

## **Appetite Awareness Training for Binge and Overeating**

### **Program Description**

Currently, 31.8% of North Carolina residents have a weight that would meet criteria for obesity. Binge and overeating increase the risk for obesity, which is associated with numerous co-morbid conditions, including diabetes, cardiovascular disease, and various cancers. Binge eating is described by having episodes of eating large amounts while experiencing a sense of loss of control overeating. In contrast, overeating typically refers to eating more than intended, and does not involve loss of control. A specific CBT intervention, Appetite Awareness Training (AAT), has been successful in aiding participants to reduce binge eating and overeating. AAT includes instruction on emotional eating, understanding biological signals of hunger and satiety, and has aided in weight maintenance.

This program will examine the factors (e.g., trauma, stress, depression) that may increase binge and overeating in our clients, with particular emphasis on clients who are low-income, and identify as a member from a racial/ethnic minority group. Recommendations for assessment will be provided. Finally, this presentation will present an overview of AAT, and provide clinicians with brief training on specific intervention components that may provide clients with coping skills to increase self-care and decrease binge and overeating.

### **Learning Objectives**

Upon completion of this workshop, participants should be able to:

1. Identify factors that may increase binge and overeating among low-income and racial and ethnic minority women.
2. Articulate relevant questions to guide assessments of client eating behaviors.
3. Develop awareness of AAT, and specific interventions to reduce binge and overeating, and prevent weight gain.

### **Target Audience**

Dietitians, social workers, professional counselors, psychologists, physicians, and others interested in this topic.

### **Contact Hours**

2.0 to 3.0 contact hours

### **Program Agenda**

9 AM to 10:30 AM	Overview of Binge Eating
10:30 AM to 10:45 PM	Break
10:45 AM to 12:15 PM	Appetite Awareness Training: Methods and Strategies
12:30 PM	Adjourn

### **Faculty**

**Rachel W. Goode, Ph.D., MPH, MSW** is an Assistant Professor at the UNC-Chapel Hill, School of Social Work. Dr. Goode received her PhD, MPH, and MSW from the University of Pittsburgh. She is a public health and social work scientist with expertise in

the design and delivery of health promotion interventions to prevent and treat obesity, and to treat disordered eating among individuals with overweight and obesity. Dr. Goode is a licensed clinical social worker and has practice experience with the treatment of eating disorders and obesity among clients in university counseling centers, and community-based mental health agencies. Most recently, Dr. Goode's research has focused on evaluating Appetite Awareness Training as an intervention to treat binge eating and reduce disparities in weight outcomes among African American women.