



More people seek help for weight problems than perhaps for any other condition. There are lots of solutions available, from diets to medical approaches, but very few show long term success. Yet, there are those who do lose weight and keep it off permanently. All it takes is a mentor who can use effective interventions that are tailored to suit individual needs, and who has the ability to motivate and sustain change, through consistent improvement over time.

Obesity treatment is not a miracle one-hour cure. Effective change comes slowly, in gradual steps. Occasionally, miracles can and do happen, with improvement that gains momentum over time. In general, however, most people with weight problems need help, guidance, coaching and support to break long standing patterns of eating and behaviour in a number of domains. This course with Jeremy Alford is designed to give you the skills to provide such assistance, in the right way, with the right tools and at the right time.

ESSENTIAL OBESITY

psychological approaches for weight loss

The Programme

held annually, see our website for next dates

Knowledge

People with weight problems regard hunger as their enemy and have probably been confused by a multitude of different diet systems. They may know a lot about calories but nothing about appetite and energy transfer. Having the right knowledge empowers people to make good choices and helps them to think in ways that are positive and helpful.

Motivation and commitment

Most people start weight loss programmes with great determination that wavers following exposure to the temptations of daily life. Diets are abandoned and people feel a sense of failure. Even success at losing weight is not enough to keep it off, as many dieters are painfully aware. As a skilled motivational coach, you will be able to find ways to ensure that people are psychologically ready, willing and able to make the long term changes needed for weight loss, in ways which are consistent with your client's values and resources.

Nutritional counselling

To lose weight and keep it off, nutritional patterns and eating habits must change. Some clients look for strict diet plans, while others are tired of dietary rules and seek greater flexibility. You will learn the many nutritional routes to weight loss, to guide your client to eat in ways that maintain their health and wellbeing, while acknowledging their eating scripts, food preferences and lifestyle. Nutritional counselling is supported by behavioural interventions, such as keeping food records, stimulus control and building problem-solving skills. This enables both practitioner and client to observe patterns and unhelpful overeating triggers, to support nutritional change.

Lifestyle Coaching

If a client's lifestyle is toxic with regard to food exposure and activity, it can be hard to lose weight. Change may conflict with familiar structures and routines. We live in a culture which provides an endless supply of food and ways of reducing activity. This can make change feel daunting. Your clients can be their own best experts in growing into more helpful lifestyles. You, as an obesity practitioner, can use the skills of rapport and motivational therapy to help your clients gain clarity and purpose for this task.

Relationships and Stigma

People seeking weight change need the help and support of friends and family, plus support to deal with present and past stigma that affects motivation and wellbeing. When other people have an undue influence on our eating choices, they can help or hinder change. As an obesity practitioner, you will help your client gain insight into who really pulls their strings and build the skills they need to take back control of their lives.

Cognitive change

Cognitive interventions address the unhelpful thoughts, values and attitudes that maintain a weight problem. Unhelpful patterns include categorising foods as good or bad, perfectionist attitudes and reacting badly to dietary slip-ups. Intensive work on the obesity mind-set is an essential Practitioner intervention.

Emotional and comfort eating

Emotional or "comfort" eating, and compulsive or "binge" eating, are common in obesity, leading to yo-yo dieting, failure to lose weight and even bulimic behavior in a substantial minority of people. This must be addressed for weight loss to be maintained. You will reach to the roots of emotional eating and learn skills to help your clients master all patterns of eating behaviour that undermine their control with food and with themselves.



Suitable for the CPD of Chartered Psychologists.



Nutritional Therapy Education Commission post qualification certification.

VIA ZOOM

INVESTMENT

Essential Obesity

£675

£575 for 9 day graduates



CONTACT

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Visit

www.eating-disorders.org.uk



This is a stand alone course, and is also one complete module of the NCFED Master Practitioner Programme
(See overleaf)

Modular Programme with The BPS Quality Standard & NTEC (Nutritional Therapy Education Commission) post qualification certification award.

This is a stand-alone course that is also a module of our CPD programme in eating disorders and obesity. The Foundation module is the 9-day Diploma course, Practitioner Skills for Eating Disorders, and the final module is a 2-day course, Nutritional Interventions for Eating Disorders. If you choose to complete an optional assignment after each course, Foundation plus one other module gives you the Advanced Diploma. Foundation plus both other modules gives you the valuable Master Practitioner award in Eating Disorders & Obesity. The marking fee for the Obesity Award is £150. Please contact us for further details.

Building on your existing skills, you will learn

- How to make sense of each client's problem, and to communicate this in a way which empowers change
- How to build a collaborative and holistic treatment plan
- How to build an alliance with someone wishing to lose weight
- How to motivate and inspire, identifying protocols for work together
- How to ensure that your interventions are welcomed
- How to counter food "addictions"
- How to deal with your own weight issues
- How to generate realistic and achievable goals

Who may come along

This course will be of value to all people who have an interest in weight control and weight management. Psychologists, coaches and counsellors, nutritionists and dieticians, medical, nursing and mental health professionals and other clinicians who address weight problems in their personal and professional life.

Course Tutor

Jeremy is a psychologist, clinical hypnotherapist & biofeedback specialist with longstanding experience working in multicultural settings. He worked with many people who have struggled with difficult life experiences & conditions which they have been able to overcome, with the help of evidence-based therapies. He adopts an integrative cognitive behavioural therapy approach to his practice & incorporates mindfulness as an intrinsic part of his therapy. Jeremy is the founder of a non-profit organization -the Middle East Eating Disorders Association, to raise awareness & support those struggling with eating disorders & obesity in the region as well as train professionals. MEEDA is a partner chapter of the Academy of Eating Disorders for the Middle East



For latest dates phone **0845 838 2040** or visit our website

<https://eating-disorders.org.uk/professional-training/essential-obesity-psychological-interventions/>

TRAINERS

Dr Jeremy Alford

Guest speakers: Deanne Jade, Professor Julia Buckroyd, Lisa Smith.

Ongoing CPD with Ncfed

We offer additional courses to boost your eating disorder CPD.

Socratic Questions for Eating Disorders & Obesity. 2 days

With Professor Paul Grantham

Working with Eating Disorders & Arfid. 1 Day

With Jenny Phaure

Gender Issues in Eating Disorder Treatment. 2 days

With Anastassis Spiliadis

Bariatric Surgery. 2 Days

With Bernie Wright, Lisa Smith & others

T1DE (Type 1 Diabetes & insulin abuse). 1 Day

With Bernie Wright, Lisa Smith & others

Food & Mood. 1 Day.

With Jenny Tomei