

Leeds Specialist Weight Management Service: Psychological Interventions





The Leeds Specialist Weight Management Service provides a comprehensive programme to support people with weight loss where there have been significant previous challenges. As well as support from Physicians, Dieticians and Physiotherapy, the programme includes access to mental health professionals through Leeds and York Partnership NHS Foundation Trust. They will be able to assess and work with you to establish any psychological components of your weight management which may be a current barrier to weight loss.

The psychological services available through the specialist weight management programme in Leeds include:

- A one hour assessment delivered by a Consultant Psychiatrist

- One to one follow up from a Consultant Psychiatrist – the number of sessions and frequency will be based on individual need
- Cognitive Behavioural Therapy: one to one sessions delivered by a Cognitive Behavioural Psychotherapist
- A cognitive behavioural therapy group specifically for Binge Eating Disorder delivered by a Cognitive Behavioural Psychotherapist

Psychiatry

It may be identified that it could be beneficial for you to explore whether there is a psychological component of your weight management. If you consent, you will be referred for an assessment with a Consultant Psychiatrist.

This will involve meeting our Psychiatrist face to face for



approximately one hour. You will be asked questions around your past and current mental health and how this is impacting on your current problem with weight management. From this assessment, a plan will be agreed with you. This could include medication, therapy or a combination of the two. If required, follow-up appointments with the Psychiatrist will be arranged.

Cognitive Behavioural Therapy

Following your assessment with the Psychiatrist, one of the recommendations may be for you to access Cognitive Behavioural Therapy (CBT). This is likely to be because you are experiencing depression and/or anxiety which are directly affecting your ability to start, maintain or continue with weight loss.

Cognitive Behavioural Therapy aims to support you to identify any unhelpful cycles that you may be currently stuck in by looking at your thoughts, feelings and behaviours. Often people with depression lack the motivation for doing the things that they know will be helpful for weight loss or they are stuck in a pattern of unhelpful and negative thinking. CBT can help identify ways to break the cycle so that you feel more positive and motivated and less anxious about your journey ahead.

Sessions will be on a one to one basis for an average of 6-8 sessions. This would usually be on a weekly basis.

Binge Eating Disorder Group

At assessment with the Psychiatrist, it may be identified that you are experiencing symptoms of Binge Eating Disorder. This condition is estimated to affect 20-40% of people who are overweight. The main features of the condition are eating large quantities of food over a short period of time, often in secret or alone. People who binge-eat regularly describe feeling depressed, guilty, ashamed or disgusted afterwards. This is a recognised eating disorder.

If you have symptoms of binge eating disorder, you will be offered a place in our cognitive behavioural therapy group specifically for Binge Eating Disorder. This is a closed group which means that once the group has started, no new members will join.

Sessions are weekly for ten weeks and then a further five sessions on an alternate week basis.

If this is the recommended treatment for you, a separate leaflet on the group will be provided.

Contact us

Should you have any questions about the psychological interventions as part of the Weight Management Service, please contact:

Liaison Psychiatry Outpatients

Tel: 0113 8556730

Email: liaisonpsychiatry.lypft@nhs.net

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