

# HOW CAN I HELP YOU...

Dale Martin is a registered Psychologist with 25 years of clinical experience. He has the following qualifications in Psychology:

- M.Sc.
- Dip of Psychology.
- Advanced Diploma in Buddhist Psychotherapy.
- Mindfulness Based Stress Reduction Teacher.
- Accelerated Experiential Dynamic Psychotherapist.
- He is a member of the Australian Pain Society as well as a member of the Australian College of Clinical Psychologists.



## HOW IS THE WEIGHT MANAGEMENT PROGRAMME RUN?

The programme takes place for one session per week for 6-8 weeks. Specific time tables are available on request.

It will compliment whatever medical treatments you may be presently receiving.

It is a way of doing something for yourself that no one else can do for you. Its aim is to assist you in taking better care of yourself, and in getting the most out of living.

### BRISBANE

Tattersall's Club Bld, Level 5/215 Queen St  
Brisbane City 4000

**Ph:** (07) 3331 8876

**Fax:** (07) 3041 0439

**Mobile:** 0418 740 821

**Email:** enquiries@dalemartin.com.au

### SUNSHINE COAST

Eugarie Specialist Centre  
Sunshine Beach Rd & Eugarie St  
Noosa Junction 4567

**Fax:** (07) 3041 0439

**Mobile:** 0418 740 821

**Email:** enquiries@dalemartin.com.au

[www.mindfulweightmanagement.com.au](http://www.mindfulweightmanagement.com.au)

[www.dalemartin.com.au](http://www.dalemartin.com.au)

GET CONTROL OF YOUR WEIGHT IN 8 WEEKS OR LESS

## Mindful WEIGHT MANAGEMENT



Learn the Psychology  
behind weight control





# WHAT IS MINDFULNESS

Mindfulness is being aware through the act of observing experience and includes:

- Observing mental activity - thoughts and feelings.
- Observing physical sensations - our body and its movements.
- Observing our physical surroundings and other people.
- Mindfulness is moment to moment, non judgmental attention to thoughts, feelings, physical sensations and surroundings while they arise in each moment.
- This skill is very effective in controlling weight loss and weight maintenance.



# WHAT IS MINDFUL EATING

Mindful Eating promotes and preserves both physical and mental health.

Mindful Eating is the conscious shifting of attention to the direct experience of one's body, feelings, thoughts and surroundings while performing the actions of food gathering, meal preparation, consumption and clean up of food.

Mindful Eating supports individuals to notice the states of mind and body that are present for them whether pleasant or not pleasant.

Mindful Eating is a skill that can be learned.

The frequency of mindful eating moments varies from meal to meal but increases with practice and commitment.

When Mindful Eating the approach is to eat the foods you love, but to eat them in a different way: with great attention, care and trust that you will be satisfied.



# THE MINDFUL EATER

The Mindful Eater is an individual who by choice is trained to all aspects of food and eating on a moment to moment basis.

- The Mindful Eater is trained to look at the immediate choices and direct experiences associated with food and eating: not to the distant health outcomes of that choice.
- The Mindful Eater accepts that his or her eating experiences are unique.
- The Mindful Eater is aware and reflects on the effects of unmindful eating.
- The Mindful Eater pays attention to any and all foods and is open to any food as an option.
- The Mindful Eater acknowledges that there is no right or wrong way to eat but varying degrees of awareness and skill surrounding the experience of food.
- The Mindful Eater experiences insight about how he/she can act to achieve specific health goals as he/she becomes more attuned to the direct experience of eating and feelings of health.