

# Am I Hungry?® Mindful Eating Program for Bariatric Surgery

## It's STILL Not about the Food!

Since 1999, Am I Hungry? Mindful Eating Workshops have helped tens of thousands of participants end mindless, emotional eating and futile yoyo dieting and discover conscious decision-making, balance, and a vibrant *whole* life. Now this award-winning program has been tailored for the unique needs of individuals who have had (or are considering) bariatric surgery (band, bypass, or sleeve).

## Adjust to a New Normal

The **Am I Hungry? Mindful Eating Program for Bariatric Surgery** is designed to prevent, identify, and resolve the maladaptive eating habits and emotional eating issues that commonly lead to problems after bariatric surgery. The 8-workshop series covers four key areas:

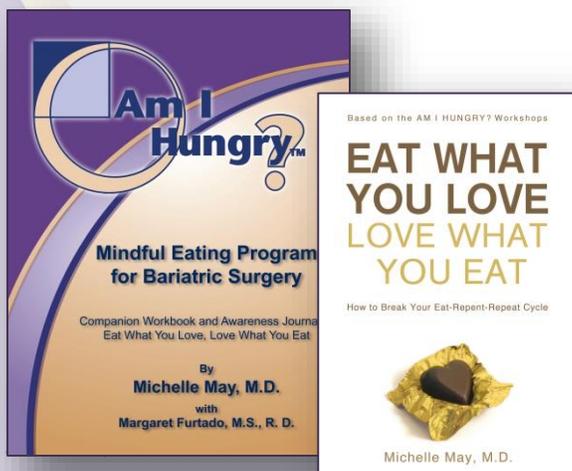
- **Think**—The Mindful Eating Cycle provides the structure for mindful decision-making and cultivating curiosity, non-judgment, self-efficacy, and problem solving abilities.
- **Nourish**— Nutrition from a non-restrictive, all-foods-can-fit perspective with an emphasis on eliminating guilt and rigidity while addressing nutritional needs following bariatric surgery.
- **Live**— Overcome negative thought patterns that prevent consistent exercise and explore the benefits of establishing enjoyable physical activity integrated into daily life.
- **Adjust**—Key concepts and skills for adjusting to a “new normal” following bariatric surgery.

## Am I Hungry? Mindful Eating Program for Bariatric Surgery materials:

- Eat What You Love, Love What You Eat:  
How to Break Your Eat-Repent-Repeat Cycle
- Am I Hungry? Mindful Eating Program  
for Bariatric Surgery  
Companion Workbook and Journal

For more info about these books, see

<http://www.amihungry.com/Mindful-Eating-Program-for-Bariatric-Surgery.shtml>





# Am I Hungry?<sup>®</sup> Mindful Eating Program for Bariatric Surgery

## Mindful Eating Program for Bariatric Surgery Facilitator Training

The Am I Hungry?<sup>®</sup> Mindful Eating Program for Bariatric Surgery is offered by trained and licensed Am I Hungry?<sup>®</sup> Facilitators\* who have completed supplemental training. (To ensure quality and consistency, this program is protected by trademark and copyright law and through licensing by Am I Hungry?<sup>®</sup>)

### Training Objectives

On completion of this training program, participants will be able to:

1. Describe the specific benefits of mindful eating for pre- and post-bariatric surgery patients.
2. Explain the six decision points in the Mindful Eating Cycle and how each one can be used to identify and resolve problematic eating patterns.
3. Explain how the three most common bariatric surgical procedures—adjustable gastric band, gastric bypass, and vertical sleeve gastrectomy—affect hunger and satiety.
4. Identify common mindless and maladaptive eating habits following bariatric surgery and teach specific mindful eating strategies to overcome them.
5. Use mindfulness-based strategies (such as FEAST) to identify and address environmental and emotional triggers for overeating.
6. Understand the unique nutritional needs of the post-bariatric surgical patient and convey this information using a non-restrictive approach to foster the individual's internal locus of control.

### Training Includes:

- Four two-hour recorded webinars with Michelle May, M.D. and Margaret Furtado, M.S., R.D.
- Copy of the Am I Hungry? Mindful Eating Program for Bariatric Surgery Workbook and Journal
- Facilitator Training Guide Bariatric Surgery Program Supplement
- Am I Hungry? Mindful Eating for Bariatric Surgery Workshop PowerPoint slide set
- Access to the Bariatric Surgery Facilitator section of [www.AmIHungry.net](http://www.AmIHungry.net)
- Upon successful completion of the training, the rights to offer the Am I Hungry?<sup>®</sup> Mindful Eating Program workshops for pre- and post-bariatric surgery patients (groups or individuals)

### Continuing Education Credits

- Am I Hungry? is approved by the American Psychological Association to sponsor continuing education for psychologists. Am I Hungry? maintains responsibility for this program and its content. This course is 8 CECs.
- Wellcoaches has approved this activity for continuing education credits.
- This continuing nursing education activity was approved by the Arizona Nurses' Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation for 8 contact hours.
- Instructor Michelle May, M.D., F.A.A.F.P. as owner of Am I Hungry?, P.L.L.C., has a financial relationship with this activity. There is no provision of commercial support for this program and there is no discussion of off-label usage of products during this activity.

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## About the Instructors



**Michelle May, M.D.** is a recovered yoyo dieter and the founder of the [Am I Hungry?® Mindful Eating Workshops and Facilitator Training Program](http://www.AmIHungry.com) ([www.AmIHungry.com](http://www.AmIHungry.com)). She is the award-winning author of [\*Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle\*](#) that guides readers to eat fearlessly and mindfully. *Eat What You Love, Love What You Eat* received seven publishing awards including best book in the categories of health, self-help, nutrition, and mind-body-spirit. She is also the author of [\*Eat What You Love, Love What You Eat with Diabetes\*](#). As an author, inspirational speaker, workshop facilitator, and consultant, Dr. May has shared her powerful and innovative approach to mindful eating with thousands of individuals, workshop participants, health care professionals, and organizations across the country and internationally.

**Margaret Furtado, M.S., R.D.** has specialized in bariatric surgery at bariatric surgery centers of excellence for over a decade, including Tufts Medical Center, Massachusetts General Hospital, the Johns Hopkins Center for Bariatric Surgery and the University of Maryland Medical Center. Margaret has co-authored three patient-centered books on bariatric surgery and nutrition including *Recipes for Life After Weight Loss Surgery* and *The Complete Idiot's Guide to Eating Well After Weight Loss Surgery*. She was a co-author of the 2008 bariatric nutrition guidelines published by the American Society of Metabolic and Bariatric Surgery. She speaks internationally on bariatric surgery and nutrition. Margaret is currently attending medical school.



## Registration Information

The link to register for this course is found in the Am I Hungry?® Facilitator Catalog.\* You must have completed (or nearly completed) the Am I Hungry?® Mindful Eating Workshop Facilitator Training prior to the start of this supplemental training. To learn more about Am I Hungry?® Facilitator Training, please visit <http://amihungry.com/facilitator-training.shtml>.

This supplemental training is online and self-paced.

The investment for the training, materials, and rights is \$399. (There is no additional annual renewal fee for those with a current Am I Hungry? Facilitator License.)

\* Contact [Training@AmIHungry.com](mailto:Training@AmIHungry.com) for additional questions and to receive \$100 off when you register for both training courses at the same time.