



# Obesity: Thoughts, Feelings and Behaviours

**Wednesday 29th November 2017**

**at The Studio, 7 Cannon St, Birmingham, B2 5EP**

- 9.00 - 9.30am** Registration
- 9.30 - 9.40am** Welcome - Amanda Avery RD, Chair Obesity Specialist Group
- 9.40 - 10.20am** **Weight Stigma and Discrimination** - Dr Stuart Flint, Senior Research Fellow, Leeds Beckett University
- 10.20 - 11.00am** **Apps for Overeating? Using Cognitive Training to Modify Impulses towards Food** - Dr Natalia Lawrence Senior Lecturer in Psychology, University of Exeter
- 11.00 - 11.20am** **Tea and Coffee**
- 11.20 - 12.50pm** Workshops A/B/C/D (See overleaf)
- 12.50 - 1.40pm** **Lunch**
- 1.40 - 3.10pm** Workshops A/B/C/D (See overleaf)
- 3.10 - 3.30pm** **Tea and Coffee**
- 3.30 - 4.10pm** **Dietetic Approaches to Binge Eating Disorder/Obesity with Disordered Eating** - Ursula Philpot, Freelance Dietetic and Nutrition Practitioner
- 4.10 - 4.50pm** **Global Food Consumption Behaviours and Sustainable Diets** - Dr Pamela Mason, Public Health Nutritionist with specialism in sustainable diets
- 4.50 - 5.00pm** Close - Amanda Avery RD

**From 6.30pm** Drinks ..  
**From 7.00pm** Buffet ..  
@:  
Basement bar  
Bodega Bar & Cantina  
12 Bennetts Hill, Birmingham B2 5RS



## Workshops:

**A Influencing Motivation** - Dympna Pearson, Freelance Trainer, Behaviour Change Training

**B 'Look after yourself: The importance of clinician self-care'** - Dr Vanessa Snowdon-Carr, Clinical Psychologist, Taunton and Somerset NHS Foundation Trust

**C Cognitive Analytic Therapy – a Relational Approach to Obesity** - Dr Alison Jenaway Addenbrooke's, Consultant Medical Psychotherapist, Addenbrooke's Cambridge University Hospital, Dr Ruth Carson, Consultant Psychotherapist and Eating Disorder Service Lead, MerseyCare NHS Foundation Trust

**D Compassion Focussed Therapy in Overeating / Obesity** - Dr Ken Goss, Consultant Clinical Psychologist, Coventry and Warwickshire Partnership NHS Trust

## Posters:

**Socio-demographic characteristics of patients referred to a National Health Service Adult Weight Management Service: a retrospective observational study** E.M. Di Battista<sup>1</sup>, D.A. Behrens<sup>2</sup>, and T. Filipponi<sup>3</sup>, <sup>1</sup>Adult Weight Management Service, Aneurin Bevan University Health Board, Newport, Wales, <sup>2</sup>Aneurin Bevan Continuous Improvement Department, Aneurin Bevan University Health Board, Newport, Wales, and <sup>3</sup>Faculty of Life Sciences and Education, University of South Wales, Treforest, Wales.

**Study Protocol: A Time Restrictive Eating Feasibility Study for Obesity and Non-Alcoholic Fatty Liver Disease.** E.M. Di Battista<sup>1,3</sup>, A. Yeoman<sup>2</sup>, S. Williams<sup>3</sup>, and J. Kenkre<sup>3</sup>. <sup>1</sup>Adult Weight Management Service, Aneurin Bevan University Health Board, Newport, Wales; <sup>2</sup>Gwent Liver Unit, Aneurin Bevan University Health Board, Newport, Wales; <sup>3</sup>Faculty of Life Sciences and Education, University of South Wales, Pontypridd, Wales

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