

Mindfulness-based Weight Loss Intervention: Exploring Emotional Eating and Weight Cycling

PRESENTER:

Petra Beumer

Founder, Mindful Eating Institute

This presentation will examine the internal and external obstacles to long-term weight management and the root causes of emotional eating. Rather than focusing on dietary restrictions and staying above the surface of weight cycling, participants will be guided to compassionately and safely take a “deep dive” into their core beliefs and emotional needs, which have triggered emotional eating in the past when food equaled love and safety. Weight management interventions need to incorporate new self-regulated and self-soothing rituals, which will be highlighted during Petra’s presentation.

LEARNING OBJECTIVES:

- Gain a deeper understanding of how to differentiate physical from emotional hunger.
- Explore the underlying core emotions, which trigger emotional eating.
- Examine the connection between early childhood experiences and disordered eating in adult life.
- Learn about cognitive-behavioral strategies, inner child work and mindfulness practices as they relate to emotional eating.
- Understand the importance of mindful self-compassion as a therapeutic tool for healing one’s relationship with food.



PETRA BEUMER received her master’s degree in behavioral psychology at the University of Hamburg in Germany. She is a mindful eating and emotional self-care expert with over two decades in counseling and health promotion experience. Her passion is to help clients be at peace with food and their bodies and to practice good emotional self-care.

Petra’s specialty areas are weight management, emotional eating, and self-care. In her work she combines cognitive-behavioral therapy with mindfulness and self-compassion practices.

APRIL 2023

Santa Barbara Cottage Hospital Psychiatry and Addiction Medicine Department invites you to virtually attend its April 2023 presentation.

TUESDAY, APRIL 25, 2023

Noon to 1:30 p.m.
No meals or breaks provided.

Please register at:
cottagehealth.org/psychgrandrounds

After registering you will receive a confirmation email containing information about joining the training.

FREE COMMUNITY EVENT



Cottage
Psychiatry and
Addiction Medicine

GRIEVANCES:

Contact the Education and Nursing Professional Development Department at 805-569-7325.

SPECIAL ACCOMMODATION:

If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

PROGRAM COORDINATORS

Carole Reynolds Ingraham, LMFT
Frances McKinney

EDUCATION CONSULTANTS

Jennifer Granger Brown, MSN, RN
Tamara Norton, MHS, CPCS

TARGET AUDIENCE

Addiction Counselors
Clinical Nurse Specialists
Counselors
Marriage & Family Therapists
Nurse Practitioners
Nurses
Occupational Therapists
Occupational Therapy Assistants
Other Mental Health Professionals
Pharmacists
Psychologists
Psychotherapists
Social Workers

Learn more about our Psychiatry and
Addiction Medicine services at:
cottagehealth.org/mentalhealth

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