

# Mindfulness and Creating Sustainable Behavioral Change

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# Services Provided By LCSW

- Psychiatric evaluation for bariatric surgery
- Pre- and post-operative individual counseling
- Pre- and post-operative support groups

# Behavioral and Psychosocial Modification

- Eating behaviors
- Physical activity behaviors
- Current psychosocial stressors impacting change

# Normalizing the Challenges of Weight Loss

- Complexities of food and eating behavior

- Physiology
- Familial Environment
- Culture/Society
- Psychology



- Environmental and internal factors

# Beginning Behavioral Modification

- Risks versus benefits of weight loss
- Self efficacy
- Awareness of when, how, and why habits occur



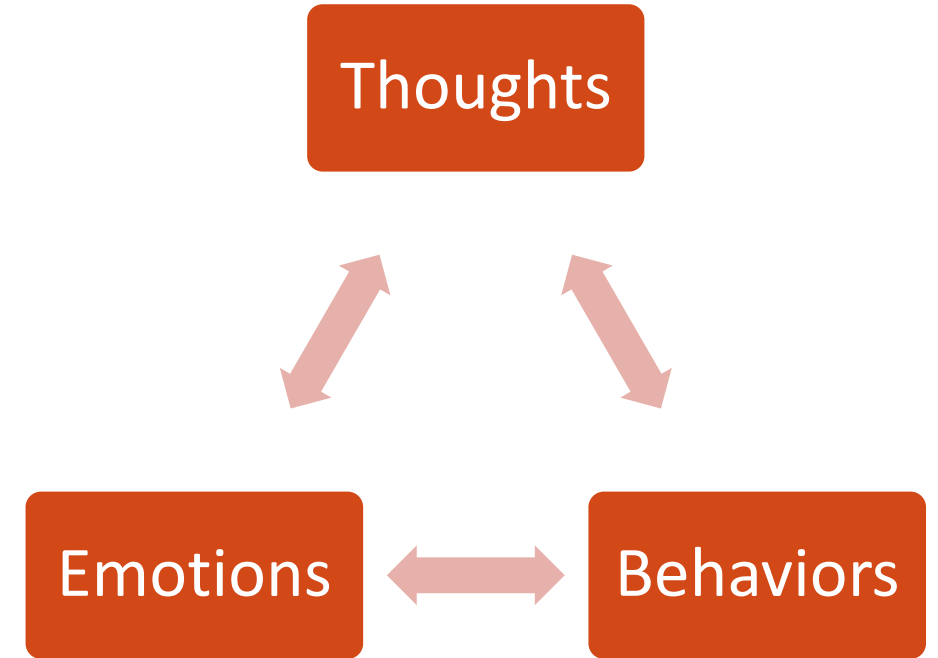
(Inspiration in Pictures, 2014)

# Mindful Eating

- Focusing attention on present-moment
- Meal tracking
- Engineering your environment
- Reducing emotional eating

# Cognitive and Behavioral Awareness

- Breaking behavioral patterns
- Dichotomous thinking
- Key to successful weight loss  
is maintaining lifestyle changes



# Conclusion: Maintaining Healthy Lifestyle Behaviors

- Self-monitoring
- Reviewing progress regularly
- Focus on goals and values for commitment
- Engineering environment and social support



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