Brain power, not will power; rethinking obesity treatment.
Explore the relationship between obesity and executive functioning.

GUEST SPEAKER Dr Evelyn Smith

On average, individuals with obesity have been shown to have significantly lower levels of executive function compared to their normal weight counterparts. Executive function is a term for a number of complex cognitive processes critical to engage in goal directed behaviour.

The relationship between obesity and executive function has been suggested to be bidirectional, with executive dysfunction impacting on self-regulation, and adiposity based inflammation and its biological cascade impacting on cognition.

Evelyn will describe the different ways that executive dysfunction has been measured in the obese. This will provide the rationale for delivering face to face cognitive remediation therapy for obesity (CRT-O), and the results of the first randomised controlled trial of CRT-O will be reported, including the 12 month follow-up.

Dr Smith is Associate Editor of the international journal Clinical Obesity. She is also a Senior Lecturer in Clinical Psychology at Western Sydney University, and heads the Eating Disorders and Obesity psychology research Clinic (EDOC), within Western Sydney University.

When: Monday 18 September 2017 @ 7-8:00pm (arrive from 6:30)
Where: Bat and Ball, 495 Cleveland Street, Redfern
Tickets: AACBT Members Free / Non-Members $10

Book now at https://www.aacbt.org.au/events/