



Media Contact Sheet

The Center for Mindful Eating
Post Office Box 88
West Nottingham, NH 03291
email: info@tcme.org phone: (603) 664-3444

Megrette Hammond Fletcher, M.Ed., RD, CDE

Dietitian, Certified Diabetes Educator, Writer
Wentworth-Douglass Hospital, Dover NH

Co-founder and President of The Center for Mindful Eating; professional speaker on nutrition counseling, eating disorders, mindful eating; author of articles about mindful eating for both consumers and professionals.

Expertise and Interests:

- Diabetes
- Nutrition
- Obesity, bariatric, eating concerns
- Mindful eating with children and their families

Availability: Interviews, speaking engagements, workshops and professional trainings

Contact: (603) 778-5841, Megrette@gmail.com, www.megrette.com

Jan Chozen Bays, Roshi, MD

Pediatrician, Mindfulness Instructor, Writer
Abbot of Great Zen Monastery, Portland, OR

Vice-President of The Center for Mindful Eating; Abbot of Great Vow Zen Monastery; author of *Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship to Food*, provides training in mindfulness and mindful eating.

Expertise and Interests:

- Zen practice and meditation
- Pediatrics

Availability: Interviews, speaking engagements, workshops and professional trainings

Contact: chozen@greatvow.org, www.zendust.org

Jean Kristeller, Ph.D.

Clinical and Research Psychologist
Department of Psychology, Indiana State University, Terre Haute, IN

Developer of Mindfulness-Based Eating Awareness Training (MB-EAT). Research on both meditation-based therapies and eating regulation issues for over 25 years, with multiple publications. NIH-funded research currently investigating MB-EAT for treatment of obesity.

Expertise and Interests:

- Obesity, binge eating disorder and bariatric surgery
- MB-EAT NIH-funded research and training
- Spiritual aspects of food and eating
- Therapeutic applications of meditation

Availability: Interviews, speaking engagements, workshops and professional trainings

Contact: (812) 237-2467, Jean.Kristeller@indstate.edu

Charlotte Wilkins, MSW, LCSW

Psychotherapist, Mindfulness Instructor
Center for Mindful Living, Hartford CT, Director/owner

Teaches programs for the general public: Mindful Eating programs; Mindfulness-Based Stress Reduction (MBSR); Mindfulness-Based Cognitive Therapy (MBCT). Teaches trainings for professionals: Mindful Eating/Conscious Living (MECL); Mindfulness-Based Stress Reduction (foundational); MBCT/MBSR Intensive (Advanced). Consultation and supervision available for professionals teaching these programs or incorporating mindfulness into their work.

Expertise and Interests:

- The intersection of abuse and disordered eating
- Mindfulness-based therapy with women who have experienced childhood sexual, physical, verbal or emotional abuse
- Binge eating and compulsive overeating
- Basic mindfulness meditation instruction

Availability: articles, interviews, speaking engagements, workshops and professional trainings

Contact: (860) 402-9333, info@amindfulpath.com, www.amindfulpath.com

Caroline Baerten, Dietitian RD

Mindfulness-based Dietitian/RD, Integrative Psychotherapist
MeNu, Health Centre for Mindful Eating and Nutrition, Brussels, Founder/Owner

Mindfulness-Based Stress Reduction (MBSR) trainee and a student of Zen Master Thich Nhat Hanh at the Institute of Applied Buddhism (Germany). Founder of MeNu, a health centre for mindful eating and nutrition in Europe, Brussels; Mindful Eating trainer.

Expertise and Interests:

- Disturbed eating behaviour, overweight/obesity
- Bulimia, Anorexia
- Professional training in mindful eating
- Sustainability

Availability: Training for professionals, workshops, speaking engagements, interviews

Contact: caroline@me-nu.org, www.me-nu.org

Speaks Dutch, English, French

Marsha Hudnall, MS, RD, CD

Mindful Eating Counselor, Registered Dietitian, Writer
Green Mountain at Fox Run, Ludlow, VT, President/Owner

Expertise and Interests:

- Women who struggle with overeating and weight
- Binge Eating

Availability: Training for professionals, workshops, speaking engagements, interviews

Contact: mhudnall@tds.net, www.fitwoman.com

Cheryl Wasserman, MA, LPC, NCC

Psychotherapist
Alliance Therapy Associates, Owner

Teaches mindful eating and mindfulness skills to clients, Trains professionals in mindful eating, speaker.

Expertise and Interests:

- bariatric surgery patients, (pre- and post-operatively)

- mindfulness for the treatment of depression, anxiety and stress
- training for psychotherapists

Availability: Training for professionals, workshops, speaking engagements, interviews

Contact: cheryl.wasserman@sbcglobal.net, www.mindfuleatingforlife.com, www.mindfullivingforlife.com, (314) 583-4748, (314) 991-6730