Obesity childhood treatment in a practical clinical setting using a systemic solution-focused model

The multifactor causes of childhood obesity are complex and it is important to start with prevention as early as possible. Once obese children pass through puberty without treatment, they invariably become obese adults. Health promotion and advice is useless if obese families do not feel involved in treatment. Some obese families have attempted too many changes in a short period of time and subsequently failed. Patients are empowered when they have knowledge, skills, attitude and self-awareness necessary to influence their own behavior to improve quality of their lives. The solution-focused systemic approach, based on respect and collaboration with the patient and the family, concentrates on success, exceptions and solutions in life style changes. Health professionals need to be more open to practicing interviewing skills that give patients information they find helpful and give them own ideas about what they need to change in their lifestyle. Health professionals also need to explain medical information in terms of single, small concrete steps and realistic goals. It does not help if the doctor, nurse or the psychologist is an expert if the child or their family with obese problems does not understand or feel included in the treatment. By involving the family as a partner in decision- and goal-setting process we focus on existing resources and give the patient and their family members a sense of control of their own lives and locus of control.

Biography

Ywonne Peterson is a family therapist and holds a master degree in social work. She has been trained in SFBT at NIK, Bremen between 1992-97 by the originator of SFBT. She has been Supervisor / trainer / team member between 2000-2004 at Childhood Obesity Unit, Malmo University Hospital. Lecturer in SFBT method at 3 days basic course in childhood obesity 2003, 2005 and 2007. Lecture in SFBT method at SPOC (Scandinavian Pediatric Obesity Conference) 2004. She has delivered many lectures.

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