

Free educational programs

TCME offers many educational programs to help you better understand the concepts associated with Mindful Eating. Most of these are in easy-to-attend conference call format. Many are free or free to members.

To see the schedule of programs, look on the TCME.org online Programs & Events Calendar.

Join TCME!

TCME is a member supported organization—JOIN TODAY!

SAVE \$20 (offer good through 2007)

~~\$60~~ \$40 Professional Membership:

Visit our website to apply. Introductory discounts may apply. Membership provides access to additional services and opportunities. Learn and share about mindful eating and ways you can bring this wisdom into your work.

\$25 Student Membership: TCME welcomes individuals who are currently enrolled in a degree-granting program to learn more about mindful eating. Verification of current enrollment required. See application for details.



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(www.indstate.edu/psych/cshrs)



Services and Membership Information

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Visit www.tcme.org

What Is The Center for Mindful Eating?

The Center for Mindful Eating (TCME) is a member supported, nonprofit, nonreligious organization whose goals are to disseminate information related to the principles of Mindful Eating and provide assistance to professionals and organizations to implement applications of Mindful Eating into new and existing programs.

How does TCME help?

The Center provides information and resources to professionals interested in helping patients and clients develop a healthier approach to eating, bringing it into balance with other important aspects of life.

Who is part of TCME?

TCME is a multi-disciplinary organization made up of professionals including: psychologists, psychotherapists, social workers, dietitians, educators, teachers, physicians, nurses, environmentalists, public health organizations and more.



What is Mindful Eating?

Mindful Eating brings mindfulness to food choice and to the experience of eating. Mindfulness is the capacity to bring full attention and awareness to one's experience, in the moment, without judgment. Mindfulness thereby releases us from our automatic reactions, fears and attachments, allowing engagement of inner wisdom.

1. **Allowing** yourself to become aware of the positive and nurturing opportunities that are available through food preparation and consumption by respecting your own inner wisdom.
2. **Choosing** to eat food that is both pleasing to you and nourishing to your body by using all your senses to explore, savor and taste.
3. **Acknowledging** responses to food (like, neutral or dislike) without judgment.
4. **Learning** to be aware of physical hunger and satiety cues to guide your decision to begin eating and to stop eating.

"After I washed the strawberry, I noticed how the water clung to the tiny hairs on the fruit. It seemed so incredible to me that I had never seen that before."



Visit TCME online at www.tcme.org

Services Available to Everyone:

- **The Principles of Mindful Eating**
This PDF Download is free, and reproducible for educational services.
- **Free downloadable newsletter**
Download our quarterly professional newsletter "Food for Health" and accompanying handouts for patients and their families.
- **Handouts written by experts**
Reproducible handouts that help professionals bring the concepts of Mindful Eating to their work.
- **Mindful Eating workshops**
Notices of workshops for individuals and professionals.

Member Services:

- **Learn from the experts**
Interactive educational opportunities with mindfulness experts throughout the country.
- **Professional list-serve**
Interact with other professionals interested in Mindful Eating on our list-serve.
- **Access the TCME Resource Network**
List your program as a resource on TCME's Resource Network.
- **Discounts on products and services**
Discounts on products at the TCME Market Place and on TCME trainings.
- **Additional resources**
Instructions and additional handouts on how to bring the concepts of Mindful Eating into your professional work.