

**Program: Seminar 3,
Treatment of obesity - immersion.**

Day 1

08.30-09.00 *Breakfast with coffee and tea.*

09.00-09.15 Welcome, presentation of seminar leader and program.

09.15-09.30 Presentation of participants.

09.30-10.15 Changes in BMI / Body composition compared with future weight changes / energy efficiency and treatment response.

10.15-10.30 *Coffee and tea break.*

10.30-11.00 Disease perspective and process development.

11.00-12.00 Communication / Pedagogy:

- The therapist is responsible; Authority / being clear / flow / rhythm, neutral tone of voice and body language, set the patient free - eliminate guilt and shame / externalize causes of obesity / make the patient easy.
- Resistance (distraction, confusion) vs. authority.
- Challenges / Conceptions / Expectations / Perspective.

12.00-13.00 *Lunch.*

13.00-14.00 Systematic analysis of difficult cases provided by participants.

14.00-14.15 *Coffee and tea break.*

14.15-15.00 Systematic analysis of difficult cases provided participants, continued.

15.00-15.30 Discussion and rounding off the day.

15.30 *Thanks for today and see you tomorrow.*

18.00- *Dinner for participants in the hotel restaurant.*

Day 2

08.30-09.00 *Breakfast with coffee and tea.*

09.00-10.00 Surprise 1.

10.00-10.15 *Coffee and tea break.*

10.15-11.15 Surprise 2.

11.15-12.00 Challenges, performances and built-in dynamics, direct and indirect effects.
Resistance, process development. The Best for the Child.

12.00-13.00 *Lunch.*

13.00-14.10 Suffering - Necessity - Reality - Resistance - Perspective - Change - Masters.

14.10-14.30 *Coffee and tea break.*

14.30-15.00 Discussion, evaluation, conclusion and goodbye.