



Mindful Eating Retreat for Emotional Eating and Binge Eating*

Saturday, March 11 to
Tuesday, March 14, 2023
Scottsdale, Arizona

*See page 11 for information about
Am I Hungry? Mindful Eating for Binge Eating Treatment Team Training



Heal your relationship with food and your body!

- Do you wish you could just be at peace with food?
- Would you like to have more time in your day to live instead of obsessing about eating?
- Do you need time to focus on yourself for a change?
- Do you struggle with binge eating? You might, if you:
 - Eat until you feel uncomfortably full
 - Eat large amounts of food when you're not hungry
 - Eat more rapidly than normal
 - Eat alone due to embarrassment about how much you eat
 - Feel disgusted, depressed, or guilty after you eat



Nourish the big, vibrant life you crave!

Michelle May, M.D., the founder of the Am I Hungry?® Mindful Eating Programs and Training and Kari Anderson, DBH, LPC, CEDS, the co-authors of *Eat What You Love, Love What You Eat for Binge Eating*, will guide you to heal your relationship with food and your body.

Join us to dig deep and discover a whole new way to relate to food. Together we'll explore why you eat and help you learn new skills and strategies to break the binge-repent-repeat cycle. Most important, the Am I Hungry? Mindful Eating Workshop for Emotional Eating and Binge Eating will start you on your journey to the big, vibrant life you crave!

Men, women, and couples are welcome! Post-bariatric surgery patients struggling with emotional eating also encouraged to attend.



Eat mindfully, live vibrantly!

- Heal your relationship with food and your body
- Finally deal with the emotional drivers of binge eating
- Practice using the Am I Hungry? Mindful Eating Cycle for deciding when, what, how, and how much to eat, and where to invest your energy
- Experience the pleasure of eating the foods you love without fear, guilt, or bingeing
- Discover the joy and immediate rewards of moving your body mindfully
- Set your intention to increase your health, energy, and appetite for life
- Nurture your whole self to create a self-care buffer zone!

See page 11 for information about
Am I Hungry? Mindful Eating for Binge Eating Treatment Team Training

Your 4-day retreat includes...

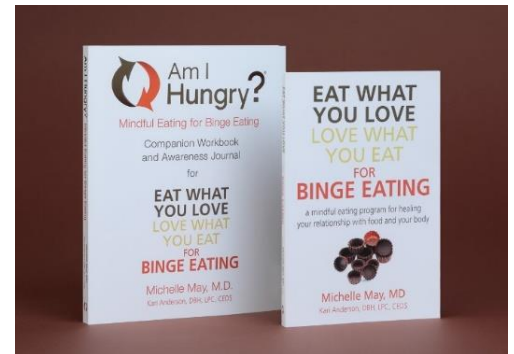
Workshop Activities

- Am I Hungry? Mindful Eating for Emotional Eating and Binge Eating Workshops – facilitated by Michelle May, MD and Kari Anderson, DBH, LPC, CEDS
- Small Group Therapy Sessions: You'll be assigned to a small group that will participate in three sessions with Dr. Anderson on Saturday, Sunday, and Monday.
- Eye-opening mindful eating experiences. (Your lunch is included in retreat registration)
- Mindful movement opportunities including yoga and an optional hike
- Self-care time to relax, restore, and renew!



Workshop Materials

- *Eat What You Love, Love What You Eat with Binge Eating: A Mindful Eating Program for Healing Your Relationship with Food and Your Body*
- *Am I Hungry? Mindful Eating Program for Binge Eating Workbook and Awareness Journal*
- Password access to www.AmIHungry.net, our private Member Portal, virtual coach, journal, and more—before *and* after workshop!



Lodging

Please book your own lodging for this retreat. There are several great hotels nearby—less than a mile away! Please see page 10 for workshop location.

Meals

Please eat before you arrive for the workshop each day.

Your lunch and a guided mindful eating experience is included Saturday through Tuesday.

We will provide water, tea, and coffee. If you typically need snacks during the day, feel free to bring whatever you might need.



Photo by Spencer Davis on Unsplash

For dinner, we'll organize a Dine-Around each evening at nearby restaurants so you can connect with other participants and practice your mindful eating skills in the “real-world.” (Cost of dinner not included.)

What will we do during this retreat?

The detailed draft schedule starts on the next page, but let's start with the big picture first...

Workshops

Our workshops begin on Saturday morning, March 11th. Please do everything possible to arrive on time. If you are traveling from any distance, you'll want to arrive the night before.

Each day, after you've had breakfast at your hotel or one of the nearby restaurants, you'll participate in interactive workshops facilitated by Dr. May and Dr. Anderson. These eye-opening and life-changing topics are based on the Mindful Eating Cycle and will give you a whole new way to think about eating—and living!

We'll then savor a guided mindful eating experiential lunch to practice the new skills you've learned that day.

Small Group Rotations

On Saturday, Sunday, and Monday afternoons, your assigned small group will rotate through a Therapy Group and a Mindful Movement/Self-Care session.

Therapy Group: During these group therapy sessions, you'll have focused time with Dr. Anderson. The purpose is to create a safe space to process your feelings and experiences and understand the “why?” of your eating behaviors.

Mindful Movement: You'll have two Mindful Movement opportunities: an all-levels yoga class with Dawn, an Am I Hungry? Mindful Eating and Yoga instructor, and a desert hike to view beautiful spring flowers.

Self-Care time and evenings

You'll have a couple of hours most days to plan some self-care activities. Perhaps you'll want to schedule a massage, facial, mani/pedi, or blow-out at one of the nearby salons or read, journal, nap, or sit by a pool.

We'll make dinner reservations at a variety of nearby restaurants for our popular Dine-Around. Sign up with 3 to 5 other workshop participants to connect over a leisurely meal. (These dinners are optional and no-host.)

Afterward, get a good night's sleep to start your day refreshed and ready to grow!

Tuesday, March 14th is our last day... We'll wrap up the retreat and create a plan for continuing our growth and connections. We'll celebrate everything we've learned—then you're on your way to your big, vibrant life!

We hope you'll also take advantage of the opportunity to see Arizona! Visit Sedona or the Grand Canyon, watch a Spring Training baseball game, go shopping (Scottsdale is famous for it!), visit the Musical Instrument Museum or Butterfly Wonderland, or enjoy a more active pursuit like hiking, biking, or golf during our beautiful spring weather! (See page 8.)

Am I Hungry? Workshop Schedule (draft)

Saturday, March 11, 2023

9:00-9:30 am	Check-in and Introductions
9:30-10:00 am	Why Am I Here?
10:00-11:00 am	Workshop: In Charge, Not In Control
11:00-11:15 am	Break
11:15-12:00 pm	Workshop: Trust Your Body Wisdom
12:00-1:00 pm	Lunch: Mindful Eating
1:15-2:30 pm and 2:45-4:00pm	Small Group Rotations: <ul style="list-style-type: none">- Therapy Group- Mindful Movement or Self-Care
6:00-8:00 pm	Dinner (sign-up)



Sunday, March 12, 2023

9:00-10:00 am	Workshop: It's Not About the Food
10:00-11:00 am	Workshop: Change Your Mind
11:00-11:15 am	Break
11:15-12:00 pm	Workshop: Fearless Eating
12:00-1:00 pm	Lunch: Mindful Eating
1:15-2:30 pm and 2:45-4:00	Small Group Rotations: <ul style="list-style-type: none">- Therapy Group- Mindful Movement: Yoga
6:00-8:00 pm	Dinner (sign-up)



Am I Hungry? Workshop Schedule DRAFT (cont.)

Monday, March 13, 2023

9:00-9:45 am	Workshop: Just Right!
10:00-10:45 am	Workshop: What Am I Really Hungry For?
10:45-11:00 am	Break
11:00-12:00 pm	Workshop: Love, Your Body
12:00-1:00 pm	Lunch: Mindful Eating
1:15-2:30 pm and 2:45-4:00	Small Group Rotations: <ul style="list-style-type: none">- Therapy Group- Mindful Movement or Self-Care
6:00-8:30 pm	Dinner (sign-up)



Tuesday, March 14, 2023

9:00-10:30 am	Workshop: Problem Solving
10:30-11:00 am	Group Photo and Break
11:00-12:00 pm	Workshop: Self-Care Buffer Zone
12:00-1:00 pm	Lunch: Mindful Eating
1:00-1:30 pm	Live Your Vibrant Life
1:30 pm	Workshop concludes



About Your Retreat Facilitators

Michelle May, MD

Dr. Michelle May is a recovered yoyo dieter, retired family physician, and the founder of the Am I Hungry? Mindful Eating Programs and Training (www.AmIHungry.com). Am I Hungry? exists to change the way the world thinks about eating and help individuals resolve mindless and emotional eating cease senseless yo-yo dieting.

Michelle is the award-winning author of the *Eat What You Love, Love What You Eat* book series, including *Eat What You Love, Love What You Eat for Binge Eating: A Mindful Eating Program for Healing Your Relationship with Food and Your Body*.

Dr. May's passion, insight, and humor stem from her personal struggle with food and body image and her professional experiences. She shares her compelling message and constructive approach through her books, online support community, social media, professional speaking, and has trained over 700 health professionals to facilitate Am I Hungry? Programs worldwide. Michelle has been featured on the Calm app, the Discovery Health Channel, and Oprah Radio, and quoted in Fitness, Health, Parents, Self, Woman's Day, WebMD, and many more.



Kari Anderson, DBH, LPC, CEDS

Having personally struggled with binge eating and weight stigma, Kari's professional career is driven by a personal passion. In her 30 years of working with eating disorders, Kari's particular interest has been focused on Binge Eating Disorder. Her unique ability to create a safe, non-judgmental, and healing environment make her, as patients often state, "someone who gets it." In addition, Kari has the ability to lead organizational teams and simultaneously connect with individuals on a very genuine and compassionate level.

Prior to starting myEatingDoctor.com, Kari positioned herself as a respected clinician and leader in the field of eating disorders. Having worked for treatment centers such as Green Mountain at Fox Run, Remuda Ranch and The Rader Institute, she had the opportunity to help thousands of patients and their families.

Kari earned her Doctor of Behavioral Health with her research project The Mindful Eating Cycle: Treatment for Binge Eating Disorder at Arizona State University in 2012. Co-creator of the Am I Hungry? Mindful Eating for Binge Eating Program, Kari also co-authored the acclaimed book, *Eat What You Love, Love What You Eat for Binge Eating: A Mindful Eating Program for Healing Your Relationship with Food and Your Body*. Her newest book, *Food, Body and Love* was released in 2020.



Make a vacation out of it!

Here in [Phoenix and Scottsdale, Arizona](#), you'll find the [Desert Botanical Garden](#), [Musical Instrument Museum](#), [Phoenix Art Museum](#), [Heard Museum](#), [Butterfly Wonderland](#), [Spring Training baseball](#), and plenty of shopping, entertainment, and much more! Sedona and the Grand Canyon make a great overnight trip too!



©Michelle May

See stunning Sedona



Visit the Grand Canyon



Musical Instrument Museum



Shop for souvenirs



Desert Botanical Garden



Butterfly Wonderland



Spring Training

Workshop Registration

Due to the intensive nature of this workshop, space is limited! Please register as soon as possible to secure your reservation.

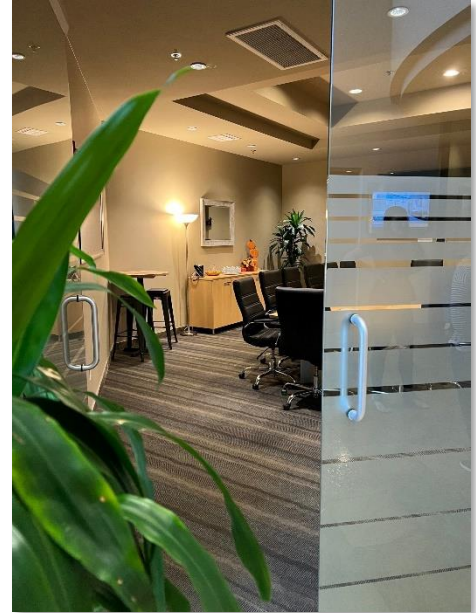
Location of the workshop

94 Hundred Shea Corp Center (Kari's offices)
9375 E. Shea Blvd
Scottsdale, AZ 85260

Workshop Registration Instructions

The fee is \$1,199.00 for:

- In-person workshops for four days
- Four guided mindful eating lunches
- Three group therapy sessions
- Two mindful movement sessions (yoga, hiking)
- Binge eating set (book and workbook)
- Support tools
- Password access to our Member Portal



Save \$100 if you register before March 3, 2023!

Reserve my seat at \$100 OFF!
1 payment of \$1099

Refund Policy

If you cancel on or before January 31, 2023, your registration fee is fully refundable minus a \$50 administration fee. Cancellations between February 1 and February 28, 2023 are 50% refundable. No refunds can be given for cancellations after February 28, 2023, but 50% may be applied to a future retreat/workshop.

Questions?

For questions, please email us at Training@AmlHungry.com or call 480 704-7811 ext. 301.

More details...

Flights

There are 2 options to fly into Arizona: Phoenix Sky Harbor Airport is available from most cities; Mesa Gateway may also be an option from some cities.

Ground Transportation

Rental cars, Uber and Lyft, and shuttle services are readily available.

Lodging

There are numerous options for hotels in Scottsdale. Within one mile of our workshop site, there are three modestly priced options:

[Aiden By Best Western](#)

[La Quinta Inn & Suites by Wyndham](#)

[Sonesta Simply Suites](#)

March in Arizona is a very popular time for tourists, so book your hotel room (on your own) early!



What to Bring

This workshop is casual, comfortable, and relaxed. Plan to dress in layers and wear comfortable clothing. For your self-care time, bring exercise attire including walking/hiking shoes, clothes you can move in for yoga, sunscreen, sun hat/visor, sunglasses, and a camera!

Post-Workshop Follow-up

It is highly recommended that you arrange to see a therapist following the workshop for continuing care.

Questions?

For questions, please email us at Training@AmIHungry.com with your contact info and questions with "Am I Hungry? Workshop" in the subject line or call 480-704-7811 extension 301.



Am I Hungry? Mindful Eating for Binge Eating Therapist and Treatment Team Training

The ME-BE Program

The Am I Hungry? Mindful Eating for Binge Eating Program is a clinically valid treatment that has been shown to stop binge eating.

This program draws on strategies from CBT and mindfulness-based therapeutic methods, such as dialectical behavioral therapy (DBT).

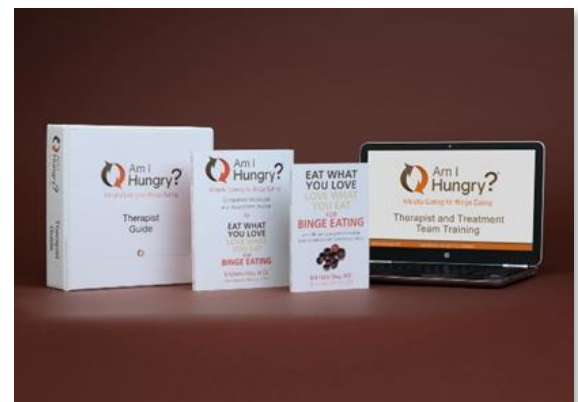
The Training

Am I Hungry? Mindful Eating for Binge Eating Training is for licensed Masters and Doctorate level behavioral health professionals and eating disorder treatment teams who wish to offer a mindful eating program for the treatment of binge eating disorder and/or emotional eating.

This workshop affords the rare opportunity for Michelle May, MD and Kari Anderson, DBH, LPC, CEDS, to train therapists and treatment teams in a live format! To optimize this opportunity, we are offering the comprehensive online ME-BE training program AND this immersive workshop and live training for a savings of \$500 when you register for both.

Please download the [Am I Hungry? Mindful Eating for Binge Eating Therapist Training](#) info packet for a complete overview of the Mindful Eating for Binge Eating Program and Training.

- Password access to the complete Online ME-BE Training curriculum including audio sessions of 10 psychoeducational groups and 10 small group therapy sessions
- Mindful Eating for Binge Eating Training Guide
- *Eat What You Love, Love What You Eat for Binge Eating*
- *Am I Hungry? Mindful Eating for Binge Eating Workbook and Awareness Journal*
- 15-month license
- Continuing education credits



Training and Workshop: One payment of \$2498 or 3 payments of \$850 **

**You'll be redirected to complete a brief application for the training. Once you're approved, we'll send you a link to register.

Questions?

For questions, please email us at Training@AmIHungry.com with your contact info and questions with "Am I Hungry? Training" in the subject line.