

# Help Your Clients Climb Out of the Rabbit Hole

## Practical Strategies for Clients to Make Peace with Food and Expand Their Diet

October 4/20; Wendy Busse, MSc, RD – FAST Freedom Program Director; [wendy@wendybusse.com](mailto:wendy@wendybusse.com); (403) 340-1035  
Recordings and upcoming webinars: <https://fastfreedomprogram.com/public-resources/webinars/>

### Key Messages

**#1 Our ultimate goal is to help clients find peace with food.**

**#2 Active, non-judgemental listening will soften your client's distress.**

**#3 Self-reflection questions will help your client explore their experience and food/symptom beliefs.**

*"How much time do you spend each day trying to decide what to eat?"*

*"You've done a lot of internet research. Have you been able to find the answers you are looking for?"*

*How has your life been impacted by this search?*

**#4 Clients may be angry if you debunk a theory they believe in.**

**#5 Establish a strong rapport before mentioning the Food Avoidance & Sensitivity Trap.**

What would you like to change in your practice?