

MORNING WORKSHOP  
CAPPED AT 32 + SOLD OUT!!  
Afternoon workshop added  
due to popular demand!!



weight management psychology

SATURDAY 11 APRIL 2015  
2:30pm - 4:30pm

Had enough of  
emotional eating?

Learn how to care  
for yourself in  
better ways!

## WORKSHOP: Transcending Emotional Eating

Principal psychologist from Weight Management Psychology, Previous Director of Psychology for the WesleyLifeshape Clinic, and Consulting Psychologist for Queensland Bariatrics, Glenn Mackintosh provides a psychologically minded, evidence-based model for overcoming the common challenge of emotional eating in people looking to effectively manage their body weight.

As well as causing significant psychological distress, emotional eating is a major barrier to reaching and maintaining a healthy weight.

However, psychology offers an understanding of emotional eating and strategies to overcome it, helping people free themselves of emotional eating, and achieve and maintain healthy weights more successfully.

Translating conclusive research into clinical practice, Glenn Mackintosh provides a comprehensive, evidence-based, psychological model for transcending emotional eating.

*Health professionals - help add psychological transformation into your work with clients.  
Register 3 clients and come FREE!!!*

Cost - \$120.00, early bird \$100.00 (before midnight 20 March 2015)

**SMALL GROUP WORKSHOP - MAXIMUM 16 PEOPLE!!**

\*20% Discounts apply for people bringing a friend, 25% for people bringing two,  
30% for people bringing 3 or more, and 35% for people bringing 5 or more friends

To register please visit:

<https://www.registernow.com.au/secure/Register.aspx?E=15068>

Workshop will be held at Weight Management Psychology | 417, Dakota South, 88 Macquarie St, Teneriffe  
0434 240 778 | [glenn@weightmanagementpsychology.com.au](mailto:glenn@weightmanagementpsychology.com.au) | [www.weightmanagementpsychology.com.au](http://www.weightmanagementpsychology.com.au)

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## WORKSHOP: Transcending Emotional Eating

### About the presenter

Glenn Mackintosh is the Principal Psychologist at Weight Management Psychology. He 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.

"Thank you for the opportunity to attend your session. I appreciate knowing that there is someone out there who understands what is going on in my head. And thank you for helping me turn a negative view of myself into a positive."

Cheryl Bennie – workshop participant.

"Glenn is a brilliant presenter; engaging, informative, and well known in the area of weight management. I was privileged to present a half-day workshop with him and would highly recommend attending Glenn's workshops!"  
Dr. Peta Stapleton, Co-Presenter APS College of Health Psychologists – Healthy Eating – Therapeutic Techniques.

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