

Essentials of Emotional Eating - Training Curriculum

This document outlines the complete learning journey for our **Essentials of Emotional Eating** training program. Our blended-learning model is designed to provide a deep, practical, and sustained learning experience, combining self-paced online modules with live, interactive sessions.

The Program Structure - A Blended Learning Journey

Our curriculum is delivered in two integrated parts to ensure you build a strong foundation of knowledge and have the ongoing support to apply it confidently in your practice.

Phase	Format	Description
Part 1	1-Day Intensive Skills Workshop	A full-day, interactive, and skills-based workshop delivered live, focusing on practical application and real-world scenarios. Delivered online (optional in-person delivery for teams).
Part 2	6-Week Online Learning & Support	A comprehensive six-week program combining self-paced modules with online community and trainer support for deeper learning, Q&A, and case study discussion.

Part 1 – 1 Day Intensive Skills Workshop (Live)

This is a busy, practical, and interactive day where you will be expected to have your camera on and participate fully. The workshop is designed to translate theory into practice, providing you with the tools and confidence to work effectively with this client group.

Workshop Agenda

Overview of **Eating Disorder Diagnoses** and understanding the spectrum.

An introduction to the **non-diet approach** of the Eating Freely™ program.

Assessing clients, working within your competency, and referring on.

All About **Emotional Eating & Binge Eating Disorder**.

The **four key pillars** of support for emotional and binge eating, and how they integrate.

The role of **trauma** in emotional and binge eating, working with a **trauma-informed model**.

*Participants will receive **Comprehensive Handouts and Slides, Take-away tools and resources** to begin using immediately in practice.*

Part 2 – 6 Weeks Online Learning & Support

Following the workshop, you will begin a six-week online program designed to deepen your knowledge and support the integration of your new skills. This includes six self-paced learning modules and an online community forum for interaction with both your training group and trainer for Q&A, case study feedback as you begin implementing learning in your practice and peer support.

Weekly Curriculum

Week 1 - Understanding and Assessing for Emotional or Binge Eating

Module 1 – A holistic overview of adults struggling with emotional eating or binge eating

Module 2 - Understanding the client profile – personality type and why it matters

Module 3 - Your first session – asking the right questions & CBT Tool #1 - Reducing episodes of unhelpful eating

Week 2 - Nutritional Review and Reset

Module 1 - Nutritional assessment intake form

Module 2 - Regular eating and macro balance

Module 3 - Eating rhythm

Week 3 - Beginning to Separate Food from Feelings

Module 1 - Introducing hunger and fullness work

Module 2 - Introducing food neutrality

Module 3 - Exploring client fears and resistance to change

Week 4 - The Neuroscience of Emotional Eating

Module 1 – Neuroscience of binge eating #1 – Breaking the autopilot

Module 2 - Neuroscience of binge eating #2 – barriers to change

Module 3 - CBT Tool #2 – Taking back control of the autopilot

Week 5 - All About the Gut!

Module 1 - Introduction to the digestive system, GI distress & intersection of eating issues

Module 2 - The overlap of GI and eating distress

Module 3 - Common gut issues and treatments

Week 6 - Bringing It All Together

Module 1 - Vitamin P – Pleasure! Exploring cravings and reframing a relationship with food

Module 2 - Wrapping up neuroscience – CBT Tool #3 to explore mindset barriers to change

Module 3 - 3 Audits for long term change and maintenance