

CEA-HOW WORKSHOP GUIDELINES

(Guidelines prepared by CEA-HOW WSBC Education Committee)

These guidelines are intended to provide basics to assist in creating and presenting workshops. Workshops are a good way to expand on principles of the Compulsive Eaters Anonymous – HOW (CEA-HOW) program. They can be part of a day-long event, our annual CEA-HOW Convention, regional retreats, or a special morning or afternoon in your area. Workshops can be sponsored by Intergroups/Areas, including Phone Bridge.

Topics need to be of **general** interest to the CEA-HOW fellowship.

Observe Requirements for Meetings

1. Draw from and adhere to CEA-HOW 12 Steps and 12 Traditions, CEA-HOW Concept, 7 Tools
2. Refrain from referring to outside issues
3. No mention of specific foods
4. Use and refer only to CEA-HOW approved literature
5. Abstinence requirements: Area/Intergroup -6 months, Retreat/Convention- 12 months CEA-HOW abstinence for all special events – have completed all 12 steps of CEA-HOW program
<see p.4 of the *CEA-HOW Sponsor Guidelines*>

Once you have chosen a topic, you are ready to organize your workshop. Some considerations are helpful and might look like this:

Suggested Guidelines

1. Set a date
2. Select a title and/or theme
3. Write an outline which could be:
 - a. Opening – a prayer
 - b. Review of 12 Steps or CEA Concept
 - c. Include explanations drawing from approved CEA-HOW literature on the theme (include information on what literature it referenced and where to find it)
4. Select and discuss with a panel of speakers
5. Include visuals when and where appropriate
6. Allow time for discussion and questions (20—30 minutes)
7. Thanks to participants/attendees and acknowledgements
8. Closing prayer

Workshops on subjects of interest to compulsive eaters are a great opportunity to than is possible at meeting. They can be a good vehicle to expanding knowledge on our program and bring us together with other members. Take time to plan and **HAVE FUN!!**