

## If not dieting® Health Professional 2-day Training Program

The Person Centred Approach to Healthy Weight Management: helping people achieve and maintain a healthy weight

Presented by Dr Rick Kausman & Co-Facilitated by Janet Lowndes (Psychologist)



### **About Dr Rick Kausman**

Dr Rick Kausman is a medical doctor who is recognised as the Australian pioneer of the person-centred approach to healthy weight management. Rick has written two books including the award-winning 'If Not Dieting, Then What?', he is the creator of a number of other resources, and has had several articles on healthy weight management published in peer-reviewed journals. Dr Rick has been the Chairperson of Body Image and Health Inc. for 3 years, and a board member for 12; and he has been an Executive Council member of the Australasian Society for the Study of Obesity for 9 years. He is currently a Director of the Butterfly Foundation, a Fellow of the Australian College of Psychological Medicine, and a Lifelong Fellow of the Obesity Prevention and Treatment Society. More information about Dr Rick can be found at his web site, [www.ifnotdieting.com](http://www.ifnotdieting.com)

### **About Janet Lowndes**

Janet Lowndes is a Psychologist in Private Practice who has been providing counselling to a diverse range of clients for 13 years. Over time Janet has learned a great deal from her clients regarding the psychology of food and eating, body-image, and eating disorders, and she now specialises in counselling clients in these areas. Janet also sees clients with depression, anxiety, addictive behaviours, and abuse recovery. Along with her psychological practice, Janet is a qualified and practicing yoga and meditation teacher, which she enjoys as another avenue to assist people in developing a healthy mind-body relationship.

### **The Training Program**

The If not dieting® health professional training program assists Doctors, Nurses, Dietitians, Psychologists, Social Workers, and other Allied Health Professionals, to effectively help patients achieve and maintain a healthy weight.

Not only does this exciting workshop draw from the most current world research in the field of weight management and eating behaviour, but incorporates Dr Rick Kausman's 20 years of practical and unique experience in this field, and importantly, from the experiences of thousands of his patients. The content of the training program also has input from other members of the 'If not dieting' team including psychologists, dietitians, a social worker, nurse and physiotherapist.

The training program is full of practical information, delivered through a mixture of formats, including a number of eating awareness activities. There will be plenty of time for discussion, patient quotes, and importantly many patient stories to quickly get a sense of how people are feeling about this health issue, in order to help our patients make sustainable changes. There will be handouts of key materials including tools to help support clients, with references and copies of important journal articles.

### **Accreditations and Endorsements**

This 2-day training program is accredited by:

- **The Royal Australian College of General Practice (RACGP): Active Learning Module, 40 Category 1 points.**

A certificate of attendance will be provided so practitioners can apply for CPE points from other relevant professional bodies.

### **Recommended Reading**

To enhance your experience at the workshop, Dr Rick's book 'If Not Dieting, then What?' is recommended reading prior to attending.

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### Feedback from Previous Workshop Participants

**"Thanks for the wonderful training session! And I am finding everything so very useful."**

Clare Stone, Dietitian, Leeton Community Health Centre

**"Can I just say that I think that was the best conference that I have ever been to! I walked away feeling so empowered and inspired, personally and professionally."**

Rebecca Smith, Senior Clinical Dietitian, The Prince Charles Hospital

**"Thank you so much, it was an excellent two days."**

Dr Angelina Salamone, General Practitioner

**"Thanks for a great two days at the workshop. The workshop has definitely given me lots of food for thought and I will be definitely incorporating this information in my care planning sessions, health assessments and diabetes sessions."**

Leanne Burke, Nurse

**"The workshop was great and I'll be putting what I learned to good use."**

Carolyn Rogers, Psychologist

### Areas Covered over the Two Days include:

#### DAY ONE

##### Part 1 – The Lay of the Land

The current situation relating to weight issues in our society. We take a look at the history and evolution of weight issues, whilst taking a refreshing and meaningful look at the culture in which we live and how challenging this is to helping support people make change. The facts about dieting and the physical and emotional health risks that dieting is known to create are explored.

##### Part 2 – Key Concepts Underpinning the 'Person-centered Approach'

- What is a healthy weight and how to determine this
- The importance of the language we use when talking about weight
- How closely does BMI measure health?
- Options for healthy weight management – are they helpful? Why or why not?
- Setting the scene for the first consultation

##### Part 3 – The First Consultation & Non-Hungry Eating®

- The first visit/consultation
- The importance of listening
- Should we weigh our patients?
- Non-hungry eating® and the wow factor
- How to use intuition in combination with our nutritional knowledge to achieve and maintain a healthy weight

#### DAY TWO

##### Part 4 – Achieving Healthy Weight Management

In these sessions we look at how to help our patients put the key pieces of their healthy weight management puzzle together. This includes key areas like:

- More about non-hungry eating® and managing binge-eating
- Decreasing guilt around food
- Slowing down the speed of eating
- Differentiating between what is normal eating from the muddle people often get in around food rules
- Protection from the seduction of weight loss dieting
- Body image
- Increasing physical activity in an enjoyable and sustainable way
- The importance of nurturing
- Measuring progress and changes in behaviour

##### Part 5 – Self Care for Health Professionals

- Caring for yourself to care for others
- Recognising your own self care needs
- Establishing and maintaining a self care plan
- Preventing burn-out



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**Friday 15<sup>th</sup> & Saturday 16<sup>th</sup> August 2008**

**9.00am – 5.00pm**

(Registration 8.30am Friday)

**The Chifley on South Terrace**

226 South Terrace, Adelaide SA

**\$605.00 (includes GST)**

Fee includes: Morning tea, lunch and afternoon tea, training booklet, and a set of If not dieting resources.

**Registrations close Monday 14<sup>th</sup> July 2008**

You can register your attendance and make payment by completing the form below and send with payment to:

**Rachel Barbara, If not dieting c/o 10b Larch Street, Caulfield South 3162**

Email: [rachel@ifnotdieting.com.au](mailto:rachel@ifnotdieting.com.au) Phone: 0438193936

Or you can register and make payment on-line at [www.ifnotdieting.com](http://www.ifnotdieting.com)

Name:.....

Profession/Position: .....

Organisation: .....

Phone: .....Email:.....

Postal address: .....

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**Method of Payment:** Visa / Mastercard / Bankcard / Cheque (please circle)

Please make cheques payable to: **If Not Dieting Pty Ltd.**

**Credit Card Number:** \_ \_ \_ \_ \_

**Expiry Date:** \_ \_ / \_ \_

**Total:** \$ \_\_\_\_\_

**Name on Card:** \_\_\_\_\_

**Signature:** \_\_\_\_\_