

**Program: Seminar 2,
Treatment of obesity - follow-up treatment**

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 Change in the mindset of the therapist and patient.
- 10.15-10.45 *Coffee and tea break.*
- 10.45-12.00 Blood pressure, blood tests and changes in body composition during management.
- 12.00-13.00 *Lunch.*
- 13.00-14.00 Adjustment and normalization of treatment courses, perceptions and expectations for treatment course, relapses, absences, cancellations and drop out.
- 14.00-14.20 *Coffee and tea break.*
- 14.20-15.30 The direct and indirect effects of the treatment. Built-in dynamics, resistance, rhythm, and flow.
- 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 Treatment in practice - review of follow-up treatment / forms / Obesity Treatment Tool Pro.

10.00-10.15 *Coffee and tea break.*

10.15-11.15 Is there an indication for anti-obesity medication?

11.15-12.00 Participants own case - experiences and challenges. Focus on the difficult-to-treat patient.

12.00-13.00 *Lunch.*

13.00-14.10 Long-term treatment planning

14.10-14.30 *Coffee and tea break.*

14.30-15.00 Discussion, evaluation, conclusion, and goodbye.