

Best National Education Program in Europa 2022

Education in the Holbaek model

The Holbaek model is timely care



The Holbaek model

The Holbaek model is a complex, communicative and educational approach that integrate a doctor's promise-based responsibility for a complex disease and its complications.

The Holbaek model is timely care that carefully focuses on the best for the patient, based on the patient's disease presentation and individual challenges, so that the patient learns to control the treatment of obesity.

Messages, values, and communication reduce guilt, shame and self-blame and indirect stigma and discrimination.

It is our years of experience that thorough training over time is necessary in order to achieve the results that our evidence base shows and the built-in educational benefits. This provide a better understanding for both the patient and the therapist, and thus improve the treatment development in the Holbaek model.

For more than 10 years, Dr Holm has trained healthcare professionals for most Danish municipalities and has thereby established a de facto gold standard with complete and detailed training in the Holbaek model.

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Seminars

The seminars serve both as a starting seminar for therapists who have not previously treated people with obesity, but are also relevant to refine the method for therapists who already treat children, young people or adults with obesity.

The seminar is structured so that after the introductory Seminar, **Seminar 1**, you can start treatment and use the method and the materials.

Seminar 2 is a follow-up seminar with a focus on follow-up treatment, especially in terms of challenges, perceptions, and changes in body composition, where the participants can integrate their own experience.

Seminar 3 is an immersion seminar that focuses on the paradigm shift, which shows how to make more difficult to treat patients easier to treat, so that they can control their treatment.

Seminar for the Holbaek model's pedagogy and communication focuses on the therapist's interaction with the patient with theory and practical exercises.

Obesity Treatment Tool Pro is the Holbaek model's digital and evidence-based platform, and is introduced on all seminars. Healthcare professionals are supported with quality-assured and effective treatment of their patients living with obesity.

Contact us

You can contact us by phone at 9-13 on alle weekdays

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Or write to us

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Read more under "We offer" at

www.jenschristianholm.dk

The Holbaek model reduces the degree of obesity in 75-85% of patients in hospitals and municipalities and reduces the degree of high blood pressure, cholesterol, fatty liver, sleep apnea, the parents' degree of obesity when their child starts treatment, appetite and bullying, and improves quality of life, mood and body image.

The results of the Holbaek model are independent of social class, the degree of overweight at the start of treatment, a genetic risk score for obesity and disordered eating. About 5 hours of professional time are used per patient per year on average. Results have been published in peer-reviewed international journals.

See our evidence base at www.jenschristianholm.dk