



The Berne Institute

Berne House
29 Derby Road
Kegworth DE74 2EN
England
01509 673649
www.theberne.com

WORKING WITH THE OVERWEIGHT CLIENT

A psychological approach to working with clients who present with eating and “overweight” issues

Tuesday & Wednesday 3rd & 4th October 2017

Trainer: Kathy Leach TSTA(P)

This is a two day Worksop focussing on issues of weight and eating aimed at therapists who wish to increase their understanding of some of the psychological components that appear to influence clients to eat more than they need and gain or maintain unwanted weight, often leading to clients needing to be big in the world to the point where the size, and thereby food, become defensive survival issues. We will look at the continuum of what is deemed overweight to supermorbidly obese and the associated implications for therapeutic work. This will include considering differences in long and short term weight gain and brief reference to the development of the body self, alongside the psychological self. (Krueger) We will recognise the importance of self-esteem and self-worth and script belief systems that prevent someone from reaching their stated goal: usually weight loss, and whether this is necessarily the most needed outcome of the psychotherapy. I will present some case material and introduce working with my 4 part questionnaire.



Kathy Leach is a TSTA who has worked in various capacities in the field of weight and food related issues since 1979. After leaving her position as a Senior Probation Officer to start a family, she worked part time in Adult Education teaching Healthy Eating, Weight Control, Exercise, Relaxation and Lifestyle, eventually becoming a teacher trainer and examiner. She was intrigued with the fact that some members of the groups lost weight and maintained that loss, others lost but regained the weight and others didn't lose weight at all. When retraining as a TA Psychotherapist (1991) she determined to focus on researching the psychology behind the use of food and body size as illusional protection and defences.

Cost Berne Institute members £195, non-members £220. Booking deposit (non-returnable) £100 **Timings** 10.00 – 5.00 each day (please arrive earlier for registration on the first day).

The course will be held at The Berne Institute, Berne House, 29 Derby Road, Kegworth DE74 2EN, 01509 673649, email via website www.theberne.com. If you would like directions to the Institute, or a list of local accommodation, please see the website, or ask the administrator at the time of booking.

[Promoting Excellence and Autonomy](#)

BOOKING FORM

'WORKING WITH THE OVERWEIGHT CLIENT'

To: The Course Registrar, The Berne Institute, Berne House, 29 Derby Road, Kegworth
DE74 2EN 01509-673649 email office@theberne.com

Name:

Address:

Telephone :

email:

I wish to apply for a place on the above short course and I enclose:

- a deposit of £100.00
- Full Payment £____.____ (Please make cheques payable to 'The Berne Institute')

BOOKING CONDITIONS:

- There are a maximum of 15 places available on this workshop.
- Your place will only be confirmed once your payment it is received.
- A NON REFUNDABLE booking deposit of £100 will hold your place for up to two weeks prior to the first workshop date.

Please state your qualifications in psychotherapy or counselling and the name of your training centre or trainer:

Please summarise your work experience in this field (if applicable) and the reason for your interest in this course (if you need more space, please continue on a separate sheet):

Please send this booking form, together with your deposit/payment, to the address above, to confirm your application for a place on this course. We will confirm via email. Thank you for your interest in this course, we hope you find it rewarding and informative.