



MEEDA

MIDDLE EAST
EATING DISORDERS
ASSOCIATION

Personalized Cognitive Behavioral Therapy for Obesity (CBT-OB)

Dr Riccardo Dalle Grave, MD

May 31st and June 1st 2019

Movenpick Hotel, Beirut, Lebanon

For more info/registration: info@meeda.me

DAY 1 Friday May 31, 2019

Session 1 / 9.00am to 10.30am

Introduction and presentation of objectives

Theoretical bases of the program

Current treatments for obesity

The neglected role of cognitive processes

From behavior therapy to cognitive behavior therapy for obesity

Treatment overview

Goals, strategies and procedures

Treatment versions

The role of the patient and the therapist

Treatment effectiveness

COFFEE BREAK / 10.30am to 11.00am

Session 2 / 11.00am to 12.30pm

Preparatory phase

Developing a collaborative and trusting relationship

Assessing the nature and severity of obesity

Assessing the indications and contraindications to weight loss

Engaging the patient in the treatment

Medical management

Module 1: Monitoring food intake, physical activity and body weight

Explaining what the treatment will involve

Educating on energy balance

Initiating real-time monitoring of food intake and physical activity

Q & A / 12.30pm to 1.00pm

LUNCH / 1.00pm to 2.00pm

DAY 1 **continued**

Session 3 / 2.00pm to 3.00pm

Module 2: Changing eating

- In-session weighing
- Reviewing records and other homework
- Introducing the change in eating
- Continuing real-time monitoring of food intake
- Eating consciously

COFFEE BREAK / 3.00pm to 3.30pm

Session 4 / 3.30pm to 4.30pm

Module 3: Developing an active lifestyle

- Preparing the patient for an active lifestyle
- Types of exercise recommended by CBT-OB to increase levels of physical activity
- Strategies for increasing patient adherence to exercise

Q & A / 4.30pm to 5.00pm

DAY 2 **Saturday June 1, 2019**

Session 1 / 9.00am to 10.00am

Module 4: Addressing obstacles to weight loss

- Educating patients on cognitive behavioural weight loss obstacles
- Introducing the weight loss obstacles questionnaire
- Creating the personal formulation
- Addressing weight-loss obstacles

COFFEE BREAK / 10.00am to 10.30am

Session 2 / 10.30am to 11.30am

Module 5: Addressing weight-loss dissatisfaction

- Identifying weight-loss dissatisfaction, and general strategies to address it
- Addressing unrealistic weight goals
- Addressing dysfunctional primary goals for losing weight
- Addressing negative body image
- Accepting a reasonable and healthy weight

Q & A / 11.30am to 12.00pm

LUNCH / 12.00pm to 1.00pm

DAY 2 continued

Session 3 / 1.00pm to 2.30pm

Module 6: Addressing the obstacles to weight maintenance

Preparing the patient for weight maintenance

Educating the patient on weight maintenance

Involving patients actively in the decision to start weight maintenance

Addressing concerns and questions about starting weight maintenance

Procedures for weight maintenance

Preparing a weight maintenance plan

Involving significant others

Involving family members in the sessions

Social support

Q & A / 2.30pm to 3.00pm



Riccardo Dalle Grave, MD

Director of the Department of Eating and Weight Disorders at Villa Garda Hospital (Lago Di Garda, Italy)

In this department, in collaboration with Professor Christopher Fairburn, he developed an original inpatient treatment for eating disorders based entirely on enhanced cognitive behaviour therapy (CBT-E), an adaptation of CBT-E for adolescents with eating disorders, and the CBT-OB, an innovative treatment combining the behavioral treatment for obesity with strategies and procedures derived by the CBT-E for eating disorders.

Over the past 20 years, he has published several papers in international peer-reviewed journals (137 included in PubMed), about 100 papers in Italian, 25 books in Italian, and written three books in US. In 1997 he founded the First Certificate of Professional Training in Eating Disorders and Obesity. This one-year course, that is now at the 19th cohort, trains medical doctors, psychologists, and dietitians in cognitive behaviour therapy for eating disorders and obesity. He provides expert supervision for clinical services in Europe, the USA, Australia, and the U.A.E.



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