

Mental Health Professionals' Network

## Brisbane Obesity Prevention and Treatment Network Meeting

### A Health-Centred Approach to Weight Management: Working with a multidisciplinary team

*This workshop is designed for psychologists, other allied-health professionals, general practitioners, and specialists working with clients who are struggling with their eating and/or weight. This includes clients who are healthy to obese, and who report issues such as emotional eating, binge eating or have a history of yo-yo dieting.*

*The workshop will address:*

- *the physiological and psychological effects of dieting which underpins why dieting often fails*
- *how health can be improved in the absence of weight loss*
- *practical strategies on how to refocus client goals away from weight and towards other indicators of health*
- *the need for a multidisciplinary approach to care of clients with eating and weight concerns*

You are invited to the next Brisbane Obesity Prevention and Treatment network meeting.

Feel free to forward this invitation to invite your colleagues who may wish to attend.

Please register your acceptance or apology for this meeting to Jacqui at [j.oloughlin@mhpn.org.au](mailto:j.oloughlin@mhpn.org.au)

**Coordinator:** Katie Lyndon

**Guest Speaker:** Calley Newman

Calley Newman is an Accredited Practising Dietitian from the Centre for Integrative Health, a multidisciplinary clinic dedicated to eating and weight related concerns. Calley has extensive experience in improving the health and wellbeing of clients through dietary and lifestyle changes. As a Dietitian at CFIH, Calley has specialist training and expertise in addressing clients' eating behaviour and relationships with food in order to produce sustainable improvements in health. Calley uses a health-centred approach to care and collaborates with allied health professionals, including psychologists, exercise physiologists, GPs and specialists to ensure clients' needs are met holistically.

Calley has experience providing professional education to GP's and recently participated in a panel discussion at the Global Weight Management Congress, advocating for health-centred approach to health care.

**Topic:** A Health-Centred Approach to Weight Management: Working with a multidisciplinary team

*Increasing rates of obesity parallel increasing popularity in weight-loss diets. Coincidence?*

*The rates of obesity in Australia are at an all-time high with two thirds of the adult population now classified as overweight or obese. Simultaneously, rates of dieting to lose weight have also escalated. At any one time, one in four women and one in ten men are on a diet to lose weight. In 2014, Australian adults were estimated to have spent over \$1 billion dollars in the diet industry.*

*Statistics however, consistently report that 95% of dieters regain the lost weight at 2-year follow up, with two thirds regaining more weight than they initially lost. Low levels of effectiveness are consistent across weight-loss methods with meta-analyses concluding that dieting is a reliable predictor of weight gain, not weight loss. Not only are diets ineffective in achieving the desired outcome but the parallel between the rise in dieting popularity and the prevalence of obesity suggests that diets are the cause, rather than the solution.*

**Date:** Monday, 29 June 2015

**Time:** 6:00 pm for 2 hours

**Venue:** Suite 74, Silverton Place  
101 Wickham Tce,  
Spring Hill, QLD, 4000

**RSVP:** Please register your acceptance or apology for this meeting to Jacqui at [j.oloughlin@mhpn.org.au](mailto:j.oloughlin@mhpn.org.au)



Find and register for your  
local **MHPN Network**



[Unsubscribe](#) from this network's meeting invitations