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Topic

Mindful Fueling and Movement: Creative Ways to Address Exercise/Overexercise Resistance While Integrating a Fueling Message

Abstract

One of the biggest challenges for working with eating disorders can be addressing both extremes of the exercise spectrum: over exercise and exercise resistance. It is well both accepted that healthy and consistent movement is key in treating clients with a healthy weight management approach, but that over-exercise is a well-documented purging phenomena for both anorexia and bulimia. The presenters will provide creative methods of getting clients involved with movement moderately and mindfully from experiential techniques in a private practice setting. Given the lead presenter is both a dietitian and fitness instructor, she has developed a two pronged approach to increasing movement with clients in a mindful fashion: an individual session approach called “walk n talk” sessions and a group format of monthly mindful fueling and movement sessions. Additionally, the co-presenter, who is also a fitness instructor and yoga teacher, will present trauma-informed yoga and movement meditations to help integrate the body and mind through feelings- and sensations-based movement. This sensitive exploration of movement and the body increases interoceptive and emotional awareness as well as boundary setting and intuitive movement. These mindful movement techniques will be offered for group settings as well as broken down to incorporate into everyday life. Research on mindful movement approaches with eating disorder clients will be presented. Sport nutrition principles for fueling for gentle movement/exercise will also be reviewed. Examples of types of issues addressed with case studies dealing with resistance, lack of motivation, as well as addressing over-exercise issues and negative energy balance situations. A non-diet/intuitive eating and exercise approach in counseling will be presented.

Learning Objectives

1. Participants will be able to list at least three appropriate ways to incorporate appropriate movement for ED clients in private practices or group settings.
2. Participants will be able to describe at least two techniques when working with ED clients around both exercise resistance and over-exercise that includes trauma-informed movement techniques to promote empowerment and autonomy when reintegrating the body and self.
3. Participants will be able to effectively explain the concept of mindful exercise and fueling concepts through reviewing current literature on this topic.

Schedule

August 19, 2017
4:15-5:30 pm Presentation

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