

Dr Blair-West has now trained Doctors, Dietitians, Psychologists and other practitioners in Australia, NZ & the UK

These Workshops are for:

Qualified health professionals working with obesity and weight related problems e.g.

- **GPs** (RACGP approved for 40 Cat 1 pts, ACRRM for 7 PDP pts*)
- **Psychologists** (28 Generalist PD pts)
- **Hypnotherapists** (Points approved)
- **Dietitians**
- **Nurse therapists**
- **Diabetes educators**
- **Counselors**

* For 1st day of two days

Upon certification, interested private practitioners will be eligible for registration on Dr Blair-West's 'Find a Certified Practitioner' online service

Two Day Workshops 2010

(Now Endorsed for 28 Level 2 APS Points)

How do traditional weight loss approaches conflict with Restraint Theory research and promote weight gain?

STUDIES LIKE THE COCHRANE REVIEW & THE LEAN HABITS STUDY FOUND THAT LONG TERM WEIGHT LOSS WAS A FUNCTION OF THE DEGREE & NATURE OF PSYCHOLOGICAL INTERVENTION.

- So which interventions are associated with long-term weight loss?
- Why don't people comply with diets?
- Which weight-loss approaches create sustainable weight loss?
- Why is the long-term success rate in treating obesity less than 20%?

Obesity is a highly complex psychophysiological condition. Simply treating it as a physical condition resulting from a self-discipline deficiency has led to a greater than 80% five year failure rate. Successful treatment requires the integration of wide-ranging research and proven intervention models.

Learning Outcomes

Level One (1 Day Workshop):

- The principles of Restraint Theory
- Research findings on the 'What the Hell' and 'Last Supper' effects
- Why 'education' does not work
- Research into the factors associated with weight loss maintenance
- Why self-discipline is a marker of weight loss failure
- Why exercise does not include weight loss in its many benefits

WORKSHOP OVERVIEW

Level One (Day 1) of this workshop begins by reviewing the research into these issues and how they apply in clinical settings. In particular, it focuses on the central tenets of Restraint Theory and the research into appetite counter-regulation (The 'What the Hell Effect'). It will leave you with hands-on skills to teach mindfulness strategies, prescribe 'loved foods' and avoid the pitfalls that lead to non-compliance.

Level Two (Day 2) is more focused on problems that arise in clinical work with the obese population. The focus in Level Two is on more complex psychological processes, the complexities of 'motivation' and the common problematic underlying issues. The focus is on integrating the best of different schools of therapy depending on the underlying issue.

• **You will have the skills to:**

- Modify weight loss plans to increase compliance and lifestyle change
- Prescribe foods to treat cravings
- Increase mindfulness in your patients
- Avoid the 'False Hope Syndrome'
- Manage 'motivational fatigue'
- Distinguish emotional from physical hunger and respond to each

2010 DATES & PRICING

2 Day (Level 1 & 2*)

NEW ZEALAND

13-14 March

BRISBANE

17-18 March

SYDNEY#

23-24 April

MELBOURNE#

7-8 May

NOOSA

18-20 June**

Earlybird AU\$545

Group 4+ AU\$476

Full price AU\$595

*Day/LEVEL 2 ONLY

For those who have completed Level 1

Special Rate of \$295

**Noosa—this workshop

runs over 3 days with

1/2 days on Fr & Su

Special accom rates

available see website

for details

#The Group rate will

also apply if you

attend the 1-day

workshop on the

following day - See

website for details

TO BOOK CALL 02 9692 0533 or

VISIT www.changechampions.com.au

Modern psychotherapies have come a long way in recent times – but which approaches are the most helpful in weight loss? For example, three key interventions gaining increasing attention, are mindfulness, the strategic use of meal replacements and group therapy—but where do they fit in?

Dr Blair-West's approach has been influenced by and integrates:

- Existentialism
- Restraint Theory
- Attachment Theory
- Mindfulness & ACT
- Expectancy Theory`
- EMDR
- Psychodynamic Theory

About Your Presenter

Trained as a medical doctor, specialising in Psychiatry, he has over 20 years experience as an individual and group psychotherapist. While previously a Senior Clinical Lecturer with the University of Queensland, Dr Blair-West's interest as a clinician is in translating research findings into hands-on clinical skills in managing the complex psychology of weight loss.

He is an author and Life Fellow of the Obesity Prevention & Treatment Society while in 2009 he was elected its President. He was invited to present on the clinical application of his research at the International Congress on Obesity in 2006. Since then he has presented regularly within and without Australia, most recently giving the keynote addresses at the 2009 Diabetes NZ Annual Conference. In 2007 he gave the keynote address at the Innovations in

LEVEL TWO (DAY 2)

LEARNING OUTCOMES

Day 2 deals with underlying psychological complexities and explores motivation in more depth. A variety of case studies are reviewed that illustrate different clinical problems and therapy strategies. You will leave with improved skills in managing:

- Common sabotage dynamics
- Motivational, mindset and self-efficacy issues
- The five necessary lifestyle changes for maintenance
- History taking & evaluation
- Problematic scripts that encourage overeating
- Mindfulness and Meaning strategies to allow weight loss

the Prevention and Management of Obesity conference in Melbourne (it was voted 'the most informative presentation' at the conference).

His book *Weight Loss for Food Lovers: Understanding our minds and why we sabotage our weight loss*, has been published in the UK, Europe and NZ. His presentations are renowned for his comprehensive command of his subject which is paralleled by his engaging, energetic & often humorous delivery.

2010 will see the publication, with his psychologist wife, of the *Food Loving Kids* series of books. Dr Blair-West will also be running workshops for professionals and parents interested in managing childhood obesity (day after Sydney) along with his other area of expertise:

Group Therapy (day after Melbourne#).