

Workshop 06: Cultivating and awesome (and psychologically minded) practice for people who live in larger bodies

Overview

Psychology plays an important role in both minimizing risks and enhancing outcomes for clients who have weight concerns. However, dietitians are rarely trained in working with the psychological factors that they are exposed to day-in-day out in their clinical practice. This workshop explores important factors for dietitians working in private practice with people who live in larger bodies, including introducing within-scope psychological principles, a self-reflection on who we are as practitioners and members of interdisciplinary teams, and an applied goal-setting framework that de-emphasises weight loss and incorporates holistic client goals. The workshop aims to nurture emerging dietitians to enjoy work more, achieve better client outcomes, and become more successful practitioners in every sense!

Learning outcomes:

- Understand research on the effectiveness of current behavioural, psychological, surgical, and weight-neutral approaches to weight concerns
- Understand the importance of psychological factors for people who have weight concerns, and how a dietitian may be able to support clients to work on psychological factors
- Understand how to cultivate cohesive interdisciplinary – and even transdisciplinary – teams
- Explore weight stigma and how to reduce it to improve client care and outcomes
- Apply goal setting to clients who have weight concerns, including developing holistic, healthy, and sustainable goals

Target audience

Emerging dietitians or anyone interested in cultivating more psychologically minded practice.