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weight management psychology

# WORKSHOP: BUILDING BODY ACCEPTANCE

SATURDAY 3 SEPTEMBER 2:30pm - 5:00pm

Principal psychologist from Weight Management Psychology, previous Director of Psychology for the Wesley LifeShape Clinic, and Consulting Psychologist for Queensland Bariatrics, Glenn Mackintosh provides a psychology-minded, evidence-based approach for overcoming the common challenge of body-image dissatisfaction in people looking to release body weight.

## **BUILDING BODY ACCEPTANCE**

*As well as causing significant psychological distress, body-image dissatisfaction is a major barrier to reaching and maintaining a healthy weight. Furthermore, body-image dissatisfaction has risen to the extent that it is now "normal". However, psychology offers an understanding of body-image dissatisfaction and strategies to overcome it, helping people improve their body image, and achieve and maintain healthy weights more successfully.*

*Translating conclusive research into clinical practice, Glenn Mackintosh provides a comprehensive psychology-based workshop for improving body image.*

**Tired of hating your body?**  
**Learn how to care for yourself from a place of love**

**\$120.00, early bird \$100.00 (before 3 August 2016)**

*\*20% Discounts apply for people bringing a friend, 25% for people bringing two, 33% for people bringing 3 or more*

**To register please visit:**

**[www.weightmanagementpsychology/events](http://www.weightmanagementpsychology/events)**

**Health professionals - help add psychological transformation into your work with clients.  
Register 3 clients and come FREE!!!**



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## About the presenter

Glenn Mackintosh is the Principal Psychologist at Weight Management Psychology. He is a member of the Australian Psychological Society, a fellow of the Obesity Prevention and Treatment Society, and the Queensland representative for the APS Psychology of Eating, Weight, and Body-image Interest Group. Before venturing into full time private practise, he was the psychology coordinator at the Wesley Lifeshape Clinic, and he also consults with Qld Bariatrics patients pre- and post- surgery.



Glenn's research investigated psychological and social factors and weight management, and he has lectured in weight management psychology, health psychology, and sport and exercise psychology at the University of Queensland, Griffith University, and the Australian College of Applied Psychology. He has also developed the self-help resources Diet-Free Headphones, EFT Tapping for Weight Management (with Dr Peta Stapleton), Relaxation & Affirmation, The Walking Companion, and Weight Off Your Mind, designed for psychological education and transformation around key weight management issues.

Glenn also features in the media regularly, having interviewed on weight related topics for Weight Watcher's Magazine, 4BC Radio, and A Current Affair. However, Glenn's passion is in helping people effectively manage their weight, and training other professionals in applying psychological principals to help their clients who are grappling with weight management issues. Glenn has presented for the Australian Psychological Society's College of Health Psychologists and Psychology of Eating, Weight, and Body-Image Interest Groups and the Dietitians Association of Australia, Dietitian Connection and the Australian College of Weight Management on numerous occasions.

## Feedback on Glenn's sessions

*"Glenn Mackintosh was highly engaging and presented some user-friendly techniques in a practical manner" and "Glenn was very engaging and a full workshop with him would be great!"*  
Anonymous participants' feedback from DAA – Influencing others, Mind, Body, and Gut.

*"Thank you for the opportunity to attend your session. I appreciate knowing that there is someone out there who understands what is going on in my head. And thank you for helping me turn a negative view of myself into a positive."*  
Cheryl Bennie – workshop participant.

*"Glenn is a brilliant presenter; engaging, informative, and well known in the area of weight management. I was privileged to present a half-day workshop with him and would highly recommend attending Glenn's workshops!"*  
Dr. Peta Stapleton, Co-Presenter APS College of Health Psychologists – Healthy Eating – Therapeutic Techniques.

**Sign up now!**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

CREDIT CARD NO: \_\_\_\_\_ EXP \_\_\_\_\_ CCV \_\_\_\_\_ SIGNATURE \_\_\_\_\_

Workshops are held at Weight Management Psychology 417, Dakota South, 88 Macquarie St, Teneriffe between 2:30pm and 5:00pm

To read more about the workshop, go to the WMP Website and click on the "Events" tab. You can book and pay directly from the website or contact us!

Contact Glenn if you have any specific questions about the workshop! [glenn@weightmanagementpsychology.com.au](mailto:glenn@weightmanagementpsychology.com.au) | 0434 240 778



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