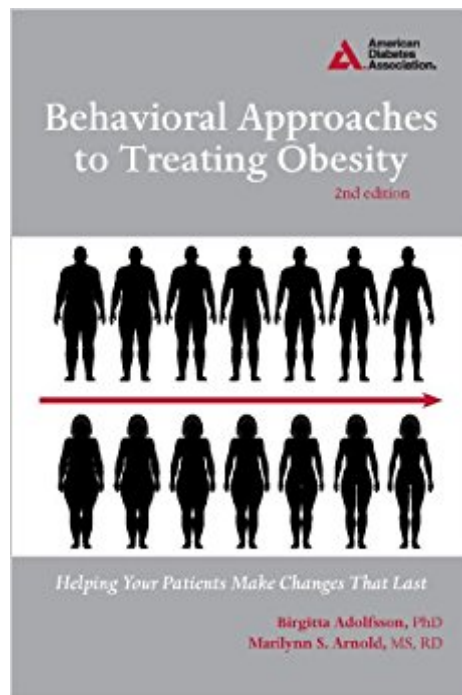




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# Behavioral Approaches To Treating Obesity: Helping Your Patients Make Changes That Last



## Synopsis

As governments and health care systems direct more attention and resources to treating the rising rates of obesity worldwide, one thing has become very clear: obesity is best treated as a chronic condition. The most effective approach to care is often a behavioral one, in which health care providers and patients rely on teamwork, respect, and conversation to motivate lifestyle change. This collaborative model is essential because decisions about care ultimately rest with the patient. Working together, care providers and patients can help patients learn to make healthy choices throughout their lives. An effective and detailed guide for health care providers, *Behavioral Approaches to Treating Obesity* embraces this understanding about treating obesity and explains how to help patients direct their own lifestyle change. With this self-directed approach to clinical care, patients assume more responsibility for their treatment plans, whereas care providers learn to take on the role of guide or counselor. In this book, readers will find strategies for encouraging patients and equipping them for lifestyle change. There is practical advice on many issues and helpful guides for any of a number of difficult scenarios. Some of the features of this guide include: arranging the physical environment of a clinic to accommodate obese patients; building a program to meet the needs of patients in a chronic-care treatment plan; case studies to illuminate key issues in behavior change; charts and tables to help implement behavioral approaches in treatment; step-by-step instructions on helping patients begin lifestyle change; descriptions of how to design and organize an obesity treatment program; useful methods of building a collaborative health care team. Readers will start at the beginning, learning to understand the problems of obesity and risks it poses to the people who suffer from the condition. Then the methods of treatment for obesity are presented, along with analysis of these methods and their effectiveness. In the end, the authors conclude that a new paradigm of care is needed to successfully treat obesity. The next section spends some time redefining the roles of health care providers in providing a collaborative care model of behavioral change therapy. The authors describe the new roles for health care providers and how to cope with those changes, how to build their team, how to create a supportive environment, and then how to structure the care process. The third and final section provides health care providers with the tools they need to introduce behavioral self-care in the clinical environment. This is a step-by-step process, and each step is further explained using case studies from the authors' experiences. The book is completed with an extensive resources section and an updated reference list to promote further research.

## Book Information

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## Customer Reviews

No longer is it unusual to hear the term `obesity' in our culture. While studies and books abound on the topic, Behavioral Approaches to Treating Obesity, Helping Your Patients Make Changes That Last, by experts Brigitta Adolfsson, PhD and Marilyn S. Arnold, MS, RD, have created an all-in-one resource and reference guide for healthcare providers (HCPs). Behavioral Approaches to Treating Obesity begins with an in depth overview of the dismal statistics about obesity in America. The authors proceed to cover the multi-factorial nature of weight gain. They also discuss the possible `solutions' for obesity which include bariatric surgery, obesity medications and/or healthy lifestyle changes. Adolfsson and Arnold invite HCPs to view obesity from a different perspective...being open to every and all treatment modalities. In utilizing behavior change techniques for healthy lifestyle changes people make the decisions while the HCP interacts in a manner that supports the person's well-being. Behavioral Approaches to Treating Obesity provides readers with details of everything you need to counsel overweight people in a wide variety of settings from acute and chronic care to creating comfortable office environments. This well organized guide combs through the step-by-step process of interacting with clients. The authors provide suggestions for structuring appointments, questions to ask during the first visit, and steps for problem solving as people identify their needs. The compare and contrast nature of the book, as well as clear distinctions for defining

behavioral approaches to obesity, are a strong suit. The authors cut the fluff and get down to facts.

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