

# ME AND MY EATING

Workshops to explore my relationship  
with food.

PROYECTO ART







# Course description

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**The program is designed for people who want to improve their relationship with food.**

At the ART Clinic we offer you the opportunity to participate in workshops to reflect and understand your **relationship with food** and learn to experience it in a healthier way. The Me and My Eating program has been designed by the **multidisciplinary team** of our clinic to accompany people who suffer from a complicated relationship with food and the body.

It is a complete program based on the concepts of "**mindful eating**" and consists of **2 workshops** of 4h each accompanied by an **online course**.



# Structure and format

- Workshops consist of **2 sessions (2 Saturdays)**
- Duration: The workshops will last **4 hours** each; The online course lasts about **2 hours**.
- Schedule of in-person workshops: Saturday mornings **(10-14.00)**
- Number of participants: between **4 and 10 people**
- Price: **€120** for both workshops.
- Online course price: it is included in the workshops but if you want to purchase it separately without participating in the workshops, you can do it for **€30+VAT**.
- **Address:** Calle Diputación 153, 08011 Barcelona
- **Online course** is included in the program.





# Me and my eating workshops

The Me and My Eating workshops are **2 sessions of face-to-face workshops** during which we will try to reflect and provide practical tools in the 3 areas:

**The mind:** emotions, thoughts, our history, relational patterns, self-esteem, etc.

**The body:** seeking connection with the body and learning regulation through body-mind collaboration.

**The relationship** with food, convictions, habits, eating behavior.

We will conduct both **discussions and practical exercises** so that you learn a different way of relating to your food.





# Content of the workshops

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## **Discussions and practical exercises:**

What is the purpose of eating?

Myths and family models

Mindful eating







# Content of the course

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**Module 1: Physiology of Eating**

**Module 2: Emotional eating**

**Module 3: Processing emotions**

**Module 4: Mindfulness and mindful eating**



# MODULE 1. PHYSIOLOGY OF EATING.

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# Content of the course

## Module 1: Physiology of Eating

Part 1: Pathways that control **appetite**

Part 2: Tendency to **overeate**

Part 3: Difficulty **losing weight**

Part 4: **Overweight** and obesity

Part 5: Reasons **why diets don't work**





# MODULE 2. EMOTIONAL EATING.

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# Content of the course

## Module 2: Emotional Eating

Part 1: Eating in response to positive and negative **emotions**

Part 2: Emotional **hunger**





# MODULE 3. PROCESSING EMOTIONS.

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# Content of the course

## Module 3: Processing Emotions

Part 1: Being **aware**

Part 2: **Understanding**

Part 3: **Accepting**

Part 4: **Constructive "Actions"**





# MODULE 4. MINDFULNESS AND MINDFUL EATING.

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# Content of the course

## Module 4: Mindfulness and mindful eating

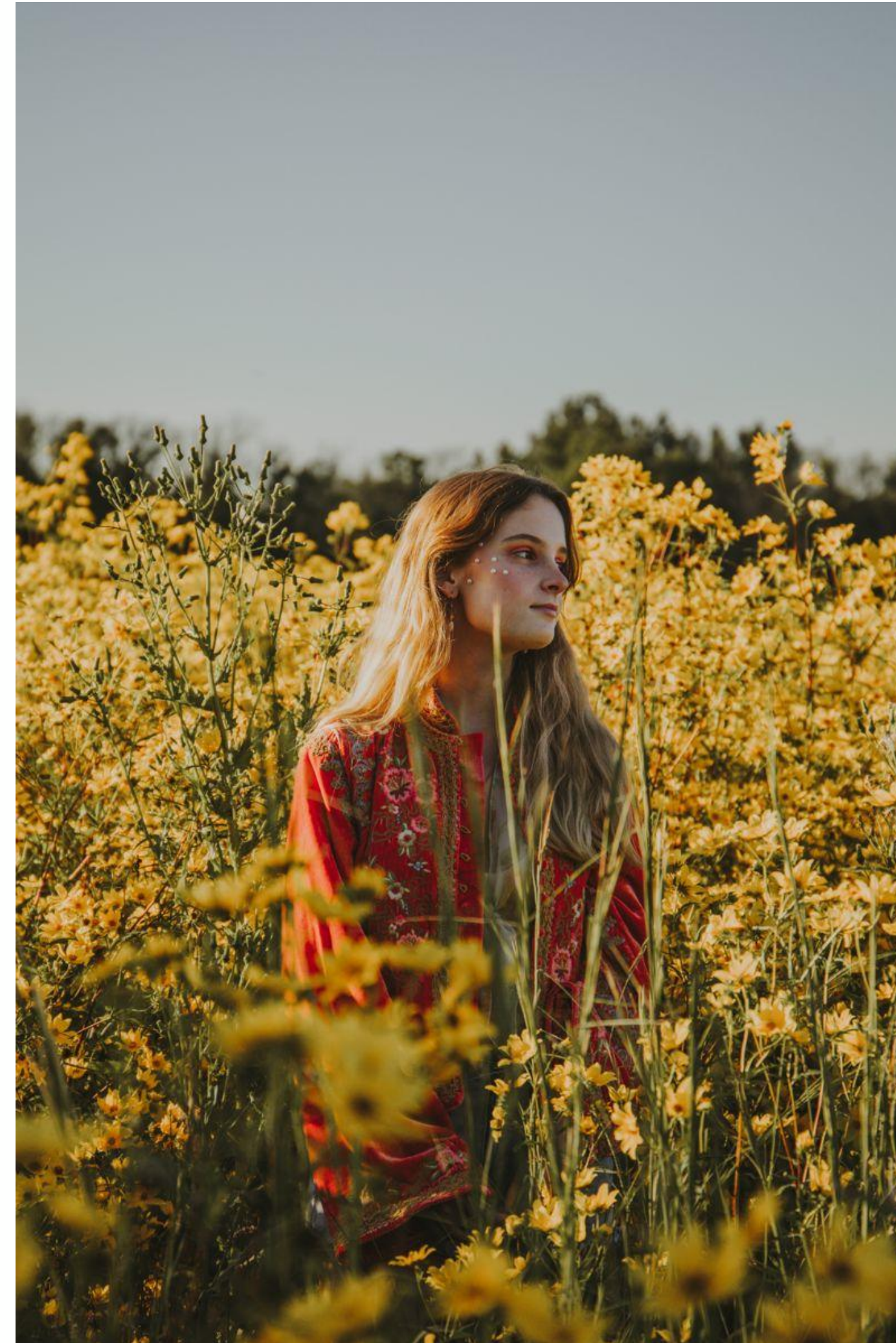
Part 1: Introduction: **Mindfulness** and mindful eating

Part 2: Empirically proven **benefits** of Mindfulness

Part 3: The Raisin **Experiment**

Part 4: **Mindful eating** strategies

Part 5: Principles of **intuitive eating**





# The team



## **Alejandra Misiolek**

Doctor, psychologist, psychotherapist and co-founder of the ART Project; she is co-creator of the course and facilitator of the workshop.

More information:

<https://proyectoart.com/equipo/alejandra-misiolek/>



## **Agata Kotrys**

Psychologist, psychotherapist, trainer, coach and collaborator of the ART Project, she is co-creator of the course and facilitator of the workshop.

More information:

<https://proyectoart.com/equipo/agata-kotrys/>



## **Lina Camacho**

Psychologist, psychotherapist, trainer and collaborator of the ART Project, she is co-creator of the course and facilitator of the workshop.

More information:

<https://proyectoart.com/equipo/lina-camacho/>



# Do you want to know more?

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