



**Mindfulness and Radical Acceptance for Weight Loss Four-week Workshop**  
**Dr. Megan Pietrucha - Clinical Psychologist**  
**Transformation Weight Control**  
**Wednesdays from June 4 to June 25**

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★ **Group Goals:**

- Deepen mindfulness and self-compassion around food and body
- Practice radical acceptance of current body, emotions, and cravings
- Reduce emotional reactivity and shame cycles
- Foster sustainable, values-driven behavior change rather than punishment-based motivation

🧘 **Week 1: Facing Reality – Accepting What’s Here**

**Theme: Awareness without Resistance**

- **Psychoeducation:**
    - What is Radical Acceptance? ("Accepting reality as it is — not approval, not resignation.")
    - Weight loss myths, shame, and the fantasy self
    - How fighting reality keeps us stuck (Hole in the Sidewalk poem)
  - **Practice:**
    - Radical Acceptance Mindfulness:  
*"This is happening. This is my reality. Right now."*
    - Mindful eating: Observe thoughts without judgment during eating
  - **Experiential Exercise:**
    - *Reality Check Meditation* – Sitting with body sensations and emotions exactly as they are
  - **Homework:**
    - Radical Acceptance Journal:
      1. What’s one reality I’m still fighting?
      2. How would it feel to soften around it?
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🧘 **Week 2: Sitting with Urges & Emotional Discomfort**

**Theme: Cravings are Waves, Not Enemies**

- **Psychoeducation:**
  - The nature of cravings: Impermanent, emotional, body-mind events
  - Emotional eating as an avoidance strategy
  - Radical Acceptance of uncomfortable urges
- **Practice:**
  - Urge Surfing + Radical Acceptance Mantra  
*"This feeling is here. I don't have to fight it or fix it."*
- **Experiential Exercise:**
  - *Urge Map* – Track an urge from beginning to end, labeling feelings and body sensations
- **Homework:**
  - Practice urge surfing at least twice before next session
  - Journal: "What happens when I stop fighting my cravings?"

### **Week 3: Body Acceptance and the Present Self**

#### **Theme: Making Peace with Your Now-Body**

- **Psychoeducation:**
    - Weight stigma, internalized shame, and the 'ideal self'
    - Body image as a mindfulness target
    - Accepting body sensations and appearances without collapse or denial
  - **Practice:**
    - Radical Body Scan: “This is my body, today. I meet it with openness.”
  - **Experiential Exercise:**
    - *Self-Compassion Mirror Practice* – Soft gaze exercise, practicing kindness while looking at your own reflection
  - **Homework:**
    - Write a letter to your current body from a place of acceptance and gratitude (even if it feels awkward)
    - Create a Radical Body Affirmation (example: "My worth is not measured by my weight.")
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### **Week 4: Living Your Values Beyond Perfection**

#### **Theme: Progress, Not Perfection**

- **Psychoeducation:**
  - Values vs. Goals
  - Building a life worth living (in whatever form our bodies are presently in)
  - Acceptance as a fuel for persistence and self-respect
- **Practice:**
  - Guided Visualization: Walking a path of values-based action
- **Experiential Exercise:**
  - *Values Clarification Worksheet* — Identify core health, self-care, and life values
- **Homework (Ongoing):**
  - Weekly Acceptance Reflection: “How did I practice acceptance and values this week?”
  - Set a sustainable action step aligned with values (e.g., cooking a nourishing meal, enjoying movement, setting boundaries)

#### **About Dr. Pietrucha**

Dr. Pietrucha is a licensed clinical and sports psychologist and has been on staff at TWC since our beginnings in March 2024. She specializes in eating concerns and weight control, body image, college student and athlete mental health, mood disorders, life transitions, stress management, effective communication, and performance psychology. Dr. Pietrucha also provides assessment services, supervision, and clinical consultations. She completed her bachelor's degree in psychology from Illinois Wesleyan University and her master's and doctoral degrees in clinical psychology from the Illinois School of Professional Psychology at Argosy University.

