



weight management psychology

REGISTER
BEFORE
6 MARCH FOR
EARLY BIRD
PRICE!

SATURDAY 28 MARCH & SUNDAY 29 MARCH 2015

Weight Management Psychology for Nutrition Professionals

GPs, Exercise Physiologists and Psychologists are signing up and welcome!
Opportunities for Networking!

Specialist Weight Management Psychologist, Glenn Mackintosh, presents Weight Management Psychology for Nutrition Professionals.

Weight management is a complex, multifactorial, and challenging area - for clients and practitioners alike! Specifically for dietitians and nutritionists who are at forefront of psycho-dietetic issues on a day-to-day basis, Glenn provides the basics of Psychology for Weight Management.

Combining empirical research, evidence-based principals, and practical strategies, the workshop is designed to help enhance professionals' ability to work with clients interested in managing their weight, improving client outcomes, engagement and retention, and making face-to-face sessions more fun.

DAY ONE

- Where are we with weight management?
An overview of the effectiveness of behavioural, psychological, surgical, and HAES interventions
- Three key areas of weight management psychology for the nutrition expert:
 - Developing sustainable eating, drinking, and physical activity habits
 - Transcending emotional eating
 - Building body-acceptance and the interplay between them

DAY TWO

- "I know what to do, I just can't do it!"
Evidence-based psychological strategies to enhance behaviour change.
- Emerging areas in weight management:
 - "Maybe I should go and get a band?"
Considerations around bariatric surgery
 - "In a haze about HAES?" Considerations around Health At Every Size
 - "Thinking outside the box..." Innovative solutions of Emotional Freedom Technique and Hypnosis
- Working in weight management – individual professional issues and developing multi-disciplinary teams

Morning tea, lunch, and afternoon tea included

Weight Management Psychology | 417, Dakota South, 88 Macquarie St, Teneriffe
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Weight Management Psychology for Nutrition Professionals

Cost \$445

Earlybird \$395 (before Friday, 6 March) | Group of 4 \$395/person

Group of 4 earlybird \$345/person | Student \$295

1 day discount (either day) \$295

To register please visit: <https://www.registernow.com.au/secure/Register.aspx?E=14980>

About the presenter

Glenn Mackintosh is a member of the Australian Psychological Society, a fellow of the Obesity Prevention and Treatment Society, and the Queensland representative for the APS Psychology of Eating, Weight, and Body-image Interest Group. Before venturing into full time private practise, he was the psychology coordinator at the Wesley Lifeshape Clinic, and he also consults with Qld Bariatrics patients pre- and post- surgery.

Glenn's research investigated psychological and social factors and weight management, and he has lectured in weight management psychology, health psychology, and sport and exercise psychology at the University of Queensland, Griffith University, and the Australian College of Applied Psychology. He has also developed the self-help resources Relaxation & Affirmation, The Walking Companion, and Weight Off Your Mind, designed for psychological education and transformation around key weight management issues. Glenn also features in the media regularly, having interviewed on weight related topics for Weight Watcher's Magazine, 4BC Radio, and A Current Affair. However, Glenn's passion is in helping people effectively manage their weight, and training other professionals in applying psychological principals to help their clients who are grappling with weight management issues.

In 2014 Glenn presented for the Australian Psychological Society's College of Health Psychologists and Psychology of Eating, Weight, and Body-Image Interest Groups for half and full-day workshops respectively, and has presented for the Dietitians Association of Australia on the psychology of making healthy choices, and psychological considerations of bariatric surgery.



Feedback on Glenn's sessions

"Glenn Mackintosh was highly engaging and presented some user-friendly techniques in a practical manner" and "Glenn was very engaging and a full workshop with him would be great!"

Anonymous participants' feedback from DAA – Influencing others, Mind, Body, and Gut.

"Thanks Glenn for an inspiring workshop on non-diet psychology today; glad to be a part of this growing community."
Rina Belgraver, APS Weight Management Psychology – Principals and Practise workshop participant.

"I would personally like to thank you for such a wonderful presentation on Friday. The feedback on the day was very positive: most liked the informal feel and ability to ask questions, with a very informative presentation!" Leanne Wagner, Organiser DAA Bariatric Roadshow.

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