

# Description of Services

Weight Management Behavioural Therapy

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## **Patient referral criteria**

- Difficulty with weight loss due to disordered eating behaviours (emotional eating, binge eating, etc.)
- Above issues causing or contributing to diagnosed psychiatric conditions (anxiety, stress, depression, etc.)
- Over 18 years old, valid AHCIP and currently living in Alberta

## **Outside scope of current expertise**

- Patients with unstable psychiatric conditions that warrant assessment by a Psychiatrist and/or regular lab monitoring
- Patients requiring ongoing long-term support for psychiatric conditions (service is a sessional relationship of 6-12 months)

## **Referral process**

Self-referral through [www.drlisama.com](http://www.drlisama.com) → Contact form

## **Clinical focus**

Structured cognitive-behaviour therapy and holistic mind-body weight management support for patients with disordered eating behaviours (BED, NES, etc.) in relation to mental health. Elements of psychodynamic, mindfulness, ACT and general talk therapy. Additional education provided on common co-morbid health conditions seen in the family practice setting if requested.

## **Topics discussed**

- Cognitive behavioural therapy
- Behavioural activation
- Insight and awareness training
- Relaxation and coping strategies
- Mindfulness and meditation
- Basic nutrition support if not provided by dietitian
- Basic weight management support as needed

