



***Training Module for Counselors and Coaches
in the
Becky L. Jackson Eating Addiction Model***

An Intensive Program starting 2020

Track I – Counselors/Coaches in their own Addiction Recovery

This track is for professionals in their own addiction recovery. It will include how to apply the knowledge, wisdom and experience of their personal addiction recovery to an eating addict's recovery path.

Track II – Counselors/Coaches who are not in addiction recovery

This track is for professionals who want to utilize Becky's eating addiction model in their practice.

Certification Program

Upon evaluation and completion of one of these Tracks, there will be an option to work toward a Certification, which would allow for advertising that you have trained with Becky in the *Becky L. Jackson Eating Addiction Recovery Model*. Certification Program requires an additional 6 months of training, supervision and an opportunity for observation.

Weekly Sessions will include:

- How to screen for best results.
- Guidelines for helping a client stabilize their abstinence and recovery.
- How to guide the client from food plans to menus
- How to support and educate the client in transforming dieting mentality into recovery mentality.

- How to build a relapse prevention plan.
- How to create a shame-free environment.
- Addressing the deeper work of healing historical issues.
- Understanding and helping clients apply Becky's Inner Family Healing model.
- Identifying and addressing the #1 relapse problem, Body Image issues, for long-term stability.
- Tools for breaking dependencies on the eating addiction.
- Supporting the client in identifying old damaged beliefs.
- Guiding the client in creating new sane and sound beliefs to live by.

Requirements:

Have read *The Becky L. Jackson Eating Addiction Recovery Model, Dieting: A Dry Drunk* and *Dieting: A Dry Drunk, The Workbook*. (Books can be read concurrently during training.)

Fees:

Year program: \$4,960.00

A deposit of \$1,000.00 and 11 monthly payments of \$360.00, or \$3,720.00, for a **discount of 25%**, if paid in full at the time of signing up.

Certification Program Fee:

Six month add-on program: \$2,496.00

The certification would be renewed yearly and require six hour-long sessions for a **Fee of \$500.00**

Becky is targeting retirement within the next 10 years, so call 800-278-8050 or email her at Becky@eatingaddictionrecovery.com for more info.