants to consult their insurance company or accountant. Some medical providers may be able to bill for “group visits” or “shared medical appointments” for their patients with appropriate diagnoses (more information about these options is available during training).



Mindful Eating for Bariatric Surgery

## ME-BS Facilitator Training Frequently Asked Questions

**Q** – What evidence do you have about mindful eating that I can share with the decision makers here?

**A** – We have a partial list of Mindful Eating Research for download at: <http://amihungry.com/resources>. You may also download our referenced white papers: <http://amihungry.com/mindful-eating-white-papers>. You'll find additional resources and tools at <https://amihungry.com/mindful-eating-resources/for-health-and-wellness-professionals>

**Q** – How do I market my Am I Hungry? Mindful Eating workshops?

**A** – **As a bonus**, we will help you create a comprehensive Business and Marketing plan during your Facilitator Training. We'll also provide you with marketing materials and tools including flyers, posters, articles, handouts, and press releases. You will post your workshops on [www.AmlHungry.net](http://www.AmlHungry.net) with a link from [www.AmlHungry.com](http://www.AmlHungry.com). We include a link to the workshops and a list of the cities with upcoming workshops in our email newsletter which currently reaches over 60,000 subscribers.

**Q** – What are the downsides to participating in a training online?

**A** – We feel that the advantages of online training far outweigh the disadvantages. However, it is important for you to consider the limitations so you can minimize them: Online training requires commitment and organization in order to complete the process in a timely manner. We have done everything possible to provide a clear structure, action plans, and checklists to help you do just that! The other potential downside is that you are not actively participating in the discussions during the training sessions (though they were recorded live so you will get to “listen in.”) Therefore, we encourage you to take advantage of our online forums, email contact, and the one-on-one session with Dr. May near the end of your training.

**Other questions?** Please contact us: [Training@AmlHungry.com](mailto:Training@AmlHungry.com) or 480 704-7811.

*Not only do you learn an approach that resonates with people and reflects healthy living, you also get all the tools you need to implement it. Very well done.*

—Cristin Cooney, M.Ed, MCHES, CTTS

*I loved the program and think it has a lot of integrity. It is comprehensive and covers emotions, nutrition, fitness, and mindful eating. A well put together program. I have lots of background in all of the above and still found this to be inspiring, uplifting; some new ideas for me and a well-rounded healthy approach. I would recommend it, absolutely. I am thrilled to be a part of it.*

—Denise Cangiano, M.A., LMFT

*Very comprehensive—makes you feel ready to teach others!*

—Mike Keaveny, Psy.D.

*I highly recommend this training program to any professional dedicated to improving the quality of life of their clients. This program is precisely what I have been searching for as a professional in the health and wellness industry.*

—Sandra Kelly, RN, CBN, CPT