

**Program: Seminar for the HOLBAEK model's pedagogy and communication.
Treatment of obesity - focus on the difficult-to-treat patient.**

Day 1

08.30-09.00 *Breakfast with coffee and tea.*

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

09.15-10.15 The star model; focus on key themes such as resistance, performances, challenges, direct / indirect effects, built-in dynamics, process development, flow / rhythm, neutral tone, expectations, etc.

10.15-10.30 *Coffee and tea break.*

10.30-11.30 Patient case 1, live.

11.30-12.00 Reflection and discussion of patient case 1.

12.00-13.00 *Lunch.*

13.00-14.00 Video examples by participants; subjectivity, care, falling off the horse, moderation versus loss of control

14.00-14.15 *Coffee and tea break.*

14.15-15.00 Participants' own cases.

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 Staged strategies (1st consultation, FMR, perspective, Q/A, neutral communication, allowing taboos, VAS, blood samples, satiety for meals with moderation, upbringing, complexity).

10.00-10.15 *Coffee and tea break.*

10.15-11.15 Patient case 2, live.

11.15-12.00 Reflection and discussion of patient case.

12.00-13.00 *Lunch.*

13.00-14.00 Participants' own cases.

14.00-14.15 *Coffee and tea break.*

14.15-14.45 How we make patients easier.

14.45-15.00 Discussion, evaluation, conclusion, and goodbye