PROFESSIONAL TRAINING VIDEO OUTLINE

This online training video has nine modules. A brief description of each module is given below.

Module 1 – Welcome and Overview

This brief overview of the features and objectives of the training video also includes an introduction to our Craving Change video clients and our top tips. Have your Facilitator's Manual and client Workbook with you as you go through the rest of the training video modules.

Module 2 - What is Craving Change®?

Learn about the three key principles and four main components of this unique psycho-educational program. With an iceberg analogy, discover how thoughts and feelings influence eating behaviour. Hear the current research that supports the use of cognitive-behavioural strategies in the management of chronic medical conditions and obesity.

Module 3 - Craving Change Facilitator's Kit

Here's when we help you become really familiar with the Craving Change resources. You will quickly understand the organization of the materials as Wendy walks you through the Facilitator's Manual and the client Workbook and reviews the content of the Behind the Scenes resource CD (these resources are now accessed in the online Resource Library). The printable and downloadable resources give you everything you need to start running Craving Change workshops or incorporating the content with your individual clients next week!

Module 4 - The Cognitive-Behavioural Model

Appreciate the significance of three overlapping circles, as Colleen explains the cognitive-behavioural model. She and Wendy will demonstrate easy methods for teaching your clients to apply the model to their personal lives in very practical terms.

Module 5 - Why It's Hard to Change

At this point, the video focuses on the actual delivery of the Craving Change program as a workshop series. Colleen and Wendy will explain and demonstrate abbreviated versions of the workshop introduction, eating under the influence of the environment and our learned behaviours sessions. Watch footage of an actual training workshop and be prepared to participate in some Craving Change activities.

Module 6 - What Needs Changing?

Craving Change includes an extensive variety of self-awareness tools that can help your clients discover their problematic eating triggers. Become familiar with these worksheets and activities and try them out for yourself. Listen as the Craving Change clients share their experiences.

Module 7 - How You Can Change – Thoughts

Your clients' thoughts and way of thinking can have a powerful influence on their eating. Four crucial strategies from The Change Buffet are demonstrated that will help your clients change their thinking habits in order to change their eating habits.

Module 8 - How You Can Change – Behaviours

Learn how to teach three more popular cognitive-behavioural change strategies. Once again, you'll have the opportunity to put yourself in your clients' shoes and experience the learning activities yourself.

Module 9 - Keep the Change

Relapse prevention and effective goal setting are essential for motivation and long-term success with new behaviours. Become familiar with the Craving Change approach for teaching these concepts.

Although the actual length of the full video program is two hours, you will require approximately twice this amount of time as you will be encouraged to pause the video a number of times to look through the printed and CD/online resources and experience the strategies presented. If you are completing the certification exam, you will need to allow extra time as well. You will have access to the video and exam for four months from the date of purchase.