

# Psychotherapeutic Interventions for MBS Clients

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None.

# Preparing for surgery

## Laying the foundation

- Education re MBS – it's a tool
- Realistic expectations
- Is now the right time?
  - Mental health, life stressors & readiness to change
- Build a therapeutic relationship
- Support team – professional + personal
- Identify strengths, challenges + needs
- Problem solving skills training
- Setting SMART goals

## Preparing for surgery

### Exploring the client's relationship with food

- Understand the factors that have contributed to weight gain
- Current/historical disordered eating or eating disorder
- Reduce shame
- Consider treatment required before surgery
- Self-monitoring: Creating conscious and aware eating
  - Recovery Record
  - Post-op self-monitoring protects against weight gain

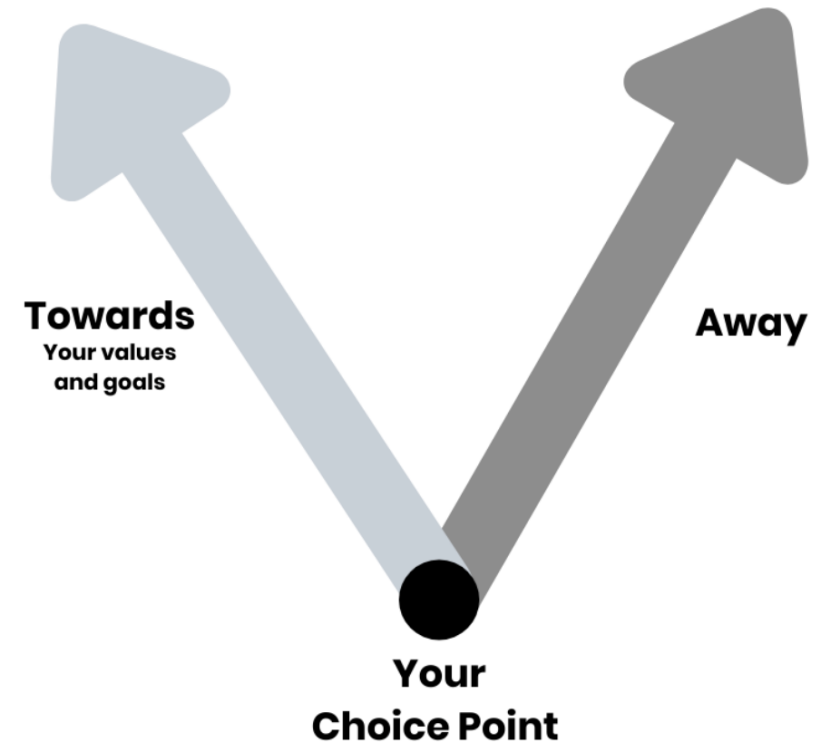
## Motivational Enhancement

- Readiness to change fluctuates
- Anticipate roadblocks to motivation in advance
- Strategies to resolve ambivalence (decisional balance)
- Reasons for change - values-based living
- Primary goals – deeper reasons to change beyond weight loss

### Creative interventions

Psychology is an art and science!

- Visual prompts
- Therapeutic letters
- Imagery - imaging success
- Metaphor



## The first year after MBS

### Themes and therapeutic interventions

- Shock, grief + adjustment
- Fear of failure
- Perfectionism/unrelenting standards
- Comparison (to others, own expectations)
- Broaden focus beyond numbers



## And that's not all...

Developmental trauma  
-childhood experiences with food  
-Food meets emotional needs

Current mental health issues/addiction  
PTSD  
OCD  
Anxiety  
Mood disorders

Low self-worth  
Core dysfunctional beliefs

Family Violence

Relationship concerns

Body image

Neurodivergence/  
Cognitive differences

Current life stressors  
Family/work/parenting

Internalised weight stigma

Fertility issues  
Pregnancy loss  
Post-natal depression

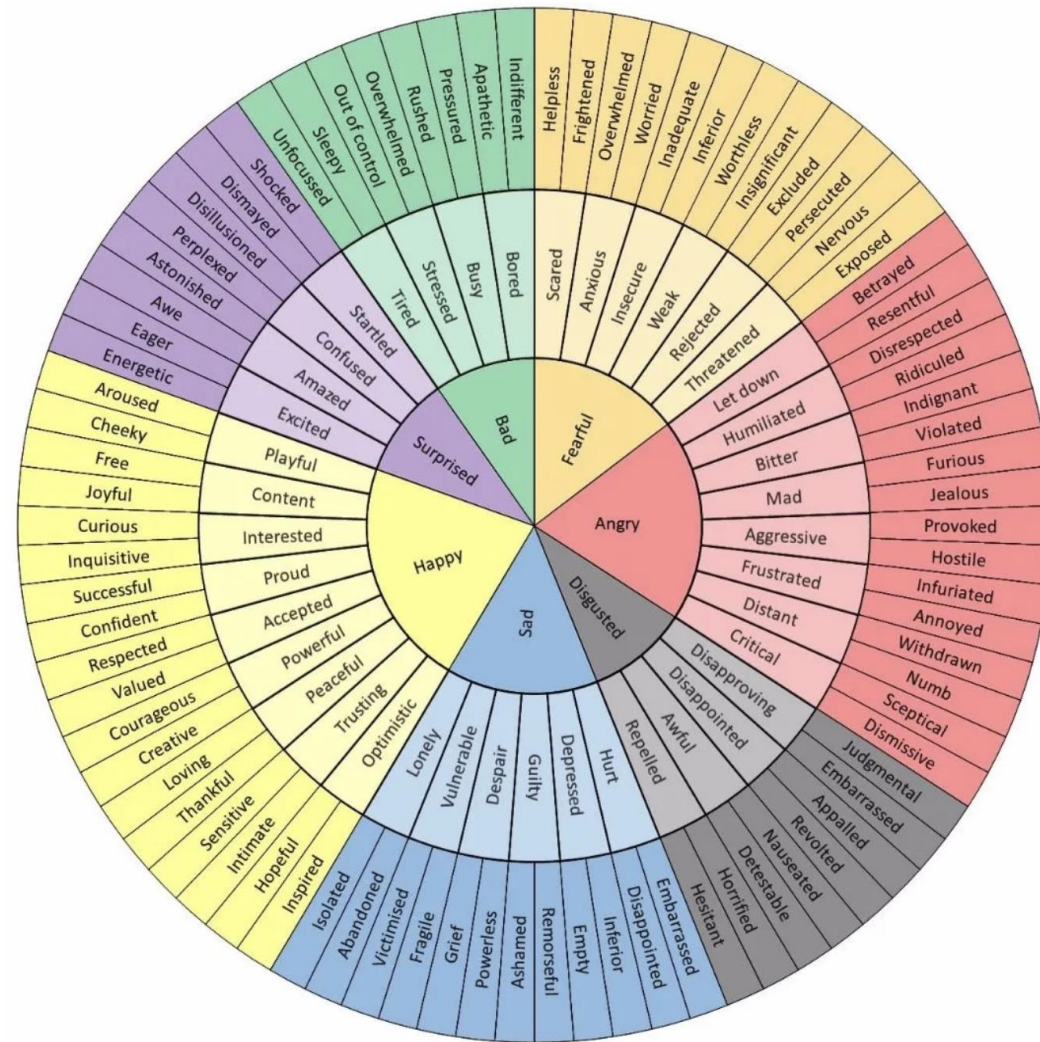
# Identifying and connecting to emotions and core needs

## Emotions

- Shame/guilt
- Fear/anxiety
- Sad/lonely

## Core needs

- Play/fun
- Relaxation
- Safety
- Self-worth
- Self-expression
- Boundaries + limits





## Thoughts that undermine behaviour change and adherence to new habits

### Dichotomous / “all or nothing” thinking

*If I don't reach my protein targets, then I've ruined the day*

*I had a piece of chocolate, I've ruined my eating plan, “stuff it”, I'll start again tomorrow*

### Permission-giving thoughts

*I feel sad, I deserve a treat*

### Pessimistic & self-critical thoughts

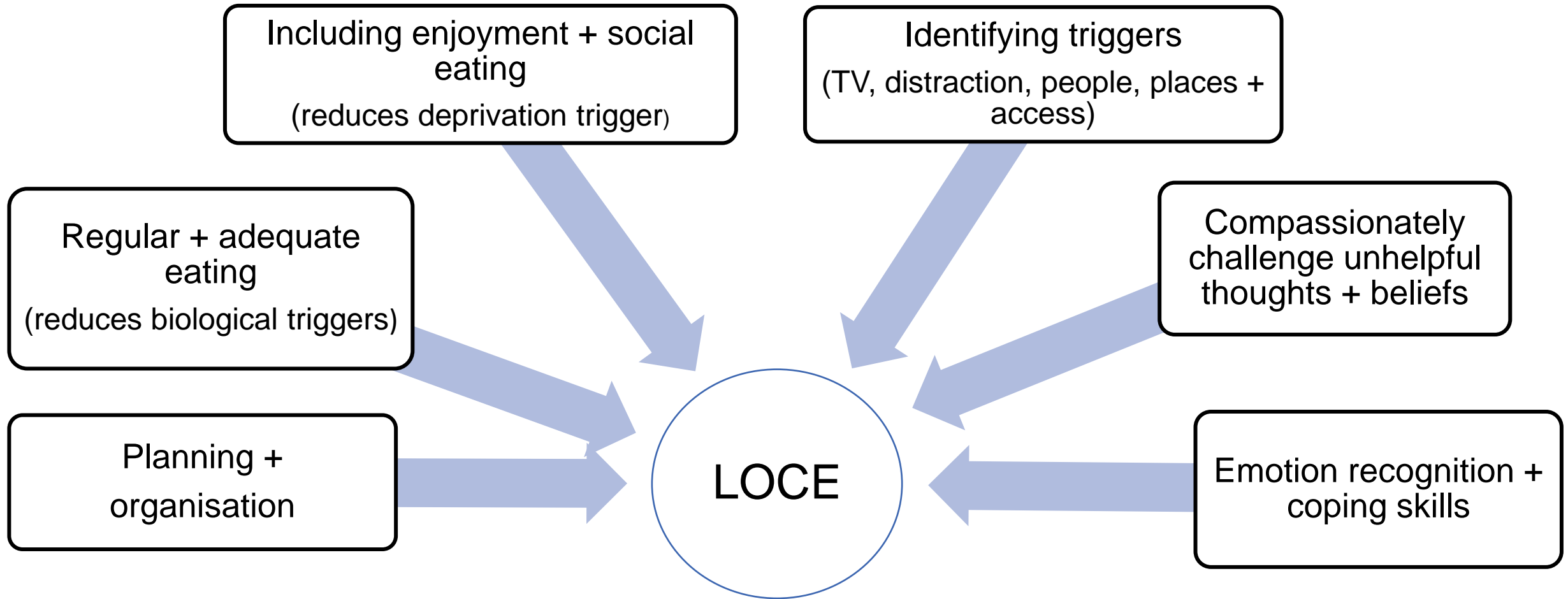
*I'm so useless, I don't think even this expensive surgery is going to work*

*Everything I try has failed me so far, I shouldn't even keep trying*

*Instead try: Self-compassionate, flexible, realistic + ‘big picture’ thinking*



## Managing loss of control eating, grazing and “emotional” eating



## Managing setbacks and maintaining progress

### Coping with setbacks plan

Avoid 'destination addiction'

Action plan that is shared with key supports and client

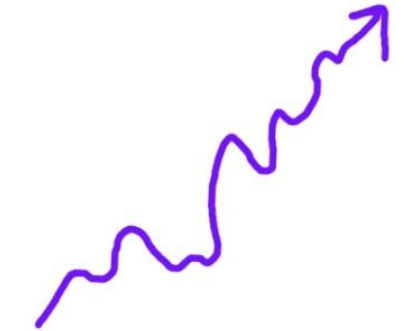
#### Key sections

- Possible triggers
- Early warning signs
- Identify self-defeating/sabotaging beliefs
- Core coping skills + key strategies
- Escalation options if more support is needed

Progress



What we  
think it  
looks like



what it  
actually  
looks like

## References

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