

RAVES

A back pocket guide to developing positive food relationships

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RAVES is an evidence informed framework that supports the development of positive food relationships through combining science and personal values. With years of practical clinical application in the fields of eating disorders and weight concerns, RAVES is the perfect “back pocket tool” to guide change for your clients in moving toward intuitive eating practices.



THE THREE PHASES OF RAVES

Phase 1: Regularity and Adequacy - Prioritises nutritional rehabilitation, medical stability, and physiological adaptation to improved eating patterns. In theory, this phase can be achieved with very limited variety in food choices.

Phase 2: Variety, Eating socially, and Spontaneity – This is where the magic happens! Clients begin to enjoy food, experience improvement in quality of life, and reconnect socially with friends and family. Flexibility and a move away from eating based on rules and cognitions lays a platform for trusting food decisions, the body response, and eating intuitively.

Phase 3: Intuitive Eating Practices – Bringing it back to basics, where it all began when we emerged from the womb. No thinking about food, just using our inherent intuition.