

# Mindful Eating: The Mind, Body & Food Connection

*Filling the void, food is not the missing ingredient*

*"I believe that most of us have learned to disconnect ourselves from our bodies by over- or under using food. In the one-day workshop, I guide and teach my clients powerful tools to re-connect to their bodies, so they are able to manage successfully the underlying feelings of anger, hurt and fear. This stops the vicious cycle of emotional eating for good."*

## **Key ideas include:**

- Stop emotional eating for good.
- Reveal the Illness of Perfection – obsessive body image
- Understand the role of the mental body in the mind-body-food connection.
- Develop "new brain" – re-program the messages you give yourself about who you are.
- Explore the reasons why people over or under use food.
- Manage emotions effectively without resorting to food.

## **Nicole Verwey, LMFT, CPC, MS**



### **OFFERING**

- **Introductory Classes**
- **Full or Half Day Workshops**
- **Ongoing Group Sessions**
- **One-on-One Counseling**

A native of Holland Nicole moved to the U. S. to complete advanced studies in psychology. Her experiences include: private practice as a Marriage & Family Therapist; Clinical Program Manager at a foster care agency; Clinician for a Mobile Crisis Team; Weight-Loss Counselor.

### **Real Tools for Real Life:**

- **Eating mindfully without diets.**
- **Being non-judgemental about food choices.**
- **Trusting your body's wisdom.**

**Nicole is available for Brown Bag events, workshops at your location, group sessions, and individual work.**

**See website for Introductory Classes scheduled in Central and South Austin.**

**Contact Resource Connection  
for booking: 512-448-2266.**