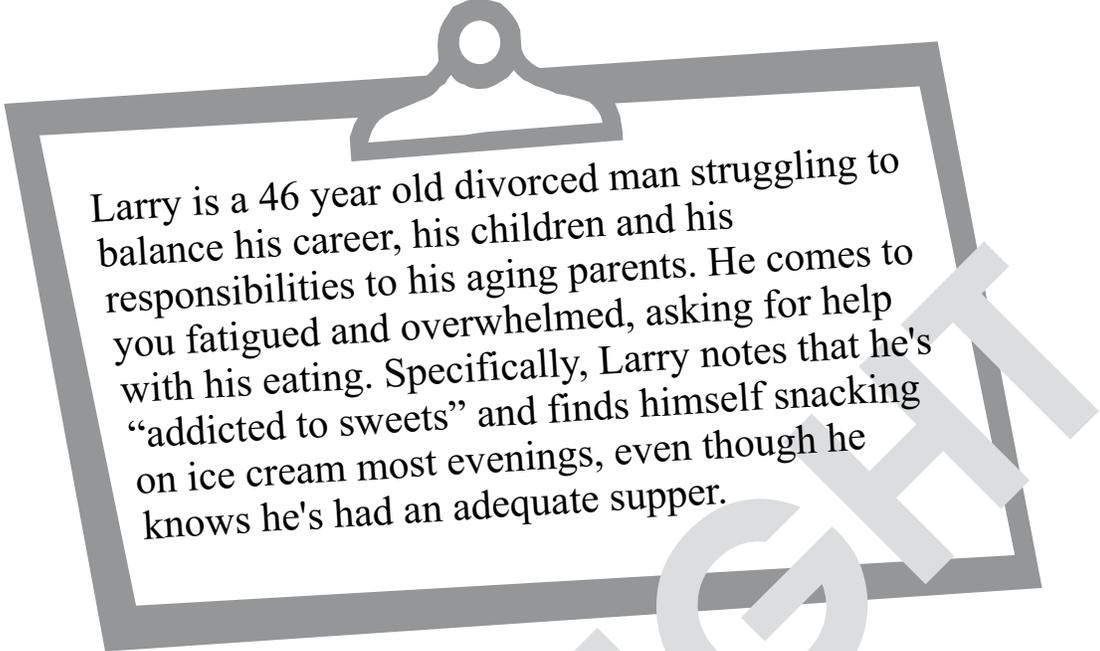


The Balancing Act of a Craving Change™ Facilitator



Larry is a 46 year old divorced man struggling to balance his career, his children and his responsibilities to his aging parents. He comes to you fatigued and overwhelmed, asking for help with his eating. Specifically, Larry notes that he's "addicted to sweets" and finds himself snacking on ice cream most evenings, even though he knows he's had an adequate supper.

Depending on their training and expertise, there are a number of ways health professionals may help Larry.

A **Dietitian** might examine Larry's overall eating habits to see if modifications might decrease his sense of hunger at night.

A **Social Worker** may look at the level of support Larry is getting from his friends and family, to see if the stress of juggling so much responsibility is affecting how he treats himself.

A **Nurse** might want to look at Larry's blood work to see if it reveals any clues into his eating, and to look into improving his sleep habits as fatigue may be contributing to his craving for high energy food.

A **Psychologist** may want to explore how Larry's underlying thoughts and feelings towards himself, his loved ones, his work and his health may be affecting his choices.

The fun, and the challenge, of being a Craving Change™ facilitator is to draw on your professional experience without turning the workshop into a support group, a healthy eating class, or a psychotherapy group.

Your role is to help participants make connections concerning their relationship with food and how they use food, without talking about food itself, without asking probing psychotherapeutic questions, and without talking about specific health conditions. Sounds challenging!? It is! But this manual will help prepare you to facilitate enjoyable and thought-provoking discussions with your clients!