



TCME Services and Membership

TCME offers web-based training programs for both personal and professional use. These programs can be accessed by visiting www.thecenterformindfuleating.org and signing up for Mindful Bytes, our free email newsletter. Additionally, TCME produces Food for Thought, a quarterly magazine to help expand the understanding and benefits of mindful eating. Our programs and Food for Thought are offered in both English and Spanish.

There are four levels of membership – Individual, Student, Network Professional, and Treatment Center. The fees are tiered by country of origin based on the U.N. Development Index / World Bank Income Levels in an effort to support developing countries with middle- and low-income levels by providing access to TCME resources and memberships.

By choosing to join TCME, you are supporting our mission and vision and enjoying significant member benefits.

The Center for Mindful Eating is coordinated by a board of multidiscipline international mindful eating experts. For more information, please visit our website.

What Our Members Have to Say...

“ We are fortunate to have TCME as a ‘go to place’ for everything related to mindful eating. Yes, there are other websites that have some information on mindful eating. Yet only TCME has it all. It is our professional portal for training, community and support. ”

~ Kati Konersman, MS, Diabetes Prevention Program Coordinator, Dallas, Texas, USA

“ TCME gives a “taste” of mindful eating and how to incorporate it in both daily life and professional practice. The webinars and materials are fantastic, and give practical tips and research from experts around the globe.”

~ Cheryl Harris, MPH, RD, Fairfax Station, Va., USA

“ TCME provides evidence-based, dynamic webinars meaningful for individuals and health care practitioners deepening personal and professional teaching of mindfulness, self-compassion and awareness. ”

~ Karen Klimczak, RDN, Certified Wellcoach, Avon, CT USA

“ What I value about TCME is that it focuses on the centerpiece of eating, mindfulness, while pulling in other aspects to help develop a positive relationship with food and body—improving self-compassion, increasing positive self-talk, curbing emotional eating, and enhancing self-care. As an eating disorder clinician, I find TCME a vital resource for both troubled eaters and their providers. ”

~ Karen R. Koenig, LCSW, M.Ed., Sarasota, FL, USA

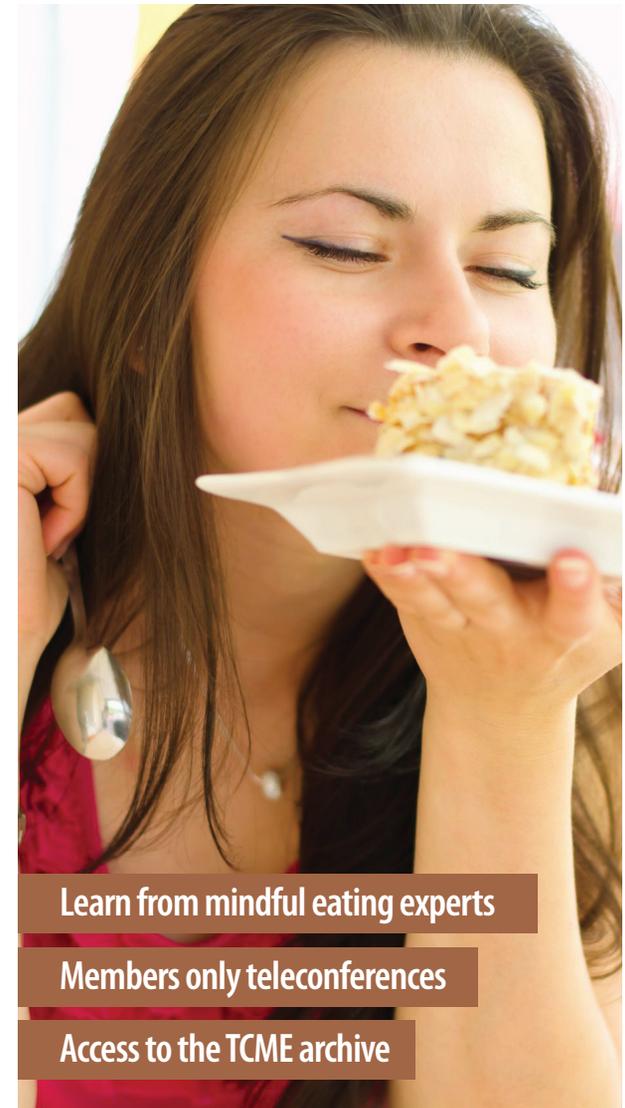


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Services & Membership



Learn from mindful eating experts

Members only teleconferences

Access to the TCME archive

from

The Center for
MINDFUL EATING

What is The Center for Mindful Eating?

The Center for Mindful Eating (TCME) is a member-supported, nonprofit international organization. Our mission is to help people achieve a balanced, respectful, healthy and joyful relationship with food and eating. TCME's vision is to be an effective, accessible vehicle for training professionals in the principles and practices of mindful eating and to foster wisdom, mindfulness and ethical action in education, policy, research and health care, pertaining to food and eating.

How does TCME help?

The Center provides information and resources to professionals interested in helping patients and clients develop a healthier approach to eating, bringing it into balance with other important aspects of life.

Who is part of TCME?

TCME is a multi-disciplinary organization made up of professionals including: psychologists, psychotherapists, social workers, dietitians, educators, teachers, physicians, nurses, environmentalists, public health organizations and more.

"After I washed the strawberry, I noticed how the water clung to the tiny hairs on the fruit. It seemed so incredible to me that I had never seen that before."



What is Mindful Eating?

Mindful Eating brings mindfulness to food choice and to the experience of eating. Mindfulness is the capacity to bring full attention and awareness to one's experience, in the moment, without judgment. Mindfulness thereby releases us from our automatic reactions, fears and attachments, allowing engagement of inner wisdom. Mindful eating can include:

1. Allowing yourself to become aware of the positive and nurturing opportunities that are available through food selection and preparation by respecting your own inner wisdom.
2. Choosing to eat food that is both satisfying to you and nourishing to your body by using all your senses to explore and savor.
3. Acknowledging responses to food (likes, dislikes or neutral reactions) without judgment.
4. Learning to be aware of physical hunger and satiety cues to guide your decisions to begin and end eating.

Member Benefits

- **Over 35 issues of Food for Thought**, our full-color magazine
- **Access to beautiful graphical quotes** to use in presentations
- **Access to 70-plus teleconference archives**
- **Access to ALL TCME free, members-only events**
- **A 50 percent discount on any TCME event fee**
- **A 50 percent discount at our CPE store** for any TCME recorded webinar

Network Professionals receive additional benefits, including:

- **Find a Professional**, participate in our public global database for mindful eating professionals.
- **Professional Development Listing** for members who are offering continuing professional education, CPE/CEU, for their mindful eating training, the Network Professional level will allow you to share these on our website.
- **Member Spotlight** offers you a chance to show off your work and step into the Spotlight! If you are engaged in mindful eating research, have written articles, reviews or books, have a blog, or other contributions to the field of mindful eating, share on our social media.

*Visit TCME online
at www.tcme.org*