

Introduction to Connected Eating for Wellbeing Practitioners

This course is designed for wellbeing practitioners, such as yoga and movement teachers, holistic therapists, counsellors. You will learn an approach to nutritional wellbeing that honours the mind-body connection, pays attention to real-life circumstances, and keeps the bigger picture of health in view. As such it is especially relevant for anyone whose work touches on mood, lifestyle and body image. Find out how to respond to client's weight concerns and queries on healthy eating so that you foster compassionate self-care grounded in body awareness for personal and social transformation

When Food Means Guilt, Dread, Disconnect

It can be hard to have a healthy relationship with food when we are constantly bombarded with messages that link eating, health and body weight with moral and social worth. So too, the sheer amount of (conflicting) nutrition information can be overwhelming and leave us confused about what to trust and how to incorporate welfare issues in food choices.

Current public health campaigns unwittingly foster body shame, size stigma, food guilt and plain bewilderment. The narrow focus on weight and lifestyle means many other factors that have a significant impact on population ill-health get left out of the equation - such as loneliness, oppression, trauma and environmental security. Approaching nutrition without considering these factors only serves to hide privilege and supports the status quo. The check-list approach to teaching nutrition as a list of do's and don'ts moves people away from body awareness and into disconnect by over-emphasizing abstract facts.

The Case for Connected Eating

For food and eating to be truly health-enhancing we need to do things very differently, which is why I developed a new approach, called Well Now. Well Now promotes body respect and health-gain for all, irrespective of size, shape and habits. It is body aware, compassion-centred and trauma-informed. This integrated focus helps people end their struggles with food, let go of body shame, and so improve their physical, mental and social wellbeing. It makes nutrition science meaningful in the context of an individual's history, their experiences of troubled and restricted eating and current circumstances. I also strongly believe that it contains the seeds for shifting the social conversation from negative judgement to one of proactive compassion, a commitment to dignity, and radical action.

Course Details

This introductory course shows how to use a body-mind framework to translate nutrition science into real-life self-care. It is designed to help wellbeing practitioners feel more confident around eating and wellbeing for themselves, and those they teach. The course consists of five talks that together cover key topics giving students a robust base in understanding both nutritional and emotional aspects of food and eating, and how these dimensions are linked.

Topics:

1. Overview of Well Now. What do we mean by eating for wellbeing?
2. Food, mood and using body signals.
3. Gut health. Understanding Glycaemic Index.
4. Regulating Energy. Understanding sugars.
5. Vitamins, Minerals and other Micronutrients.

Details

Time: 10am -12 noon

Venue: Church Stretton library.

Cost: £175 for the course. (Can be booked individually at £40/session)

Dates: 21st & 28th March; 4th, 11th, 18th April 2018

Book: email lucy.aphramor@gmail.com to secure your place

Tutor

Lucy Aphramor is an award-winning dietitian who is internationally recognized for her commitment to integrating compassion and social justice into the nutrition conversation. Her work is widely cited across health and academic disciplines and her practice is informed by a wealth of diverse professional and personal experience. She is nominated to the British Dietetic Association's Roll of Honour - and is also a spoken word poet.