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ICM Asia Pacific 2019 Keynote – Jean Kristeller

Creating a Mindful Relationship with Our Food and Our Bodies: The Principles and Practices of MB-EAT

The Mindfulness-Based Eating Awareness Treatment (MB-EAT) program melds principles of food intake regulation, self-regulation theory, and mindfulness-based therapeutic approaches to address the chronic imbalances often present for individuals struggling with eating, weight, and related health issues. Substantial research suggests that many individuals fail to adequately attend to physical signals related to hunger and satiety, and are excessively sensitive to other types of triggers for eating, including emotional distress, social cues, and marketing. MB-EAT draws on the self-regulatory processes of mindfulness meditation to address hunger dysregulation, appropriate use of satiety cues, and hedonic vs. appetitive craving processes in both normal and disordered food intake. This presentation will also review evidence from multiple research trials of MB-EAT with individuals with binge eating disorder, significant obesity, and related issues.

