



*What Mindfulness
Isn't: Separating
mindful eating from
diet culture.*



Learning Objectives

1. Identify 2 red flags surrounding mindful eating
2. Identify 3 way mindfulness and mindful eating are related
3. Engage in counseling role play


Megrette Fletcher has no conflicts to disclose



Using the IDC Training Site

This course can be found on [InclusiveDiabetesCareTraining.com](https://www.inclusivediabetescare.com)

- This will be in the Monthly IDC Programs, in the February folder
- When you click on this you will see a few additional resources.
 - iPhone App
 - CPE form
 - EMR Swipe file
 - Handouts
- If you purchased a single event, please download these to your computer. This section will be closed in 7 days.
- If you are a IDC member, this program will be moved to the courses section in 8 days.



What are some diet-culture red flags you have heard surrounding mindful eating?

- For example, "I heard the trick was to eat mindfully and I won't crave sweets," what do you say?

Use your chat box and share some examples.



3 Specific Red Flags we will focus on

- Mindful Eating is presented as the goal ***instead of awareness building practice.***
- The ***value and importance*** of present moment awareness ***is minimized*** (to be quantified, often in terms of pounds lost.)
- When ***mindful eating is presented as a binary*** (typically good or bad, right or wrong).



Red Flag

- Mindful Eating is presented as the goal ***instead of awareness building practice.***



What mindful eating actually is

- Somatic experiences - reconnecting with our direct sensory experience vs **thought or cognitive experience (which is dieting).**



Counseling dialog

- How can you present mindful eating to your clients with elevated blood sugar?
- Use chat box



Counseling Role play

- Role play



Red Flag

- The *value and importance* of present moment awareness *is minimized* (to be quantified, often in terms of pounds lost. This is again a cognitive function.)



What mindful eating actually is

- It is being with ourselves when eating.
- This often is unfamiliar because clients are told to seek and rely on *external knowledge* vs *internal wisdom*.



Counseling dialog

- How can you learn about the client's direct experience.
- Use chat box



Counseling dialog

- How can you support the client's own curiosity about their direct experience?
- Use chat box



Counseling Roleplay

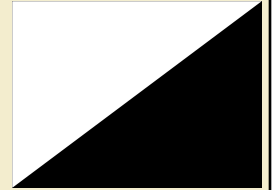
- Using a technique from MI, ask an open ended question.
- "What has been helpful in the past?"



Red Flag

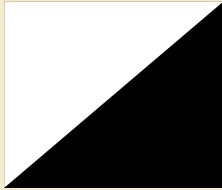
- When *mindful eating* is presented as a *binary* (typically good or bad, right or wrong).

• Please note that this is a cognitive function vs a reflection of the present moment.



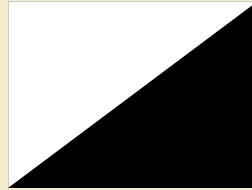
What mindful eating actually is

- Mindfulness and mindful eating look to find the middle way.
- It is the space between two extremes that mindfulness and mindful eating points us towards.



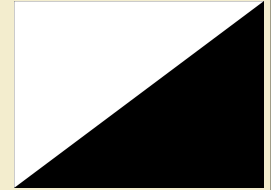
Counseling dialog

- Using a MI technique, you can offer a complex reflection
- Double-sided



Counseling Practice

- *"On one hand you feel you need to focused on carbs on the other hand you aren't really enjoying eating."*
- Role play



**What did you learn?
Raise hand to share**



EMR Swipe File

The patient presented expressing concern about their **postprandial** eating behavior. Patient was able to see how present moment awareness can interrupt habitual patterns of acting and thinking. Explored **→** of change using mindful eating to increase awareness.

- Affirmed the need for space and grace when engaging in behavioral change.
- Affirmed the need for personal reflection. Reviewed how mindfulness and mindful eating may support this desire.
- Affirmed the need for self-compassion.
- Affirmed the understanding that diabetes is unique to each person.

After education, the overall **plan** is for the patient to focus becoming more aware of eating. Patient feels this will help him balanced his meals.

The **goal** that the patient will work on between sessions is:

Use your systems SMART goal format!

Examples of Weight Inclusive Smart Goals

To create balance I am going to decrease distractions when eating. My **goal** is to eat mindfully for breakfast every morning.

OR

I am going to practice enjoying eating. My **goal** is to have some enjoyable carbs in my meals, while keeping my total carbs between 30-75 grams for breakfast.

OR

My plan is to **cook food I love, and give myself time to eat it. This will help me feel less stress. My goal is to give myself 20 minutes to eat my dinner daily.**



Obtaining CPE

You will be sent a questionnaire and evaluation about this program.

You must complete this to obtain CPE.
For those that purchased the individual class,
please complete the form within 7 days.

For those that are IDC Members, you can obtain CPE at any time.
This course will move to the IDC member section, under courses in
7 days.



