Personalized Cognitive Behavioral Therapy for Obesity (CBT-OB)

Dr Riccardo Dalle Grave, MD

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Movenpick Hotel, Beirut, Lebanon

For more info/registration: info@meeda.me
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 / 12.30am to 1.00pm

LUNCH / 1.00pm to 2.00pm
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
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
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
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.