

CBT for Weight Loss.

When 'enjoying eating' gets out of control it may ruin the person's life – until we help them regain control.

A 3-day Course for 6-15 people (2-day version also available)

Executive Summary:

Over eating is a devastating problem for millions of people. In many parts of the developed world, food is so plentiful and of such a high quality and attractiveness that consumption has rocketed, with consequent problems in terms of health, fitness, relationships and career. Many approaches show little signs of helping: any weight loss is either minimal or short lived. It is therefore imperative to think in terms of a well-structured approach based on an effective therapeutic theory.

Who should attend:

People who attend this course normally fall into one of two categories:

1. Professionals who see patients in 1:1 treatment settings, and wish to increase their ability in working with problems around eating.
2. 'Whole teams' (either in inpatient or community settings) seeking either to boost their level of expertise or to develop a common approach.

The professional affiliations of people attending this course include: mental health/psychiatric nurses, social workers, occupational therapists, clinical psychologists, psychiatrists, and others.

The Course covers:

1. The first session or two, and especially how to conduct an effective Assessment: the ten headings you need to cover.
2. Case-formulation: making sense of the information you have gathered.
3. Motivating the patient: the use of Socratic Dialogue. A list of essential questions to use at various stage in therapy.
4. Developing a Plan. The B of CBT is essential, so to work out what the person can and cannot do, is important.
5. Psychoeducation. Some people are knowledgeable about the respective roles of eating and exercise for example, whereas others have unrealistic ideas of what exercise can achieve in the absence of a healthy diet.
6. Lifestyle factors. For some people, eating fulfils such a large part of their lives that to modify or reduce it is unrealistic. What else can the person do, in place of 'recreational eating' for example?

7. Environmental interventions. The people and situations around the patient play a crucial role, and they need to be set up to give the patient every chance of success.
8. Measuring progress and putting positive contingencies in place. Regular frequent objective feedback is important, and nothing does it so effectively as an accurate digital scale.
9. Diary Keeping and the importance of focussing on behaviour in detail.
10. Addressing attribution, where for example the person feels their over weight is attributable to medical problems or others around them.
11. Reviewing the patient's plan in the light of how well they are progressing.
12. The Plan for a typical session: the 7 key headings you must cover every time.
13. Problem Solving: how good problem solving can improve the patient's plan.
14. Group delivery of CBT for weight loss.
15. How to apply what has been covered on the course back at work.

What this course will do for you:

- You will be able to apply effective CBT, to problems of over eating.
- You will be shown how to conduct a good assessment and make sense of the information you gather. You will have practice in doing so and have checklists to help you.
- You will know the importance of motivating the patient, know how to do it, and have a list of questions to use to help you.
- You will be able to help your patients to plan a life they want, involving healthy eating.
- You will be able to kick start your patients into acting on their Plan!
- You will be able to support your patients in sticking to their plans, especially by refining them in response to events.
- You will know the role and importance of objective depersonalised feedback.

To discuss or place an order call **0116 241 8331** or email office@apt.ac

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

APT, The Dower House, Thurnby, Leicestershire, LE7 9PH | Tel: 0116 241 8331 | Email: office@apt.ac | Web: www.apt.ac