



# The Acts

## Topic: Suggested Workshop Formats

The Craving Change™ workshop program can be adjusted in many different ways to fit with your time schedule and program needs. Although the program could be divided into two, long sessions, this could be quite demanding for the participants. It is always important to give the participants time to determine their individual eating triggers before introducing more than a couple of change strategies. It is also helpful for the participants to try some of the change strategies and then come together and discuss their experiences as a group. Therefore, it is ideal to schedule the workshop series over a minimum of three weeks. In fact, cognitive-behavioural programs such as Craving Change™ may be more successful at promoting change if offered over a longer period of time.

Three different workshop series formats are outlined below.

### Three-Part Workshop Series

This is the format followed in the Let's Get Going section of the Facilitator's Manual.

#### **Act 1 (2 hours)**

Factors that influence eating behaviours  
Increased awareness of eating triggers  
Introduction to first change strategy

#### **Act 2 (2 - 2 ½ hours)**

Discussion re: eating triggers  
Cognitive behavioural approach  
The Change Buffet – 9 strategies

#### **Act 3 (2 – 2 ½ hours)**

Application of and experience with change strategies  
The Change Buffet – 4 strategies  
Relapse prevention  
Goal setting  
Resources  
Evaluation