

Mindfulness-Based Eating Awareness Training (MB-EAT)

TEACHERS:

Jean Kristeller, PhD
Char Wilkins, LCSW

Mindfulness-Based Eating Awareness Training (MB-EAT) is a ten-week course developed by Dr. Jean Kristeller and colleagues that capitalizes on the clinical value of mindfulness and meditation for problematic eating behavior. MB-EAT is informed by Jon Kabat-Zinn's Mindfulness-Based Stress Reduction (MBSR) and by the empirical literature on meditation, and food intake regulation, obesity and eating disorders. This 5-Day Professional Training is a highly experiential program emphasizing the foundational nature of mindfulness practice and the practical application of it in helping people change their relationship to food and eating, including overeating, binge eating and weight management.

The MB-EAT curriculum integrates mindfulness meditation practices with cognitive-behavioral strategies to support clients' management of disordered eating and weight loss concerns. The MB-EAT skills help participants and enhance self-regulation and the integration of physiological, emotional, cognitive, behavioral and self-identity aspects of functioning related to weight or eating difficulties. By bringing mindfulness and awareness to mood states, distorted or reactive thinking patterns, and disturbed awareness of normal physiological cues (specifically satiety and hunger), and promoting vital lifestyle modifications for a healthy life, clients come to manage these issues more effectively.

In a completed NIH-funded trial, MB-EAT was shown to be effective in treating binge eating disorder, and decreasing depression, with weight loss directly related to the amount of mindfulness practice reported by participants. The program is currently under investigation in a second NIH-funded trial with a primary focus on weight loss in individuals with a wider range of eating issues.



The MB-EAT program and its principles of treatment require an experiential understanding of mindfulness meditation practices. Therefore, it is essential for clinicians who facilitate MB-EAT groups to have their own daily mindfulness meditation practice, and endeavor to embody the principles they teach.

Leading the training will be MB-EAT developer Jean Kristeller, PhD, and experienced clinician and teacher Char Wilkins, LCSW. The goal of the training is to provide a dynamic, experiential and didactic learning environment in which to introduce the complex elements of the MB-EAT program. For individuals with a background in treating eating issues and personal meditation practice, this program will provide the necessary skills for delivery of the MB-EAT program. For those with less experience in these areas, it will provide an introduction to the issues and skills involved. Using demonstration, role-play, simulated exercises, inquiry and discussion, we will cover the themes, material, and exercises included in each of the ten MB-EAT sessions. Throughout the training, attention will also be brought to deepening the clinician's own mindfulness practice through daily sitting, eating meditations, walking meditations, mindful movement, and a half day of silent retreat.

Registration will be limited to ensure time for personalized training in teaching MB-EAT practices.

Continuing Education Credits

25 continuing education credits will be offered for psychologists, licensed clinical social workers and marriage & family therapists.

For detailed information visit <http://mindfulness.ucsd.edu> after September 15.

Sponsored by: University of California, San Diego – School of Medicine Continuing Medical Education.
Contact: Steven D. Hickman, Psy.D. Director, UCSD Center for Mindfulness Email: shickman@ucsd.edu
Telephone: (858) 822-6868