The Family Weight Control Program

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What is it? The Family Weight Control Program is geared specifically for children and teenagers who want to lose weight and improve their physical fitness. One parent is expected to participate in order to help make the changes at home that are needed to form new eating and exercise habits. That parent can use the program to lose weight, to improve health, or strictly to support the child. Participants meet in a group of families, led by a behavioral psychologist. Feedback from the leader and group support help people to stick to their goals. Also, you learn to improve family communication about weight issues. The program is not a "diet". It's a lifestyle approach that teaches you to find your own realistic and healthy solutions.

Family based programs such as this have consistently been shown to be very effective in helping young people to manage weight in a healthier way. The meetings take place over six consecutive weeks. You are expected to attend all six meetings and be ready to devote yourself to weight management for the long term. You can rejoin the program as frequently as you need to. We also offer monthly maintenance meetings after that to reinforce what you learned in the six week program.

For whom? This program is appropriate for children (ages 8-12) and teenagers (age 13 to 18) who have a significant amount of weight to lose (body mass index at least the 85th percentile according to sex and age). You can call us or ask your health provider to see if you meet the weight requirement. The family as a whole must be motivated to make the necessary changes to the household.

What is the cost? The cost of the 6 week program is \$300 for one child or teenager and one parent. The monthly follow-up meetings are free.

Who is the leader? The leader is Elena M. Ramirez, Ph.D., a licensed behavioral psychologist who specializes in weight control and eating issues

How do we apply? Please call Dr. Ramirez at 651-8999 ext 2 if you are interested in one our upcoming groups. Specify that you are interested in the Family Weight Control Program. You may also contact Dr. Ramirez with any questions at 651-8999 ext 2 or by email at eramirez@therapyvermont.com.