

EATING FREELY™ TRAINING CURRICULUM

1 – PRE-TRAINING MODULES

Trainees will be given access to 5 pre-training modules ahead of starting live training to lay the groundwork and gain a strong understanding of our model and the ethos of our program.

Pre-Training Modules:

Module 1 - The 3 main Eating Disorders and the spectrum they sit on, competency guidelines for working with or referring on clients

Module 2 - The personality type of our client and why it is so important to understand it.

Module 3 - The non-diet approach of the Eating Freely™ Program.

Module 4 - The program structure, four pillars of support, and how they are interconnected to support clients.

Module 5 – How to find and contract with a case study client.

8 WEEK BLENDED LEARNING MODULES

WEEK 1

Module 1 - All About Binge Eating Disorder

Module 2 - Your first session — Asking the Right Questions

Module 3 - Your first session — CBT tool The Halt Chart

Live Group Call with your expert trainers — 90 minutes

WEEK 2

Module 1 - Nutritional Assessment Intake Form

Module 2 - Regular Eating and Macro Balance

Module 3 - Eating Rhythm and blood sugar balance

Live Group Call with your expert trainers — 90 minutes

WEEK 3

Module 1- Introducing Hunger / Fullness work

Module 2 – Introducing Food Neutrality

Module 3 – Exploring client fears and resistance to change in their relationship with food and weight

Live Group Call with your expert trainers — 90 minutes

WEEK 4

Module 1 - Neuroscience of Binge Eating #1 – Breaking the autopilot

Module 2 - Neuroscience of Binge Eating #2 – Barriers to change

Module 3 - CBT Tools #2 Delay Distract Decide

Module 4 - Wrapping up Neuroscience – Tools review, Fear vs Truth

Live Group Call with your expert trainers — 90 minutes

All trainees are expected to begin working with a case study client after week 4's live call.

WEEK 5

Module 1 – Family of Origin – looking to the past to understand the present #1

Module 2 – Connecting the past to the present #2 – Values, Filters, Beliefs.

Module 3 – Deeper barriers to change, letting go of what no longer serves

Live Group Call with your expert trainers — 90 minutes

Client Case Study Week 1 – 60 minutes

WEEK 6

Module 1 - An Introduction to the Digestive System, GI Distress & the Intersection of Eating Issues

Module 2 - The Overlap of GI and Eating Distress

Module 3 – Common gut issues and treatments

Module 4 – Exploring Cravings and Vitamin P – Pleasure!

Live Group Call with your expert trainers — 90 minutes

Client Case Study Week 2 – 60 minutes

WEEK 7

Module 1— Exploring payoffs for not changing – what is maintaining the behaviour?

Module 2 - Body Image #1

Module 3 - Body Image #2

Live Group Call with your expert trainers — 90 minutes

Client Case Study Week 3 – 60 minutes

WEEK 8

Module 1 - Food Environment Audit

Module 2 - Relationships Audit

Module 3 - Lifestyle Audit

Live Group Call with your expert trainers — 90 minutes

Client Case Study Week 4 – 60 minutes

***WEEK 9**

Module 1 - Ending the Program Contract with clients

Module 2 – Your New Specialist Program

Module 3 – Onwards and Upwards – all about becoming a Licensed Eating Freely Practitioner

Client Case Study Week 5 – 60 minutes

*There is no live call at the end of week 9. A final check-in and sign off call will be held 4 weeks after the initial training block concludes.

WEEK 10

Client Case Study Week 6 - 60 minutes

WEEK 11

Client Case Study Week 7 - 60 minutes

WEEK 12

Client Case Study Week 8 - 60 minutes

Live Group Call with your expert trainers — 3 Hours (180 minutes)

Trainees are expected to continue working with their case study client from week 9 to week 12 and come to the final session with your feedback on progress with your case study client or client/patient population, and any questions you have before concluding training.

Please note your final call is a 3-hour live session to complete your training and attendance on this call is mandatory.

Practical Notes

There will be a 20-minute induction call ahead of the first week of self-directed modules unlocking. Here we will introduce our team, show you where to find everything you need on your Learning Portal and invite you to our dedicated Slack Channel for your training group. This call is recorded so if you cannot attend live, do not worry!

Your self-study time requirement is minimum 2.5 – 3 hours per week, plus your weekly live group call which is 90 minutes in duration.

We do not record the weekly group calls.

Part of our CPD assessment criteria is that all **participants attend minimum 7 of the 8 training calls** live, **plus the final call** on week 12.

You must also complete a **minimum of 6 sessions** with your case study client OR be using the material with your client/patient population during the training as part of our CPD Continuing Education assessment criteria.