



# National Centre for Eating Disorders

## KEY ISSUES IN OVERWEIGHT AND OBESITY

### Research Issues, Nutritional Interventions & Their Practical Application

A one day skills based seminar for counselling therapists

Obesity is a worldwide public health concern. In the UK nearly 1 in 2 men and 1 in 3 women are overweight. A further 1 in 5 adults, and 1 in 6 children aged between 2 and 15 are obese. This makes the UK population the fattest in Europe and the situation is getting worse. At an individual level, many overweight people feel unhealthy, miserable and alone with their concerns.

Whilst there appears to be no single cause of obesity, there is also no 'one size fits all' solution that is right for everyone who wants or needs to lose weight. The obesity practitioner needs knowledge about different weight loss approaches and their relative merits. You also must be able to call upon a range of evidence based tools to manage the issues each treatment pathway will involve.

### SEMINAR PROGRAMME

This training course is designed to inform and empower clinicians in one increasingly important domain of treatment; which is the influence of nutrition and physiology in the aetiology and management of obesity.

This seminar will focus primarily on interventions for working with adults. It is an excellent partner to the BPS Approved course "Essential Obesity" and may have implications for the young. It offers suitable CPD for professionals working with obesity in all clinical settings.



With **JANE NODDER & DEANNE JADE**

**Programme Date:**  
**Sunday 10th June 2012**

**Venue: The Polish Centre,**  
**238-240 King Street, Hammersmith,**  
**London W6 0RF.**

**Investment: £155**  
**£115 for NCFED Affiliates**

### YOU WILL LEARN:

- How biochemistry and physiology may affect weight management
- How stress and stress hormones can affect mood, eating and weight gain
- How gut hormones can influence appetite and weight control
- Why (and which) nutritional interventions are important for managing weight concerns
- How to use nutritional interventions to manage overweight and obesity
- How to integrate the knowledge and skills from the training to your therapeutic practice, safely and effectively

TO REGISTER PHONE 0845 838 2040  
VISIT [www.eating-disorders.org.uk](http://www.eating-disorders.org.uk) EMAIL [ncfed@btclick.com](mailto:ncfed@btclick.com)

## YOUR TUTORS



### Jane Nodder

Jane is a Nutritional Therapist, Senior Lecturer & Clinic Supervisor for the BSc (Hons) Nutritional Therapy degree course at the University of Westminster, London. She also has a private practice, and is studying for an MSc in Nutritional Medicine at the University of Surrey. Jane was a member of the NICE Guideline Development Group for Eating Disorders (2002-2004). She regularly delivers training to raise awareness about eating disorders, and has worked closely with the **NCFED** for a number of years.



### Deanne Jade

the Principal of the **NCFED** is a psychologist and trainer in psychological interventions for eating disorders and obesity. She has many professional memberships and has assisted

NICE in the development of guidelines for eating disorders, obesity and obesity surgery. She is a Fellow of the Royal Society of Medicine and member of an All-Party Parliamentary Group for Obesity. Deanne trusts that this course will be valuable to health professionals and their clients.

## THE SEMINAR CONTENT

- Biochemistry & physiology of obesity
- Current issues in obesity research:
  - adipose tissue and hormonal influences on overweight and obesity (not all fat is equal)
  - gut hormones and appetite (hunger and satiety)
  - role of gut flora in obesity
  - stress and mood and their influence on weight control
- Nutritional interventions for the weight loss patient
- Application of theoretical learning to practical casework

### Casework

This course is appropriate CPD for those working in the field of obesity. Knowledge of basic nutrition principles is recommended. The course does not qualify participants to practice as a Nutritional Therapist or nutrition professional.

## BOOKING FORM

Title: Mr/Mrs/Miss/Ms/Dr \_\_\_\_\_ Other: \_\_\_\_\_

Forename: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

**COURSE DATE** Sunday 10 June 2012

### PAYMENT METHOD

Cash  Cheque made payable to National Centre for Eating Disorders  Please invoice me

Invoice address: \_\_\_\_\_

Credit Card/Debit Card/Mastercard/Visa/Visa Delta Card No

Name of cardholder \_\_\_\_\_

Expiry date   /   Security code    Valid from date   /   Issue No (switch only)

Signature \_\_\_\_\_

Please return your completed form to: National Centre for Eating Disorders, 54 New Road, Esher, Surrey KT10 9NU  
Data Protection: The National Centre for Eating Disorders will not give or sell your details to third parties. The data you have provided will be stored on file for NCFED use only.