



From Evidence to Practice: Integrating Mindful Eating into Clinical Care

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This workshop introduces mindful eating as an evidence-informed and clinically applicable approach that can help bridge the gap between research and clinical care. Within the field of eating disorders, where multidisciplinary and recovery-oriented care is essential, mindful eating may provide a supportive framework for enhancing awareness of internal eating cues, reducing automatic eating patterns, and fostering a more attuned and less judgemental relationship with food. In this context, mindful eating will be presented not as a stand-alone treatment, but as a supportive clinical practice that may complement nutrition therapy as well as broader psychological and behavioural interventions.

In line with the conference theme, “Narrowing the gap between research and clinical care,” the workshop aims to bring the core principles of mindful eating into practical and clinically relevant use. The session will address key concepts, including present-moment awareness, non-judgemental attention, awareness of hunger and satiety, sensory awareness, and the distinction between physical and emotional eating. Particular emphasis will be placed on the clinical relevance of these principles for individuals experiencing emotional eating, disordered eating attitudes, or difficulties in regulating eating behaviours.

The participants will learn more about the core principles of mindful eating and their relevance to clinical care.

The participants will learn more about how mindful eating principles can be integrated into patient-centred, multidisciplinary eating disorder care.

The workshop will actively engage participants through a combination of guided experiential activity and group discussion. It will begin with a brief mindfulness meditation to help participants focus on present-moment experience and prepare for the mindful eating practice. This will be followed by a short introduction to the hunger and fullness framework, inviting participants to reflect on internal bodily cues before the practice.

The central activity will be a guided mindful eating practice using an allergen-free fruit bar made with clean ingredients. Participants will be invited to explore the food through sensory observation, including looking, smelling, touching, hearing, and tasting, while attending to their thoughts, expectations, emotions, and bodily sensations in a non-judgemental way. They will also be encouraged to guess and discuss the possible ingredients of the bar on the basis of their sensory experience.

Following the exercise, participants will take part in brief group discussions focused on their observations, reflections, and any challenges that noticed during the practice. Short case-based discussions on emotional eating, distracted eating, and irregular eating patterns will also be included to support consideration of how mindful eating principles may be applied in clinical settings. Through these activities, participants will be encouraged to reflect on how a research-informed mindful eating practice can be adapted into feasible, compassionate, and patient-centred strategies for clinical care.