

**THE INSTITUTE FOR BETTER HEALTH
IN JOINT-SPONSORSHIP WITH THE BECK INSTITUTE**

**COGNITIVE BEHAVIOR THERAPY FOR WEIGHT LOSS AND MAINTENANCE WORKSHOP
MARCH 25-26, 2021 * Virtual Workshop * 12 CE/CME**

The purpose of this program is to train mental health professionals to deliver cognitive behavior therapy aimed at facilitating change in dieters' thinking so they can make permanent changes in their eating.

In this two-day, experiential workshop, you will learn how to use a CBT approach with clients who are overweight or obese. Based on *The Beck Diet Solution* and *The Diet Trap Solution*, you will learn interventions to help clients make lasting changes in both their behavior and their thinking. This interactive workshop presents a step-by-step approach to teach dieters specific skills and help them implement these skills every day. You will learn how to engage the client and teach them to solve common problems, develop realistic expectations, motivate themselves daily, reduce their fear of hunger, manage cravings, use alternate strategies to cope with negative emotion, and get back on track immediately when they make a mistake.

You'll learn what to do when dieters have dysfunctional beliefs related to deprivation, unfairness, discouragement, and disappointment—and thoughts that undermine their motivation and sense of self-efficacy. You'll also learn how to encourage dieters to adopt a healthy and flexible eating plan that they can keep up for life. Acceptance techniques will help dieters come to grips with the necessity of making permanent changes and maintaining a realistic, not an "ideal" weight that they can sustain for their lifetime.

Overall Objectives:

At the end of the course, participants will better:

1. Identify key cognitions that interfere with weight loss.
2. Create compelling responses to sabotaging thoughts.
3. Use specific techniques to motivate dieters.
4. Use self-efficacy strategies to build confidence.
5. Teach dieters to use sound eating habits.
6. Use a cognitive behavioral approach to overcome craving.
7. Help clients decrease concerns about hunger.
8. Teach clients strategies to decrease emotional eating.
9. Use strategies to help dieters stay on track.
10. Teach clients how to get right back on track after making a mistake.
11. Provide a rationale for eating according to a schedule and planning food intake in advance.
12. Use relapse prevention strategies.

Introduction to the Cognitive Behavioral Program, Research, and Dysfunctional Cognitions

Deborah Beck Busis, LCSW

- 1) To define the cognitive model
- 2) To effectively manage sabotaging thinking

Assessment, Treatment Considerations, Initiation of Treatment, Structure of Sessions, Accountability

Deborah Beck Busis, LCSW

- 1) To describe important aspects of evaluation and treatment
- 2) To design a system of accountability

Pre-Dieting Skills, Motivating Dieters, Building Self-Efficacy, Eating Habits

Deborah Beck Busis, LCSW

- 1) To describe and practice techniques to motivate dieters and build self-efficacy
- 2) To describe and practice the introduction of important eating habits

Coping with Hunger, Craving, and Emotional Eating

Deborah Beck Busis, LCSW

- 1) To differentiate hunger from non-hunger
- 2) To describe strategies to tolerate and cope with non-hunger

Developing an Eating Schedule, Changing Food Intake, and Advanced Dieting

Deborah Beck Busis, LCSW

To create an eating schedule and make dietary changes

- 1) To demonstrate specific strategies for staying on track and getting right back on track

Psychological Issues:

Deborah Beck Busis, LCSW

Feeling overwhelmed, discouraged, deprived, disappointed, apathetic, rebellious, burdened

- 1) To identify key psychological issues and sabotaging thoughts that interfere with adhering to an eating schedule or plan
- 2) To demonstrate specific strategies to overcome key psychological issues

Real Life Problems:

Deborah Beck Busis, LCSW

Eating Out, Special Occasions, Travel, Food Pushers, Alcohol, Exercise, Stress

- 1) To effectively manage real life problems
- 2) To employ effective problem solving for real life problems

Maintenance, Reluctant Dieters, and Real Life Compromises

Deborah Beck Busis, LCSW

- 1) To promote acceptance of the necessity of lifelong changes
- 2) To adapt the program for specific dieters

References:

Beck, J. S., & Busis, D. B. (2015). *The Diet Trap Solution: Train Your Brain to Lose Weight and Keep it Off for Good*. Hay House, Inc.

Castelnuovo, G., Pietrabissa, G., Manzoni, G. M., Cattivelli, R., Rossi, A., Novelli, M., ... & Molinari, E. (2017). Cognitive behavioral therapy to aid weight loss in obese patients: current perspectives. *Psychology Research and Behavior Management, 10*, 165.

Paul, L., van der Heiden, C., & Hoek, H. W. (2017). Cognitive behavioral therapy and predictors of weight loss in bariatric surgery patients. *Current Opinion in Psychiatry*.

CE/CME Information- 12 hours

The Institute for Better Health (IBH), has been approved as a provider of continuing education and continuing medical education by the organizations listed below. IBH as the approved sponsor maintains responsibility for the educational activity offered and for following the standards and regulations for the organizations listed below.

COUNSELORS: Institute for Better Health (IBH) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0063. Counselors may earn 12 contact hours.

DIETITIANS: Credits not provided.

EDUCATORS: The Institute for Better Health has been approved by the Washington State Professional Educator Standards Board (WESPSB), a member of NASDTEC, as a Clock Hour Provider for Educators. Learners may claim one Clock Hour for each activity hour attended. Please contact your individual state boards for information regarding reciprocity and any additional requirements.

NURSES: Institute for Better Health, Inc is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Provider approved by the CA Board of Registered Nursing (BRN Provider CEP#2672) for 12 CEH's.

PHYSICIANS: This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the Institute for Better Health

(IBH) and the Beck Institute. IBH is accredited by the ACCME to provide continuing medical education for physicians. IBH designates this live activity for a maximum of 12 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: Institute for Better Health (IBH) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. Institute for Better Health (IBH) maintains responsibility for this program and its content. Institute for Better Health, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0007.

SOCIAL WORKERS: Institute for Better Health (IBH) SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0091. This course is approved for 12.00 contact hours.

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