

Workshops in Focus

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Obesity
Summit

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April 23–26
OTTAWA, ONTARIO



*Prevention, Treatment, and Rehabilitation > Prevention of Obesity and Health
Promotion Interventions*

Wednesday, April 24, 2019
14:00 – 16:00

Mindfulness and Acceptance Based Behavioural Interventions for Weight Loss and Weight Maintenance

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Long-term weight loss maintenance is the goal for bariatric patients and clinicians as it is associated with improvements in health and quality of life. Unsatisfactory weight loss and weight gain following weight loss interventions can be distressing to patients, and seem particularly difficult to treat when it is associated with problematic psychological and behavioural factors like emotional eating, binge eating and loss of control over eating.

The purpose of this workshop is to present clinical tools from mindfulness and acceptance based behaviour interventions to address these problems. These interventions include Acceptance and Commitment Therapy (ACT) Mindfulness-Based Eating Awareness Training (MB-EAT) and Dialectical Behaviour Therapy (DBT), all of which have been found to be effective with weight loss and eating. We will summarize the common theoretical principles shared by these interventions and briefly review treatment outcome studies. The focus of the workshop will be on providing attendees with clinical tools. Specific interventions from each modality will be presented. These include defusion and acceptance from ACT; mindful eating practices and mindfulness of bodily signals of hunger and fullness from MB-EAT; and the integration of acceptance with change, and skills training, with an emphasis on distress tolerance and emotion regulation skills, from DBT. Facilitator demonstrations, role-play exercises and question and answer periods will be used to translate the concepts presented into applied practice. In this collaboration between institutions from Ontario and Nova Scotia, the presenters bring their specialized trained in these modalities and extensive experience using these techniques with individuals living with obesity.

Agenda

- Theory and research on Third Wave Interventions (ACT, DBT, MB-EAT)
- Mindfulness-Based Eating Awareness Training (MB-EAT)
- Acceptance and Commitment Therapy (ACT)
- Dialectical Behaviour Therapy (DBT)