

Craving Change™ Program Description

Craving Change™ is a series of activities and discussions developed for use with groups or individuals. Craving Change™ consists of four components, each with its own specific tools and objectives:

1 Why it's Hard to Change

Helping clients understand why it's hard to change their eating

Objectives:

- a) To increase clients' awareness of the internal and external factors that challenge their ability to control their eating.
- b) To encourage clients to consider changing their environment and lifestyle as a way of better managing their eating behaviours.
- c) To teach the process of learning and un-learning behaviours.

2 What Needs Changing?

Identifying clients' personal triggers for problematic eating

Objectives:

- a) To highlight the many reasons that we eat.
- b) To explain and demonstrate self-awareness tools that will be used by clients to identify their personal eating triggers.

3 How You Can Change

Helping clients learn to respond to triggers differently

Objectives:

- a) To review the cognitive-behavioural approach to change.
- b) To explain and demonstrate a variety of strategies for dealing with problematic eating triggers.
- c) To explain and demonstrate a variety of techniques and skills for changing problematic eating responses.
- d) To motivate clients to learn or further develop new non-food related behaviours and skills.

4 Keep the Change!

Helping clients to maintain these changes

Objectives:

- a) To provide an opportunity for clients to share their understanding of and experience with the change strategies.
- b) To review strategies for relapse prevention.
- c) To have clients learn and practise successful goal setting.