



**NYGH BED PROGRAM –20-25 weeks.**

The NYGH BED program is a program that is focused on helping people with BED be able to:

- **Normalize eating:**
  - Be able to have foods you want and enjoy without labeling them as “good” and “bad”.
  - Learn about portion sizing, so that you are getting what your body needs.
  - Stop binge eating.
- **Increase activity:**
  - Be able to find appropriate and enjoyable activities that will support mobility and overall physical health and mental health.
- **Decide on a weight management strategy:**
  - From a “non-dieting” perspective, be able to choose a strategy to manage weight. In some cases, the objective is to maintain weight. In some cases, it may be to lose a very moderate amount of weight.
- **Learn strategies to deal with thoughts and feelings:**
  - Developing skills and strategies to manage difficult thoughts and feelings so that binge eating is not a coping strategy.

**Program details:** This is a group-based program of about 10-12 participants. The program is entirely virtual using MS Teams. For best performance of the platform, we recommend that you download MS Teams onto your computer or phone. A link to the meeting will be sent to you via email before each session.

**Program duration:** 20-25 weeks

**What is required:**

- A commitment to attend program every week for 20-25 weeks. There must be no absences in the first 7 weeks of program.
- A private space, headphones, computer with camera or phone. Note, while MS Teams can run using an iPhone or Android – our experience with virtual group has proven that using a computer (vs. phone) is better in terms of being able to see other participants as well as to view the PowerPoint documents and handouts that are shared on the screen. However, if you are unable to access a computer, you can still participate using your phone.
- Space in your life to be able to spend time on homework and on making changes to your eating and activity levels.

**What can I do while I wait for the program to start?**

1) Start planning now to be able to commit to the program in September. What are the potential barriers to being able to fully attend all sessions, and to be able to do the work in between sessions?

<b>Barrier</b>	<b>What do I need to put in place?</b>
Work/School:	(e.g. – need letter from program to support time off)
Family:	
Technical (eg “get a camera for laptop” etc.)	
My own thoughts/feelings:	
Other:	

2) If you are feeling really ambitious, we recommend: ***The Cognitive Behavioral Workbook for Weight Management*** – Michele Laliberte PhD., Randi E. McCabe PhD., Valerie Taylor MD, PhD. (available on amazon.ca)