

## **Cognitive Behaviour Therapy Group for People after Bariatric Surgery**

---

### **What is Cognitive Behavioural Therapy?**

Cognitive Behavioural Therapy (CBT) is a program for people who are:

- at least 6 months after bariatric surgery **and**
- struggling with weight loss or maintaining weight loss

CBT looks at the relationship between thoughts, feelings, and behaviours. Changes in one of these may lead to a change in another.

The goal of CBT is to teach you skills to understand eating patterns such as emotional or binge eating and ways to change these.

The goal of being in a group is to learn from each other, share ideas and offer support.

### **When does the group meet?**

The group meets every other week for 12 weeks.

### **Who leads the group?**

A Psychologist and Social Worker co-lead the group.

### **How do I prepare for the group?**

You will need to buy the workbook called, **The Cognitive Behavioral Workbook for Weight Management: A Step-by-Step Program** written by Michele Laliberte, Randi E. McCabe and Valerie Taylor.

You can buy this book at:

- St. Joseph's Hospital Pharmacy on the main floor of the Charlton Campus for \$26.95
- Amazon.ca (\$16.89)
- Chapters.indigo.ca (\$17.78)
- Prices are subject to change.
- You can also order this book from your favourite bookstore

### **How do I prepare for the group?**

If you are interested in joining a CBT group, please let a member of the bariatric health care team in the Bariatric Clinic know.