

Megrette Fletcher M.Ed., R.D., CDE, LD

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- 10/01- **Wentworth-Douglass Hospital** Dover NH
Seacoast leading area hospital committed to serve the health needs of the local community. **Diabetes Educator:** Providing individual and class education for patients and professionals for the treatment of diabetes. Additional services include kids camp, insulin pump training, continuous glucose monitoring, and inpatient coverage
- 6/05- **The Center for Mindful Eating** www.tcme.org
The Center for Mindful Eating, TCME is a non-profit, multidiscipline organization. The mission of TCME is to help professionals and institutions implement the principles of mindful eating into new and existing programs. The center does not see individual patients. The Center for Mindful Eating was the vision of Megrette and in June of 2005, herself, (Ms) Dharmacharini Amala and Dr. Jean Kristeller began to make this vision into a reality. **Co-Founder and Elected President** 2013-2016
- 8/94-1/01 **Martin's Point Health Care** Newington NH
Health care agency serving the needs of retired military, their families and the local community. **Diabetes Educator:** Individual and group counseling. **Counseling Dietitian:** Providing risk reduction and nutrition counseling for patients with elevated cholesterol and class development for the health education programs offered at Martin's Point.
- 2/94-12/99 **Owner -- Nutrition Education** Nottingham NH
Services provided include: **Consulting:** Contracted to provide nutrition services to long term care facilities and health care agencies. **Public Speaking:** Contracted speaker for Matthew Thornton Health Plan, providing nutrition lectures for corporate clients. Additional lectures done for, Rye Public Schools, Portsmouth Jr. High School, and Woman's Health Consortium, State of Maine WIC Fall Meeting, MA Dietetic Association Annual Fall Meeting, Nutrition Entrepreneurs regional workshop. **Workshop Leader:** Instructor for University of New Hampshire Continuing Education and University of Southern Maine. Taught: *Nutrition Therapy for Eating Disorder Patients* and *Nutritional Treatment, Self Care Techniques for Patients with Eating Disorders*, and *Effective Nutritional Counseling: Learning Ways to Empower Patients to Change*. **University Instructor:** College of Life Long Learning: *Nutrition, Concepts and Controversies* and New Hampshire Community and Technical College: *Understanding Normal and Clinical Nutrition*.
- 2/94-10/98 **Eating Disorders Counseling -- Nutrition Education** Portsmouth NH
Self-employed Registered Dietitian providing nutrition services and specializing in the emotional and motivational issues surrounding food. This included the treatment of eating disorders, chronic diseases and weight loss management. **Publisher and Editor** of *Nourishment!*, a quarterly newsletter, started 1995 which grew to a circulation of 2000. Written with the goal to help clients "Discover Joyful Eating". This gentle newsletter was designed to motivate clients to address the underlying feelings around food. It included resources, workshops that were offered in the community, as well as poems, and articles submitted by other professionals or clients.
- 6/97- 3/98 **Strafford Guidance Center** Dover NH
Non-profit community mental health agency serving Strafford County.
Nutrition Therapist: Pathways Partial Hospitalization Eating Disorder Program. Responsibilities include program, class, menu, marketing development for a new partial hospitalization program.
- 4/94-8/97 **Salem Medical Center** Salem MA
A 400 bed acute care and rehabilitation hospital in Salem Massachusetts.
Per-diem Dietitian: Salem Medical Center providing medical nutritional therapy for the in-patient, rehabilitation hospital and out patient department.
- 10/92-1/94 **New England Memorial Hospital** Stoneham, MA
A 160 bed medical and behavioral hospital providing medical and mental health care for the surrounding communities. **Clinical Dietitian/Eating Disorder Specialists:** Provided nutritional counseling specializing in Eating Disorders, Pediatric and Maternity patients.

Publications: Partical Listing

The Fourth Step: Mindful Eating and Relapse Recovery -- *Food for Thought*, Patient Newsletter -- TCME.org, Spring 2009
Exploring the Use of Mindful Eating Training in the Bariatric Population, *Baratric Times*. Nov/Dec 2007 Vol. 4, num 9.

Food Triggers: Food for Thought Newsletter -- TCME.org, Spring 2008

Ways That Dietitians Use Mindfulness and Mindful Eating in Nutrition Counseling. *ADA-DPG Public Health and Community Nutrition Practice Group*, Fall 2007

Mindful Eating Tuning In To Your Food, *Diabetes Self-Management*, Feb/March 2007

Mental Wellness and How to Help Your Clients Find It, *Social Work Today*, Jan/Feb 2006

Interpersonal Neurobiology in Nutrition Counseling, *Today's Dietitian*, 2/2006

Helping Clients Change by Promoting Mental Wellness, *Today's Dietitian*, 7/2006

Learning to Slow Down: *Food for Thought*, Patient Newsletter Winter, 2006

Exploring Mindful Speech, *Today's Dietitian* 10/2005

Research Supporting Mindful Eating: January 2012 DPG professional Medical Nutrition Practice Group Winter 2012 Newsletter

What Portion is Your Hunger? Feb 2014, Diabetes and You, Walgreens website

A Tasty Way to Manage Stress. Feb 2014, Diabetes and You, Walgreens website

Mindfulness and coaching: What does nonjudgmental mean? Dec 2015. Weight Management DPG Newsletter

Mindful Eating in Six Simple Steps. Feb 2016, RD411 - CPE corner/Skelly Publishing - Continuing Education Program.

Books:

Discover Mindful Eating: A reference of handouts for health professionals, Skelly Publishing 2010

Eat What You Love, Love What You Eat with Diabetes, New Harbinger Publishing, April 2012

Discover Mindful Eating for Kids, Skelly Skills Publishing 2013

Publication Reviewer:

Thompson/Delmar Educational

- Risk reduction for chronic complications of diabetes
- Tracing Quality in Type 1 Diabetes.

Mindfulness (professional peer reviewed journal)

Professional Activities:

1997. NHDA/MDA: Reimbursement committee, 1996-1997 Co-Chair for NSPS.

1998. 1997 co-recipient of the Maggie Ternanko Award, NHDA.

1995-2000 Co-Leader of New Hampshire Nutrition Therapist group.

1998-2000 Nutrition Entrepreneurs -- Chair of Nutrition Therapist Sub Unit

Education:

Feb 2016 Motivational Interviewing Training HETI

May 2000 Certified Diabetes Educator

1992 M.Ed. Nutrition Education -- Framingham State College

9/91-5/92 Preprofessional Practice Program -- Framingham State College

A 9 month internship program required by the ADA to become a Registered Dietitian.

1987 B.S. Degree Nutrition - University of Rhode Island

Lectures/Workshops/Teleconferences (partial listing)

March 25th, 2006 5th Annual NIAC & HIV/AIDS DPG Conference: Advanced Interviewing Skills: Motivational Counseling, Mindful Eating & Beyond

September 12, 2008 Toronto Canada: DES/CDENT Mindfulness in Diabetes Care

October 27, 2008: ABC7 Chicago Interview with Sylvia Perez 5-4-3-2-1 GO! program.

October 21, 2008: Teleconference TCME: Working with Food Triggers

October 27, 2008: Chicago IL, ADA FNCE -- Bell Institute of Health and Nutrition -- Mindful Eating in a 21st Century World: ADA FNCE -- Bell Institute of Health and Nutrition

December 1, 2008: Teleconference TCME: Looking Deep

January 12, 2009: Teleconference TCME: What's Your Excuse?

February, 2009: Brown University, Providence RI: Understanding Mindful Eating.

April 6, 2009: Teleconference TCME: Using the concepts of Mindful Eating in a diabetes self-management program.

October 21, 2009: Denver CO, ADA FNCE Improving Self-Management with Mindful Eating (co-presented with Michelle May, MD)

Nov 6, 2009: Conway NH, Diabetes Today Conference, Improving Self-Management with Mindful Eating

2009: Skelly Publishing -- Mindful Eating: What it is, Why Your Clients Can Benefit, and How to Start Using It. On demand teleseminar

2010: Skelly Publishing -- Using Mindful Eating with your Clients. On demand teleseminar

2010: Skelly Publishing -- Using Mindful Eating in the Real World: Using Mindful Eating with Multicultural and Low-Health Literacy Clients. On demand teleseminar.

2011: Skelly Publishing -- Taking the Walk with your Diabetes Clients: Empowerment, Engagement and Emotion in Diabetes Education. On demand teleseminar

April 29, 2011 Maine Dietetic Association State Conference: Mindful Eating As A Nutrition Counseling Tool. (co-resented with Amy Aubertin MS, RD, LD)

Aug 4, 2011: Las Vegas NV, American Association of Diabetes Educators Annual Meeting. Diabetes and Mindful Eating: Helping patients develop maintainable self-care behaviors by teaching tin the 'Now'.

Oct 2, 2011: American Association of Diabetes Educators Maine State Meeting. Diabetes and Mindful Eating: Helping patients develop maintainable self-care behaviors by teaching tin the 'Now'.

Nov 2, 2011: Moderator of the American Dietetic Association teleseminar: How to Eating Mindfully in a Mindless Eating World: Helping Clients Manage Weight Effectively.

Nov 4, 2011:12th Erik Cogswell Memorial Conference: Mindful Eating

April 17, 2012 Using Mindful Eating to Improve Diabetes Management, The Beverage Institute

October 7, 2012 Food Nutrition Conference and Expo, Using Mindful Eating to Improve Diabetes Management

March 21, 2013, Developing A Practice of Healthy Eating, Webinar by Academy of Nutrition and Dietetics Weight Management DPG.

August 4, 2013: AADE National Conference, Philadelphia PA

Oct 14, 2014: Diabetes Today Conference, Dover NH

Feb 2014: Diabetes Influencer, Omni Health

July 7, 2015 Skelly Skills Webinar Diabetes

Oct 1, 2015 Diabetes and Mindful Eating: Exploring Hunger & Blood Sugar with your Clients, The Center for Mindful

Eating Webinar

January 2016: Core Concepts in Mindful Eating 10-week professional training for dietitians

April 15-16, 2016: Yogurt in Nutrition Conference - San Diego CA, Dannon International

Nov 15, 2016, Shame and the Holidays, Skelly Skills Webinar

2016: Skelly Publishing -- The Weight of Shame On demand teleseminar

Retreats

2011 - Current 3-Step Mindful Eating retreat, Aryaloka NH

Websites:

www.tcme.org: TCME is a non-profit, professional organization that created the principles of mindful eating. Additional resources (print, audio recordings, live teleconference) are available for both professionals via membership and the public for free that explain the concept of mindful eating. Megrette Fletcher contributed to the content and maintenance and creation of this site.

www.mindfuleatinganddiabetes.com: Is a public website created and maintained by Michelle May, MD and Megrette Fletcher, M.Ed., RD, CDE. The intent of this site is to offer individuals with diabetes a place to explore the concept of mindful eating. The blog site offers annually 26 postings regarding mindful eating and diabetes. Megrette Fletcher contributed to the content and creation of this site.

www.megrette.com: Is a website created by Megrette Fletcher M.Ed., RD, CDE. that identifies resources she and other professionals offer that explain the concept of mindful eating. Resources include: Writing, Supervision for Dietitians, Workshop and link to related websites. Megrette Fletcher contributed to the content and maintenance and creation of this site.

Disclosure Statement

Unpaid

2005: Co-founder, The Center for Mindful Eating, TCME.org

2007-2011 Executive Director, The Center for Mindful Eating, TCME.org

2009: Diabetes and Mindful Eating blog

2009: Co-presenter FNCE with Michelle May, MD.

2010: Resources for Mindful Eating blog

2010: Skelly Publishing, Lecture on Mindful Eating

2010: Reviewer: Skelly Publishing -- CME/CPE workshops

2011: Board Member, The Center for Mindful Eating, TCME.org

2012: Co-presenter FNCE with Michelle May, MD.

2013: Workshop Before, During and After the Bite - mindful eating retreat. Aryaloka.org

2013-2016: President, TCME.org

Paid

2005 - DPG HIV/AIDS -- Lecture on Mindful Eating and Nutrition

2005-2010: DayOne Publishing: Discover Mindful Eating

2008: FNCE Presentation for The Bell Institute for Health and Fitness, General Mills corporation

2008: Women's College Canada -- Lecture on Mindful Eating

2009: Brown University -- Lecture on Mindful Eating

2010: Skelly Publishing, Mindful Eating Webinar

2010: Skelly Publishing, Discover Mindful Eating Book and CPE program

2011: New Harbinger Publishing: Eat What You Love, Love What You Eat with Diabetes

2012: Co-presenter Beverage Institute with Michelle May, MD.

2012: Workshop Skelly Publishing

2016: YINI conference

Business Partnerships

2009: Michelle May MD, Am I Hungry LLC blog: Diabetesandmindfuleating.com