**Welcome to the Love Food, Live Well Programme**



Fed up of the continuous efforts of dieting and trying to fit this into everyday life?

Exhausted by planning and preparing different foods for different family members?

Feel ready for a change in how you (and your family) think about food and other elements of health?

**TIME TO REDISCOVER HOW TO LOVE FOOD AND LIVE WELL**

Designed and delivered by HCPC registered ***Clinical Psychologist***, ***Dr Victoria Baxter***, in collaboration with an NHS family nutritionist, this course uses evidenced-based Acceptance and Commitment Therapy (ACT) to help you break out of the diet trap and find a new way forward with food and health that feels instinctively “right” for you and your family.

This course aims to help you:

* + Learn to listen to your gut and enjoy food in a new way.
  + Identify what is most important to you and your family in all areas of health and enjoy making changes together.
  + Find effective ways of dealing with your mind and emotions to help you make changes for life (including letting go of “the food police” and the post-cake guilt!)
  + Learn how to navigate the minefield of information available about nutrition and apply this to your family’s personal circumstances.

**What is ACT?**

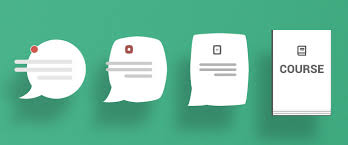
Acceptance and Commitment Therapy (ACT – pronounced as the word “act”) is a behavioural therapy that is about taking action guided by what is most important to you i.e behaving like the kind of person you want to be. This involves learning how to take thoughtful steps towards change whilst learning how to deal with your mind in the process.

ACT doesn’t promise an easy ride or “quick fix”, but it teaches people how to handle difficult thoughts and feelings to overcome barriers to change and is proven to alter people’s instinctive responses to difficult situations. In a variety of settings ACT has been shown to result in a wide range of benefits including improved mood, positive lifestyle changes, improved management of long-term health conditions (e.g., chronic pain) and generally equips people to make changes that are most important to them and enjoy overall improved quality of life.

**So why use ACT for this course that is focused upon relationships with food and lifestyle?**

In a society where we are so used to being told what we “should” do/eat/be like/aspire to/achieve etc, ACT can help us clarify what is really important and meaningful to *us* with our food and health habits.

ACT puts us back in control of our actions and helps to motivate, inspire and guide ourselves. ACT helps us learn new flexible ways of responding to our mind, thoughts, feelings, desires, urges etc and helps us make more mindful and considered decisions instead of reacting out of habit or driven only by emotion. This will inevitably impact upon our decisions in all areas of lifestyle such as our relationship with food, activity, sleep habits, leisure activities, relationships….and many more.



**What can I expect from this programme?**

The Love Food, Live Well programme will give you an introduction to ACT, provide you with tools to change the way you respond to challenging food and lifestyle choices and guide you through the process to help you start to make changes that feel right for you and your family. We will also help you navigate the range of information available regarding nutrition and health, with opportunities to ask questions to a qualified Healthy Family Specialist nutritionist.

The programme is delivered over 6 sessions (once per week, each session lasting 90 mins) to a group of up to 6 participants/families in each cohort. Resources are provided to help you take learning into everyday life and a number of sessions are designed around whole families with children welcome. To get the most from the programme everyone is encouraged to take part in “between-session practice” which may include written exercises, individual and family exercises and skills practice.

“Behind the scenes” the programme designer will engage in regular professional development activities as a requirement of HCPC registration as well as ongoing skill development through continuing NHS therapy work. Furthermore, the course is written in collaboration with a qualified nutritionist with regular consultation to ensure that the nutritional content is in line with the most up to date evidence.

**Ok – What Next?**

Simply contact the Love Food, Live Well team at [victoria.cairns@hotmail.co.uk](mailto:victoria.cairns@hotmail.co.uk) or via our facebook page and someone will be in touch to arrange a free no obligation telephone consultation. You will have the opportunity to ask any questions and tell us about your personal situation so we can make sure that this programme is going to be right for you (and your family where applicable) before you commit.

We look forward to hearing from you soon ☺