



The Overweight Patient: A Psychological Approach to Understanding and Working with Obesity

Kathy Leach

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'Kathy Leach provides a thoughtful, well-written text that addresses the 'great weight debate' in an engaging and compassionate way.'

-The Psychologist, Vol. 20, March 2007

'The main body of the book focuses on clinical work, offering insightful ways of thinking about and working with obese individuals. The text is punctuated with some very useful case examples and transcripts which guide and enlighten the readers thinking.'

-The Psychologist, Vol.20, March 2007

'An excellent, clear and accessible introduction to basic transactional analysis theory and principles, providing useful examples of how this form of therapy can be particularly useful and effective when working with people who overeat.'

-The Psychologist, Vol.20, March 2007

'An important contribution in helping clinicians and clients understand the psychological aspects that prevent people from losing weight or maintaining weight loss. It is a 'must-have' text for anybody working with this client group.'

-The Psychologist, Vol.20, March 2007

'The Overweight Patient provides a practical framework to psychological management of obesity. Kathy Leach employs a model of Transactional Analysis psychotherapy to the treatment of obesity. She clearly writes from her considerable clinical experience. The factual information presented in this interesting book conveys the sense of someone steeped in that patient population. It is well written, with a light touch, and I found myself reading it in a single sitting. To any practitioner of transactional analysis, this will be a 'must read.'

-European Eating Disorders Review, 2007

'The Overweight Patient explores the underlying beliefs and behaviours that may contribute to obesity, including psychological needs, addiction, fear of deprivation, parental influences and sexual fears. Kathy Leach draws a useful distinction between the need to eat and the need to maintain a large body size, and addresses the reasons for both long-term obesity and short-term weight gain. She provides a clear and accessible introduction to the psychoanalytic theory of Transactional Analysis and details how this approach can be used with overweight people, and as a self-help methodology. Kathy Leach offers sensitive advice on methods to help clients increase their self - esteem, self- awareness and motivation to develop healthier lifestyles.'

-Transactions (TSTA)

'Illustrated with patient histories, exercises and worked examples of techniques, this book enables therapists and health practitioners to help obese people to understand why they reach for food or maintain a large body weight, and to change their eating behaviour or live more comfortably with their size.'

-Transactions (TSTA)

This practical guide approaches obesity and overeating from a psychological perspective, and offers sensitive methods to increase patients' sense of self-worth, self-knowledge, and motivation to lose weight.

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Illustrated with patient histories, exercises and worked examples of techniques, this book enables therapists and health practitioners to help obese people come to terms with their size, or to support their decision to change their behaviour and reduce their need to eat.

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