

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; an Executive Council member of the Australasian Society for the Study of Obesity for 9 years; and a Director of the Butterfly Foundation. He is currently a Fellow of the Australian College of Psychological Medicine, a Lifelong Fellow of the Obesity Prevention and Treatment Society, and an Associate, Centre for Ethics in Medicine and Society, Department of Medicine, Monash University. More information about Dr Rick can be found at his web site,

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.**
- **The Australian College of Rural and Remote Medicine (ACRRM): National, 12 PDP.**

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

"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

'Rick, your workshop was outstanding, most inspiring - congratulations. A great blend of practice, research, discussion and activities.'

Caroline Horwath, Senior Lecturer in Human Nutrition, University of Otago, Dunedin, New Zealand

'Dr Rick Kausman provided a brilliant and inspiring workshop. His passion and dedication towards this work is infectious and I walked away very excited about implementing a fresh approach with my clients. The person-centred approach needs to be the standard approach... and in years to come I think it will be.'

Carrie Hayward, APS College of Health Psychologists

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.

Introducing this optional extra counselling workshop

Developing therapeutic skills to support the 'If not dieting' approach

Presented by Janet Lowndes (Psychologist)

A one-day workshop for All Health Professionals who have completed the 'If not dieting' training program

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.

About this workshop

This workshop is designed for all health professionals who recognise the value of providing a mind-body perspective in their work with clients regarding the psychology of food, eating and body image. The workshop builds on the emotional awareness aspects of the two day 'If Not Dieting' course, exploring some of the emotional issues which may arise when working with clients in this area. The session will include aspects of both psycho-education and counselling skills such as:

- The link between thoughts, emotions, and behaviours
- Emotional intelligence and emotional awareness
- Helping your clients explore their emotions safely
- Responding to your clients emotions
- Handling emotional distress
- Providing therapeutic support
- Enhancing the therapeutic relationship
- When to refer on to a Mental Health Professional

If not dieting® Health Professional 2-day Training Program – May 2009 Program & Registration Details

Thursday 7th & Friday 8th May 2009

9.00am – 5.00pm

(Registration 8.30am Thursday)

The Treacy Conference Centre

126 The Avenue, Parkville, Melbourne

***Early Bird Rate of \$550.00 (includes \$50.00 GST) available until:
Monday 2nd March, 2009**

Regular rate of \$605.00 (includes \$55.00 GST)

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

**Final registrations close:
Friday 24th of April, 2009**

And an optional extra counselling skills day

**Developing therapeutic skills to support the
'If not dieting' approach**

Presented by Janet Lowndes (Psychologist)

**A one-day workshop for All Health Professionals who have completed the
'If not dieting' training program**

Saturday 9th of May 2009

9.00am – 5.00pm

(Registration 8.30am Thursday, or 8.30am Saturday)

The Treacy Conference Centre

126 The Avenue, Parkville, Melbourne

\$275.00 (includes GST)

Fee includes: Morning tea, lunch and afternoon tea.

**Final registrations close:
Friday 24th of April 2009**

*****Additional Training Program dates may be found at www.ifnotdieting.com*****

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

Louise Wigg, If not dieting c/o 23 Wright Street, Clifton Hill Vic, 3068

Email: louise@ifnotdieting.com.au Phone: 03 9482 2106

Or you can register and make payment on-line at www.ifnotdieting.com



If not dieting®

If not dieting 2-day Health Professional Training Program Event Registration Form

TAX INVOICE

If Not Dieting

ABN: 66897874176

PLEASE NOTE: After payment in full, this form constitutes a Tax Invoice/Receipt and can be used for tax purposes. Please keep your own copy. We will contact you when we have received your registration.

Name:

Profession/Position:

Organisation:

Phone: Email:

Postal address:

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If not dieting® Health Professional 2-day Training Program

Please tick the appropriate box and complete payment details.

May 7th & 8th Early Bird Fee - \$550.00 \$ _____

May 7th & 8th Regular Fee - \$605.00 \$ _____

May 9th Developing Therapeutic Skills
Optional extra Workshop - \$275.00 \$ _____

TOTAL \$ _____

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

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

Credit Card Number: _____

Expiry Date: ____ / ____ **Total:** \$ _____

Name on Card: _____

Signature: _____

Louise Wigg, If not dieting c/o 23 Wright Street, Clifton Hill Vic, 3068

Email: louise@ifnotdieting.com.au Phone: 03 9482 2106

Or you can register and make payment on-line at www.ifnotdieting.com