

**The Overweight Patient:  
A Psychological Approach to  
Understanding and Working with Obesity**



Kathy Leach

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I have worked in the field of food and weight issues for over 30 years. I trained as a BSA teacher running classes for people wishing to lose weight and get fit. These classes were the first in the UK to combine healthy eating (not diets), weight control, exercise, relaxation and life style. I enjoyed this so much and lost a lot of weight and, apart from a few pounds up and down, have kept that weight loss. I became a teacher trainer and examiner. Classes were fun and friendly with an empathic emphasis on the weight loss struggle. Many lost weight and many maintained their weight loss. It was the fact that some did not lose and others did not maintain their loss after leaving the classes that intrigued me. When I retrained as a psychotherapist I made it my aim to understand more about the psychology of weight and food matters.

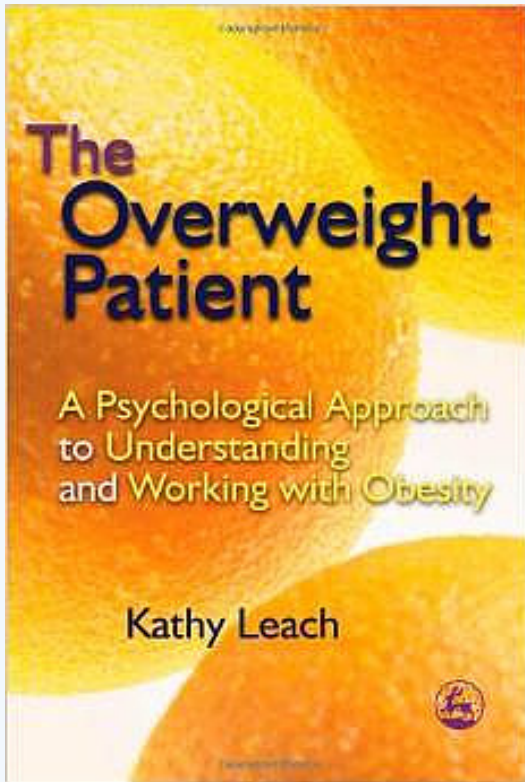
I have written Many articles about my work and a book published by Jessica Kingsley : The Overweight Patient ~ a Psychological approach to working with and understanding obesity. This continues to sell well, across the world and has been at the top of the Amazon recommendations list for this subject many times.

There are huge differences in the use of the medical model and the psychological model of treatment with this client group. Not enough attention is given to the latter. There is not one solution for all. Eating disorders are a type of addiction, whether anorexia, bulimia, or obesity but the factor that is not present under normal conditions of addiction is that the substance of focus, i.e. Food, is needed in order to survive. We cannot do without it. Food and weight can become an actual and a deeply disturbing survival issue.

I run courses for those working with this client group and intensive therapy groups for sufferers. My practice is in Wiltshire - Please contact [admin@onlineevents.co.uk](mailto:admin@onlineevents.co.uk) for more details.

I am a TSTA ( Teaching and supervising Transactional Analyst) with other relevant training and experience in psychological fields.

# Reading



...."The Overweight Patient explores the underlying beliefs and behaviours that may contribute to obesity, including psychological needs, addiction, fear of deprivation, parental influences and sexual fears. Kathy Leach draws a useful distinction between the need to eat and the need to maintain a large body size, and addresses the reasons for both long-term obesity and short-term weight gain. She provides a clear and accessible introduction to the psychoanalytic theory of Transactional Analysis and details how this approach can be used with overweight people, and as a self-help methodology. Kathy Leach offers sensitive advice on methods to help clients increase their self - esteem, self- awareness and motivation to develop healthier lifestyles.' -Transactions (TSTA) 'Illustrated with patient histories, exercises and worked examples of techniques, this book enables therapists and health practitioners to help obese people to understand why they reach for food or maintain a large body weight, and to change their eating behaviour or live more comfortably with their size.' -Transactions (TSTA) This practical guide approaches obesity and overeating from a psychological perspective, and offers sensitive methods to increase patients' sense of self-worth, self-knowledge, and motivation to lose weight....."

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