



Mindful Eating for Students

Instructor Training

Comprehensive training to offer a flexible
Mindful Eating for Students curriculum



This information packet includes details about the Mindful Eating for Students course and the training and licensing process, including FAQs.

Already decided? Great!

Click here to register: <http://bit.ly/1K0TvUN> then choose from 1, 3 or 10 payments

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Contact Us:

Michelle May, M.D.
Am I Hungry?, P.L.L.C.
480 704-7811 ext. 301
P.O. Box 93686
Phoenix, AZ 85070
Training@AmIHungry.com

Throughout this information packet, you'll find comments from people who have participated in this and other Am I Hungry? training programs.

This was the by far the best training experience I've ever had. Although I have incorporated mindful eating concepts over the past several years in a course I teach on our campus as well as with my individual patients, my knowledge and skills were significantly expanded as a result of the Am I Hungry? curriculum. The quality, organization, and credibility of the entire training process is a dream come true for instructors seeking to promote mindful eating to students. Michelle May and the rest of the Am I Hungry? staff sincerely make the effort to support you every step of the way. I am truly impressed with the caliber of this program and think anyone would be hard-pressed to find anything that rivals it.
– Dianna Schalles, MS, RD

About Mindful Eating for Students

Purpose of Training

Mindful Eating for Students Instructor Training provides a flexible course curriculum, detailed Instructor Guide, materials, training, and support to enable faculty at colleges and universities (and in some cases, high schools) to offer a comprehensive Mindful Eating course.

Mindful Eating Course Description

Mindful eating is an ancient practice with profound applications for preventing and resolving common eating challenges in a modern food-abundant environment. Delving much deeper than the obvious advice to "eat less, exercise more," students will explore the six crucial decision points in the mindful eating cycle and develop sustainable skills for effective lifestyle management.

Learner Outcomes

As a result of participating in this course, students will be able to:

- State strategies and techniques that lead to sustainable lifestyle changes.
- Describe eating patterns that contribute to health and well-being or problematic eating behaviors.
- Identify six decision points in the mindful eating cycle for deciding when, what, how, and how much to eat.
- Recognize and effectively address triggers for mindless and emotional eating.
- Develop strategies for selecting food that takes into account nutrition information, personal preferences, health considerations, and available options.
- Practice mindful eating skills that increase eating enjoyment and satisfaction.
- Identify the components of optimal health, including physical, intellectual, emotional, and spiritual well-being and practice specific self-care behaviors.
- State the immediate and long-term health benefits of physical activity and ways to overcome exercise resistance.
- Assess health and nutrition information available on the Internet for validity and accuracy.
- Describe factors that influence body image and the impact of a negative body image on one's health behaviors.
- State the primary symptoms and risks of eating disorders—Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder—and appropriate referrals.

Mindful Eating for Students Course Format

The format of this course is intentionally flexible to allow faculty in a variety of settings to adapt the course to meet their needs. Here are some examples:

Credits: May be offered for 1, 2, or 3 credit hours.

Length: This course may be offered as a full semester, quarter, or summer school.

Format: In person, online, or hybrid

Level: May meet (or be adapted to meet) the requirements for personal development/health for general studies credits and/or as part of a health professional curriculum.

Departments: May be offered in myriad departments such as psychology, nutrition, nursing, exercise, wellness, integrative medicine, etc.

Other: Please contact us to discuss your suggestions or needs.

Background

Am I Hungry?[®] Mindful Eating Programs and Training was founded by family physician and recovered yo-yo dieter, Michelle May MD. All of the Am I Hungry? programs utilize the structure of the Am I Hungry? Mindful Eating Cycle, a unique awareness and decision-making tool developed by Michelle.

Mindful Eating for Students (ME-S) is based on the Am I Hungry? Mindful Eating Program (MEP) that was developed by a multi-disciplinary team, including a licensed psychologist, registered dietitian, and exercise physiologist. The original Mindful Eating Program has been shared with tens of thousands of participants by hundreds of facilitators in twenty countries since 1999. It has been adapted for diabetes, binge eating disorder, bariatric surgery, workplace wellness, athletes, and now, students.

Michelle conducted a pilot course with students at Arizona State University, and based on the feedback from the students, adapted the MEP content and format. She has written *Eat What You Love, Love What You Eat for Students: A Mindful Eating Program to Fuel the Life You Crave*.

This is a very organized, professional and amazing program! I would highly recommend it for anyone who is interested in teaching these principles in a college setting.
—Amy Grubbs

Sample 15-Week Syllabus

Week 1 – Introduction to Mindful Eating: Course Overview

Week 2 – In Charge, Not In Control: Learn to use the Mindful Eating Cycle to make eating decisions that don't require willpower and deprivation.

Week 3 – Trust Your Body Wisdom: Relearn your ability to manage your eating using instinctive hunger and satiety cues.

Week 4 – I'm Not Hungry. What Now? When you ask yourself "Am I hungry?" and the answer is "No!" you have three options: Eat anyway; redirect your attention; or identify and meet the underlying need.

Week 5 – Handling Head Hunger: Identify common environmental triggers and recognize the thoughts, beliefs, and feelings that lead to predictable behaviors and results.

Week 6 – What Am I Really Hungry For? Learn to identify and manage emotional reasons for eating when you're not hungry and what the underlying need might be.

Week 7 – Fearless Eating: Eat the foods you love without guilt or overeating.

Week 8 – Mindful Nutrition: Thriving in an abundant-food environment requires conscious selection in order to balance eating for enjoyment with eating for nourishment.

Week 9 – Mindful Eating: Learn to eat with intention and attention for optimal awareness, enjoyment, and satiety.

Week 10 – Just Right: Learn how to eat the right amount of food for your body and lifestyle, and what to do when you eat too much.

Week 11 – Mindful Movement: Exercise is not punishment for eating! Moving mindfully decreases the risk of injury and boredom, and increases the calming, joyful benefits of physical activity.

Week 12 – Don't Measure Your Self-Worth: Explore the sources and consequences of body dissatisfaction and weight bias and learn 15 ways to practice self-acceptance.

Week 13 – Eating Disorder Overview. Recognizing eating disorders, including anorexia nervosa, bulimia nervosa, and binge eating disorder. Also discuss orthorexia.

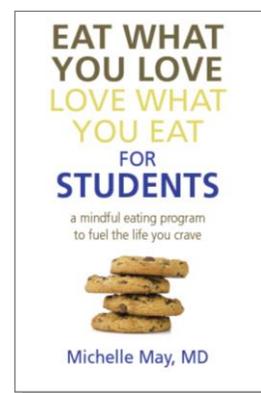
Week 14 – Self-Care Buffer Zone: Nourish your body, mind, heart and spirit to live the fulfilling life you crave.

Week 15 – A Flexible Approach to Self-Care: Assess your personal changes in terms of flexible self-care. Develop strategies for returning to mindful eating and living with the next decision you make.

Very comprehensive—makes you feel ready to teach others!
—Mike Keaveny, PsyD

Mindful Eating for Students Instructor Training

- Mindfulness-based, non-diet, weight-neutral approach to building a sustainable, balanced, healthy lifestyle that students can apply in their personal lives, and in many cases, future careers.
- 18 hours of instructor training via recorded webinar plus 6 hours of supplemental self-study. The 12 webinars are available in the password protected Member Portal and can be viewed at your convenience with a good internet connection.
- Valuable training materials – we provide everything you’ll need to offer classes:
 - Unlimited email and phone access to the Am I Hungry? Team for questions
 - Complete Am I Hungry? Mindful Eating for Students Instructor’s Guide keyed to all of your other tools
 - PowerPoint slide set for each class
 - Signed copy of *Eat What You Love, Love What You Eat for Students*
 - Suggested class activities, homework, supplemental reading, sample syllabus, and sample course schedule
 - Course description; referenced overview of course content; course marketing materials
 - Access to our private www.AmIHungry.net Member Portal and online tools
 - Individual 30-minute call with Dr. May to answer your questions
 - Quarterly Licensee Update. All content and material updates also included.
 - Monthly Skill-Building webinar (optional)
 - Significant savings on additional mindful eating trainings
- Continuing Education credits available (see Registration page for details.)



Research Opportunity

Instructors who are interested in research may participate in our multi-center study to assess the effectiveness of this course.

Students who volunteer to participate will be asked to complete surveys before and after the course and three months later.

Questions? Please email training@amihungry.com.

*This is a well-structured program that has many resources.
Even if you are new to teaching, this program has great support!*
—Vicki Aaberg, PhD, RN, BSN

Continuing Education Credits

Am I Hungry? is a Continuing Professional Education (CPE) Accredited Provider with the **Commission on Dietetic Registration (CDR)**. CDR Credentialed Practitioners will receive 24 Continuing Professional Education (CPEs) for completion of this activity.

Wellcoaches has approved this activity for 24 continuing education credit hours (CEH).



Objectives

Download the objectives for Am I Hungry? Mindful Eating for Students Instructor Training: <http://www.amihungry.com/pdf/Am-I-Hungry-Mindful-Eating-for-Students-Instructor-Training-Objectives.pdf>

Disclosures

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.

This program is so much more than I expected. It is well organized, Michelle is an incredible teacher, and the materials give me everything I feel I need and more. What I would have done to have had this practice in my earlier life!!

—Maria Rippo, BA, Holistic Coach

Very comprehensive instruction for teaching a course in this area including student activities and evaluation, also very helpful for all interested in exploring the area of mindful eating in this population.

—Beth Woodford, MD

If you would like a solid foundation in Mindful Eating and you desire to empower the next generation w/ a new way to approach food and well-being, this is the program for you. You cannot help but grow both personally and professionally as a result of participating in this training. Michelle May has clearly dedicated her life to the art and science of making peace with food and living vibrantly. You will be inspired!

—Julie Goyette, MS, RDN

Licensing Requirements

In order to maintain our high standards, training and licensing is required in order to offer Am I Hungry?[®] programs. 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.

- Am I Hungry?[®] is protected by copyright and trademark. Programs can only be offered by trained and Licensed Am I Hungry? Facilitators, Instructors, Coaches, and Therapists.
- Signed Licensing Agreement to follow the protocols and maintain the standards of Am I Hungry? and a Mindful Eating for Students Addendum. The Agreement and the Addendum will be provided in advance for your review upon request.
- Participate in the Mindful Eating for Students course and read *Eat What You Love, Love What You Eat for Students: A Mindful Eating Program to Fuel the Life You Crave*. (These requirements will be met during your training.)
- Satisfactory completion of the Am I Hungry? Mindful Eating for Students Instructor Training and pass a post-test demonstrating understanding of essential Am I Hungry? mindful eating concepts.
- Your initial Am I Hungry? Training and Licensing Fee includes all of your materials, training, and a two year Licensing fee (which begins at the end of the training). The relicensing fee every two years is \$250 for Mindful Eating for Students instructors and includes program updates, marketing support, and quarterly training. (No additional fee if you hold another license.)
- Your students are required to purchase their text for the class, *Eat What You Love, Love What You Eat for Students: A Mindful Eating Program to Fuel the Life You Crave*, from a webpage set-up on our site or from a local bookstore supplied directly by Am I Hungry?

Let's get many people qualified to teach this important program to the younger generation so they can learn (or never forget) instinctive eating, mindful eating and prevent many problems related to health, body image and emotional wellness that result from dieting. This is a highly professional, well-organized program that will prepare you very well to teach it to students.

—Betty Easley, BS, MS, RD

I would 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

Register for Am I Hungry? Mindful Eating Instructor Training

The Am I Hungry? ME-S Training and Licensing Fee includes your materials, training, and a two year License. The relicensing fee every two years is \$250 and includes program updates, monthly Skill-Building webinars, marketing support, and quarterly Licensee Updates.

Complete Training and Licensing Fee.....[\\$1299*](#)
**

***Organizations:** We also offer \$100 off for each additional Instructor from the same organization! Please email Training@AmIHungry.com for the link to apply this discount.

****Current Am I Hungry? Licensees:** See the Licensee Marketplace for discounted pricing for this 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).

Credit card

[Click here](#) or paste this link <http://bit.ly/1K0TvUN> then select your payment method:

- 1 payment of [\\$1299](#)
- 3 monthly payments [\\$445](#) (1st payment on registration then every 4 weeks)
- 10 monthly payments of [\\$134](#) (1st payment on registration then every 4 weeks)

Pay by Check

If you prefer to pay by check or purchase order, email Training@AmIHungry.com and we'll send a registration link. (This option is available for the single payment option.)

Cancellation Policy

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

Excellent as always!

Thank you for providing this training, and for making it so inclusive and interactive.

—Erin Staples, MPH, CHES

Frequently Asked Questions

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 Students Training.

- When you register, you'll receive a Licensing Agreement and ME-S 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 Agreement and Addendum, we'll email your log-in instructions for our www.AmIHungry.net Member Portal and ship your instructor training materials.
- During the instructor training, you'll watch the webinars instructed by Michelle May MD at your own pace and follow along in your Instructor Guide.
- When you've completed the webinars, you'll take an online post-test demonstrating understanding of essential Am I Hungry? mindful eating concepts.
- When you're done with all of the training modules, you'll fill out a Training Evaluation form and we'll send you your License and Continuing Education Certificate.

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; a fast Internet connection.

Q – How soon can I offer a class?

A – You may submit a proposal to offer the course at your institution at any time. You must have completed at least 50% of the Instructor Training before your class starts.

Q – Are there materials that I can use to submit a proposal to offer this class?

A – Yes; we have developed a proposal for Mindful Eating that includes a brief description, expected outcomes (objectives), and a course outline. We also have a referenced paper that you can submit if required. These materials can be adapted to meet your needs and/or your institution's requirements.

Q – How do I know if I am qualified to teach this course?

A – We do not “credential” our Licensees. In other words, you (and your institution) will decide if you are qualified to teach this course and we will provide you with the appropriate training and complete materials. Based on our experience, those who have health/behavioral health/fitness/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 or Instructor. 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. 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, 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 Licensing Fee be after 24 months?

A – The annual License Renewal fee for Mindful Eating for Students is \$250 and includes quarterly Licensee Updates, materials updates, monthly optional Skill-Building webinars, ongoing support, and access to all of our resources and a community of individuals around the world who work with these life-changing concepts.

However, if you choose to participate in any other Am I Hungry? Training program, the annual Licensing fee for that program will include ME-S.

Q – Can we “team-teach” the class?

A – Absolutely, as long as all of the instructors have been trained and have a current license. A multi-disciplinary team is an excellent way to deliver this course.

It is also acceptable to have an occasional “guest” instructor with expertise on a particular area present during a course led by a Licensed Instructor as long as you have reviewed their content in advance to ensure that it is compatible with the course concepts.

Q – What materials will my students need?

A – They’ll need to purchase a copy of *Eat What You Love, Love What You Eat for Students* from a designated webpage or we can arrange to ship them to your school’s bookstore(s). There are also links and handouts (or PDFs) included in your materials for journaling and other homework. We also recommend that they use the Mindful Eating Virtual Coach App available for download for Apple or Android devices for \$2.99.

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

A – Our private network portal is www.AmIHungry.net. During training, you’ll be given password access to the Member Portal to access our many important features and resources, including the Am I Hungry? Mindful Eating Virtual Coach and a Forum to share ideas and questions with other Licensees, read Licensee updates, order participant materials, and access other valuable resources.

Q – Can this program be taught at a high school level?

A – While this program is ideal for college-age students, junior and senior high school students are also likely to benefit from these concepts as they gain more independence with their decision-making around eating. Just be aware that many of the examples in *Eat What You Love, Love What You Eat for Students* are based on students who are living away from home.

Q – Can this program be taught to children?

A – Parents who participate in our other mindful eating 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, the materials for this course were developed for young adults. We will develop a family program in the future; in the meantime, we have several articles that you can share with families about this approach. <http://amihungry.com/programs/mindful-eating-for-families/>

Q – Can I offer this program as a non-credit class through our student health center?

A – Absolutely! It is tailored to a student population in virtually any setting.

Q – Can I offer this program to our university employees?

A – 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. (Learn more here: <http://www.amihungry.com/programs/mindful-eating-for-workplace-wellness.>)

However, this Instructor Training and License is designed and priced for faculty members who are offering the course to students. In order to share this mindful eating process with others, you must complete one of our other training programs and pay an additional fee (at a substantial discount for current licensees). See next question.

Q – I might also be interested in offering workshops for other groups, like those who struggle with yo-yo dieting and weight cycling, people with prediabetes or diabetes, those who are post-bariatric surgery, and/or people with binge eating disorder.

A – Mindful eating is a universal approach appropriate for anyone who will benefit from a mindfulness-based approach to changing the way they think about eating, physical activity, and self-care. We offer additional training and licensing for these programs at a substantial discount for current 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 Bariatric Surgery Facilitator Training

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

Mindful Eating for Binge Eating Therapist Training

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

Training for Mindful Eating Coaching

www.amihungry.com/train-with-us/training-for-mindful-eating-coaching

Mindful Eating for Athletes (coming soon)

<http://amihungry.com/programs/mindful-eating-for-athletes/>

Q – Do you have corporate or institutional licenses available so we can train multiple instructors in 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 or 480 704-7811 to discuss the details.

Q – Is this a weight management program?

A – No. 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 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 – 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/>.

Q – I really believe in mindful eating. Why wouldn't I just create a course myself?

A – You certainly can – but you don't need to. 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 Instructor Guide, book, PowerPoints, syllabus, schedule, assignments, and much more – that we've invested years in developing (and we do the work to keep them up to date!). Another reason to consider Am I Hungry? instead of trying to develop a course 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 – There are a lot of courses offered at our institution so registration for classes is pretty competitive. Are there any marketing materials that I can provide to the student advisors, post online, and in the halls?

A – Yes, we have basic marketing materials available.

Other questions? Please contact us: Training@AmIHungry.com or 480 704-7811.

*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*