

The APS Psychology of Eating, Weight, and Body Image Interest Group Proudly Presents:

Linda Bacon – Health at Every Size

About Linda Bacon

Linda Bacon, PhD, is a researcher on the inside track of weight regulation science – a scientist whose three graduate degrees, research, and clinical expertise uniquely prepare her to understand and translate the physiological, psychological, and socio-cultural underpinnings of weight control. Bacon's academic training includes two masters' degrees, one in psychotherapy, specializing in eating disorders and body image, and the other in exercise science, specializing in metabolism. She also earned a PhD in physiology with a nutrition emphasis from the University of California.

Relying on her unusual blend of academic, therapeutic and clinical expertise, Bacon is adept at translating scientific research into practical application. Her personal experiences with weight regulation inform and inspire her work. Bacon is currently a Nutrition Professor at City College of San Francisco. She also holds an honorary appointment as an Associate Nutritionist at the University of California, Davis.

An internationally recognized authority on weight and health, Dr. Bacon has published her work in top scientific journals as well as the highly acclaimed bestseller, *Health at Every Size: The Surprising Truth About Your Weight*. Her forthcoming book, *Body Respect: What Conventional Health Books Get Wrong, Leave Out, or Just Fail to Understand*, is a crash course in what you need to know about bodies and health, and will be followed shortly by her next book, *Eat Well: For your Self, For the World*, a handbook for cutting neurosis from our daily diets and, in the process, improving our health and the health of our world.



Workshop 1

Sydney

Monday 14 October: New Law School (SR 444), University of Sydney, Eastern Avenue, Camperdown Campus

Brisbane

Tuesday 15 October: St Leo's College, University of Qld (St Lucia campus), College Road, St Lucia.

Adelaide

Wednesday 16 October: Flinders Victoria Square, 182 Victoria Square, Adelaide.

All workshops run from 9am to 5pm. To register for any of these workshops, go to www.psychology.org.au/Events/ & type "health at every size" into the keyword box to find your state.

Melbourne

Saturday 19 October, 10am to 3.30pm (*This is a 4 hour workshop as it is part of the ANZOS-PEWBIG Conference*).

Registration: via ANZOS2013.org (one day registrations are available)

Cost: Student Member \$160, PEWBIG Member \$295, Student Non-member \$200, Non-member \$350 (*includes food*)

Workshop 2 – Melbourne

Prerequisite: Workshop 1

When: Sunday 20 October, 9am to 5pm

Venue: Level 3 Daniel Mannix Building, Australian Catholic University, Young St, Fitzroy

Register: www.psychology.org.au/Events/EventView.aspx?ID=12846

Cost: Student Member \$80, PEWBIG Member \$150, Student Non-member \$100, Non-member \$175 (*includes food*)

Linda Bacon Events

ANZOS-PEWBIG Conference Keynote

Alarm about obesity clouds questions posed in research, interpretation of data, and judgment about best practice. This coupled with the influence of corporate, diet and pharmaceutical interests can deafen us to powerful contrary data that show that obesity has been exaggerated as a health concern and that the pursuit of weight loss is largely ineffective and damaging. Our misinformed obesity focus has yielded a populace preoccupied with weight and hurt by stigmatization. It may be that much of the health risk associated with weight is iatrogenic, caused by faulty assumptions of well-intended obesity “experts” rather than adiposity itself. This seminar explores the clash of perceptions and reality, challenges common assumptions about weight, and introduces a growing trans-disciplinary movement, called Health at Every Size (HAES), which argues for an end to the “war on obesity” and a shift in focus to weight-neutral outcomes. Randomized controlled clinical trials indicate that HAES is associated with statistically and clinically relevant improvements in physiological measures, health behaviors, and psychosocial outcomes, and that HAES achieves these health outcomes more successfully than weight loss treatment and without the contraindications associated with a weight focus. Dr. Bacon presents a clearly articulated, evidence based argument for shifting the paradigm in our approach to weight, health and overall well-being.

ANZOS-PEWBIG Conference, Friday 18 October, 4.30pm-5.30pm

HAES Workshop 1: *Weight Science – Examining the Evidence for a Paradigm Shift*

You’ve heard the obesity fears: obesity is the most serious health threat facing the developed world... we can’t control our eating... we’re not exercising enough... kids today are the first generation who are going to die younger than their parents... Conventional recommendations suggest weight control as the answer. In this provocative workshop, Dr Linda Bacon takes a hard look at the scientific “evidence” for these and other assumptions of the currently accepted weight paradigm, and comes up with a surprising conclusion. Bacon contends that much of the health risk associated with weight is iatrogenic, caused by faulty assumptions of well-intended obesity “experts” rather than adiposity itself. She introduces the key principles of the weight-neutral and evidence-based alternative: Health at Every Size, which includes active embodiment, mindful/intuitive eating, compassion, and acceptance. This workshop will empower participants to challenge their assumptions, reexamine the evidence, and consider new strategies to facilitate substantive change in people’s lives.

HAES Workshop 2: *Implementing Health at Every Size in Clinical Practice*

PLEASE NOTE: Workshop 1 is an essential prerequisite for Workshop 2.

The liberating message of Health at Every Size is a unique approach to self-care and wellness. In this inspiring workshop, HAES expert Dr. Linda Bacon discusses this life-changing way to reclaim our bodies and live life more fully – and helps you develop skills to educate and inspire others. Are your clients frightened of food, weary of admonishments to diet and exercise, feeling helpless to change the future? Are you seeking new ways to break through and inspire hope, confidence, and healthy lifestyles? This training is designed to help clinicians across a variety of practice settings learn practical tools for implementing Health at Every Size and develop skills for helping clients address body dissatisfaction, troubled eating, and stigmatization. Dr. Bacon arms you with the knowledge, resources and confidence to combat the weight myths and put HAES into practice.

To register for the conference go to ANZOS2013.org



17th - 19th October, Melbourne, Australia

ANZOS
"Obesity - A United Approach"
Australia & New Zealand OBESITY SOCIETY
Annual Scientific Meeting

In conjunction with the Psychology of Eating, Weight & Body Image Interest Group (PEWBIG)