Craving Change™ Program Description

Craving Change™ is a series of activities and discussions developed for use with groups or individuals. Craving Change™ consists of four components, each with its own specific tools and objectives:

1 **Why it's Hard to Change**
   Helping clients understand why it's hard to change their eating
   **Objectives:**
   a) To increase clients' awareness of the internal and external factors that challenge their ability to control their eating.
   b) To encourage clients to consider changing their environment and lifestyle as a way of better managing their eating behaviours.
   c) To teach the process of learning and un-learning behaviours.

2 **What Needs Changing?**
   Identifying clients' personal triggers for problematic eating
   **Objectives:**
   a) To highlight the many reasons that we eat.
   b) To explain and demonstrate self-awareness tools that will be used by clients to identify their personal eating triggers.

3 **How You Can Change**
   Helping clients learn to respond to triggers differently
   **Objectives:**
   a) To review the cognitive-behavioural approach to change.
   b) To explain and demonstrate a variety of strategies for dealing with problematic eating triggers.
   c) To explain and demonstrate a variety of techniques and skills for changing problematic eating responses.
   d) To motivate clients to learn or further develop new non-food related behaviours and skills.

4 **Keep the Change!**
   Helping clients to maintain these changes
   **Objectives:**
   a) To provide an opportunity for clients to share their understanding of and experience with the change strategies.
   b) To review strategies for relapse prevention.
   c) To have clients learn and practise successful goal setting.