

# Jean Kristeller and Char Wilkins

## Mindfulness-Based Eating Awareness

*A 5-Day Professional Training*

Mindfulness-Based Eating Awareness Training (MB-EAT), developed by Jean Kristeller, addresses mindless eating, stress-related eating, disordered eating patterns, and obesity through the application of mindfulness meditation. This workshop for health-care professionals provides intensive training in the application of MB-EAT in clinical settings.

Informed by Jon Kabat-Zinn's Mindfulness-Based Stress Reduction (MBSR) work, and the basic principles of food intake regulation, the MB-EAT program employs meditation practice, experiential eating exercises, didactic instruction, and self-reflection to help participants cultivate mindful awareness of their eating behaviors.

Throughout this training, we use demonstration, role-play, simulated exercises, inquiry, and discussion to cover the themes, material, and exercises in the MB-EAT program. We also deepen our own mindfulness practice through daily sitting meditations, eating meditations, body awareness and movement meditations, and a half-day silent retreat.

For those with a professional background treating eating issues and a personal meditation practice, this program provides the necessary skills for delivery of the MB-EAT program. For those with less experience in either of these areas, it provides an introduction to the issues and skills involved.

**Jean Kristeller, PhD**, a clinical psychologist, has used meditation-based interventions for eating disorders and obesity for more than 20 years, and has received NIH funding for related research for the past five years. She has taught at Harvard University, University of Massachusetts Medical School, and Indiana State University, and cofounded The Center for Mindful Eating. [tcme.org](http://tcme.org)

**Char Wilkins, MSW, LCSW**, teaches MBSR, MBCT, and MB-EAT programs and has had a personal meditation practice for 15 years. She serves on the board of The Center for Mindful Eating, and is the founder and director of the Center for Mindful Living in Hartford, Connecticut. [amindfulpath.com](http://amindfulpath.com)



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