

A Cognitive Behavioral Approach to Weight Loss and Maintenance

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Topics

1. Introduction
2. Research
3. Cognitive Model and Dysfunctional Cognitions
4. Structuring Sessions
5. Beck Diet Solution Skills
6. Special Considerations
7. The Long Haul and Maintenance
8. Reluctant Dieters and Real Life Compromises

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Based on:

- The Beck Diet Solution: Train Your Brain to Think Like a Thin Person
- The Beck Diet Solution Weight Loss Workbook
- The Complete Beck Diet for Life
- The Diet Trap Solution

AKA "How to eat and exercise in a really healthy way for the rest of your life"

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Important Concepts

- 6 week to 6+ month program
 - Plus booster sessions
- Healthy exercise for life
- Healthy eating for life (including favorite foods)


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Important Concepts (cont.)

- Explanation for past failures
- Permanent changes in behavior require changes in thinking
- Relapse prevention


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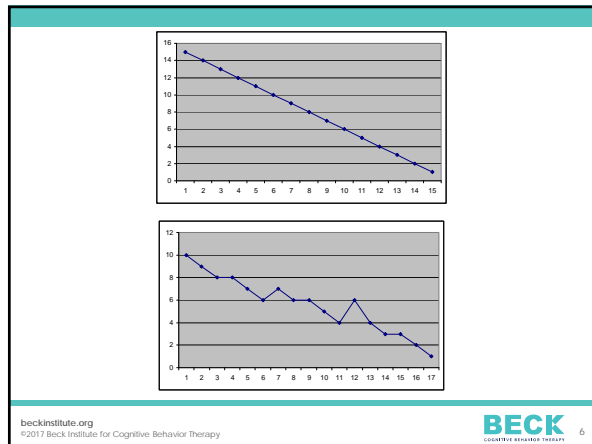


Important Concepts (cont.)

- Mastery of CB skills before modifying food intake
- Dosage
- Ideal weight
- Expectations

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The Program: Phase I

- Pre-dieting skills
 - Motivate self daily
 - Develop discipline to use good eating habits
 - Solve Problems
 - Time
 - Energy
 - Arranging the environment
 - Deal with hunger, craving, and emotional eating
 - Minor food changes (optional)

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The Program: Phase II

- Eat according to a schedule
- Staying on track
- Getting back on track
- Advanced dieting
 - Creating/modifying an eating plan
 - Planning ahead
 - Monitoring

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The Program: Phase III

- Maintenance
 - Long term motivation
 - Plateaus
 - Lifestyle, metabolic changes and weight gain
 - Accepting realistic weight

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Throughout the Program: Common Diet Traps

- Eating out
- Food pushers
- Travel
- Alcohol
- Family problems

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The program is not designed for people with:

- Eating disorders
- Other psychiatric problems
- Medical problems (such as diabetes)
- Bariatric surgery
- Many of the principles and techniques may be applicable—but the program does not address their special issues.
- The program does not address public health issues such as poverty or inadequate access to healthy foods.
- The program also does not address application to children and adolescents.

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Research: Most People Regain Lost Weight

- Dansinger (2007)
- Jones, Wilson, & Wadden (2007)
- Christiansen, Brun, Madsen, & Richelsen (2007)
- Cussler et al (2008)
- Turk et al (2009)
- LeBlanc et al (2011)

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Research Studies with CBT (partial list)

- Stahre & Hallstrom (2005)
- Shaw (2005)
- Werrij, M.Q., et al (2009) [less relapse]
- Spahn et al (2010)
- Cooper et al (2010) [relapse—but diet had only 1500 calories]

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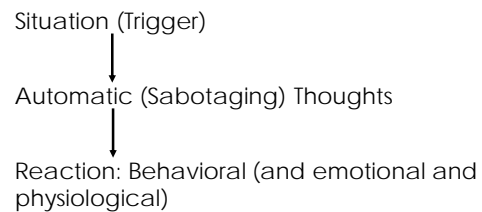
Theory: The Cognitive Model

- What you think influences how you feel and what you do.

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The Cognitive Model



Eating is NOT automatic.

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Eating Triggers (Situations)

- Environmental
- Biological
- Social
- Mental
- Emotional

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Dysfunctional Cognitions of Chronic Dieters

- Food
- Hunger and craving
- Weight loss
- Dieting*

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Breakthrough Diet Exposed: New Diet Patch Has Scientists Saying "This Could Be The Best Weight Loss Cure For Every Body Type"



- This revolutionary product, includes ingredients and benefits that studies show are nothing short of amazing. Many customers are seeing safe and natural weight loss in very short amounts of time.
- What has me and the scientific community so excited about the [Diet Patch](#) is that people don't have to do anything different when taking this food supplement. They don't need to exercise, and they don't need to diet; they just appear to lose pounds fast

Results will vary and the product is intended to be used with a healthy diet and exercise. None of the claims on this site or any claims that lead you to this site are typical. Studies are from lab and animal studies with no clinical human studies or clinical proof of any claims. Before & After stories are not testimonials and are submitted anonymously and use stock photos. Stock photos show significant weight loss that would include a healthy diet and exercise in conjunction with the product.

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Dysfunctional Cognitions (cont.)

- Fullness
- Negative emotions
- Lack of entitlement
- Permission

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Dysfunctional Cognitions (cont.)

- Perfectionism and cheating
- Unfairness
- Helplessness
- Unworthiness/inferiority
- Cultural/family beliefs

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IDENTIFYING SABOTAGING THOUGHTS

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What did you say to yourself just before you ate [that food you knew you shouldn't]?

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RESPONSE/REMINDER CARDS

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[Now that we've discussed this problem]
what would you like to be able to tell
yourself the next time?

If I eat this food I hadn't planned,
I'll get a few moments of pleasure,
but I'll feel guilty about it afterwards for
so much longer.
Resisting is hard in the moment but I'll
feel so proud of myself when I do.

I can eat whatever I want,
whenever I want
OR
I can be thinner.

I can't have it both ways.

Assess

- Time and energy
- Sleep
- Exercise
- Areas for general life improvement – don't wait!

Treatment Considerations (cont.)

- Therapy vs. Diet Coaching

Developing Appropriate Mindsets (during assessment and treatment)

- Instill hope
- Reduce shame and increase self-acceptance
- Develop realistic expectations
 - Ideal weight
 - Rate of weight loss

Structuring Sessions

- Engage patient, set agenda
- Check on weight
- Review homework
 - Give credit for successes
 - Conceptualize difficulties, respond to sabotaging thoughts, do problem-solving

Structuring Sessions (cont.)

- Introduce new skill(s)
 - Rationale
 - When will it be hardest for you to do it this week?
 - Set new homework, check on likelihood of successful completion
 - Elicit feedback
- Session length

Overview of Session 1

- Agenda
- Check weight
- **Advantages List**
- Eating change (if desired)
- Accountability/homework
 - Checklist
 - Email
- Feedback

Daily Motivation

- Identify client's values
- List reasons to lose weight

Advantages List (cont.)

- Read list every morning and at vulnerable time(s) of day
- Set up reminder system
- Skill of reading list when indicated, whether you "feel" like it or not
- Respond to sabotaging thinking
- Keep adding to the list
- Techniques to keep reasons fresh

Sabotaging Thought

- I don't have time to read my list this morning. I'm too busy.

Response Card

It will take less than one minute to read my list. Isn't it worth **one** minute in the morning if it will help me lose weight and keep it off?

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Eating Changes

- Reduce caloric beverages.
- Limit junk food to one specified time each day: after dinner is best.
- Add fruits and vegetables to the beginning of snacks and meals.
- Have significant amount of lean protein (and fewer carbs) at every meal.

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Read Advantages List this morning							
Read other Response Cards							
Implemented eating change:							
Emailed Debbie							

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Session 2

- Agenda
- Check weight
- Review homework
- **Eat everything sitting down**
- **Giving yourself credit**
- Homework
- Feedback

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Sabotaging Thought

It's okay to eat this one thing standing up. It's just a small piece and it doesn't have many calories.

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Response Card

It's not about the calories, it's about the habit. Every single time I eat standing up, I make it more likely I'll eat standing up the next time. Every single time I eat sitting down, I make it more likely I'll sit the next time.

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Sabotaging Thought

This should already be easy for me so I don't deserve credit for it.

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Response Card

No, this shouldn't already be easy. If it were easy, nobody would be overweight. It's important for me to give myself credit so that I can begin to build up my confidence and then dieting will become easier.

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Read Advantage List this morning							
Read Response Cards							
Implemented eating change:							
Ate everything sitting down							
Gave myself credit							
Emailed Debbie							

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Session 3

- Agenda
- Check weight
- Review homework
- If ready: **Eat everything slowly and mindfully (enjoy every bite)**
- Homework
- Feedback

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Sabotaging Thought

I don't have time to eat everything slowly and mindfully. That's just too inefficient.

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Response Card

It's inefficient to be overweight, worrying about weight, feeling guilty about my eating, spending time and money [on weight-related illnesses], taking longer to move around and walk places.

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Session 4/5 skills (if ready)

- **Arranging home/workplace**

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Sabotaging Thought

I can't keep potato chips out of the house because I will be depriving my husband and children.

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Response Card

I'm entitled to ask my family to either eat chips out of the house, or only bring in single-sized servings at a time. Besides, keeping potato chips out of the house won't deprive my family of important nutrients.

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Session 4/5 skills (if ready)

- **Creating time and energy**
 - Need more time initially

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Priority Chart

Essential	Highly Desirable	Desirable

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Session 4/5 skills (if ready)

- **Solving problems with family members**
 - Sense of entitlement

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Session 6 and Beyond

- Agenda
- Check weight
- Review homework
- **New skill(s) individualized for the dieter**
- Homework
- Feedback

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DIFFERENTIATING HUNGER AND CRAVINGS

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Hunger/Non-Hunger Monitoring Chart

Time	Sensations	Label (hunger or not hunger)
7 am	Stomach feels empty, growls	hunger
8	none	
9	none	
10	Yearning in mouth	not hunger
11	Uncomfortable urge to take donut at meeting	not hunger
Noon	none	
1 pm	Stomach feels empty	hunger

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DECATASTROPHIZING HUNGER AND CRAVINGS

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Decatastrophizing Hunger and Craving

- Hunger Experiment
 - Fear of hunger
 - Modify if necessary
 - Liberation

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Sample Discomfort Scale

Severity	Experience
Severe Discomfort	
Moderate Discomfort	
Mild Discomfort	

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Discomfort Monitoring Chart

Time	Discomfort at the Moment	Range of Discomfort in the Past Hour
Noon	Mild	None to mild
1:00 pm	None	None to mild
2:00	Mild	None to mild
3:00	Mild	None to mild
4:00	None	None to mild
5:00	Mild	None to mild
6:00	Mild	None to mild

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Sabotaging Thought

This is too hard today. I'm just going to eat and do the experiment tomorrow, instead.

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Response Card

While it feels hard right now, it's certainly not impossible and I can do it. If I give in now and eat, it will make it even harder to do it tomorrow because I'll be more likely to give in then, too. I need to do it now and prove to myself that I can.

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COPING WITH HUNGER AND CRAVINGS

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Coping with Hunger and Cravings

- Cravings go away one of two ways: either when dieters decide to give in, or when they definitively decide not to give in.

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Coping with Hunger and Cravings

Ultimate goal: Acceptance

Mindfulness

- For mindful eating
- For exposure to hunger/craving sensations
- For exposure to negative emotion
- For acceptance of sensations and negative emotion

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Coping with Hunger and Cravings

- Label state (hunger vs. craving)
- Rate degree of discomfort
- Distance
- Drink (water)
- Read Response Cards
- Ride the wave

Coping with Hunger and Cravings

- Read Advantages List
- Imagine the aftermath
- Remind self of hunger experiment
- NO CHOICE
- Oh, well

Sabotaging Thought

I really want to give in to this craving and eat right now. Just this one time won't matter.

Response Card

While it may be momentarily uncomfortable to resist this craving right now, I will feel uncomfortable for so much longer if I give in because I'll feel badly about myself and my eating.

Response Card

When I'm having a craving, remember: The moment I get really distracted is the moment the craving goes away. Things to do:

1. Take a walk
2. Play a game on my phone
3. Check the news online
4. Call a friend
5. Read a diet blog

Response Card

Cravings do not just get worse and worse and worse until I can't stand them. They ALWAYS go away, even if I never eat a bite of food.

Response Card

Every single time I have a craving, I have the opportunity to either strengthen giving-in muscle or my resistance muscle. This is why every single time matters because every single time will reinforce one of these things.

Response Card

Resisting Cravings Script
Good for my for resisting this craving. I deserve so much credit for this! This is going to help me reach my goals which are so important to me.

EMOTIONAL EATING

Emotional Eating

- Education about negative emotions

Emotional Eating

- Use mindfulness techniques
- Use same hunger/craving coping techniques

Emotional Eating (cont.)

- Respond to permission-giving thoughts
- Do what other (healthy) people do when they're upset
- Postpone eating when upset

Sabotaging Thought

If I'm upset, I'm entitled to eat to make myself feel better.

Response Card

If I'm upset, I'm entitled to feel better, but I'm also entitled to achieve everything on my Advantages List, so that comfort can't come from food.

Sabotaging Thought

If I'm upset, the only thing that will make me feel better is eating.

Response Card

It's true eating is relaxing and calming – but only in the short term! **Ultimately it only makes me feel worse.** Go do something else – while it may not be quite as effective as eating, there won't be any negative consequences of doing so.

STAYING ON TRACK

Eat According to a Schedule

Experiment to see what works best.

- Breakfast
- Snack
- Lunch
- Snack
- Dinner
- Snack

Alternative schedules of eating

Sabotaging Thought

Even though it's not time to eat, I really want to eat this food right now.

Response Card

Just because I *want* to eat right now doesn't mean I *should*. If I want to lose weight and keep it off, then I can't eat every time I feel like it.

Staying On Track

- Anticipate problems and sabotaging thoughts
- Create Response Cards
- Memory Cards (times when client stayed on track and how he/she felt)

Response Card

Pizza 911 Card
The fantasy of eating a whole pizza is SO MUCH BETTER than the reality of doing so. Eating a whole pizza makes me feel sick and bloated and unhappy. It's worth it to stop at a reasonable amount.

Getting Back on Track

- Label "mistake"
- Beware of self-criticism, name calling

Getting Back on Track

- Give self credit for stopping at any point

Getting Back on Track

- Watch out for all-or-nothing thinking and catastrophizing

Getting Back on Track

- Mistake analogies

Sabotaging Thought

I've already blown it for the day. I might as well keep eating off track for the rest of the day and get back on track tomorrow.

Response Card

There is no such thing as “blowing it for the day.” Every single bite of food I eat today will continue to add up.

Get back on track right this moment!

Getting Back on Track

- Read Advantages List and Response Cards

Response Card [from Beth]

When I am off track, I feel tarnished and dull. When I am on track, I feel shiny and sparkly. I feel more like myself. It's worth it.

Response Card

There's no food I can eat when I'm off track that I can't also eat when I'm on track. And, when I eat on track, I enjoy what I'm eating more because I don't feel guilty about it. Guilt tastes bad!

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Getting Back on Track

- Continue to eat reasonably for the rest of the day

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Getting Back on Track

- Adopt a problem-solving orientation
- 3 Question Technique:
 - 1. What was the situation? What happened?
 - 2. What sabotaging thoughts did I have?
 - 3. What can I do and say differently the next time?
 - Make Response Cards

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“ADVANCED DIETING” PLANNING (OR FOLLOWING A PLAN) AND MONITORING

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Advanced Dieting

- Goal: Learn and master inflexible eating and then learn how eat flexibly
- Intermediate step: Have dieters write down everything they eat right after eating.

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Planned Food Amount	Unplanned Food Amount
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

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Sabotaging Thought

I want to eat spontaneously and not follow my plan.

Response Card

When has eating spontaneously **ever** helped me to lose weight and keep it off? I may not feel like following my plan right now but it's worth it because my goals are so important to me.

Steps to Change Eating

- Pace of change
- Calorie level/portion size

Psychological Issues

- Feeling overwhelmed ("can't keep it up" ...)
- Feeling discouraged ("too hard" ...)
- Feeling deprivation ("don't want...")
- Feeling burdened ("too much effort" ...)
- Feeling disappointment ("really want....")
- Feeling apathetic ("don't care....")
- Feeling rebellious ("don't have to....")

Hard Times

Hard Times Strategies

- Normalize hard times
- Refresh Advantages Lists
- Read Memory Cards
- Focus on the basics
- Give extra credit
- Count the hard minutes or hours

Hard Times Strategies

- Respond to sabotaging thinking
 - This is so hard, I just can't do it.
 - It's not worth it to me to continue trying to lose weight.

Response Card

The things on my Advantages List are worth fighting for. Just because it's difficult doesn't mean I should give up. I've worked hard and accomplished other things in my life that weren't immediately easy, and I can do this, too.

Response Card

Hard times are 100% normal and they always pass. This is temporary and as long as I keep doing what I'm doing, it will get easier again. Just keep working!

Turning Points: When Dieters...

- become their own diet coaches
- leave events feeling glad they didn't overeat (and don't feel deprived)
- naturally start to plan
- maintain their skills through a stressful period or life changes

PHASE 3 THE LONG HAUL, MAINTENANCE, AND RELAPSE PREVENTION

Changing Your General Plan

- Life changes
- Weight plateaus

The Long Haul

- Help dieters:
 - Stop measuring food BUT SPOT CHECK
 - Mentally plan their day
 - Mentally plan their week

The Long Haul

- Schedule booster sessions!

Maintenance

- When to declare maintenance
 - Lowest Achievable vs. Lowest Maintainable Weight
- Maintenance diet is identical to losing weight diet

Maintenance

- The cycle of maintenance
- Acceptance of lifetime eating plan

Relapse Prevention: Keeping It Off for Life

- Determine schedule to weigh in
- Weekly/monthly assessments
- Keep eating consistent

Keeping It Off for Life (cont.)

- Help dieters:
 - Beware of fooling themselves when they go off plan

Keeping It Off for Life (cont.)

- Help dieters:
 - Prepare for decreased motivation as weight loss slows/stops
 - Look back to initial Advantages List
 - In depth comparison of how life used to be vs. now
 - Maintenance Advantages List

Keeping It Off for Life (cont.)

- Read Memory Cards
 - Cards should focus on what dieters did and how they felt about it

Memory Box Card

I just got back from vacation and for the first time ever I was able to stay in control and follow a plan. Having a plan didn't make me enjoy my vacation less – in fact, it did just the opposite. I didn't have to waste any vacation time feeling badly about myself or guilty about my eating. I was also able to do things I haven't done in many years, like riding a bike and taking long walks. And, when I was on the way home, for the first time I wasn't facing the consequences of overeating and stressing about having to get on the scale and get back on track. **I was on track the whole time!**

Keeping It Off for Life (cont.)

- Anticipate necessary effort
- Continue giving credit
- Decatastrophize weight gain
- Become a diet buddy

RELUCTANT DIETERS

For Reluctant Dieters

- Examine the provider-dieter relationship

For Reluctant Dieters

- Normalize reluctance
- Discuss timing and first steps
- Elicit and respond to disadvantages/concerns

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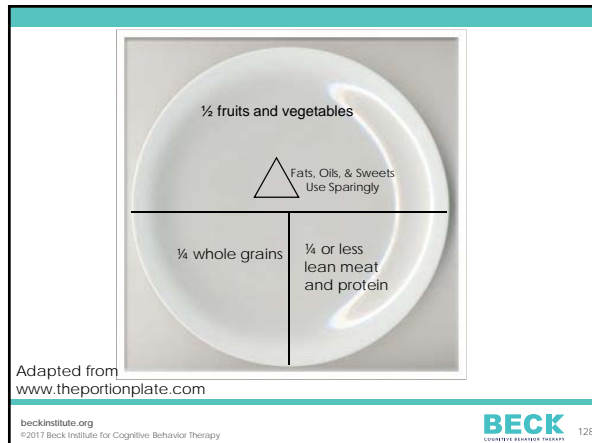
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Real Life Compromises

- Eat everything sitting down
- Eat everything slowly and mindfully
- Give self credit
- Make the four initial eating changes
- Use a portion plate

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Real Life Compromises (cont.)

- Walk for 5 minutes every day
- Read Advantages of Losing Weight Card
- See provider/coach more often

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CBT for Diet and Maintenance Resources

www.diet.beckinstitute.org/

- daily tips
- workshops
- worksheets
- blogs

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