

WHEN DIETS FAIL: INCORPORATING MINDFUL EATING STRATEGIES**Petra Beumer, M.A., Mindful Eating Institute, Santa Barbara**

70% of Americans are overweight and obese. Millions of dollars are spent on fad diets which produce short-lived results. By not addressing the emotional eating component, weight loss is temporary and leaves the dieter feeling more hopeless and frustrated than ever. It is essential to explore the triggers leading to emotional eating, which will provide guidance in developing the tools and strategies for clients to establish a healthier relationship with food. With these tools, clients are able to gain an understanding of how to free themselves from this cycle and how to transform mind (and body) along the way.

This presentation will examine the problem of obesity, long-term weight maintenance and the crucial role “emotional eating” plays. We will take a look at mindfulness-based eating awareness training, self-regulation theory and self-compassion exercises.

At the end of this presentation participants will be able to:

- Explain why diets do not work
- Describe a client’s relationship with food and the power of “ritual”
- Discuss the role food plays for the emotional eater
- Discuss the importance of teaching self-compassion and self-love
- Develop healthy rituals for clients during the therapeutic process

PETRA BEUMER received her master’s degree in psychology at the University of Hamburg/Germany. Since 1988, she has been practicing as a psychotherapist and health coach. She has taught weight loss classes for over four years at the Sansum Clinic and has given several talks at Santa Barbara Cottage Hospital on emotional eating, both to bariatric surgery as well as Healthy Balance patients.

Petra Beumer is the founder and owner of the Mindful Eating Institute in Santa Barbara. Her passion is to assist her clients in establishing a healthy and relaxed relationship with food and their bodies. The therapeutic goal is to not use food as a mood regulator and learn how to self-soothe in healthy ways.

You can learn more about Petra’s work **on www.coachpetra.com and www.mindfuleatinginstitute.net**

Santa Barbara Cottage Hospital
Psychiatry and Addiction Medicine
Department invites you to attend
its February 2019 presentation.

Wednesday, February 13, 2019

Noon to 1:30 PM

Amphitheater

Santa Barbara Cottage Hospital



Cottage
Psychiatry and
Addiction Medicine

CONTINUING EDUCATION UNITS

Physicians: Please note that due to changes in the requirements to qualify for CMEs Psychiatric Grand Rounds is no longer able to offer CMEs.

- Course meets the qualifications for 1 hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences.
- Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- Course approved for 1 contact hour for RNs by the California Board of Registered Nursing (Provider #00252), through the Education Department, Cottage Health.
- No RSVP or advance registration is required. Registration for course attendees requesting continuing education credit will take place prior to the start of the course.
- CH employees may receive the continuing education credit through HealthStream.
- Continuing education certificates for others will be issued within 10 business days following receipt of the course evaluation and \$15 fee. Detailed instructions will be provided at registration.
- Grievances may be addressed directly to the Education Department.
- **Continuing Education:** To receive full credit, attendance for the full hour is required
- If you are in need of special accommodation please contact the Education Department at (805) 569-7325.

Learn more about our Psychiatry and Addiction Medicine services at:

cottagehealth.org/mentalhealth

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