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Cognitive behavioral group therapy as a technique to reduce overweight and maintain it

Introduction: According to Cognitive Behavior Therapy, there are the thoughts that the overweight and obese people have about their body that affect their losing weight. Many of overweight and obese people are complaining of their overweight; however for different reasons, these people either they do not follow a diet program or they had one but they quitted it. Thus, cognitive-behavioral therapy works to change the misconceptions that make the human diet programs are reluctant to accept positive ideas to make it and succeed in the application of diet programs.

Methods: In this study, 19 persons were randomly selected from people who suffering obesity or overweight and attending the Kuwait Center for Nutrition, the State of Kuwait. Twelve cognitive behavioral group therapy sessions were applied in order to changes their thoughts as well as their lifestyle linked to their food habits.

Results: The results of the study showed that significant changes were found with the experimental group in their thoughts and lifestyle.

Conclusions: Results of this study emphasize that changing people's thoughts and lifestyle play an important role of their overweight and obesity. They have learned how to keep positive thoughts and lifestyles among their diet program in order to reduce their weight and maintain it.

Biography

Rashed Ali Al Sahel obtained his Master's degree in Educational Psychology from Eastern New Mexico University, USA (1983) and PhD from the University of Wales, UK (1989). He is certified as a qualified Cognitive Therapist from Academy of Cognitive Therapy, USA, (2003). He served as a Dean of the College of Education at Kuwait University from 2002-2007 and Professor at Kuwait University since 2006. He has published more than 27 papers and 6 books in the area of counseling children, adolescents, and couples.

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