Other Treatments for Obesity

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En Español (Spanish Version)

Counseling and Behavior Therapy

Consider counseling or behavior therapy if you feel that stress or emotions play a role in your eating habits. Obesity is often associated with unhelpful thought patterns related to your social image and frustration with attempts to lose weight. Often these thoughts can be a barrier to success. By working with a therapist, you can learn to understand:

- When you tend to overeat
- Why you tend to overeat
- How to combat overeating tendencies

If you are obese and at risk for diabetes, behavior therapy may help to improve your short-term weight loss.

Therapy can also be beneficial for children and teens who are obese. Kids who are trying to lose weight may get the most benefit from group therapy that focuses on diet and behavior changes.

Weight Loss Programs

Weight loss programs are available in a number of different formats. Some provide only group support. Others provide one-on-one counseling along with meal replacements. Programs are also available online, where you can join a chat room or add your comments to a message board. No matter which format, many people find that getting support is helpful.

REFERENCES:


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