



**ICM Asia Pacific 2019**

Auckland, New Zealand

Mauri Noho, Mauri Oho, Mauri Ora

**ICM Asia Pacific 2019 Pre-Conference Workshop**  
**An Introduction to Mindfulness-Based Eating Awareness Training (MB-EAT)**  
**Jean Kristeller**

Mindfulness approaches to treating binge eating, over-eating, and obesity offer substantial promise. This seminar will introduce the conceptual background, research evidence from multiple NIH-funded clinical trials, and treatment components of a mindfulness meditation-based intervention. Our research to date suggests that individuals can bring compulsive overeating under control, with weight loss and other improvements associated directly with degree of meditation practice. An overview of MB-EAT will be presented, along with several guided practices from the program. Mindfulness meditation appears to act by rapidly promoting interoceptive-awareness of physical hunger and satiety in contrast to non-nutritive triggers for eating, heightening internalization of control, and improving self-acceptance in individuals with compulsive eating problems.

**Jean Kristeller**

Dr. Kristeller is a clinical and research psychologist who has worked for over 30 years in the areas of eating disorders, obesity and the therapeutic effects of meditation, and was the co-founder of The Center for Mindful Eating. Research on her treatment program, Mindfulness-Based Eating Awareness Training (MB-EAT), has received funding from the U.S. National Institutes of Health, and she is the author of the book, "The Joy of Half a Cookie: Using Mindfulness to Lose Weight and End the Struggle with Food". She received her doctorate from Yale University, has held faculty appointments at Harvard University Medical School, and the University of Massachusetts Medical School, and is Professor Emeritus in the Department of Psychology, Indiana State University. See <http://www.mb-eat.com/> for further background information.

