



# National Centre for Eating Disorders

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 Deanne Jade 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

16-18 June 2011

### 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.

### VENUE

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



Approved by the British  
Psychological Society Learning  
Centre for the purposes  
of Continuing Professional  
Development when done as  
part of the Master Practitioner  
Programme

## Relationships

Sooner or later those seeking weight loss find their relationship issues coming to the fore. As long as “other people” exert great influence on our eating and lifestyle choices, they can help or hinder weight loss efforts. As an obesity practitioner you will build needed skills to manage relationships and to counter sabotage, teasing and criticism. You can help your clients gain insight into who really pulls their strings, and build resources to put them back in control of their own lives.

## Cognitive change

Cognitive interventions address the unhelpful thoughts, values and attitudes which 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.

## Modular Programme

This is a stand alone course. The three days are also one module of the NCFED CPD programme in eating disorders and obesity. One module (foundation) is the 8 day course in practitioner skills for eating disorders, and the other module is a three day course in nutritional interventions for eating disorders. Foundation plus one other module leads to Advanced Diploma. Foundation plus both other modules leads to a Master Practitioner award.

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 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.

**Phone** 0845 838 2040 **Visit** [www.eating-disorders.org.uk](http://www.eating-disorders.org.uk)

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## Course Tutor

Deanne Jade, a psychologist, is principal and founder of NCFED, THE UK’s largest independent eating disorder service. She is acknowledged as a leading expert in the treatment of eating disorders and weight control. Deanne is a Fellow of the Royal Society of Medicine, and a member of many professional organisations, including The European Health Psychology Society, The National Obesity Forum and an All-Party Parliamentary Committee on Obesity. She has assisted the NICE guideline development process for eating disorders, obesity and obesity surgery. Deanne features frequently on TV, radio and national published media. She is respected both for her knowledge and for her ability to deliver powerful material in a style that is easy to absorb.

