

# Psychology of Eating, Weight and Body Image

## Online Evergreen Course

### Who is this course for?

New graduates in Dietetics (Bachelor or master's level), Dietitians or Registered Psychologists

### How does this course work?

This course is completely online through our Learning Management System (LMS). You can listen to the webinars at anytime and complete the course at your own pace.

### How do I access the course?

New registrants will be uploaded to the Learning Management System (LMS) within one week of registering online. You will receive an email once you have been uploaded with a link to the LMS.

### How long do I have to complete the course?

Once you have been uploaded to the LMS you will have on-going access to the course and associated materials.

### What are the course requirements?

To receive your 'Professional Certificate', you will need to complete the assessment item (multiple choice) at the end of the course.

### How long will it take me to do the course?

This online course is worth 13 CPD hours, so it should take approximately 13 hours to complete. You will need to manually upload your CPD hours for this course.

## Meet the Presenter:

Glenn Mackintosh is a psychologist who is incredibly passionate about eating, physical activity, weight and body image. His mission is to spread compassionate, scientifically proven and innovative ideas to support people who struggle with these all-too-common concerns.

Glenn is the author of the best-selling [Thinsanity: 7 Steps to transform your mindset and say goodbye to dieting forever](#), the founder of the [Weight Management Psychology](#) clinic, and the creator of the [Twelve Month Transformation](#) program.

Glenn's public work has seen him create a [YouTube Channel](#) and [Podcast](#), accept the challenge of introducing counter-culture messages to the contestants and viewers of Network 10's *The Biggest Loser: Transformed*, and contribute regularly [in the media](#).

Glenn is a member of the Australian Psychological Society (APS) and the Queensland representative for the APS Psychology of Eating, Weight, and Body-image Interest Group. He has researched and lectured in health psychology, the psychology of eating, and sport and exercise psychology at the University of Queensland and several other leading universities.

Glenn's passion is in helping people manage their eating, physical activity, weight, and body-image and training other health professionals to apply psychological principles to support their clients through his sold-out professional workshops.

You can find out more about Glenn by [signing up](#) to his free e-newsletter for dietitians!



## Course Outline:

Topic	Insight	Learning Objectives
<b>'Where Are We with Weight Management?' &amp; 'Foundations for Success'</b>	An evidence-based review of the various approaches we use to support clients with weight concerns, a self-reflection on participants as practitioners and members of interdisciplinary teams, and an applied goal-setting framework that de-emphasises weight loss and incorporates holistic client goals and values.	<ul style="list-style-type: none"> <li>• Understand research on the effectiveness of current behavioural, psychological, surgical, and weight-neutral approaches to weight concerns.</li> <li>• Apply goal setting to clients who have weight concerns, including developing holistic, healthy, and sustainable goals and the application of values.</li> </ul>
<b>Mindset for Transformation</b>	Help clients develop 7 key mindsets for lasting habit change with engaging and focused psychological skills training.	<ul style="list-style-type: none"> <li>• Apply psychological skills to help clients develop mindfulness, motivation, positive thinking, balance, patience, resilience, and self-efficacy.</li> <li>• Tailor psychological skills to the presenting client and engage clients in developing psychological skills.</li> </ul>
<b>Naturally Healthy Habits</b>	Help clients understand the ineffectiveness of weight focused dieting and develop intuitive eating and enjoyable physical activity habits with non-dieting principles.	<ul style="list-style-type: none"> <li>• Understand relevant research on the ineffectiveness and potential harm of weight-centric behavioural approaches and potential benefit of non-dieting approaches.</li> <li>• Introduce and apply the Circle of Healthy Eating, a non-dieting framework for intuitive eating.</li> <li>• Introduce and apply a psychological framework for a positive relationship with physical movement.</li> </ul>
<b>Freedom from Emotional Eating</b>	Help clients understand the origins and development of their emotional eating habits, and systematically explore and develop healthier coping strategies.	<ul style="list-style-type: none"> <li>• Understand theory and research on emotional eating and its relationship with psychological wellbeing and weight management outcomes.</li> <li>• Introduce and apply a theoretical framework for overcoming emotional eating.</li> </ul>
<b>Love Your Body Healthy</b>	Help clients understand the factors that develop and maintain body dissatisfaction and preoccupation, and systematically apply effective strategies to improve clients' body image.	<ul style="list-style-type: none"> <li>• Understand the social and cultural origins of today's "normative" body dissatisfaction and preoccupation, and the effects of body image on overall wellbeing and the development of healthy habits.</li> </ul>

		<ul style="list-style-type: none"> <li>• Apply simple and effective strategies to improve body image.</li> </ul>
<p><b>Tying it all together</b> (Case Study)</p>	<p>Consolidate your learning by applying the research, theories, and techniques you have learned to a real-life case study. Discussion on case formulation, selection of treatment approach, and implementation of chosen intervention(s).</p>	<ul style="list-style-type: none"> <li>• Cohesively apply the principles and techniques of the psychology of eating, movement, weight, and body-image with a range of clients.</li> </ul>