



Program Options

by Jeff Sullivan

Integral Weight Loss focuses on the psychological dimensions of long term weight loss. The process incorporates elements of Cognitive Behavioral Therapy (CBT), Neuro-Linguistic Programming (NLP), and mindfulness training to develop new thoughts, new beliefs and new behaviors in support of long-term weight loss. Taking the weight off is one thing; keeping it off is another.

We do not advocate diet or exercise regimens, but rather work on the mental aspects to integrating diet and exercise elements into our clients' daily lives over the long haul. Our program offers individual, group and educational components that allow and encourage our clients to incorporate daily habits on an incremental basis. We challenge old beliefs. We learn new ways of thinking and experiencing, new strategies for health, and work to incorporate those new learnings into our daily lives.

The complete program consists of a introductory individual session, followed by group sessions. Individual counseling is also available. This is not a start-to-finish plan, but rather individual elements that can be combined to suit your needs.

Introductory Individual Session

The Introductory Individual Session is a 90-minute session that includes assessments, supplies, and information to get started on the journey. Our approach uses Judith Beck's (of Beck's Cognitive Behavioral Therapy) book "The Beck Diet Solution: Train Your Brain to Think Like a Thin Person" as a foundation for making day-to-day plans to begin the process. This initial session consists of:

- A get-acquainted conversation about your history and goals
- A copy of Beck's book, and related supplies including note cards and sticky notes
- The Beck screening for Anxiety and Depression
- A survey to gauge motivation
- A breath-based measurement of your Resting Metabolic Rate
- An electronic body composition measurement
- Setting initial goals
- Getting set up with supporting phone apps for food logging and mindfulness

Group Support Sessions

The heart of the Integral Weight Loss program is the group experience. Each 90-minute group consists of processing and support, coupled with an education component. The group is both open to all, and perpetual in nature: clients can come in at any point, and come as often or infrequently as needed. Some of the topics covered include:

- Incorporating mindfulness in daily life
- Collecting the information you need for decision-making
- Determining the right pace for your goals

- Visualization strategies
- Stress, Anxiety, Depression and dieting
- How to include favorite foods in your plan
- Managing long-term results
- Nutrition and exercise in diet planning
- Recovery from lapses and failures
- Handling social and family pressures and “food pushers”
- Managing eating out and travel
- Shame and self-acceptance
- Designing sensible goals

Individual Coaching

Because the groups do not follow a specific sequence, individual help may be required in following the Beck book, designing a plan, choosing a diet or exercise program, or help getting through rough spots. Coaching sessions are available on an “as-needed” basis. As with the groups, individual work may be scheduled only as often as necessary for you to keep progress on your plan.

More in-depth counseling is also available, or we are happy to collaborate with your usual therapist as needed.

Resting Metabolic Rate / Body Composition Analysis

Knowing how your body burns calories – your basic metabolic rate – is an important part of designing a diet plan. While most plans rely on estimates, we offer a precise breath-based measure of how many calories you burn at rest. You prepare for the test by not eating or exercising for about four hours, and trying to avoid caffeine. The test itself consists of breathing into a machine – an indirect calorimeter – to measure CO₂ differences between inhaled and exhaled breath. This gives an accurate, direct measure of energy use, and the unit is hygienically designed with a single-use, one-way-flow mouthpiece.

In addition to determining a basis for planning on how many calories should be included in your diet, and follow-up measurements show your metabolic rate changes as you diet and exercise. Often, our metabolism decreases as we reduce calories, and increases as we build muscle and get in shape. This information helps you keep up with your changing caloric needs as you follow your plan.

Additionally, we include an electrical-impedance based body composition measurement, which estimates percentage body fat and muscle, as well as amount of the visceral abdominal fat that is most associated with health problems.