

## 1 & 2 Day Workshops 2009

**Developed by an internationally renowned author & expert clinician for clinicians**

**These Workshops are for:**

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

- GPs (RACGP approved for 40 Category 1 points)
- Dietitians
- Psychologists
- Nurse therapists
- Diabetes educators
- Counselors

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

**Why don't people eat what they know they should?**

**How can exercise sabotage a weight-loss plan?**

**Why are we better at treating most cancers than obesity?**

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 and to avoid the pitfalls that lead to non-compliance.

**Level Two (Day 2)** is optional and only available at some workshops. It can be completed at a later date. 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

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

**WORKSHOP**

**2009 DATES & PRICING**

**2 Day (Level One & Level Two)**

CAIRNS

20-21 October

BRISBANE

11-12 November

Earlybird \$495

Group 3-4 \$446\*

Group 5+ \$396\*

Full price \$550

**1 Day (Level One)**  
(Saturdays)

ADELAIDE

14 November

SYDNEY

21 November

MELBOURNE

28 November

BRISBANE

5 December

Earlybird \$294

Group 3-4 \$270\*

Group 5+ \$245\*

**Workshop Time**

**8.30am to 5.00pm**

\*Group prices are per person

**TO BOOK CALL 02 4963 5150**

**OR**

**VISIT [www.changechampions.com.au](http://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 & Hypnosis
- Psychodynamic Theory

**About Your Presenter**

While previously a Senior Clinical Lecturer with the University of Queensland, Dr George 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. He was invited to present on the clinical application of 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

**LEVEL TWO (DAY 2)**

**LEARNING OUTCOMES**

Day 2 deals with underlying psychological complexities and includes a variety of case studies that illustrate different issues. It includes an introduction to Group Therapy which is the most cost-effective therapeutic mode. Participants will leave with improved skills in understanding and managing:

- Motivational, mindset and self-efficacy issues
- The five necessary lifestyle changes for maintenance
- Problematic scripts that encourage overeating
- Common sabotage dynamics

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

Trained as a medical doctor, specialising in Psychiatry, he has over 20 years experience as an individual and group psychotherapist. 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.