

# Intake of new client

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Session 1 of 8

# WEEK 2

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Weekly session structure

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Intake questionnaire

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Assessments

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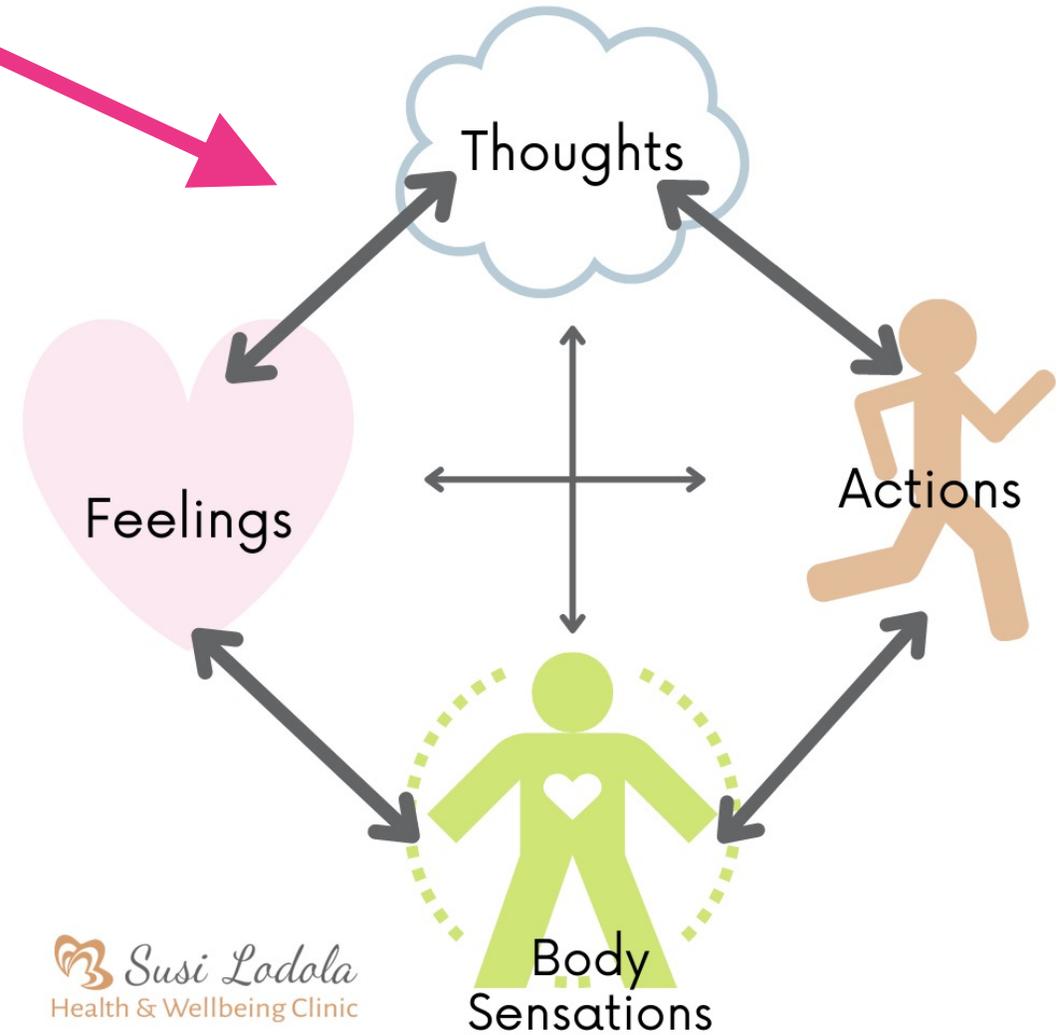
Nutritional guidelines

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Worksheets

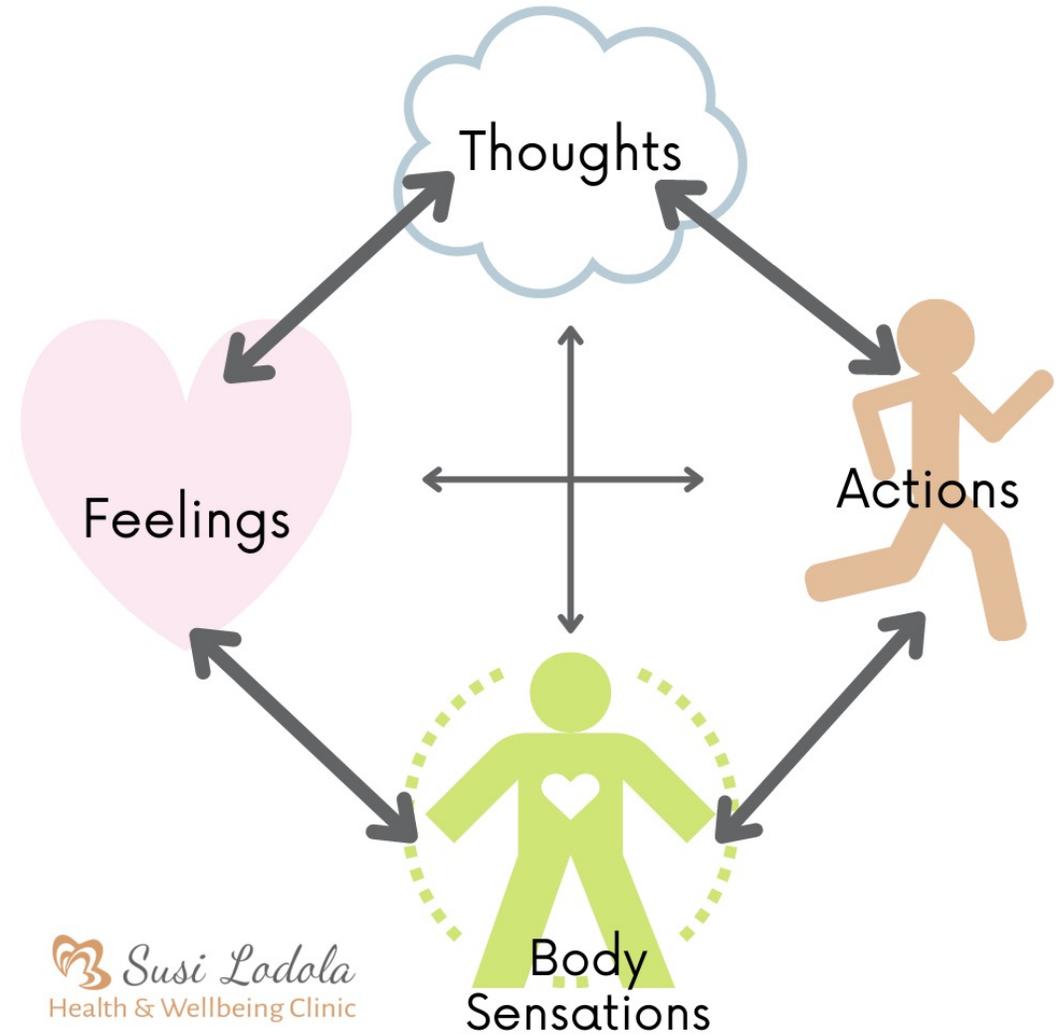
SITUATION

How we  
function as  
human beings



What can you control?

Only your thoughts and actions.



# Weekly session structure

## EACH SESSION STRUCTURED THE SAME

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REVIEW THE WORKSHEETS CLIENT EMAILED TO YOU BEFORE YOUR SESSION

Review past week – 20 Min

Look at all worksheets

Assess what went well

Assess what needs to be addressed

Look at weekly checklist – ask how they found giving credit to themselves

If worksheets were not completed, ask what they need from you to help them

Introduce new topic – 20 Min

Explain new weekly worksheet – 5 Min

Check that they understood the topic and the worksheet

Ask about the coming week, any problems that may need to be addressed - 10 Min

Ask if client wants to be weighed and then weigh in and record weight. – 5 Min

# Client – Therapist interactions

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## **PERSON CENTERED STYLE - Motivational Interviewing frame work**

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Curious

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Empathic

---

Reflecting

---

Open ended questions

---

Problem solving approach

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Addressing obstacles to weight management

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Client is the expert

# SELF-EFFICACY

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Maintaining weight loss remains a difficult challenge as many individuals relapse (MacLean et al., 2014).

One possible explanation might be that when weight loss plateaus the perceived effort to continue with a healthy weight loss plan is greater than the perceived benefit (Perri, 1998).

Identifying barriers to long term adherence to a healthy lifestyle intervention is important and low-eating self-efficacy has been identified as a barrier (Clark, Abrams, Niaura, Eaton & Rossi, 1991).

Self-efficacy is defined as having the confidence in one's ability to perform certain behaviours in the presence of challenging situations (Bandura, 1977) and is based on social cognitive theory (SCT).

Research has demonstrated that eating self-efficacy improves with weight loss and continues to stay high when lost weight is maintained (Clark, Cargill, Medeiros & Pera, 1996; Clark et al., 1991) and higher baseline levels of eating self-efficacy predict greater weight loss (Bas & Donmez, 2009; Clark et al., 1991; Linde, Rothman, Baldwin & Jeffrey, 2006).

# FIRST SESSION

## INTAKE & PREPARING CLIENT FOR CHANGE

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- 1) Intake questionnaire
- 2) Assessing self-efficacy
- 3) Information on psychology of weight loss
- 4) Information on nutrition
- 5) Explaining programme worksheets

# 1) INTAKE QUESTIONNAIRE

Personal Information  
Medical information  
Weight loss history  
Assessing readiness for change

## INTAKE QUESTIONNAIRE



+	Name:
	Phone:
	Email:
	Date of Birth:
	Current weight:
	Goal weight:
	Are you on any medication/have any medical problems?
	Are you doing any exercise at the moment?



# 3) INFORMATION ON PSYCHOLOGY OF WEIGHT LOSS

1

Introduction to the programme

Introduction to the programme



Mind Over Body  
WEIGHT MANAGEMENT

2

Why is it so hard to lose weight and keep it off?



**BIOLOGY**  
AVOID PAIN AND SEEK PLEASURE

- Pain of change
- Seeking dopamine
- Numbing emotions



Mind Over Body  
WEIGHT MANAGEMENT

3

**YOUR BRAIN**

- Two brains fighting each other
  - i) conscious mind (CM)
  - ii) subconscious mind (SM)
- Conscious Mind – logic, goal directed
- Subconscious mind – inner critic



The Mind

4

**SUBCONSCIOUS MIND**



Mind Over Body  
WEIGHT MANAGEMENT

Inner critic – Cling on your shoulder

Shaped during our formative years by our environment, family, teachers, friends.

Holds our belief system, values, attitudes



## Introduction to the programme

Click to add subtitle



# 4) INFORMATION ON NUTRITION

1

Introduction to the programme

Introduction to the programme



Mind Over Body  
WEIGHT MANAGEMENT

2

Why is it so hard to lose weight and keep it off?



**BIOLOGY**  
AVOID PAIN AND SEEK PLEASURE

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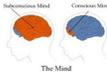


Mind Over Body  
WEIGHT MANAGEMENT

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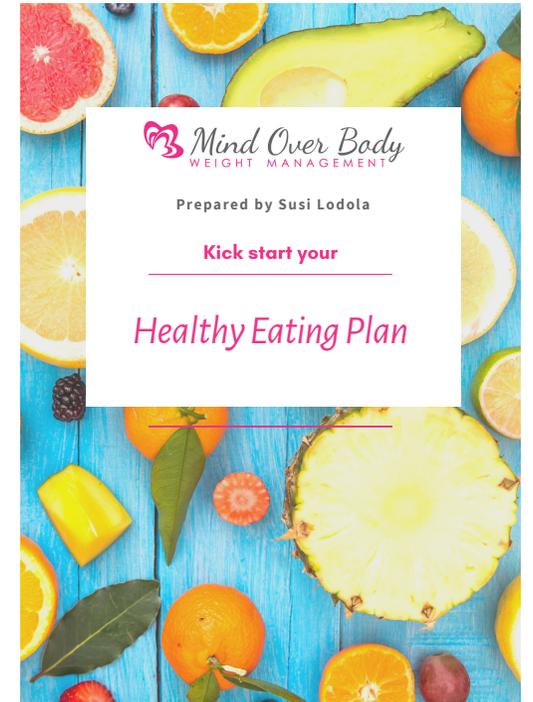


## Introduction to the programme

Click to add subtitle



4)  
INFORMATION  
ON  
NUTRITION



# 5) INFORMATION ON PROGRAMME WORKSHEETS

1

Introduction to the programme

Introduction to the programme



Mind Over Body  
WEIGHT MANAGEMENT

2

Why is it so hard to lose weight and keep it off?



**BIOLOGY**  
AVOID PAIN AND SEEK PLEASURE

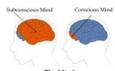
- Pain of change
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Mind Over Body  
WEIGHT MANAGEMENT

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Mind Over Body  
WEIGHT MANAGEMENT

Introduction to the programme

Click to add subtitle



Mind Over Body  
WEIGHT MANAGEMENT

## 5) INFORMATION ON PROGRAMME WORKSHEETS

### WEEKLY WORKSHEETS

#### Food Diary

- Tracking Food
- Tracking mood

#### Daily Checklist

- building self-efficacy
- serves as reminder

#### Weekly Self assessment

- reflection
- building self-efficacy

# SELF- MONITORING WEEKLY WORKSHEETS



	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Breakfast Details</b>							
Time							
Thoughts							
Mood	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊
<b>Snack Details</b>							
Time							
Thoughts							
Mood	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊
<b>Lunch Details</b>							
Time							
Thoughts							
Mood	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊
<b>Snack Details</b>							
Time							
Thoughts							
Mood	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊
<b>Dinner Details</b>							
Time							
Thoughts							
Mood	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊
<b>8 Glasses of Water</b>							

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Food Diary



## WEEKLY CHECKLIST

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>I have read my reasons why</b>							
<b>I have eaten my meals slowly and mindfully</b>							
<b>Three things I give myself credit for today</b>	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3	3	3	3	3

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Daily checklist

What could I do better?

What were my trigger situations?

How did I cope with them? What did I do?

Did I notice anything else?

Weekly self-assessment

# WEEKLY WORKSHEETS cont.

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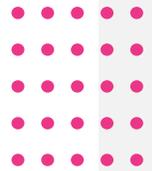
- 3 weekly worksheets PLUS
- 1 additional worksheet most weeks
- change happens between session
- worksheets to be completed is important
- problem solve if worksheets are not completed weekly

What could I do better?

What were my trigger situations?

How did I cope with them? What did I do?

Did I notice anything else?



# Week 1 - Worksheet

**REASONS WHY I WANT TO LOSE WEIGHT**



REASONS WHY I WANT TO LOSE WEIGHT

Seven empty rectangular boxes for writing reasons.

ASK YOURSELF JUST ONE QUESTION TODAY:

WHY DO I WANT TO LOSE WEIGHT AND MAKE CHANGES TO MY LIFESTYLE???

This could be the most important question you will need to answer of this programme.

I am sure you are saying to yourself, “Yes I know why I want to lose weight, because.....”

Saying it in your head is not enough!!!

Let me say this again:

“SAYING IT IN YOUR HEAD IS NOT ENOUGH”

You need to write it down. Write down as many reasons as you can think of. Think about

What will I be able to do after I lose weight, that I can't do at the moment?

- With your family
- In your work life
- In your private life
- What would it mean for your health?
- What will my future look like in 5 years from now if I don't lose some weight?

It is important to write the answers down, as when you read and write you engage your logical brain. Your logical, conscious brain only takes up 10 percent of your brain. Your subconscious which is driving your behaviours is 90 percent of your brain.

In order to re-programme your subconscious brain, you will have to engage your conscious brain – so reading and writing will be so important for you throughout this programme.

Now imagine your future – what will your future look like after you have lost weight?

Write it down in your diary!

Once you have filled in your worksheets “My reasons why I want to lose weight” – read it every day at least once. Take a photo of it, set a reminder in your phone, print it off and leave it where you can see it. This worksheet will keep you going when the going gets tough! It will keep you motivated and re-programme your brain.

# REASONS WHY I WANT TO LOSE WEIGHT

- Why now
- What will your life look like in 1 year, 5 years?
- What will you be able to do that you can't do now?
  - in your private life
  - work life

# Recap of session 1 with client

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- 1) Intake questionnaire
- 2) Assessing self-efficacy
- 3) Information on psychology of weight loss – (power point for online)
- 4) Information on nutrition
- 5) Explaining programme worksheets
- 6) Email client documents
  - weekly worksheets
  - reasons why worksheet
  - nutritional guidelines & recipes
  - preparing the environment document
  - ask yourself one question
  - welcome to the programme
  - terms and conditions