

# Psychology of Weight Loss

**Day and Time:** Monday 7:30-9:00pm

**Duration:** 10 weeks

**Price:** €130 (book via website below)

**Tutor:** Susi Lodola

## Overview

If you have tried many diets before but found it difficult to stay motivated; if after a few weeks you give up and gain most or all of the weight you lost back on, this course is for you. We will show you how to stay motivated, stop that inner sabotaging voice, deal with triggers and emotional eating and give you nutritional guidelines that will keep you full and stop cravings.

Most weight-loss programmes focus on diet and exercise, but if you have tried to lose weight in the past, you know that your mind has to be in the right place in order to succeed. Weight loss is complex, and research tells us that eating healthy and exercising is not enough to successfully lose weight and keep it off.

## Course Content

This course will give you the tools to overcome yo-yo dieting by applying the latest psychological tools based on Cognitive Behaviour Therapy (CBT). CBT provides the most researched and evidence-based tools and methods which will transform how you approach weight loss. Each week you will cover a new topic which will change the way you relate to food, and at the end of the course you will walk away with your own personalised road map to lose weight for the last time.

Weekly topics include:

- How and why do we sabotage ourselves
- Nourishing yourself to eliminate food cravings
- Mindful eating
- Identifying your triggers
- Understanding hunger/desire/cravings
- Planning for the future
- Why you don't need willpower to lose weight
- How to successfully change habits
- Sabotaging thoughts – how to stop them
- How to overcome emotional eating
- How to keep motivated

Please book this course via: <https://www.susilodolacounselling.com/courses>.

RE-WIRE YOUR  
BRAIN TO CHANGE  
THE WAY YOU EAT  
AND RELATE TO  
FOOD

 **Mind Over Body**  
WEIGHT MANAGEMENT

