

## Intuitive Eating PRO Skills Training Intensive: TeleCourse Outline

Session	Principle	Handouts	Worksheets
<b>1 Getting Started</b>			
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		JADA IE v Mindful Eating	
5. Where to Start with Client			
<b>2 Attunement &amp; Self-Care</b>	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			
<b>3 Coping &amp; Cognitive Flexibility</b>			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
<b>4 Reactivity &amp; Make Peace w/ Food</b>	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 "I Feel Heavy"
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?			
5. Systematic Habituation			
<b>5 Challenging Situations</b>	9. Exercise	5.1 HO Outline	5.1 WS 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. Food Addiction			
<b>6 Application</b>	Integration		
1. Q & A			
2. Scenarios			