

**tier3**

Weight  
Management Service



**Doncaster and Bassetlaw  
Teaching Hospitals**

NHS Foundation Trust



**CBT Session 1**

[www.dbth.nhs.uk](http://www.dbth.nhs.uk)

# Welcome and Introductions



# What to expect.....

6, 1½ hr sessions of Cognitive Behavioural Psychotherapy, covering the following topics:

1. Stigma, changing perspectives and the compassionate self
2. Breaking down resistance to change and goal setting
3. Mindfulness
4. Positive reframing of emotions and thought challenging
5. Food rule challenging, fighting cravings and changing habits
6. Preparing for tier 4 / bariatric surgery and relapse prevention

# What we expect of you.....

- Attendance to all sessions wherever possible
- Engagement / interaction within the sessions
- Having your camera turned on, or working up to this
- Minimal disruptions during sessions e.g. background noise
- Commitment to out-of-session work
- Respecting your fellow group members and differences
- Confidentiality
- Utilising the website for course materials and to fill in questionnaires  
<https://www.dbth.nhs.uk/services/clinical-therapies/weight-management-service/>
- Completing pre and post session questionnaires for each session

# Any Questions?

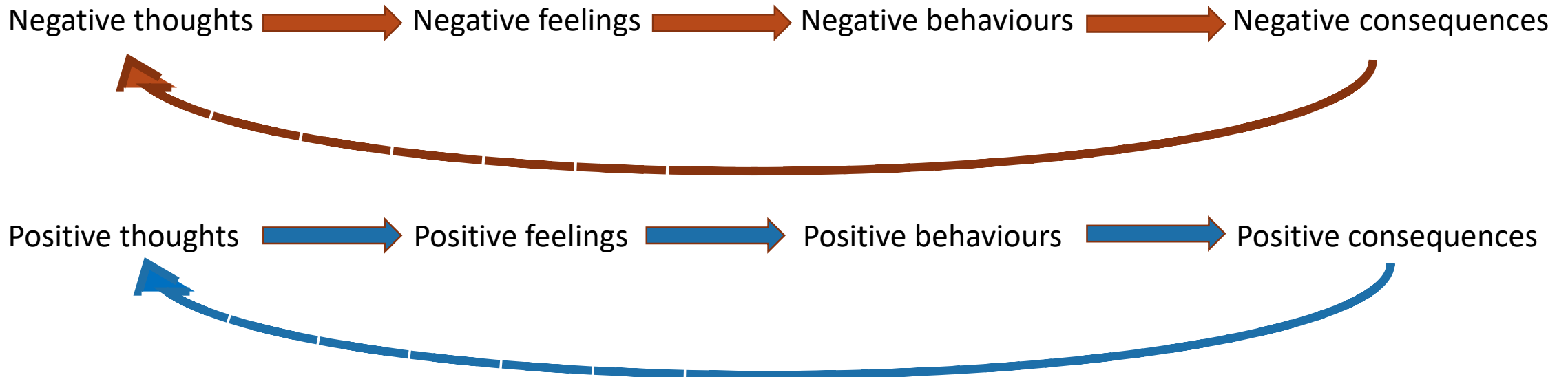
# What is CBT?

CBT stands for **cognitive behavioural therapy** and consists of therapeutic interventions targeting unhelpful thinking and behaviours to improve moods and overall wellbeing.

# Why use CBT in weight management?

Can anyone answer the above Q?

Put very simply:



# Stigma and obesity.....

- Have you ever faced stigma because of your weight?
- What are your experiences?
- How do you think others / society currently view /treat obesity?





Language  
Matters:  
Obesity



**Obesity UK**

My GP told me I was a drain on the NHS, needlessly taking the contraceptive pill, she said my weight would stop me ovulating. I was pregnant 2 months later and then I was called irresponsible by the consultant for getting pregnant! "

Person living with obesity

Visiting my GP with chest pains, to be told to 'go home and look in the mirror, as that was what was wrong with me', to later that evening being rushed into hospital because I couldn't breathe. I was diagnosed with bronchitis. "

Person living with obesity'

Had a doctor's appointment to discuss suspected endometriosis, as I was being examined on the table, stripped naked from the waist down... the doctor grabbed a handful of my belly fat, jiggled it about and announced to the nurse, 'she needs to get rid of THIS first'... "

Person living with obesity'

# Effects of stigma

- What are your views of your weight /body image ?
- Has weight stigma had a detrimental impact upon your: moods / behaviours / relationships / social life?



# Changes in attitude:

Away from individual blame  
to global responsibility

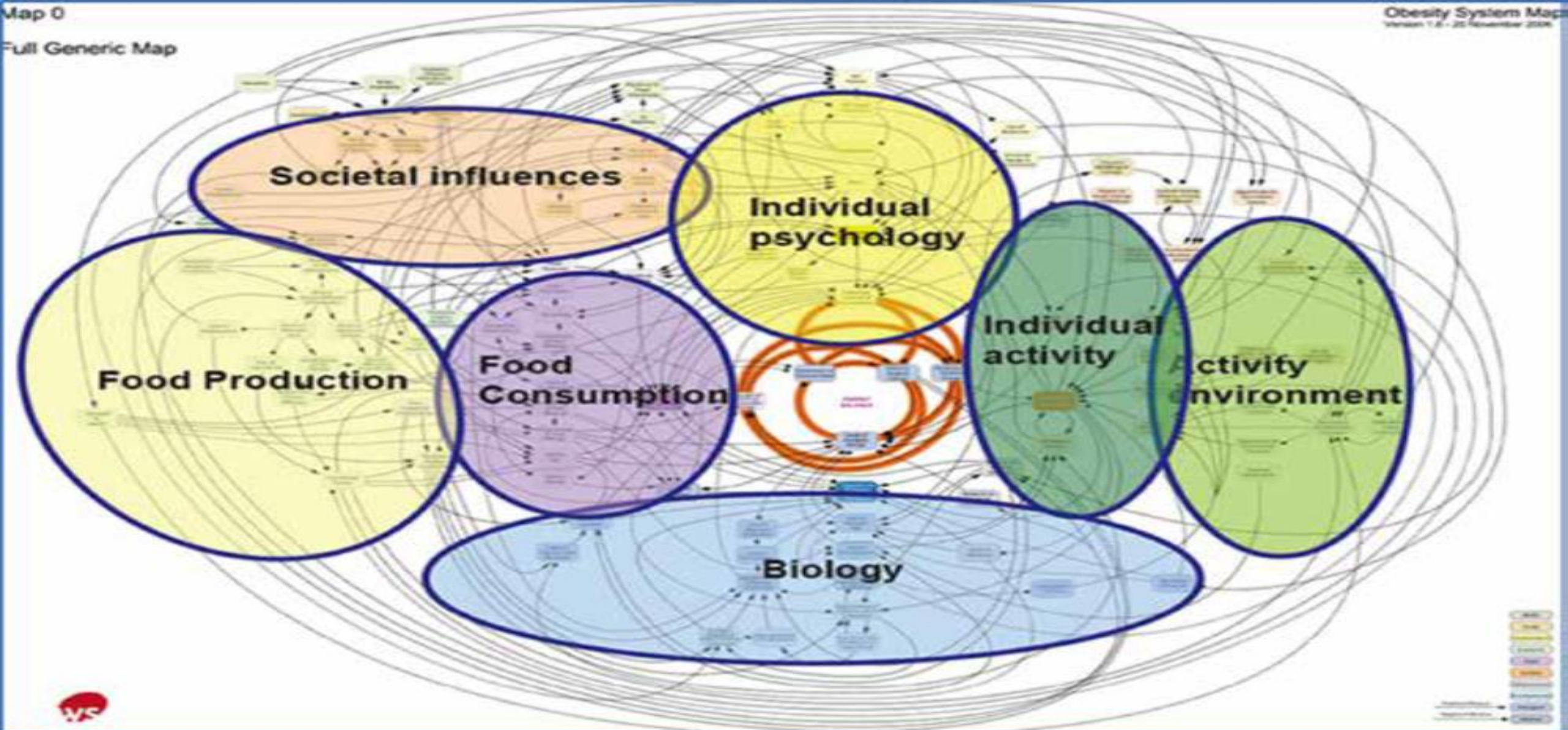
# World Health Organisation states.....

- Environmental and societal changes have led to changes in dietary and physical activity patterns
- Along with a lack of supportive policies -such as health, agriculture, transport, urban planning, environment, food processing, distribution, marketing, and education.
- And over exposure to high-fat, high-sugar, high-salt, energy-dense, and micronutrient-poor foods – that are lower in cost but also lower in nutrient quality

# The Foresight obesity report (National) recognises...

- “obesity as a societal and economic issue and not just about individual willpower and choice.”
- “causes of obesity are complex and interlinked with many different contributing drivers that go far beyond eating habits and activity levels.”





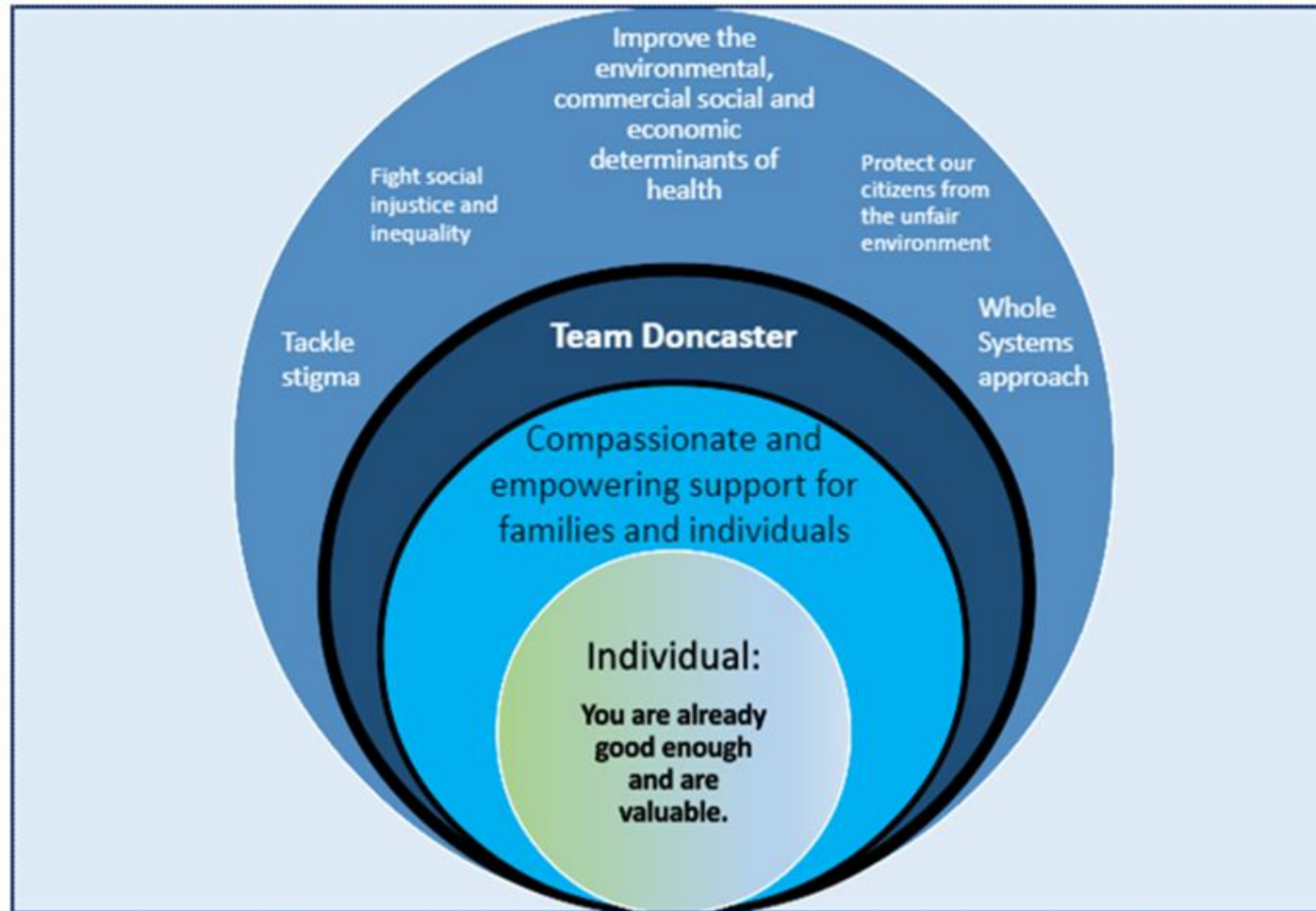


# On a local council level:

Weight is a **complex** issue governed by the interactions between multiple **genetic** and **environmental** factors – Takes **blame away from individuals**; fully acknowledging the mental and financial burden **poverty** and **inequality** places on people.

Ref: Doncaster council 2021

# Mapping the approach locally

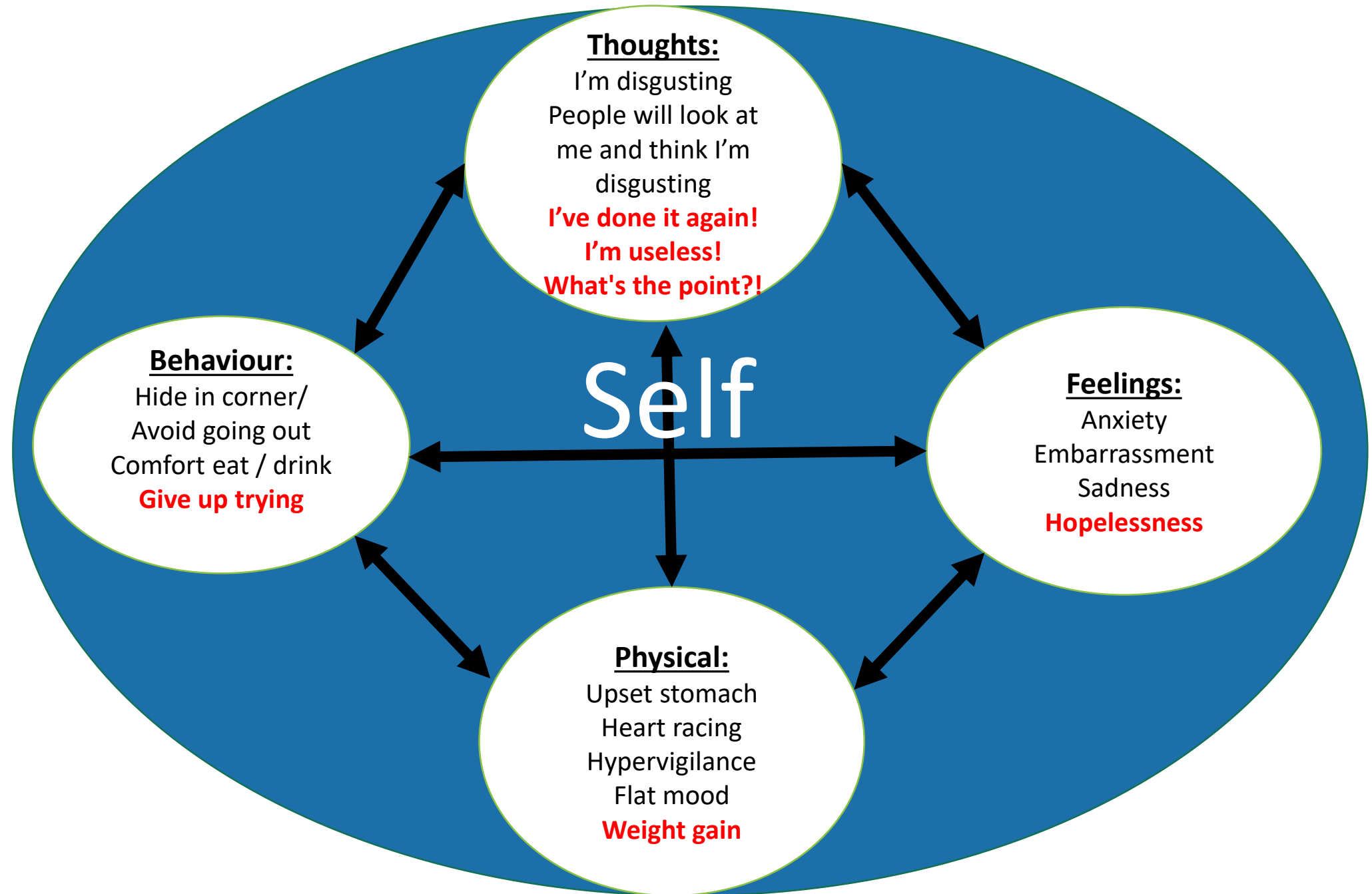


# Summary .....

- Obesity is a complex disease, that cannot be explained purely by lifestyle choice
- There can be many complex physiological, psychological and societal causes of obesity
- Often making it incredibly difficult to lose weight
- Weight management is a life-long journey
- Stigma can have a severe negative impact on an individuals health and wellbeing

# The consequences of negative self-talk.....

- Would you speak to a friend / loved one, in the way you speak to yourself?
- If not, why?
- What might be the consequences of speaking to someone in such a critical way?
- How does it make you feel when you judge / criticise yourself?
- How do you then deal with those feelings?



# Group exercise.....

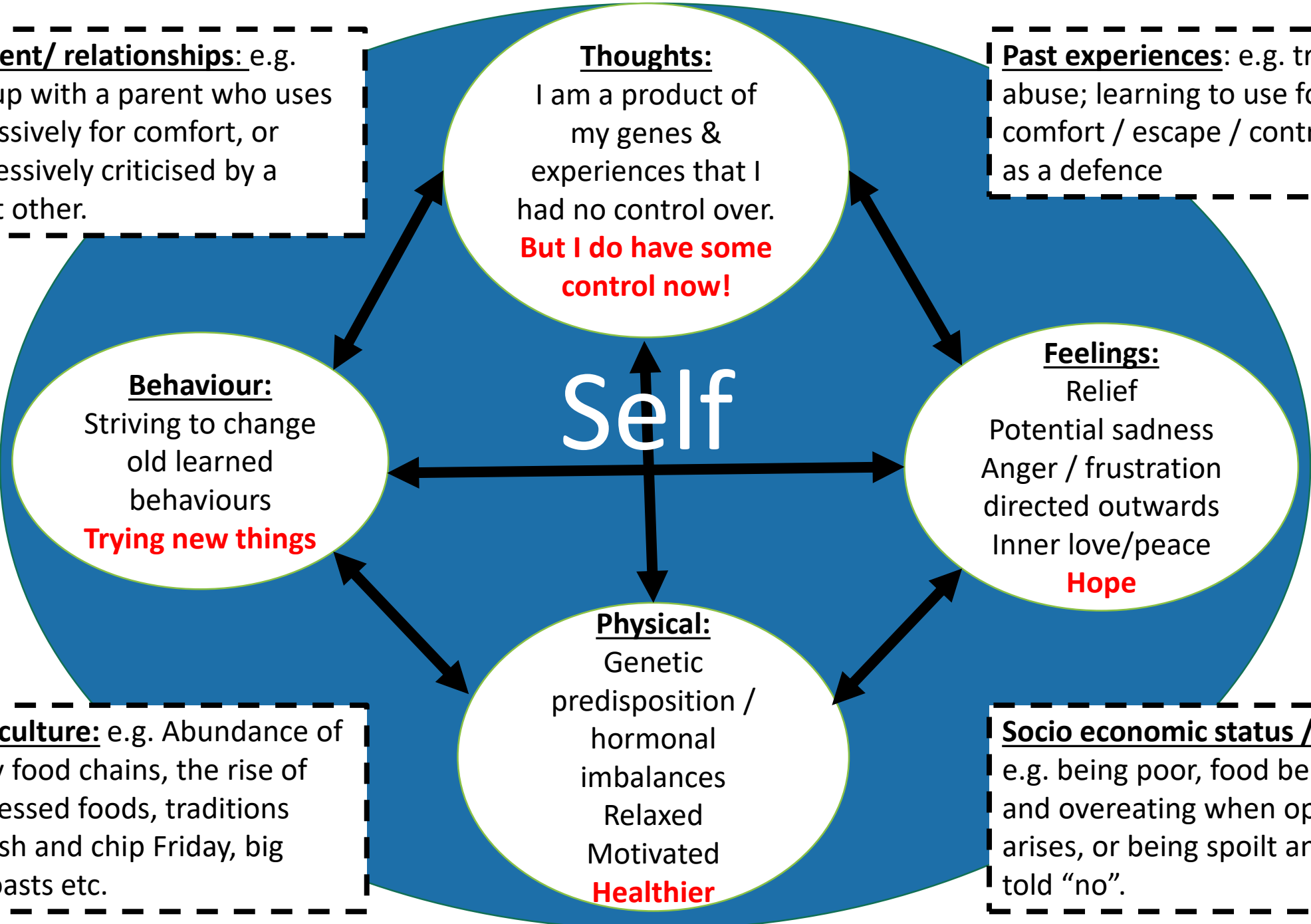
- [Five areas formualtion.docx](#)

# Using a Compassionate approach.....

Understand and accept your individual root causes of obesity; using a whole systems approach.

**Environment/ relationships:** e.g.  
Growing up with a parent who uses  
food excessively for comfort, or  
being excessively criticised by a  
significant other.

**Past experiences:** e.g. trauma, loss,  
abuse; learning to use food for  
comfort / escape / control, or weight  
as a defence

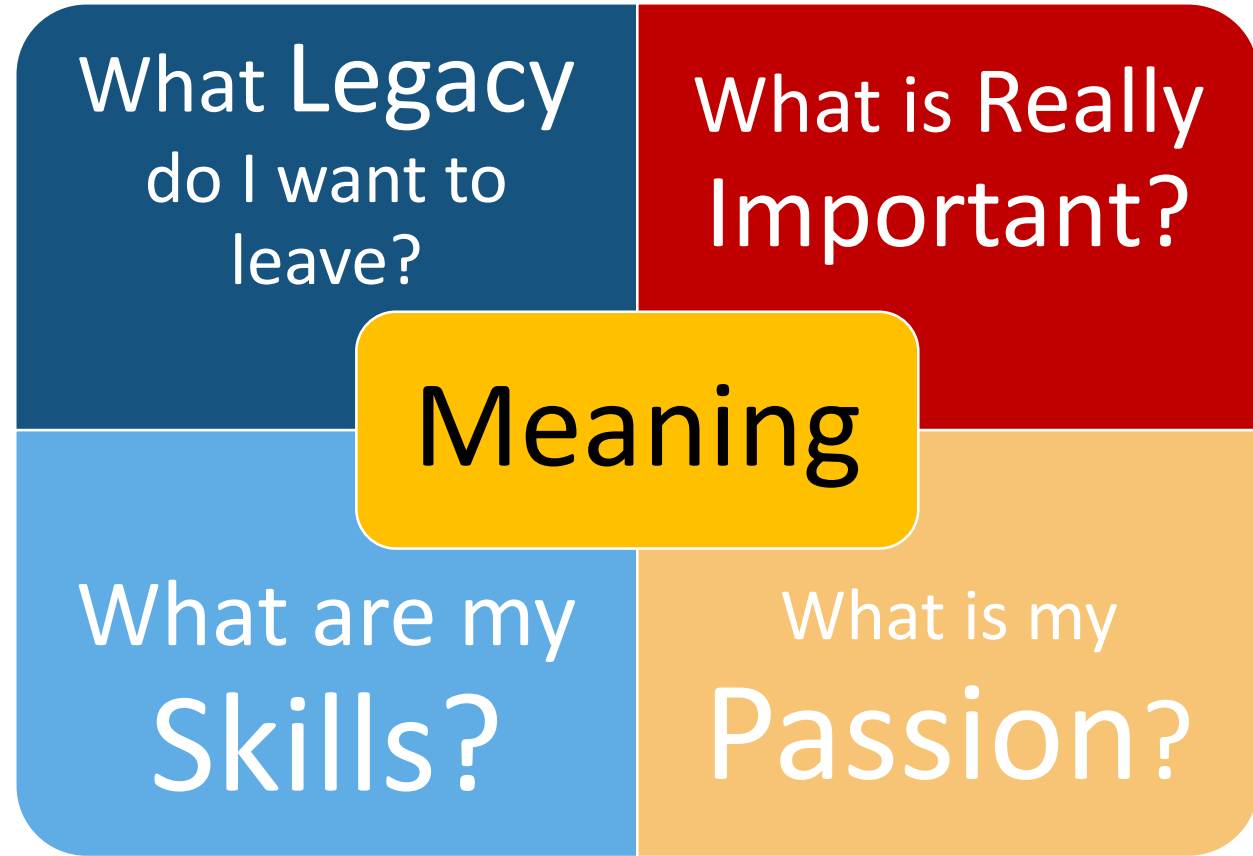


**Society / culture:** e.g. Abundance of  
unhealthy food chains, the rise of  
over processed foods, traditions  
such as Fish and chip Friday, big  
Sunday roasts etc.

**Socio economic status / resources:**  
e.g. being poor, food being limited  
and overeating when opportunity  
arises, or being spoilt and not being  
told “no”.



# Value based Goals.....



# Creating value based goals at home.....

- [Long Bull's Eye Worksheet.pdf](#)

Available on the website under CBT session 1.

# Balanced self-talk.....

- Only ever speaking to yourself in the way you would a good friend / loved one.
- Be constructive rather than self critical
- Ensuring you are acknowledging positives about yourself and your achievements

# Sound Challenging?

- In reality it takes a lot of time and effort to reverse some of these longstanding vicious cycles of coping / learned behaviours / self defence
- And a big part of you may not want to let go of them, because they have been so effective / pleasurable / soothing for you, for such a long time – And that is OK! We call this **Resistance to change.**
- Which we will be exploring, in detail, next session.

# Other psychological services Doncaster:



- **IAPT** - Improving Access to Psychological Therapies:  
<https://iapt.rdash.nhs.uk/about-doncaster-iapt/self-referral-form/>  
[https://www.instagram.com/doncaster\\_iapt/](https://www.instagram.com/doncaster_iapt/)



- **Doncaster Rape & Sexual Abuse Counselling Service:** 01302 360421,  
<https://www.drasacs.org.uk/>



- Doncaster Mind: <https://www.doncastermind.org.uk/how-we-help/> T: 01302 812190



- Doncaster Rethink 24 hour helpline – [0808 801 0442](tel:08088010442)



- The Samaritans free of charge on 116 123. <https://www.samaritans.org/>



- In a Mental Health crisis call the Access Team/Single Point of Contact on 01302 566999 / Freephone 0800 804 8999 <https://www.rdash.nhs.uk/services/our-services/adult-mental-health-services/what-to-do-in-an-emergency-amhs/>

# Psychological services Bassetlaw:



- Insight Healthcare (IAPT) Bassetlaw Psychological Therapies (Mild-moderate; Short-term problems) <https://www.insighthealthcare.org>  
0300 300 0033



- In a mental health emergency please contact the Crisis Team at:  
Call: **0808 196 3779** or if already a patient call: **0300 123 1804** /  
or **0115 956 0860** (9pm – 7.30am)  
<http://www.nottinghamshirehealthcare.nhs.uk/crht>

NOTTS  
SVS  
SERVICES

LISTEN  
BELIEVE  
SUPPORT

- Nottinghamshire **Sexual Violence Support** Services 0115 941 0440 or  
you can fill in our online referral form [here](https://nottssvss.org.uk/contact/):  
<https://nottssvss.org.uk/contact/>



- For eating disorder: Freed Beeches, at:  
<http://www.freedbeeches.org.uk> 01909 479922

# Bibliotherapy .....

- The use of books as therapy
- Research has shown that self-help via bibliotherapy can be as effective as a full course of psychotherapy
- There are tons of resources out there, have fun exploring them!

# Recommended self help .....

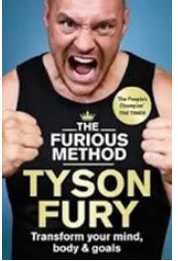
- The Reality of Obesity: A new podcast from Obesity UK
- Diabetes UK - Food psychology, at: <https://www.diabetes.org.uk/Guide-to-diabetes/Enjoy-food/Eating-with-diabetes/food-psychology>
- Beat Eating Disorders Website - Emotional Eating, at: <https://www.beateatingdisorders.org.uk/types/emotional-overeating>
- Free online courses for depression, anxiety, and low self esteem, available at: <https://www.reed.co.uk/courses/free/health-care>
- Anxiety UK, online therapy and support group: <https://www.anxietyuk.org.uk/get-help/anxiety-uk-courses-and-groups/>







- 'The Secret' series of books / films – for advice on positive thinking and the power of manifestation.



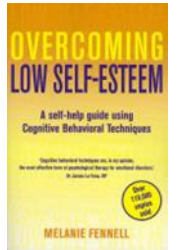
- The Furious Method. Transform Your Body, Mind & Goals.



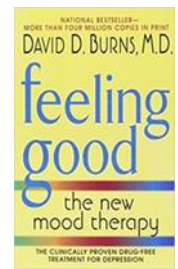
- End Emotional Eating: Using Dialectical Behavior Therapy Skills to Cope with Difficult Emotions and Develop a Healthy Relationship to Food Paperback – July 1, 2012 by Jennifer Taitz PsyD (Author).



- Understand your low self-esteem and, armed with this knowledge, break out of the vicious circle of negative self-image, learning the art of self-acceptance and altering our life for the better.“



- 'Feeling Good' series of books / podcasts, by psychiatrist, David D. Burns, M.D., scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life / relationships.



Thank you for your time  
we hope you enjoyed the  
session

We would be very grateful if you could fill in the  
feedback questionnaire, your views are very  
important to us.