

“Mindful Eating is eating with intention while paying attention.”

-Kati Kornerman, RD

Foundations of Mindful Eating

Pause Before Eating!

MODULE OVERVIEW:

Learn the principles of mindfulness as they relate to eating in this hands-on course. You'll explore case conceptualization, mindful eating practices and relevant exercises for eating problems. You'll learn more about triggers that can lead to overeating, emotional eating and loss of control. This course provides an introduction to the theoretical and research underpinnings of disordered eating patterns and the rationale for the application of mindful eating interventions. In addition, you will learn how to apply a mindful framework for dealing with maladaptive eating behaviours, including emotional eating, loss of control, over eating and grazing.

PARTICIPANTS WILL LEARN:

- Engage in mindfulness-based practices including meditations, mindful eating, visualizations and mindful movements.
- Notice the relationship between thoughts, feelings and bodily sensations associated with eating.
- Identify ways to incorporate mindful eating techniques into daily life to cultivate a healthier relationship with food.
- Learn 2-3 mindful eating practices, which can be used with clients/patients.
- Deepen mindful eating practices in your own life.

TARGET AUDIENCE: This module is designed for clinicians and teachers from a variety of disciplines including, but not limited to:

PSYCHOTHERAPISTS, COUNSELLORS, SOCIAL WORKERS, PSYCHOLOGISTS, PHYSICIANS, DIETICIANS, YOGA INSTRUCTORS and LIFE COACHES

ABOUT INSTRUCTORS:



Chau Du, M.Sc., RP is a psychometrist and registered psychotherapist at the University Health Network and is the founder of the Canadian Mindfulness Centre. She has advanced training in mindfulness-based interventions including MBCT, MBSR, MB-EAT, and CBT. Chau specializes in providing treatment and conducting research in mood/anxiety disorders, eating disorders, bariatric surgery, bereavement and cancer/palliative care.



Susan Wnuk, PhD., C.Psych, is a psychologist at the University Health Network and assistant professor with the Department of Psychiatry at the University of Toronto. Her research interests include mindfulness interventions for eating disorders and emotion regulation problems. Susan has extensive training and experience in Dialectical Behaviour Therapy, Emotion-Focused Therapy and Mindfulness-based Eating and Awareness Training.

DATE: Nov 9 & 10, 2018
TIME: 9:30am-4:30pm
PLACE: 246 Bloor St. W.
Toronto, ON, M5S 1V4

COST: \$350
REGISTER ONLINE:
learn.utoronto.ca
DEADLINE: NOV 1, 2018

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