

General Public

The If not dieting® Workshop

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



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. He is currently a Director of the Butterfly Foundation, a consultant to the Jean Hailes 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

The Workshop

The If not dieting® workshop is designed to assist participants to 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 workshop is full of practical information, delivered through a mixture of formats, including a number of eating awareness activities.

The If not dieting® Workshop

Content includes:

The Lay of the Land

We will look at the history and evolution of weight and dieting in our society, whilst taking a refreshing and meaningful look at the culture in which we live. We will also look at the many options existing for weight loss.

Non-Hungry Eating®

- The importance of non-hungry eating for healthy weight management
- How to use our intuition in combination with our nutritional knowledge to achieve and maintain a healthy weight

Achieving Healthy Weight Management

We will look at how to put the key pieces of the healthy weight management puzzle together. This includes key areas like:

- Decreasing guilt around food
- Slowing down the speed of our 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

Feedback from Previous Workshop & Keynote Participants

"After your session I have been talking to everyone about you and what you have told us. It has had such an amazing impact on me and since then I have been eating more consciously and enjoying my food. I have even started using more positive language around food, especially using your example about "sometimes" food and always food."

"It was very empowering. The activities were fun and thought provoking."

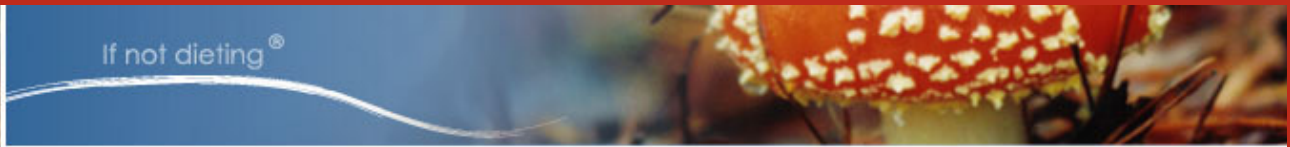
"Wonderful experience, can't rave enough about it. I feel inspired and motivated and can't wait to start applying my new knowledge and changing the world."

"This has been most helpful. It's good to see how to apply the information in the book in a practical way."

"I found the session with Dr Rick a life changing event. For the first time in over 18 years I am not looking at food as "the enemy". I have struggled with my weight and appalling body image since I was 18 - Dr Rick has given me strategies for taking really positive steps to address so many of the issues I have been obsessed with for almost my entire adult life."



If not dieting®



Dr Rick Kausman proudly presents

The If not dieting® Workshop

Tuesday 2nd of September, 2008

9.00am – 1.00pm
(Registration 8.30am)

The Treacy Conference Centre
126 The Avenue, Parkville, Melbourne

\$77.00 (Includes \$7.00 GST)

Places are limited

Final registrations close Friday 22nd August 2008

You can register your attendance by completing the form below, then send it with payment to:
Rachel Barbara, If not dieting c/o 10b Larch Street, Caulfield South 3162
Email: rachel@ifnotdieting.com.au Phone: 0438193936

Name:

Postal address:

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Phone: Email:

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: _____