

# Group Program Outline – Craving Change (4 Weeks)

## Craving Change

### **Session 1: Why it's hard to change**

At the end of the session, Participant will understand why it is hard to change by:

- Being aware of the internal and external factor that challenge their ability to control their eating
- Considering changing their environment and lifestyle as a means to managing their eating behaviour
- Learning how to un-learn behaviours

Participant Workbook: Craving Change TM: A How-to Guide for Changing Your Relationship with Food

Discussion:

1. Eating Under the Influence of our environment
  - a. Purpose: to consider how our relationship with food is influenced by the environment or society in which we live
2. Eating under the influence of our body
  - a. Purpose: to focus and look at how living in a human body influences eating behaviours
3. Eating under the influence of our learned behaviours
  - a. Purpose: to discover how internal factors influence eating behaviours

Homework: Compare portions of food in dishes of a different size and shape/ Watch for eating prompts

### **Session 2: What needs to change?**

At the end of the session, Participant will have identified their own triggers for problematic eating by:

- Understanding the many reasons that we eat
- Using self-awareness tools to identify personal triggers

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Self-Awareness Activities and Worksheets include:

Types of Hunger/ HALT – Before Eating/ Is this Stomach, Mouth or Heart Hunger?/ Consider the Circumstances/ Emotions Inventory/ Eating Log

### **Session 3: How you can change**

At the end of the session, Participant will learn how to respond to triggers differently by:

- Having a variety of strategies for dealing with problematic eating triggers
- Having a variety of techniques and skills for changing problematic eating responses
- Developing new, non-food related behaviours and skills

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Cognitive behavioural techniques and skill development

Purpose: to learn how to change the way you think in order to change your feelings and emotions that will lead to changes in behaviour.

### **Session 4: Keep the change!**

At the end of the session, Participant will learn to maintain changes by:

- Reviewing strategies for relapse prevention
- Practicing successful goal setting

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Developing problem-solving skills

Purpose: Dealing with a relapse

Realistic goal setting

Purpose: Maintaining changed behaviour