

Self-Compassion-Based Eating Awareness Training

Enrolling Now for Late May/Early June Starting Date ♥

What: Eight-week group for overcoming overeating.

When: Enrolling now for late May/early June. Day & time to be determined.

Where: In-person at 9 Damonmill Square, Concord, MA, OR On-line via Skype.

Who: For everyone, everywhere struggling with everyday eating issues, from yo-yo dieting and compulsive overeating to mindless eating and intermittent bingeing.

Cost: \$360 for eight, 75-minute sessions.

Information: www.jeanfain.com, jfain@hms.harvard.edu, 978.505.7333.

Self-Compassion-Based Eating Awareness Training teaches you how to curb overeating, feel your hunger, trust your taste buds and become deeply satisfied with the quality, rather than quantity, of food. And, early studies suggest, you can lose weight, too! Derived from principles of mindfulness meditation popularized by Jon Kabat-Zinn, mindful eating research by psychologist Jean Kristeller and proven practices by self-compassion researcher Kristin Neff, you not only learn to cultivate self-compassion and mindful awareness, you develop a sense of inner control over your eating.

The training covers the basics of self-compassion meditation and mindful eating. Over the course of eight weekly sessions, you learn to practice self-compassion in formal seated meditation and mini-meditations that can be squeezed in to even the busiest schedule. You also practice guided meditations to get in touch with hunger and fullness cues, and, ultimately, to gain a sense of control over what, when and how much you eat. Each 75-minute meeting, the group eats together, starting with donut holes and working up to more triggering foods, like restaurant bread baskets and all-you-can-eat buffets. Homework includes daily meditation and the mindful eating of snacks and meals.



Jean Fain is a Harvard Medical School-affiliated psychotherapist and the author of *The Self-Compassion Diet*. In her private practice in Concord, Massachusetts, she uses mindfulness and hypnosis to treat everyday eating issues. Her health articles have appeared in *O: The Oprah Magazine*, *Conde Nast Traveler*, *Shape* and more. She has dedicated her work to helping others keep physically, emotionally and mentally fit. Visit: jeanfain.com.