



# **Doctors Weight Loss** *s o l u t i o n*™

The Doctors Weight Loss Solution™ Program includes 14 turn-key, weekly behavior modification lesson plans created by a panel of nationally recognized healthcare professionals. The lessons, each with a patient homework assignment, are designed to be taught by lay staff members in the chiropractic practice. Once each week, the patient is seen for a 2-3 minute visit with the doctor, weighs in, and attends a 30-minute lesson. Each lesson stands on its own. This means that patients can begin at any point in the 14-week program. After the 14 lessons are taught, the cycle is repeated.

## **Lesson One: Introduction and Preparation**

1. Understand the goals of and rationale for your weight-loss program.
2. Recognize the importance of attending the group sessions and completion of the homework.

## **Lesson Two: Commitment**

1. Recognize that I am responsible for my success.
2. Realize the costs and benefits of change.
3. Introduce exercise as a new behavior.

## **Lesson Three: Nutrition Basics**

1. To know the main players of nutrition.
2. To have a good guide for choices when at the grocery store and at home.
3. To be nutrition-wise and to distinguish between fact and fallacy.

## **Lesson Four: Behavior Formation**

1. Introduce the ABC model of behavior development.
2. Understand hunger facts, urges to eat, and how to manage cues.
3. Learn how to determine portion size.

## **Lesson Five: Exercise**

1. Review strategies for managing time, activities, thoughts, and feelings as cues to eat.
2. Establish realistic weight-loss expectations.
3. Understand the benefits of a lifetime exercise program.
4. Know how to implement an exercise program you can practice for a lifetime, safely and effectively.

## **Lesson Six: Self-Esteem**

1. To understand the role of self-esteem in effective weight management.
2. To understand how self-esteem is developed.
3. To learn techniques for building self-esteem.

## **Lesson Seven: Behavior Chains**

1. Introduce the concept of behavior chains.
2. Understand the role of thoughts on behavior.
3. Understand the concept of labeling and interpretation.
4. Learn techniques for breaking negative thought patterns.

### **Lesson Seven: You Feel the Way You Think**

1. Continue to develop an understanding of how irrational thinking and feelings are connected and affect behavior.
2. Begin to explore your belief systems and recognize how they affect self-talk and interpretations.
3. Discover common "thinking traps."

### **Lesson Nine: Motivation**

1. Learn how to maintain motivation in your life.
2. Understand the importance of pleasure seeking over pain-avoidance motivation.
3. Getting in touch with your values is fundamental in motivating yourself.
4. Reward behaviors which approximate your goal.

### **Lesson Ten: Stress Management**

1. Identify personal stress symptoms.
2. Understand the positive effects of stress.
3. Recognize individual stress- tolerance levels.
4. Identify adaptive techniques you can begin to practice.
5. Identify reductive techniques that may be necessary in your life.

### **Lesson Eleven: Stress and Intra Personal Communication**

1. Understand the characteristics of your individual temperament style.
2. Begin to assess intra personal communication.
3. Gain an appreciation of self.
4. Understand the value in accepting each individual's style and appreciating the differences among us.

### **Lesson Twelve: Stress and Interpersonal Communication**

1. Know the difference between authentic and manipulative styles of communication.
2. Know how to be an active listener.
3. Understand your individual rights to communicate authentically.
4. Be able to use the DESC model of communication to practice authentic communication

### **Lesson Thirteen: Dining Out Solutions**

1. Dining out with control.
2. To enjoy social occasions without guilt.
3. To understand choice in any situation gives power.

### **Lesson Fourteen: Vitamins and Minerals**

1. To gain an understanding of the function of vitamins and minerals.
2. To learn about the food sources of vitamins and minerals.
3. To gain an appreciation of how foods interact to keep us healthy.