

## 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



### 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, and an Executive Council member of the Australasian Society for the Study of Obesity for 9 years. He is currently a Fellow of the Australian College of Psychological Medicine, a Lifelong Fellow of the Obesity Prevention and Treatment Society, a Member of the Board of Directors of the Butterfly Foundation, and an honorary lecturer at Monash University, Department of Medicine and Deakin University, Department of Dietetics. More information

about Dr Rick can be found at his web site, [www.ifnotdieting.com](http://www.ifnotdieting.com)

### 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, and importantly, many patient quotes and stories to help participants to get a strong sense of how our patients and clients are feeling about this health issue, in order to support them make long term sustainable change. Each participant will also receive the 2010 ifnotdieting training manual containing important references and copies of key 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.**
- **Kinect Australia – 3 Professional Development Points**

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.

## If not dieting® Health Professional 2-day Training Program

### 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?
- 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
- 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
- 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

## **Keeping the Fire Burning! If not dieting® Past Participants Follow Up sessions**

The If not dieting team is very excited to present 'Keeping the Fire Burning!' a follow up session to the If not dieting health professional training. This session is designed to

- assist in keeping the If not dieting concepts alive in your work and life,
- hear keynote presentations from experts in the field,
- provide opportunities to network with other like-minded health professionals,
- hear case studies presented by past participants,
- Q & A with a panel of experts including Dr. Rick Kausman, Dr. Samantha Thomas and Professor Susan Paxton

**Thursday 21<sup>st</sup> of October 2010, 7.30-9.45pm  
at The Treacy Centre, 126 The Avenue, Parkville**

Featuring a keynote presentation by Dr. Samantha Thomas, Senior Research Fellow, and Head of the Consumer Health Research Group (CHaRGe) at Monash University.

**Are popular approaches to the 'obesity epidemic' doing more harm than good?  
People over their most healthy weight have their say!**

**Dr Samantha Thomas** is Senior Research Fellow and Head of the Consumer Health Research Group (CHaRGe) at Monash University. In 2009 she was chosen by the Weekend Australian as one of the top 10 emerging leaders in Health in Australia.

Dr Thomas graduated with a Ph.D in Community Health from the University of Auckland in 2001. She subsequently worked in international health in Africa, the Pacific and Eastern Europe before joining the World Health Organisation in Geneva where she worked in Non-Communicable Diseases. She was a contributing author to the World Health Report on Mental Health.

She is most well known for her work in the area of obesity stigma, and providing a consumer perspective on the obesity debate. Her project "Obesity: Have Your Say!" focuses on the impacts of media reporting, obesity interventions and public health responses on the health and wellbeing of obese adults.

Featuring a keynote presentation by Professor Susan Paxton, Head of School, Psychological Sciences, LaTrobe University.

**Body Image and Eating Disorders - early intervention in adolescents, young adults and adults in midlife.**

**Professor Susan Paxton** is currently Head of the School of Psychological Science at LaTrobe University. She has a background in practice and research in clinical and health psychology. Her research has concentrated on understanding risk factors for the development of body image and eating disorders, and the evaluation of prevention and treatment interventions for these problems. Currently, Susan is working on projects that explore the early development of body image and eating behaviours, body image and disordered eating at critical developmental phases, evaluation of school-based prevention interventions and stigma associated with eating disorders. Professor Susan Paxton is currently the President of the Academy for Eating Disorder, Member of the Board of Directors of the Butterfly Foundation, Member of the Victorian Ministerial Community Advisory Committee on Body Image, and Member of the Federal Government's National Advisory Group on Body Image.

**Registration is at 7.00pm** Tea / Coffee & Biscuits will be provided

## **If not dieting® Health Professional 2-day Training Program**

**Thursday 2<sup>nd</sup> & Friday 3<sup>rd</sup> of September 2010**

**9.00am – 4.30pm**

(Registration 8.30am Thursday)

### **The Treacy Conference Centre**

126 The Avenue, Parkville, Melbourne

**\*Early Bird Rate of \$605.00 (includes \$55.00 GST) available until:  
Friday 16<sup>th</sup> of July, 2010**

**Regular rate of \$660.00 (includes \$60.00 GST)**

Fee includes: If not dieting health professional training program, morning tea, lunch and afternoon tea, If not dieting training manual, and some other surprises!

**Final registrations close:**

**Monday 23<sup>rd</sup> of August, 2010** (unless sold out)

**Please register early to avoid disappointment**

Copyright® : Permission is granted to registered participants who have completed ifnotdieting training to use the content from the ifnotdieting training program and the ifnotdieting training manual for use with individual patients/clients. Use of content from the ifnotdieting training program and the ifnotdieting training manual is otherwise expressly prohibited without the prior written permission of Dr Rick Kausman. Permission is expressly prohibited for use by or in the course of any commercial weight loss or health management program.

**Please note:** Accommodation & continental breakfast is available on site at The Treacy Centre for \$60.00/person/night. Please visit [www.treacycentre.com.au](http://www.treacycentre.com.au) or call 03 8359 0101 for more information.

**\*\*\*Additional Training Program dates may be found at [www.ifnotdieting.com](http://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](mailto:louise@ifnotdieting.com.au) Phone: 03 9482 2106

Or you can register and make payment on-line at [www.ifnotdieting.com](http://www.ifnotdieting.com)



If not dieting®

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

#### TAX INVOICE

**If Not Dieting**

**ABN: 55 877 670 022**

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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Special dietary requirements:.....

#### If not dieting® Health Professional 2-day Training Program

Please tick the appropriate box and complete payment details.

September 2<sup>nd</sup> & 3<sup>rd</sup> 2010 – Early Bird Fee - \$605.00 \$ \_\_\_\_\_  
(Available until Friday 16<sup>th</sup> of July 2010)

September 2<sup>nd</sup> & 3<sup>rd</sup> 2010 – Regular Fee - \$660.00 \$ \_\_\_\_\_

Keeping the Fire Burning - \$55.00 \$ \_\_\_\_\_  
Thursday, 21<sup>st</sup> of October, 2010

**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:** \_\_\_\_\_