

St Joseph's PROS Program Curriculum

Course Title: FACING EMOTIONAL EATING

Frequency and Duration: 1 hour once per week x 12 weeks

Component and Service: CRS---WELLNESS SELF MANAGEMENT

Course Overview/ Description: This course is designed to provide basic knowledge of why participants over eat to avoid dealing with emotions and feelings. This course will not provide a food plan, or cover foods to avoid but will focus on topics that can deliver helpful information and knowledge such as foods that cause bingeing, overeating as an addiction, negative consequences to relationships, health, and body image due to overeating while striving to make participants comfortable and tolerant of themselves at any weight.

Goals: Participants will discuss in group their eating habits and try to define and then practice healthier ones that will address correct serving sizes, what triggers your unhealthy eating if you know, the role of moods and feelings on eating habits, and ways to be kind to yourself while you address your eating issues.

Expected outcomes: At the conclusion of this course participants will have a better understanding of why they overeat and will be able to monitor the connection between feelings, moods, stress and their unhealthy eating habits. Program outcomes include working towards a positive body image, healthier food choices and portion sizes, and a healthier self image and self esteem.

Modules

- 1) **What is true hunger**
- 2) **Changing how you look at yourself**
- 3) **Childhood—the source of your eating patterns**
- 4) **Why we choose the MENU we do**
- 5) **The fear of changing**
- 6) **Knowing your true self**
- 7) **Choosing positive choices**
- 8) **How to find and nurture your positive power**
- 9) **How old habits sabotage recovery**
- 10) **Handling positive self fulfillment**
- 11) **Life can be beautiful**
- 12) **Review of course**