

## **WHY WEIGHT?**

### **A PROGRAM FOR POSITIVE CHANGE**

A special report from  
Amanda Hall & Tal Schlosser  
Consulting & Clinical Psychologists

DR TIMOTHY SHARP & ASSOCIATES (DTSA)

[www.makingchanges.com.au](http://www.makingchanges.com.au)

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## **Introduction**

Many people over the years have claimed to have found the key to losing weight. Not many of them have had any sort of formal training in the understanding of human thinking and behaviour. Yet many of these have made lots of money selling products and services which have not always proven to be of great benefit to clients.

## **The “Why Weight?” Team**

### **Amanda Hall**

Amanda is a clinical psychologist who joined Dr Timothy J Sharp & Associates' practice in September 2002 following several years' working with an international organisation in the United Kingdom (London). Amanda is a clinical psychologist with a Masters of Clinical Psychology Degree from the University of New South Wales, and a Bachelor of Science (Honours in Psychology) degree, also from the University of New South Wales.

For five years prior to the time she spent in the UK, Amanda worked at Redbank House, Westmead Hospital, which is one of Sydney's best child and adolescent tertiary referral psychiatric units. Amanda's experience extends to helping children and adolescents with eating difficulties (e.g. Anorexia Nervosa), anxiety (e.g. Obsessive Compulsive Disorder) and depression

as well as with behavioural difficulties and a range of other problems. She enjoys working collaboratively with people who want to improve their health and wellbeing, and lose weight.

### **Tal Schlosser**

Tal joined the DTSA practice in September 2002 following several years experience working at St. Vincent's Mental Health Service in the inner city suburb of Darlinghurst, Sydney. Tal is a clinical psychologist with a Masters of Clinical Psychology Degree, with First Class Honours, from the University of New South Wales. Prior to this Tal also completed a Bachelor of Arts Degree with Honours in Psychology from Macquarie University.

Tal's experience includes the delivery of cognitive behavioural therapies to a range of client groups including those with depression, anxiety, stress, weight and body issues, self esteem & assertiveness issues, as well as chronic pain.

## What's in this special report?

Firstly, why is this report “special”? Quite simply, this is special because **it will help you understand the mental, physical and nutritional components involved in our positive psychological approach to weight loss.**

It will also help you fully understand the consequences of not doing anything about your weight. It will, to cut straight to the chase, show you what you can do to have a better life by following this program.

Based on the most up to date contemporary research, we've identified key psychological, strategies that look beyond food to provide reliable weight loss and improved health.

This special report describes each of these strategies and shows you what you can do to effectively apply them.

When you understand the power of these strategies **and use them regularly** you will be more successful in not only achieving your weight loss goals but in maintaining your new healthier weight in the long term.

## The Facts

Approximately **60%** of Australians are overweight.

The findings of numerous studies have consistently indicated that those who are above average weight continue to put weight on in the long term.

Studies and research suggest that **Cognitive Behaviour Therapy** can assist people in losing weight.

A change in an individual's **beliefs, thoughts** and **behaviour** is vital in achieving their weight loss goals along with **dietary change** and increased **physical activity**.

Research has shown that you can attain significant health benefits from **moderate weight losses of 5-10% of your initial body weight**.

Studies prove that weight loss is more likely to be maintained in the longer term when **attitudes, beliefs and behaviour patterns change**.

## The Solution

To make some lasting lifestyle changes you will need to consider the role of your **beliefs, thoughts and behaviour**. **The following top ten tips for a positive psychological approach to weight loss will get you started today!**

1. **Set realistic and achievable goals** – first aim to improve your health and then weight loss will follow!
2. **Measure your progress** in many ways – use waist and hip measurements, blood pressure, and other health goals – not just weight.
3. **Overcoming obstacles** to weight loss – start listening to your body - eat only when you're hungry.
4. **Develop a healthy eating plan** – eat a wide range of healthy foods and keep an eye on the fat content as well as the energy level (or kilojoule content) of foods. Increase your intake of fibre and fruits and vegetables.
5. **Increase healthy activity** and fitness – enjoy short bouts of exercise every day – work out at home and choose activities that you really enjoy doing.

6. **Enjoy your body and appearance now** – don't wait until you reach a magic weight first - enjoy yoga, go to the hairdresser, pamper yourself.
7. **Make the most of your relationships** with others – express your feelings and needs. Value and care for yourself as well as for others.
8. **Focus on the positive health changes** that you are making – lower cholesterol and lipid levels, improved blood pressure and a healthier heart.
9. **Plan for the future** - work out what situations you might find difficult (eg. holidays, stress) and develop a plan to deal with the difficult situations in advance.
10. **Plan to maintain** your weight and lifestyle changes – keep monitoring your progress and plan to increase your activity level further over time.

## **So now it's up to you - Why Wait?**

We hope you've learned something from this special report. At the very least, we hope you've learned how important being within a healthy weight range is to your overall health and wellbeing.

Thankfully, now there is an easily accessible, affordable weight loss program on offer through Dr Timothy Sharp & Associates (Making Changes).

You can have a better life and we hope this report provides you with some motivation to take positive action; because **information and knowledge are not much use if they're not applied.**

Reading this report and then doing nothing is almost worse than not even reading it – because if you do nothing you've just wasted the last 15 minutes or so.

So please, for your own benefit and for the benefit of those who love you – **do something, now!**

## Making Changes

Making changes has been developed by Dr. Timothy J Sharp, a well-respected leader in the field of clinical and consulting psychology.

**Making Changes** is the online division of DTSA, a practice of highly qualified and experienced clinical, consulting and coaching psychologists. Our formal university training has equipped us with the skills and knowledge to help you **make positive changes** and to **get much more out of life**.

Our approach to making changes (based on "[cognitive behaviour therapy](#)") is widely considered to be the most effective approach for those wishing to overcome problems like depression, anxiety, weight & eating disorders, stress, worry, insomnia and relationship difficulties.

**CBT focuses mostly on the way people think about things** (including their attitudes and beliefs) and the way they do things. CBT helps people identify where their thoughts and actions are self-defeating, and then to replace these "bad habits" with more helpful thoughts and responses. In doing so, CBT has been proven to be the most effective intervention for problems such as depression, anxiety, weight & eating disorders, panic, stress, insomnia, and relationship difficulties

Finally, **CBT is very much focused on helping people like you achieve your goals and to get more out of life.**

As well as helping you to change your thinking (where relevant), CBT also includes teaching you a range of appropriate and practical strategies to overcome the hurdles and obstacles in your life and to be happier and more productive.

## Why Weight? Program Overview

This program is aimed at helping you to achieve realistic weight loss goals, and just as importantly, to maintain those changes in the long term. In this way it is different from other programs.

It also aims to help you think about your whole life (not just diet or exercise for example), and about **feeling good about yourself**.

We're confident that this program will offer you a way of avoiding being trapped in a yo-yo cycle of weight loss and weight gain, which can be unhealthy and very demoralising!

### Treatment aims:

- ❑ Overcoming obstacles to weight loss
- ❑ Understanding nutrition and developing a healthy eating plan
- ❑ Increasing healthy activity and fitness
- ❑ Decreasing sedentary activity (e.g. too much TV / video viewing and computer games)
- ❑ Enjoying your body and appearance
- ❑ Improving health
- ❑ Maintaining your weight and lifestyle changes

## **Who is the program for?**

This program is for people who are of above average weight, and want to be within a healthier weight range.

**The “Why Weight?” program is available in a self-help format** so that you can access the program and achieve your goals more independently.

If you prefer contact with us, however, we can help you to feel more motivated to make significant lifestyle changes.

For those people who have a long history of eating difficulties, or other significant problems such as depression, we would recommend an approach that involves regular contact with an appropriately qualified clinical psychologist.

## **Why Weight? - Program Overview**

### **Part 1: Achieving Weight Loss**

#### **Program Overview and information**

We look at the program content and the distinction between weight loss and the maintenance of weight loss. You will keep a food diary to monitor and increase your awareness of your energy intake. This will chart your progress so that you can look at decreasing your energy intake over time using some sample meal plans.

#### **Obstacles to Weight Loss**

You'll gain an understanding of what determines what you eat and identify possible barriers to your weight loss. You'll be assisted to come up with solutions to these problems.

#### **Eating Well**

You will explore and discover which food groups are the best for you and what foods are standard and essential nutritional requirements. You'll also look at any vitamin supplements that may be necessary for you and the importance of water consumption.

#### **Activity and Exercise**

You will look at increasing your physical activity over time and plan activities into your daily schedule. You will be able to set realistic goals to achieve your weight loss.

## **Part 2: Obstacles to accepting the goal of weight maintenance.**

### **Body Image**

The questions of What is body image? & How does body image develop? are explored. You'll be able to find out the answers to these questions through monitoring your own body image thoughts. You'll keep a body image diary. You'll also discover ways to enjoy your body and change how you think about your body.

### **Self-Esteem and Assertiveness**

By improving relationships with others, you can help build your own self-esteem. You'll realise the importance of standing up for yourself and using assertiveness skills with others in a positive way.

### **Weight Loss**

It is always important to review weight loss and primary goals along the way at regular intervals. You'll review your goals and revisit your primary weight loss goals.

### **Weight Maintenance**

Over this time, you will continue to eat well and maintain a healthy activity level until you reach

your target weight range. You'll learn the differences between significant weight change and trivial weight fluctuations and be able to take corrective action quickly. You'll learn to plan for high-risk situations and behaviours that may inhibit weight loss and be more aware of these situations when they do arise.

You'll be able to clearly define what you've learned so far in the program and keep these essential points "top of mind." You'll also learn how to deal with any setbacks along the way.

## Taking the first step

There are a number of ways to access the “Why Weight?” program.

- 1) If you live in Sydney, we can offer you support through regular appointments with one of our expert clinical psychologists.
- 2) For those who live out of Sydney, you may prefer to use our online therapy option (click here:

<http://www.makingchanges.com.au/products.asp?cid=4&pid=29>

At [www.makingchanges.com.au](http://www.makingchanges.com.au) we have created an online facility that combines chat rooms and message boards, along with telephone contact, email and online resources that allows anyone with internet access to benefit from our team’s expertise and experience.

- 3) You can also purchase our set of “Why Weight?” self-help manuals through our website link:

<http://www.makingchanges.com.au/products.asp?cid=4&pid=29>

These are available for \$9.90 each (incl. GST) \$69.30 (incl. GST) for the full set of 8.

## **Expert Advice**

“A big part of the problem is that people who are above average weight usually look outside themselves for help and answers, whereas we encourage our clients to become their own expert. By looking at ways to improve self-esteem, we encourage people to get involved in a sport, go to the hairdresser, or to get a massage. Often people wait until they lose weight to do this. We say to do these things now so that they can start feeling good in their own skin. Don't wait.”

“We also try to get people to focus on their achievements, to decide what success means to them – to get them to focus on quality of life rather than the magic number of a dress size. Weight of course is a part of that, but we don't over-emphasise that. Other things to focus on would be medical improvements, changes in mood, increase in concentration and overall wellbeing and energy.”

**(Amanda Hall – Clinical Psychologist)**

“We believe that building a healthy and happy life is about more than fad diets or an exercise routine. We use a balanced, evidence based approach to teach our clients the skills to take charge of their life and to achieve realistic weight loss goals. Most importantly we focus on helping our clients to maintain their positive lifestyle changes long term, and to optimise their overall health and quality of life.”

**(Tal Schlosser – Clinical Psychologist)**

## **Making Changes**

### **Anonymous Client Testimonials**

"I feel a lot more positive and confident about achieving and maintaining control in my life."

"I now feel so much more in control and so much more positive. Thanks for helping me overcome those negative, self-defeating thoughts. They were causing me so much distress and I now know I don't have to put up with them!"

"I cannot begin to think what I might have done if I hadn't found this program. You have definitely helped me to look at myself and to take charge of my life. It isn't going to be easy, but at least I am on the right track now. Once again, thank you."

"I'd like to say, the sessions we have had have been **extremely** successful...and other people have also commented on the positive changes I've made."

"My treatment went very well. The psychologist did a great job. She was very knowledgeable and I would highly recommend her to my family and friends."

