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Awake Mind Mindfulness Newsletter Spring 2012



Dear Julie,

This quarterly newsletter focuses on **mindfulness with eating disorders**. There are a range of approaches being used and researched, including DBT (Dialectic Behavioral Therapy), MBCT (Mindfulness Based Cognitive Therapy), ACT (Acceptance and Commitment Therapy), and MB-EAT (Mindfulness Based Eating Awareness Training).

I've included a range of resources including free online articles and videos, reference books, professional trainings, and selected research.

Joyful Spring!
Julie Greene

Mindfulness and Eating Disorders

Online Resources

Mindful Eating as Food for Thought

by Jeff Gordinier in *The New York Times*, February 7, 2012
[Link to Free Online Article](#)

Mindfulness Tips for Eating Disorders

by Danielle Beck-Ellsworth at Eating Disorders Review.com,
Spring 2009
[Link to Free Online Article](#)

Food and Addiction: Treating through Mindfulness Awareness

Jean Kristeller presenting at a conference (30 minute video).
[Link to Free YouTube Video](#)

Savor: Mindful Eating, Mindful Life

Lilian Cheung describes 7 practices of mindful eating (3 minute video).
[Link to Free YouTube Video](#)

Books

Mindful Eating

by Jan Chozen Bays (2009). Shambhala Publications.

Savor: Mindful Eating, Mindful Life

by Thich Nhat Hanh & Lilian Cheung (2010). HarperOne.

Mindfulness-Based Approaches to Eating Disorders

by Jean Kristeller, Ruth Baer, Ruth Wolever, pp. 75-93. In *Mindfulness-based treatment approaches: clinician's guide to evidence base and applications* (2006). Editor Ruth A. Baer. Elsevier, Inc.

Mindfulness-Based Approaches to Eating Disorders

by Ruth Wolever & Jennifer Best, pp. 259-288. In *Clinical Handbook of Mindfulness* (2009). Editor Fabrizio Didonna. Springer.



Professional Training Programs

The Center for Mindful Eating (TCME)

Mindfulness Based Eating Awareness Training (MB-EAT).

[Link to Website](#)

UCSD Center for Mindfulness

Mindful Eating, Conscious Living: A 5 day Professional Training

[Link to Website](#)

Selected Research

Wanden-Berghe, RG, Sanz-Valero, J., Wanden-Berghe, C. (2011). *The application of mindfulness to eating disorder treatment: a systematic review*. *Eating Disorders*, 19(1): 34-48.

Eight studies were included in the systematic review, all of which reported satisfactory results, although sample sizes were small. The conclusion is that mindfulness-based interventions to the treatment of eating disorders remains a promising approach worthy of further research.

Kristeller, Jean L. and Wolever, Ruth Q. (2011). *Mindfulness-Based Eating Awareness Training for Treating Binge Eating Disorder: The Conceptual Foundation*. *Eating Disorders*, 19(1): 49-61.

[Click to download PDF Article](#)

Mindfulness, Meditation & EMDR

Advanced EMDR Workshop: 12 CEUs

with Julie Greene, LPC

-- let your friends and colleagues know --

Austin, Texas

March 30-31, 2012 (Friday & Saturday)

Seattle, Washington

November 9-10, 2012 (Friday & Saturday)

Regular Fee: \$350. Early Bird: \$300.

(Limited to 24 participants so register early)

[more info](#)



Maitri Space Awareness Retreat

May 26 - June 3, 2012 in Crestone, CO

with Julie Greene

Join other meditators in direct experience of the five buddha family energies through the posture/color practice created by Chögyam Trungpa Rinpoche.

Maitri Space Awareness is used at Naropa University in the training of contemplative psychotherapists. It gives experience and insight into different states of mind. The practice is typically done in retreat, where participants' sensitivity to space and energy is heightened, and there is a supportive environment.

[Read more at Dharma Ocean website](#)



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