Foundations of Whole Person Integrative Eating

Course Syllabus



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WHOLE PERSON INTEGRATIVE EATING®

Foundations of Whole Person Integrative Eating
CERTIFICATE COURSE



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Creator: Course Syllabus

Written and created by nutrition researcher Deborah Kesten, MPH, Founder of **Whole Person Integrative Eating®** (WPIE), the syllabus for the Foundations of Whole Person Integrative Eating certificate course is based on the research and foundational work of Deborah and behavioral scientist Larry Scherwitz, PhD. Together, they have created a scientifically sound program that addresses the root causes of overeating, overweight, and obesity.

Foundations of Whole Person Integrative Eating
COURSE SYLLABUS

The evidence-based, 20-module **Foundations of Whole Person Integrative Eating® Certificate Course** gives you the step-by-step skills and tools you need to help clients, patients, and coachees eat less, weigh less, and enhance health. Without dieting.

The syllabus for the Foundations of Whole Person Integrative Eating (WPIE) certificate course is based on over 25 years of research by Deborah and Larry. Their research reveals how overeating, overweight, and obesity may be halted, even reversed, by replacing today's new-normal, statistically significant overeating styles they have identified, with the antidotes: the ancient/new elements of their scientifically sound Whole Person Integrative Eating® model and program.

The evidence-based Whole Person Integrative Eating *dietary lifestyle* you will learn about in the WPIE Certificate Course, offers a comprehensive, personal system that addresses the underlying and multidimensional causes of overeating, overweight, and obesity. Designed to be a lifetime practice, each core component of Whole Person Integrative Eating reinforces the others so that you are empowered to transform your relationship to food, eating, and weight.

Here are excerpts from the syllabus of the Foundations of Whole Person Integrative Eating Certificate Course. These include the course: **curriculum, objectives, aims, competencies**, **components**, and **final grade quiz**.

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Foundations of Whole Person Integrative Eating Certificate Course
Syllabus Creator: Deborah Kesten, MPH
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COURSE OBJECTIVES

Participants in the Foundations of Whole Person Integrative Eating Certificate Course will gain a basic understanding of the key components of the Whole Person Integrative Eating dietary lifestyle, as well as an introduction to using coaching skills to create WPIE-based behavior change, so that they can guide people from overeating, overweight, and obesity to the WPIE dietary lifestyle that lessens overeating and odds of weight gain.

Upon completion of the course, participants will be able to:

1. Define Whole Person Integrative Eating and describe its essential components.

2. Recognize the statistically significant physical, emotional, spiritual, and social overeating styles that are root causes of overeating, overweight, and obesity.

3. Replace the expert approach with the coach approach when working with clients, patients, or coachees so that they may implement the WPIE dietary lifestyle as a self-care practice.

4. Identify how food choices and eating behaviors influence physical, emotional, spiritual, and social well-being, and in turn weight and well-being.

5. Serve as a role model by committing to identifying their own overeating styles and improving and optimizing their relationship to food and eating by learning, implementing, and practicing the antidotes to the overeating styles, i.e., the Whole Person Integrative Eating dietary lifestyle.

COURSE AIMS

In this Foundations of Whole Person Integrative Eating Certificate Course (WPIE) participants will gain a basic understanding of the main components of Whole Person Integrative Eating, the research behind WPIE, and practical application using the coach approach when counseling patients about WPIE-based behavior change. Upon completion of the course students will be able to:

- **Understand** and implement the elements of Whole Person Integrative Eating from both experiential and client/patient-centered perspectives.
- **Acquire** an evidence-based understanding of the Whole Person Integrative Eating overeating styles and the seven core elements of the Whole Person Integrative Eating model and course.
- **Attain** Whole Person Integrative Eating assessment skills and practical tools to evaluate both yourself and clients/patients to manage the implementation and achievement of the Whole Person Integrative Eating dietary lifestyle.

The overarching aim of the Foundations of Whole Person Integrative Eating Certificate Course is to enable participants to confidently co-create WPIE-based food choices and eating-behavior goals with individuals while progressing toward the total integration of Whole Person Integrative Eating guidelines and principles.

Utilizing the coach approach, participants will be able to collaborate with individuals to identify their overeating styles, decide the order in which to address each overeating style, and then to implement the antidotes to the overeating styles, i.e., the seven elements of the Whole Person Integrative Eating model and program as a lifetime practice.

MODULE COMPETENCIES: Titles, Descriptions, Learning Objectives

MODULE 1: Introduction to Whole Person Integrative Eating

Description. This module defines Whole Person Integrative Eating (WPIE), describes its unique evolution, and introduces participants to the core components in the Whole Person Integrative Eating model and program.

Learning Objectives:

(1) Define Whole Person Integrative Eating (WPIE)
(2) Describe the discovery of WPIE
(3) Understand core components of Whole Person Integrative Eating (WPIE)

MODULE 2: Research on Whole Person Integrative Eating

Description. This module describes the research behind the Whole Person Integrative Eating model and program, and the role of the four dimensions of Whole Person Integrative Eating as determinants of overcoming overeating, overweight, and obesity. This Module also describes the discovery of the overeating styles linked to overeating, overweight, and obesity, and their antidotes: the elements of the Whole Person Integrative Eating dietary lifestyle.

Learning Objectives:

(1) Understand the science behind WPIE as a treatment for the nation's #1 health problems: overeating, overweight, and obesity
(2) Understand the food choices and eating behaviors linked with overeating
(3) Understand the statistically significant, new-normal overeating styles

MODULE 3: Meet the New Normal Overeating Styles

Description. This module reviews the statistically significant, new-normal overeating behaviors linked with overeating, overweight, and obesity. It describes the WPIE overeating styles and the specific behaviors linked with overeating and ensuring weight gain

Learning Objectives:

(1) Become familiar with the overeating styles and their associated eating behaviors
(2) Describe the "internal" and "external" overeating behaviors
(3) Understand the cultural significance of the new-normal overeating styles and their link to weight

MODULE 4: What's Your Overeating Style? Self-Assessment Quiz

Description. This module presents the key Whole Person Integrative Eating assessment tool. The overeating styles quiz is comprised of 76 elements, with emphasis on identifying an *individual's* food choices and eating behaviors linked with overeating and ensuing weight gain.

The Quiz serves as a screening and assessment tool relevant to overeating and ensuing weight gain, and provides:

1) a baseline for a person to understand the food choices and eating behaviors linked to their overeating;
2) an assessment tool for a health practitioner to begin to identify strategies for WPIE-based behavior change for the client, patient, or coaches.

Learning Objectives:

(1) Demonstrate ability to perform an overeating styles assessment
(2) Demonstrate ability to make overeating style recommendations based on assessment of a person's overeating styles
(3) Describe how to interpret the Quiz results
(4) Demonstrate how to screen, assess and monitor a person's overeating styles

MODULE 5: Are You Really Ready to Lose Weight?

Description. This module reviews the second assessment tool, the "5 stages of change," for practitioners to use when working with a client on the WPIE dietary lifestyle. The Quiz in the prior module, #4, identifies the person's overeating styles, while this module explores whether the person is truly ready to transition from their overeating styles to the elements of the WPIE dietary lifestyle…as a *dietary practice*…for life.

Learning Objectives:

(1) Become familiar with the "5 stages of change" as a tool to assess personal readiness
(2) Ascertain whether the person is ready to take action with WPIE, or if "pausing" and weighing pros and cons is a more effective strategy
(3) Understand when and if the person is ready to transform their relationship to food and eating, and move into the "action" stage.
(4) Create a personal action plan for transitioning into the WPIE dietary lifestyle.

MODULE 6: What's a Dietary Lifestyle, Anyway? (Hint: Overeating Styles Rx)

Description. This module focuses on Whole Person Integrative Eating as a *dietary lifestyle* that is a lifetime practice. It clarifies that WPIE is not a diet in the conventional sense of the word as a restricted way of eating that a person starts, then stops. Rather, the module provides an overview of how the WPIE dietary lifestyle is a way of life.

Learning Objectives:

(1) Understand that the WPIE model and program is a lifetime practice.
(2) Decide how to communicate the concept of "dietary lifestyle" to a person
(3) Discuss strategies to help a person transition into the WPIE program.

MODULE 7: Emotional Eating Rx: Positive Feelings

Description. This module provides a scientific overview of the WPIE statistics that identified Emotional Eating as a major overeating style, the specific emotions that are linked with Emotional Eating; and the WPIE "prescription" to Emotional Eating that benefited the thousands of research participants in our study on Whole Person Integrative Eating, overeating, and weight.

Learning Objectives:

(1) Understand the specific Emotional Eating behaviors we identified in our What's Your Overeating Style? Self-Assessment Quiz.
(2) Ascertain the food choices and eating behaviors that lessen Emotional Eating episodes.
(3) Describe the WPIE components of Emotional Eating self-management.
(4) Describe strategies for helping people understand the Emotional Eating behaviors they identified in the Quiz, while helping them make decisions about the WPIE antidote: WPIE-based food choices and eating behaviors that can help them overcome the Emotional Eating overeating style.

MODULE 8: Food Fretting Rx: Appreciate Food

Description. This module provides a scientific overview of the WPIE statistics that identified Food Fretting as a major overeating style, the specific Food Fretting overeating behaviors we have identified that are linked with Food Fretting and in turn overeating; and the WPIE prescription to Food Fretting that benefited the thousands of research participants in our study on Whole Person Integrative Eating, overeating, and weight.

Learning Objectives:

(1) Understand the specific Food Fretting behaviors and thoughts in our What's Your Overeating Style? Self-Assessment Quiz.
(2) Ascertain the WPIE eating behaviors and thoughts that lessen Food Fretting "think."
(3) Describe strategies for helping people understand the Food Fretting behaviors they identified in the Quiz, while helping them make decisions about WPIE-based steps they can take to replace Food Fretting with the WPIE antidote.

MODULE 9: Fast Foodism Rx: Get Fresh

Description. This module provides a scientific overview of the WPIE statistics that identified Fast Foodism as a statistically significant overeating style, the specific food choices linked with Fast Foodism overeating behaviors; and the WPIE prescription to Fast Foodism that benefited the thousands of research participants in our study on Whole Person Integrative Eating, overeating, and weight.

Learning Objectives:

(1) Understand the specific Fast Foodism food choices in our What's Your Overeating Style? Self-Assessment Quiz.
(2) Ascertain the WPIE food choices that lessen Fast Foodism and overeating.
(3) Describe strategies for helping people understand the Fast Foodism overeating style they identified in the Quiz, while helping them make decisions about WPIE-based food choices they can make to replace Fast Foodism with the WPIE antidote.

MODULE 10: Sensory Disregard Rx: Nourish Your Senses

Description. This module provides a scientific overview of the WPIE statistics that identified Sensory Disregard as a major overeating style, the specific Sensory Disregard overeating behaviors we have identified that are linked with Sensory Disregard and in turn overeating; and the WPIE prescription to Sensory Disregard that benefited the thousands of research participants in our study on Whole Person Integrative Eating, overeating, and weight.

Learning Objectives:

(1) Understand the specific Sensory Disregard behaviors and thoughts in our What's Your Overeating Style? Self-Assessment Quiz.
(2) Ascertain the WPIE eating behaviors and thoughts that lessen the Sensory Disregard overeating style.
(3) Describe strategies for helping people understand the Sensory Disregard eating behaviors they identified in the Quiz, while helping them make decisions about WPIE-based steps they can take to replace Sensory Disregard with the WPIE antidote.

MODULE 11: Task Snacking Rx: Mindfulness Eating

Description. This module provides a scientific overview of the WPIE statistics that identified Task Snacking as a major overeating style, the specific Task Snacking overeating behaviors we have identified that are linked with Task Snacking and in turn overeating; and the WPIE prescription to Task Snacking that benefited the thousands of research participants in our study on Whole Person Integrative Eating, overeating, and weight.

Learning Objectives:

(1) Understand the specific Task Snacking behaviors and thoughts in our What's Your Overeating Style? Self-Assessment Quiz.
(2) Ascertain the WPIE eating behaviors and thoughts that lessen the Task Snacking overeating style.
(3) Describe strategies for helping people understand the Task Snacking eating behaviors they identified in the Quiz, while helping them make decisions about WPIE-based steps they can take to replace Task Snacking with the WPIE antidote.

MODULE 12: Unappetizing Atmosphere Rx: Amiable Ambiance

Description. This module provides a scientific overview of the WPIE statistics that identified Unappetizing Atmosphere as a major overeating style, the specific Unappetizing Atmosphere overeating behaviors we have identified that are linked with Unappetizing Atmosphere and in turn overeating; and the WPIE prescription to Unappetizing Atmosphere that benefited the thousands of research participants in our study on Whole Person Integrative Eating, overeating, and weight.

Learning Objectives:

(1) Understand the specific Unappetizing Atmosphere behaviors and thoughts in our What's Your Overeating Style? Self-Assessment Quiz.
(2) Ascertain the WPIE eating behaviors and thoughts that lessen the Unappetizing Atmosphere overeating style.
(3) Describe strategies for helping people understand the Unappetizing Atmosphere eating behaviors they identified in the Quiz, while helping them make decisions about WPIE-based steps they can take to replace Unappetizing Atmosphere with the WPIE antidote.

MODULE 13: Solo Dining Rx: Share Fare

Description. This module provides a scientific overview of the WPIE statistics that identified Solo Dining as a major overeating style, the specific Solo Dining overeating behaviors we have identified that are linked with Solo Dining and in turn overeating; and the WPIE prescription to Solo Dining that benefited the thousands of research participants in our study on Whole Person Integrative Eating, overeating, and weight.

Learning Objectives:

(1) Understand the specific Solo Dining behaviors and thoughts in our What's Your Overeating Style? Self-Assessment Quiz.
(2) Ascertain the WPIE eating behaviors and thoughts that lessen the Solo Dining overeating style.
(3) Describe strategies for helping people understand the Solo Dining eating behaviors they identified in the Quiz, while helping them make decisions about WPIE-based steps they can take to replace Solo Dining with the WPIE antidote.

MODULE 14: In Action: The WPIE Guided Meal Meditation

Description. This module provides an experiential tool for practical application of all seven elements of the Whole Person Integrative Eating dietary lifestyle.

Learning Objectives:

(1) Understand how to apply all elements of the Whole Person Integrative Eating dietary lifestyle to every dining experience.
(2) Experience the beneficial influence of WPIE on overeating.
(3) Ascertain how the WPIE Guided Meal Meditation lessens overeating behaviors and food choices.
(4) Describe strategies for helping people utilize the WPIE Guided Meal Meditation as a vehicle for replacing overeating styles with the WPIE antidotes.

MODULE 15: WPIE Recipes: Fresh, Whole, Inverse

Description. This module provides a overview of how to put together the what-to-eat, fresh, whole, inverse-eating component of the Whole Person Integrative Eating model and program.

Learning Objectives:

(1) Understand how to apply the "fresh, whole food" element of the Whole Person Integrative Eating dietary lifestyle, to meals.
(2) Understand the beneficial influence of the WPIE "inverse eating" guideline.
(3) Describe strategies for helping people follow the "fresh, whole, inverse" WPIE, what-to-eat guideline.

MODULE 16: WPIE-Based Cooking

Description. This module highlights the common food denominators of cultures worldwide: inverse eating. It includes the story about a research project that shows how some Native American peoples who returned to their "food roots"; to their original cuisine, achieved weight loss, health, and healing.

Learning Objectives:

(1) Understand how a return to "ancient food wisdom" inherent in the Whole Person Integrative Eating model and program leads to health and healing.
(2) Understand how plant-based foods served as a staple, for millennia, for most cultures worldwide.
(3) Describe strategies for creating—and/or choosing—"fresh, whole, inverse" dishes and meals

MODULE 17: Expert Information Versus Coach Behavior Change

Description. This module introduces concepts about science-backed coaching for behavior change with clients, patients, or coachees, so that their ability to attain and maintain WPIE-based food choices and eating behaviors is enhanced. This module contrasts coaching with the more traditional expert-and-health-information approach.

Learning Objectives:

(1) Understand the difference between a coach approach and expert-based health information.
(2) Understand key coaching concepts that contribute to lasting change
(3) Understand how coaching-based behavior change enhances adherence to the WPIE dietary lifestyle.

MODULE 18: Implementing a WPIE Coaching Practice

Description. This module introduces the basic steps of WPIE-based coaching, the process of interpreting the two key WPIE assessment tools, and then applying basic coaching techniques.

Learning Objectives:

(1) Become familiar with the 7-Step WPIE Coaching Guide, the foundation of WPIE coaching.
(1) Understand how to apply coaching concepts to the client's results from the What's Your Overeating Style? Self-Assessment Quiz.
(2) Obtain strategies for applying the "5 stages of change" to support clients' WPIE-based behavior change.

MODULE 19: Mini-Workshop: Overcoming Obstacles

Description. This module introduces strategies to help clients overcome obstacles and challenges they could experience while transitioning from the overeating styles to the perennial principles of the Whole Person Integrative Eating dietary lifestyle.

Learning Objectives:

(1) Become familiar with stages of personal growth that can contribute to a client's self-efficacy.
(2) Apply coaching concepts that can help a client overcome blocks or obstacles s/he may experience.
(3) Know strategies that build self-efficacy and support behavior change.

MODULE 20: Putting It All Together: Your "Coaching Case Study"

Description. This module provides a basic template for writing up a "pre-and-post" WPIE intervention coaching case study, and a scientific overview of the Case Study Method.

Learning Objectives:

(1) Understand the key content to include in a case study.
(2) Know how to integrate Whole Person Integrative Eating concepts into a case study.
(3) Understand how to include WPIE- and coaching-based behavior change in a case study.

COURSE COMPETENCIES

At the end of the course, participants will:

1. Have a solid understanding of Whole Person Integrative Eating (WPIE) as a program for treating overeating, overweight, and obesity.

2. Apply Whole Person Integrative Eating, both personally and professionally, as an effective intervention for achieving “whole person” nutritional health and healing.

3. Acquire an understanding of the principles of Whole Person Integrative Eating to provide WPIE-based nutritional recommendations for clients/patients to overcome overeating, overweight, and obesity.

4. Be aware of the magnitude and health implications of the obesity epidemic, and will know how to apply and train clients/patients in the Whole Person Integrative Eating dietary lifestyle to support overweight people in overcoming overeating, overweight, and obesity.

5. Acquire Whole Person Integrative Eating assessment skills to evaluate clients/patients prior to working with them to implement and practice the Whole Person Integrative Eating dietary lifestyle.

6. Understand the relationship between the statistically significant overeating styles and overweight and obesity; and acquire knowledge of their antidotes, the WPIE education plan so clients/patients will have the WPIE-based self-care skills to manage and overcome overeating and ensuing weight gain.

7. Receive and experience a variety of tools in the field of coaching and behavior change that can be applied to WPIE-based prevention, management, and treatment of clients’/patients’ overeating, overweight, and obesity.

COURSE COMPONENTS

The core of the comprehensive Whole Person Integrative Eating training course includes the following components. Throughout the course, participants are required to access, participate in, and complete all components that are assigned in the 20 modules.

The core components of the Whole Person Integrative Eating certificate course include:

1. **Questionnaire**. The statistically validated “What’s Your Overeating Style? Self-Assessment Quiz,” which defines each individual’s overeating styles and root causes of overeating.

2. **Program**. Principles of the Whole Person Integrative Eating (WPIE) dietary lifestyle, and why and how they are the antidotes to overcoming the overeating styles and ensuing weight gain.

3. **Lectures**. PowerPoint lectures cover the four facets and six perennial principles of WPIE: Biological Nutrition, Psychological Nutrition, Spiritual Nutrition, and Social Nutrition, and their link to overcoming overeating, overweight, and obesity.

4. **Research**. Research articles on:

    - Whole Person Integrative Eating
    - WPIE overeating styles
    - Perennial principles of WPIE
    - How the elements of Whole Person Integrative Eating lead to weight loss, health and healing.

5. **Exercises**. Relevant modules will have exercises that provide an experiential opportunity to experience the didactic material addressed in the module.

6. **Quizzes**. At the end of each module, there is a practice quiz based on material from readings and lectures.

7. **Food**. This module offers insights into optimal foods based on WPIE guidelines; and how to put them together for health and healing.

8. **Recipes**. WPIE-based recipes are provided in the Whole Person Integrative Eating book, and in the cooking module.

COURSE COMPONENTS

(con't.)

9. **Training**. Using the WPIE overeating styles self-assessment quiz, the course will require participants to revisit their food choices and eating behaviors with the goal of synthesizing, translating, and applying the comprehensive Whole Person Integrative Eating course material, on an experiential level, to their own lives. Participants will be asked to keep a journal that reflects their experiences—challenges and successes—with Whole Person Integrative Eating.

10. **Coaching**. Participants will be given the skills to practice and apply key coaching concepts and behavioral methods to the WPIE dietary lifestyle. They will become familiar with the WPIE-based coaching steps and skills that support Whole Person Integrative Eating behavior change.

FINAL GRADE: COMPONENTS and EXPECTATIONS

The final grade, based on a multiple-choice exam, is determined by comprehension and completion of the following components.

Achieving 80%+ on the final exam is dependent on active participation in, and completion of:

(1) all course material and activities;

(2) achieving a strong comprehension of each of the following components of the Foundations of Whole Person Integrative Eating certificate course:

- Taking the What's Your Overeating Style? Self-Assessment Questionnaire
- Completing all assignments for all 20 modules:
- Assigned chapters in *Whole Person Integrative Eating* and *Feeding the Body, Nourishing the Soul*
- Selected research papers
- WPIE articles
- Viewing and listening to all video PowerPoint lectures
- Doing the journal exercises
- Filling out each module's practice quiz
- Understanding basic WPIE coaching concepts

Note from Deborah Kesten, MPH
Founder, Whole Person Integrative Eating

From children and t'weens to teens and adults, millions suffer from chronic overeating and concerns about their weight. The science-backed Whole Person Integrative Eating research by behavioral scientist Larry Scherwitz, Ph.D., and me, presents a simple yet powerful paradigm shift in our thinking about weight loss, showing that nourishing "all of you"—body, mind, soul, and social well-being—each time you eat, increases odds of attaining and maintaining weight loss.

The premise of the Whole Person Integrative Eating program is simple yet powerful: Identify the reasons you overeat (your overeating styles) and gain weight —with the illuminating self-assessment quiz— then overcome overeating and lose weight by replacing your overeating styles with the antidotes: the principles of the Whole Person Integrative Eating program. The combined effect of all seven 'ingredients' of Whole Person Integrative Eating leads to the transformative difference.

It is my hope that WPIE builds bridges between the millions who struggle with overeating and weight issues and the medical community. And that it inspires us all to re-envision our relationships with food, eating and weight, so that each time we eat, we are nourished… for life.

Thank you for your interest in Whole Person Integrative Eating.

— **DEBORAH KESTEN, MPH**
Founder, Whole Person Integrative Eating (WPIE)
Creator: WPIE Course Syllabus

CONTACT US

If you have any questions or would like additional information about the WPIE Certificate Course, please contact Deborah Kesten at Deborah@IntegrativeEating.com, with "WPIE Course Syllabus" as the subject.

Register for the WPIE Certificate Course

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