



How Practitioners Can Use The Mindful Me Journey

The Mindful Me Journey helps create lasting change.

- **Provides** a four phase journaling program focused on identifying the “what” and “why” of eating and exercise behavior.
- **Uses** open ended prompts designed to uncover the impact of emotions and feelings and how they are actively expressed through food and exercise.
- **Encourages** development of healthy guidelines and guardrails to turn impulse and reaction into cognitive thought and decision.
- **Promotes** living a nourishing and active life, free of rules, measuring, and counting that says goodbye to guilt and shame and hello to health and freedom.

But, most importantly, **The Mindful Me Journey** serves as an attuned eating and movement or cognitive behavior therapy **tool** that can help group leaders, health coaches, counselors, dietitians, and treatment centers as they provide balanced care.


Whether working with clients **one-on-one, in small groups, or both**, this flexible tool helps clinicians:

- **Guide** clients through feeling and behavior exploration,
- **Uncover** actionable goal setting opportunities, and
- **Identify** educational needs

Below are some use outlines to help you begin envisioning how you will begin using **The Mindful Me Journey** in your practice.

One-on-One Counseling

Getting started - Review the goals of your time together and how you will be using **The Mindful Me Journey** tool as part of your work. Reinforce instructions for journaling (outlined on pages 10-11 of journal) and the importance of putting in the time to journal briefly after each eating or exercise session so they can get the most out of your time together.



Regular meetings - You can discuss phase discoveries and/or end of phase reflections depending on your meeting schedule.

- Using only the end of phase reflection prompts for discussion, you would meet after day 11, 21, 31, and 41. With the initial meeting, that would be about five one-on-one sessions.
- If you desire to meet more often, you could meet early in each phase discovery to check in with the process, make sure they are doing the journaling, and get a feel for what they are discovering or what their barriers to discovery might be. Then you could meet at the end of each phase after they have completed the phase reflection to see what they have uncovered, set goals, provide education.

Potential Schedule for Phase Only One-On-One Meetings

Getting Started (Day 0) - Counseling session to review counseling plans using The Mindful Me tool, discussing the importance of active participation with the journaling process, provide a book or make sure they have purchased a book.

End of Phase One (Day 11) - Counseling session to review Phase One Reflection, set goals, provide support/education.

End of Phase Two (Day 21) - Counseling session to review Phase Two Reflection, set goals, provide support/education.

End of Phase Three (Day 31) - Counseling session to review Phase Three Reflection, set goals, provide support/education.


End of Phase Four (Day 41) - Counseling session to review Phase Four Reflection, set goals, provide support/education, and establish next steps.

Potential Schedule for Multiple One-On-One Meetings for Each Phase

Getting Started (Day 0) - Counseling session to review counseling plans using The Mindful Me tool, discussing the importance of active participation with the journaling process, provide a book or make sure they have purchased a book.

Mid-Phase (Day 4, 5, 6, OR 7) - Counseling session to check in on the journaling process, discussion of discoveries/barriers they are encountering, provide support/encouragement/education.

End of Phase One (Day 11) - Counseling session to review Phase One Reflection, set goals, provide support/education.



Mid-Phase (Day 14, 15, 16, OR 17) - Counseling session to check in on the journaling process, discussion of discoveries/barriers encountered, provide support/encouragement/education.

End of Phase Two (Day 21) - Counseling session to review Phase Two Reflection, set goals, provide support/education.

Mid-Phase (Day 24, 25, 26, OR 27) - Counseling session to check in on journaling process, discussion of discoveries/barriers encountered, provide support/encouragement/education.

End of Phase Three (Day 31) - Counseling session to review Phase Three Reflection, set goals, provide support/education.

Mid-Phase (Day 34, 35, 36, OR 37) - Counseling session to check in on the journaling process, discussion of discoveries/barriers encountered, provide support/encouragement/education.


End of Phase Four (Day 41) - Counseling session to review Phase Four Reflection, set goals, provide support/education, and establish next steps.

Small Group Counseling

Getting started - Review the goals of your time together and how you will be using **The Mindful Me Journey** tool as part of your small group time together. Reinforce instructions for journaling (outlined on pages 10-11 of journal) and the importance of putting in the time to journal briefly after each eating or exercise session so they can get the most out of your time together.

Each meeting - You can discuss phase discoveries and/or end of phase reflections depending on your meeting schedule.

- Using only the end of phase reflection prompts for discussion, you would meet after day 11, 21, 31, and 41. With the initial meeting, that would be about five group sessions.
- If your group meets more often, you could discuss phase discoveries and barriers as participants work through each phase of the program and then tackle phase reflections as they move through the 40 day program. Be sure all participants are sharing as you check in with their participation with the journaling process, and get a feel for what they are discovering or what their barriers to discovery might be.



Then after they have completed the phase reflection discuss those questions to see what they have uncovered and help guide next steps as they enter the next phase.

Potential Schedule for Phase Only Group Meetings

Getting Started (Day 0) - Group session outlining how you will be using The Mindful Me tool, discussing the importance of active participation with the journaling process, providing a book or making sure they have purchased a book.

End of Phase One (Day 11) - Group session to review Phase One Reflection discoveries and guide next steps as they enter phase two.

End of Phase Two (Day 21) - Group session to review Phase Two Reflection discoveries and guide next steps as they enter phase three.

End of Phase Three (Day 31) - Group session to review Phase Three Reflection discoveries and guide next steps as they enter phase four.

End of Phase Four (Day 41) - Group session to review Phase Four Reflection discoveries and guide next steps as they complete the program. Determine what areas of education and support are needed by the group based on what they uncovered in the program to formulate where the group should focus next.

Potential Schedule for Multiple Group Meetings


Getting Started (Day 0) - Group session outlining how you will be using The Mindful Me tool, discussing the importance of active participation with the journaling process, providing a book or making sure they have purchased a book.

Mid-Phase (Day 4, 5, 6, OR 7) - Group session to check in on the journaling process, discussion of discoveries/barriers they are encountering, provide support/encouragement/education to help them continue to move forward.

End of Phase One (Day 11) - Group session to review Phase One Reflection discoveries and guide next steps as they enter phase two.

Mid-Phase (Day 14, 15, 16, OR 17) - Group session to check in on the journaling process, discussion of discoveries/barriers they are encountering, provide support/encouragement/education to help them continue to move forward.

End of Phase Two (Day 21) - Group session to review Phase Two Reflection discoveries and guide next steps as they enter phase three.



Mid-Phase (Day 24, 25, 26, OR 27) - Group session to check in on journaling process, discussion of discoveries/barriers they are encountering, provide support/encouragement/education to help them continue to move forward.

End of Phase Three (Day 31) - Group session to review Phase Three Reflection discoveries and guide next steps as they enter phase four.

Mid-Phase (Day 34, 35, 36, OR 37) - Group session to check in on journaling process, discussion of discoveries/barriers they are encountering, provide support/encouragement/education to help them continue to move forward.

End of Phase Four (Day 41) - Group session to review Phase Four Reflection discoveries and guide next steps as they complete the program. Determine what areas of education and support are needed by the group based on what they uncovered in the program to formulate where the group should focus next.

Small Group and One-On-One Counseling Together

You can easily use this program as part of a balanced treatment approach using a combined small group and one-on-one care model.


Potential Schedule for Combined Small Group and One-On-One Care

Getting Started (Day 0) - Session outlining how The Mindful Me Journey tool will be used in both small group discussion time AND individual one-on-one sessions for 40 days of care. Highlight the importance of active participation with the journaling process, providing a book or making sure they have purchased a book. This can be done in a group or individual setting.

Mid-Phase Group (Day 4, 5, 6, OR 7) - Group session to check in on journaling process, discussion of discoveries/barriers they are encountering, provide support/encouragement/education to help them continue to move forward.

One-on-One Session (Day 4, 5, 6, OR 7) - Counseling session to check in on the journaling process, discussion of discoveries/barriers they are encountering, provide support/encouragement/education.

End of Phase One Group or One-on-One (Day 11) - Group session to review Phase One Reflection discoveries and guide next steps as they enter phase two.



Mid-Phase Group (Day 14, 15, 16, OR 17) - Group session to check in on journaling process, discussion of discoveries/barriers they are encountering, provide support/encouragement/education to help them continue to move forward.

One-on-One Session (Day 14, 15, 16, OR 17) - Counseling session to check in on the journaling process, discussion of discoveries/barriers they are encountering, provide support/encouragement/education.

End of Phase Two Group or One-on-One (Day 21) - Group session to review Phase Two Reflection discoveries and guide next steps as they enter phase three.

Mid-Phase Group (Day 24, 25, 26, OR 27) - Group session to check in on journaling process, discussion of discoveries/barriers they are encountering, provide support/encouragement/education to help them continue to move forward.

One-on-One Session (Day 24, 25, 26, OR 27) - Counseling session to check in on the journaling process, discussion of discoveries/barriers they are encountering, provide support/encouragement/education.

End of Phase Three Group or One-on-One (Day 31) - Group session to review Phase Three Reflection discoveries and guide next steps as they enter phase four.

Mid-Phase Group (Day 34, 35, 36, OR 37) - Group session to check in on journaling process, discussion of discoveries/barriers they are encountering, provide support/encouragement/education to help them continue to move forward.

One-on-One Session (Day 34, 35, 36, OR 37) - Counseling session to check in on the journaling process, discussion of discoveries/barriers they are encountering, provide support/encouragement/education.

End of Phase Four Group or One-on-One (Day 41) - Group session to review Phase Four Reflection discoveries and guide next steps as they complete the program. Determine what areas of education and support are needed by the group based on what they uncovered in the program to formulate where the group should focus next.