

**tier3**

Weight  
Management Service

**NHS**

**Doncaster and Bassetlaw  
Teaching Hospitals**

NHS Foundation Trust

**CBT Session 2**

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

# Welcome back!

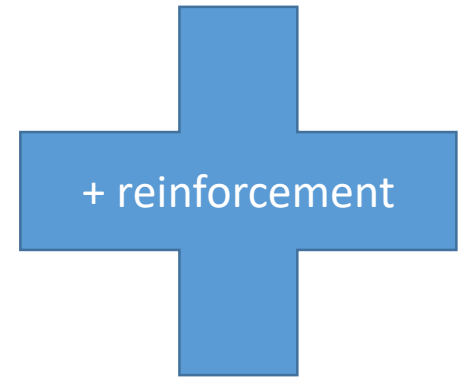
- Any difficulties accessing the website / filling in forms?
- Any Significant reflections after last session?
- Any questions?

# Course content.....

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

# Why is losing weight so hard?

- Any offers?
- In reality there is a reason we continue doing the same behaviours again and again.....
- They are rewarding!!!!
- They either give us something we want e.g. pleasure
- Or remove something we don't want e.g. misery / hunger



# The hard way or the hard way?

- It is said that undesirable behaviours can be reversed with Aversion Therapy – Not my cup of tea personally



- Or alternatively, with self awareness, rationale argument, & gentle persuasion – this is more my bag



# Still tricky!

- If you ignore your reasons for overeating / avoiding exercise / both, you could be fighting a losing battle, because your inner resistance to change / desire to get needs met, will constantly trip you up
- It wants what it wants! And will keep nagging until it gets it
- Unless you:
  1. Acknowledge your needs
  2. Decide that the negative consequences of these behaviours outweigh the positives
  3. Agree with yourself to meet your needs in other less damaging ways
- Then you might convince in your inner resistance to step down

# But How?

- [..\..\handouts for patients\commonly used forms\triple paradox electronic.pdf](#)

# Example of a counter argument.....

1. I want to be and feel healthy
2. I want to live longer to see my kids and grandkids grow
3. I want to be able to run around after my kids / grandkids
4. I want to feel confident in the clothes I choose to wear
5. I want to feel attractive
6. I want to feel proud of myself
7. I want to feel in control
8. I don't want to feel embarrassed / ashamed / judged
9. I want to set a good example for my kids
10. I want to live life to the full
11. I don't want to keep missing out on fun activities
12. I don't want to hate myself
13. I don't want to be in as much pain

# Where are you now?

In favour of  
change?



Or staying  
the same?

# Unsure?

- Its quite understandable if you are still unsure about change; having to lose some of the benefits you have been enjoying for so long, and commit to sacrifice and discipline



- Here's another exercise you can try to help you decide:

[..\..\TEAM CBT\Electronic Toolkit Package 2020-11-10\decision-making-form\\_electronic.pdf](..\..\TEAM CBT\Electronic Toolkit Package 2020-11-10\decision-making-form_electronic.pdf)

# Homework.....

- Reflect on what's been discussed
- Come up with a counter argument in favour of change, if you have one
- If you don't have one, consider whether now is the right time to change.
- Sometimes we are not in the right head space for change, due to other life stressors, and its ok / sometimes necessary to prioritise other important things at this moment in time and come back to this when you can.

# Any Questions?

Don't forget to check in with the website for the relevant handouts for today's session and the next!

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.