

# Appetite Awareness Training for Binge and Overeating

March 25, 2025 \ 9 am–11 am

**Live Webinar**

## Program Overview

Currently, 31.8% of North Carolina residents have a weight that would meet criteria for obesity. Binge and overeating increase the risk for obesity, which is associated with numerous comorbid conditions, including diabetes, cardiovascular disease, and various cancers. Binge eating is described by having episodes of eating large amounts while experiencing a sense of loss of control overeating. In contrast, overeating typically refers to eating more than intended, and does not involve loss of control. A specific CBT intervention, Appetite Awareness Training (AAT), has been successful in aiding participants to reduce binge eating and overeating. AAT includes instruction on emotional eating, understanding biological signals of hunger and satiety, and has aided in weight maintenance.

This program will examine the factors (e.g., trauma, stress, depression) that may increase binge and overeating in our clients, with particular emphasis on clients who are low income, and identify as a member from a racial/ethnic minority group. Recommendations for assessment will be provided. Finally, this presentation will present an overview of AAT, and provide clinicians with brief training on specific intervention components that may provide clients with coping skills to increase self-care and decrease binge and overeating.

## Who Should Participate

This workshop will be beneficial to behavioral health and human service practitioners, including psychologists, social workers, counselors, marriage and family therapists, substance use and addictions professionals, clinicians and all others interested in this topic.

As part of our commitment to diversity and inclusion, the Northwest AHEC provides compassionate education and respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability and age.

## Objectives

Upon completion of this program, participants will be able to:

- Identify factors that may increase binge and overeating among low-income and racial and ethnic minority women.
- Articulate relevant questions to guide assessments of client eating behaviors.
- Develop awareness of AAT, and specific interventions to reduce binge and overeating, and prevent weight gain.

Provided by:

Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and part of the NC AHEC System.



**Wake Forest University**  
**School of Medicine**

**NORTHWEST AHEC**  
PART OF NC AHEC

## Cost and Registration

\$50—Registration fee

Registration fee includes instructional and administrative costs, certificate of completion, and program materials.

Refund Policy— Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100 percent refund. Registrants cancelling between two weeks and five full business days prior to the first day of the event will be refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than five days before the activity. Cancellations must be in writing (email). You may send a substitute in your place.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as equipment, technology services, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

## Credit

- 2.0 Contact Hours from Northwest AHEC  
Licensed Clinical Social Workers may use contact hours from Northwest AHEC for license renewal.
- Northwest AHEC is recognized by the North Carolina Psychology Board as an approved provider of (Category A) Continuing Education for North Carolina Licensed Psychologists. This program will provide 2.0 contact hours of (Category A) continuing education for North Carolina psychologists. No partial credit will be given.
- 2.0 NBCC Contact Hours  
Northwest AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5465. Programs that do not qualify for NBCC credit are clearly identified. Northwest AHEC is solely responsible for all aspects of the program.
- Application has been submitted for 2.0 contact hours of General Skills Building credit from the North Carolina Addictions Specialist Professional Practice Board.



## Faculty

Rachel W. Goode, Ph.D, MPH, MSW is an Assistant Professor at the UNC-Chapel Hill, School of Social Work. Dr. Goode received her PhD, MPH, and MSW from the University of Pittsburgh. She is a public health and social work scientist with expertise in the design and delivery of health promotion interventions to prevent and treat obesity, and to treat disordered eating among individuals with overweight and obesity. Dr. Goode is a licensed clinical social worker and has practice experience with the treatment of eating disorders and obesity among clients in university counseling centers, and community-based mental health agencies. Most recently, Dr. Goode's research has focused on evaluating Appetite Awareness Training as an intervention to treat binge eating and reduce disparities in weight outcomes among African American women.

This presenter is being supported through a partnership between UNC-CH, School of Social Work and the NCAHEC Program.

## For More Information and Assistance

If you have any questions regarding registration, please contact Jasmine Mickens by email, [jmickens@wakehealth.edu](mailto:jmickens@wakehealth.edu) or by phone at 336-713-7757. Any requests for special services or auxiliary aids should be made to Jasmine Mickens at least five days prior to the activity.

**Note** – If you have not received confirmation of your registration 24 hours before the program date, please call Jasmine Mickens at 336-713-7757 or email [jmickens@wakehealth.edu](mailto:jmickens@wakehealth.edu) to verify the status of your registration.