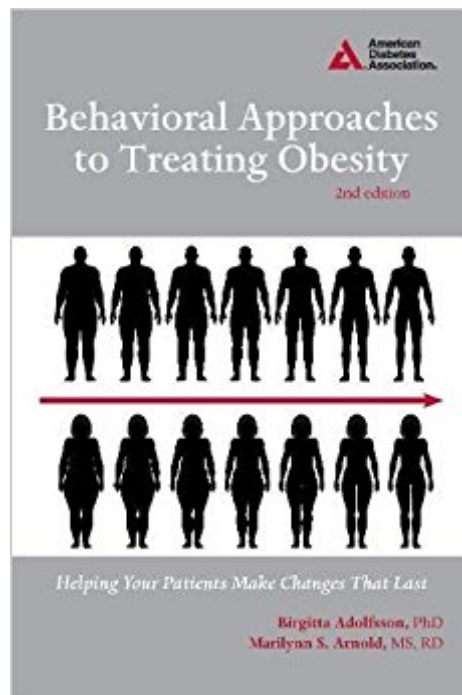




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# Behavioral Approaches To Treating Obesity: Helping Your Patients Make Changes That Last



## Synopsis

Birgitta Adolfsson, Ph.D., is a licensed psychologist and has helped patients adapt to lifestyle change and treat their obesity for over 30 years. Marilyn S. Arnold, M.S., R.D., L.D., C.D.E., is a second-career dietitian whose 22 years of experience in treating diabetes has been divided between the clinic and the classroom. She has contributed to several publications, taken part in translation research, and participated in the development of the empowerment approach to diabetes patient education.

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## Customer Reviews

Birgitta Adolfsson, Ph.D., is a licensed psychologist and has helped patients adapt to lifestyle change and treat their obesity for over 30 years. Marilyn S. Arnold, M.S., R.D., L.D., C.D.E., is a second-career dietitian whose 22 years of experience in treating diabetes has been divided between the clinic and the classroom. She has contributed to several publications, taken part in translation research, and participated in the development of the empowerment approach to diabetes patient education.

i have gone through a lot of books. The content and the way is presented is impeccable. A very well done. Read it is a must read ... Good luck

Great resource for our program.

Excellent approach for making permanent lifestyle changes

I would definitely recommend this book to any health professional trying to gain a deeper understanding of the obesity epidemic.

No longer is it unusual to hear the term 'obesity' in our culture. While studies and books abound on the topic, *Behavioral Approaches to Treating Obesity, Helping Your Patients Make Changes That Last*, by experts Brigitta Adolfsson, PhD and Marilyn S. Arnold, MS, RD, have created an all-in-one resource and reference guide for healthcare providers (HCPs). *Behavioral Approaches to Treating Obesity* begins with an in depth overview of the dismal statistics about obesity in America. The authors proceed to cover the multi-factorial nature of weight gain. They also discuss the possible 'solutions' for obesity which include bariatric surgery, obesity medications and/or healthy lifestyle changes. Adolfsson and Arnold invite HCPs to view obesity from a different perspective...being open to every and all treatment modalities. In utilizing behavior change techniques for healthy lifestyle changes people make the decisions while the HCP interacts in a manner that supports the person's well-being. *Behavioral Approaches to Treating Obesity* provides readers with details of everything you need to counsel overweight people in a wide variety of settings from acute and chronic care to creating comfortable office environments. This well organized guide combs through the step-by-step process of interacting with clients. The authors provide suggestions for structuring appointments, questions to ask during the first visit, and steps for problem solving as people identify their needs. The compare and contrast nature of the book, as well as clear distinctions for defining behavioral approaches to obesity, are a strong suit. The authors cut the fluff and get down to facts. In the same vein, important concepts and points the authors wished to underscore are called out in bold which makes referring back to them easy. *Behavioral Approaches to Treating Obesity* further brings to life the reality of working with clients with case studies and real life problem solving ideas, such as how to survive during parties and travel. The appendix contains schedules and record keeping templates. *Behavioral Approaches to Treating Obesity* is a logical and navigable resource for HCPs embarking on or using behavioral approaches for obesity treatment. It deserves a spot on your shelf if you like concise references to specific topics that you can browse as you want and need.

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