

# ADAPT 6-Week Gut Health Group

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# ADAPT Gut Health Group Program

## INTRODUCTION

The **ADAPT Gut Health Group Program** offers coaches and clients a group health coaching program designed to address gut health from a Functional Health and ancestral lifestyle perspective using the ADAPT Model of Health Coaching, suggested resources and materials from the ADAPT course, and Chris Kresser's website and blog.

The handouts used in the ADAPT Health Coach Training Program, in addition to Chris Kresser's blogs, articles, and eBooks, are acceptable resources to offer your group members as you coach them toward becoming their own gut health advocates and change agents from the inside out.

## GENERAL GROUP RESOURCES

Use the following group resources as you see fit and at your discretion to support members' learning and progress. If choosing to use the Food Survey, Eating Habits, and Metabolic Assessment, be mindful of the Health Coach Scope of Practice. These particular resources are intended to support clients' awareness, influence their choices, and inform conversations with their practitioner, if necessary.

- [Group Coaching Agreement](#)
- [Food Survey](#)
- [Eating Habits](#)
- [Metabolic Assessment Form](#)
- [Goal Sheet](#)
- [7-Day Food, Stress Management, and Sleep Log](#)
- [Pre-Group](#) and [Post-Group](#) Forms
- [Gut Health](#) eBook
- [Beyond Paleo: Heal Your Gut](#)
- [9 Steps to Perfect Health: how to Heal Your Gut Naturally](#)
- [How to Make Lifestyle Changes and Build New Habits](#)
- [Meal Prep: Your Best Tool for Healthy Eating](#)

## GUT HEALTH GROUP OPTIONS

Below are optional gut health group coaching options to offer your clients.

**Paleo Reset (PR):** a gut health reset using a Paleo approach that includes no dairy, alcohol, caffeine, sugar/sweeteners, or artificial foods.

- **Week 1**—Preparation week, kitchen cleanout, stocking up, meal planning, initiating support, anticipating obstacles
- **Weeks 2 to 5**—Reset phase, mindful eating, sleep, stress/relaxation
- **Week 5**—Discussion of the food reintroduction process
- **Week 6**—Integration, insight, awareness, and next steps

- **Resources:**
  - [Paleo Staples: 9 Simple and Easy Recipes to Make At Home](#)
  - [How to Prevent Diverticulitis Naturally](#)

**Microbial Reset (MR):** with low fermentation/low FODMAPs.

- **Week 1**—Preparation week, elimination of gluten, added sugars, and alcohol from the diet
- **Weeks 2 to 5**—Low fermentation/low FODMAPs
- **Week 5**—Start reintroduction of low fermentation/low FODMAP food category one at a time
- **Week 6**—Integration, insights, awareness, and next steps

**Intermittent Fasting (IF):** reducing to two meals daily (PR or MR), eaten within an eight-hour window.

- **Week 1**—Preparation week, elimination of gluten, added sugars, and alcohol from the diet
- **Weeks 2 to 5**—Low fermentation/low FODMAP (MR) or PR with IF
- **Week 5**—Reintroduction of low fermentation/low FODMAP (MR) food category or restricted foods from PR one at a time
- **Week 6**—Integration, insights, awareness, and next steps

You may also include keto, autoimmune protocol (AIP), gastroesophageal reflux disease (GERD), specific carbohydrate diet (SCD), and gut and psychology syndrome (GAPS) group coaching options. Simply follow the same structure as the group options above.

## SIX-WEEK GROUP OUTLINE

The Gut Health Group Program is designed for individuals seeking to improve their overall gut health and individuals with gastrointestinal (GI) issues, discomforts, or complaints. It's a six-week program that emphasizes nutrition, stress management, sleep, eating awareness, and information/resources (i.e., probiotics, basic digestive support, general symptom management).

### Session 1: Beginnings/Visioning

- **Opening**
  1. Welcome members
  2. Leader introduction/discussion of the Health Coach Scope of Practice
  3. Member introductions
  4. Check-in activity
- **Working**
  1. Discuss ground rules/confidentiality/cultivating psychological safety
  2. Wellness vision (*invite members to share their vision, a long-term goal, and one to two short-term goals that they would like to achieve during the six-week group experience.*)



3. Discuss the importance of gut health to overall health and wellness
  - Discuss why GI health is important to overall health
  - Discuss when to seek professional help for GI symptoms (*burning, blood in stool, emesis, no improvement of symptoms when following this program/protocols.*)
  - Discuss the migrating motor complex and meal timing
  - Discuss prepping for diet intervention (*i.e., removal of sugar, caffeine, alcohol, gluten; kitchen cleanout, planning and prepping meals.*)
  - Discuss meal, stress, and sleep tracking log and/or apps for logging
  - Share handouts:
    - Introduction to Gut Health
    - Prescribed Nutritional Protocol (*PR, MR, AIP, IF, or other practitioner-recommended nutritional intervention*)
      - Example: **Why A Ketogenic Diet?**
4. Engaging and opening the conversation
  - Insights gained from the pre-group materials (optional)
5. Focusing
6. Evoking: deepening the conversation
7. Pausing before planning
8. Planning/movement/support structures
  - Invite members to create a buddy system for checking-in between group sessions (optional)
- **Closing**
  1. Close the session (*Bringing the conversation to an intentional close. You might summarize themes or key insights, thank members for their contributions, and celebrate their courage.*)
  2. Check-out (*Optional: See Coach Resources.*)
- **Resources:**
  - **Kitchen Cleanout Cheatsheet**
  - **Guide to Meal Planning**
  - ***Meal Prep: Your Best Tool for Healthy Eating***
  - **Behavior Change Basics**
  - **Mental Loopholes**
  - **Habit Formation and Reversal Worksheet**

## Session 2: Beginnings/Visioning

- **Opening**
  1. Review ground rules/confidentiality/cultivating psychological safety
  2. Check-in activity/celebrate WINS/goals check-in



- **Working**

1. Discuss selected/prescribed diet approach
  - Review resources/handouts shared in week 1
  - Share additional handouts/resources (optional)
2. Engage/open the conversation
  - Insights gained from homework, logs, goal sheets, etc. (optional)
3. Invite members to set the agenda
4. Evoking: deepening the conversation
5. Pausing before planning
6. Planning/movement/support structures

- **Closing**

1. Closing the session
2. Check-out (*Optional: See Coach Resources.*)

- **Resources:**

- [\*\*\*A Complete Guide to the Keto Diet\*\*\*](#)
- [\*\*\*AIP for IBD: The Paleo Autoimmune Protocol and Inflammatory Bowel Disease\*\*\*](#)
- [\*\*\*Can a Short-Term Elemental Diet help Treat SIBO?\*\*\*](#)
- [\*\*\*The GERD Diet: What to Eat \(and What Not to Eat\)\*\*\*](#)

### **Session 3: Mindful Eating and Supplements for Gut Health**

- **Opening**

1. Review ground rules/confidentiality/cultivating psychological safety
2. Check-in activity/celebrate WINS

- **Working**

1. Discuss the importance of mindfulness/mindful eating/role of supplements
  - Review resources/handouts and additional handouts/resources
  - Discuss mindful eating
    - [\*\*Imagining a Lemon\*\*](#)
    - Teach [\*\*4-7-8 Breathing\*\*](#) (*to use before meals with deep belly breaths*)
2. Engage/open the conversation
  - Insights gained from goal sheet/log
3. Invite members to set the agenda
4. Evoking: deepening the conversation
5. Pausing before planning
6. Planning/movement/support structures

- **Closing**
  1. Closing the session
  2. Check-out (*Optional: See Coach Resources.*)
- **Resources:**
  - [Goal Sheet](#)
  - [My Mindful Living Practice Plan](#)
  - [9 Tips for Starting and Maintaining Your Meditation Practice](#)
  - [Meditation and Mindfulness resources and Links](#)

#### **Session 4: Stress/Relaxation for Gut Health**

The fourth session will address reducing stress and increasing relaxation, and will include starting a daily practice of relaxation and stress reduction strategies.

- **Opening**
  1. Review ground rules/confidentiality/cultivating psychological safety
  2. Check-in activity/celebrate WINS
- **Working**
  1. Discuss the influence of stress/relaxation on gut health
    - Review/share resources/handouts
    - Discuss stress/relaxation strategies
  2. Engage/open the conversation
    - Insights gained from homework, logs, goal sheets, etc.
  3. Invite members to set the agenda
  4. Evoking: deepening the conversation
  5. Pausing before planning
  6. Planning/movement/support structures
- **Closing**
  1. Closing the session
  2. Check-out (*Optional: See Coach Resources.*)
- **Resources:**
  - [Goal Sheet](#)
  - [7-Day Food, Stress Management, and Sleep Log](#)
  - [9 Steps to Perfect Health: How to Heal Your Gut Naturally](#)
  - [Beyond Paleo: Manage Your Stress](#)
  - [Best Your Stress Month](#)
  - [My Top 5 Breathing Exercises for Stress Relief](#)
  - [How to Manage Your Stress](#)
  - [The Role of Pleasure and Play in Stress Management](#)

### Session 5: Sleep for Gut Health

The fifth session focuses on the importance of sleep. Food reintroduction will also be introduced.

- **Opening**
  1. Review ground rules/confidentiality/cultivating psychological safety
  2. Check-in activity/celebrate WINS
- **Working**
  1. Discuss the influence of quality sleep/sleep hygiene on gut health
    - Review resources/handouts and additional handouts/resources
  2. Engage/open the conversation
    - Insights gained from homework, logs, goal sheets, etc.
  3. Invite members to set the agenda
  4. Evoking: deepening the conversation
  5. Pausing before planning
  6. Planning/movement/support structures
- **Closing**
  1. Closing the session
  2. Check-out (*Optional: See Coach Resources.*)
- **Resources:**
  - [Goal Sheet](#)
  - [7-Day Food, Stress Management, and Sleep Log](#)
  - [9 Steps to Perfect Health: Get More Sleep](#)
  - [How to Sleep Like a Pro](#)
  - [Food reintroduction](#) (optional)

### Session 6: Wrap-Up

The sixth session will continue discussion of reintroducing foods, review vision and goals, awareness/insight gained, moving forward and next steps, and wrap-up the group.

- **Opening**
  1. Review ground rules/confidentiality/cultivating psychological safety
  2. Check-in activity/celebrate WINS
- **Working**
  1. Discuss the influence of quality sleep/sleep hygiene on gut health
    - Review resources/handouts and additional handouts/resources
  2. Engage/open the conversation
    - Insights gained from homework, logs, goal sheets, etc.
  3. Invite members to set the agenda
  4. Evoking: deepening the conversation

5. Pausing before planning
    - Review vision/goals/awareness/insights
  6. Planning/movement/support structures/moving forward/next steps
  7. Final words/wrap-up
    - **Group Coaching Evaluation Form**
- **Closing**
    1. Closing the session
    2. Check-out (*Optional: See Coach Resources.*)
  - **Resources:**
    - **Goal Sheet**
    - **Group Coaching Evaluation Form**

## CLIENT ASSESSMENT AND GROUP EVALUATION

Involving your clients in their ongoing assessment empowers them to take responsibility for their change process and group experience.

- **Pre-Group** and **Post-Group** Forms
- **Group Coaching Evaluation Form**