

---

# Dr. Oughtred, Nd

## Weight Management Group Program – Recruiting for Fall 2023

Estimated Start Date: October 23/ 2023

Dr. Ryan Oughtred, ND, is searching for 15-20 patients to take part in a 12-month, intensive multicomponent group behavioural intervention for weight management.

### Who is this group for?

Anyone who's health would benefit from >7% weight loss or more. Typically, these are individuals with a BMI >27 and usually one or more associated medical conditions such as elevated cholesterol, blood pressure or blood sugar, sleep apnea, fatty liver, arthritis, or depression. Also, patients with unstable weight trajectory or as prior treatment for patients receiving other medical intervention such as orthopedic surgery or fertility treatment. If you are unsure whether a program like this is right for you, you may book an initial visit with Dr. Oughtred – extended health care plans usually cover this.

### Is the entire program done via group?

Yes. It is recommended that you adjunct the group program with monthly one on one visits with Dr. Oughtred or another health professional trained to manage Obesity. At minimum, you would require an assessment visit prior to initiation of the program.

### Program Overview

The program consists of 26 group visits that are 90 minutes in length, all of which will be facilitated by Dr. Oughtred. Visits will be administered via video conference, with the possibility for some hybrid in-person visits.

While most visits will include discussions and guidance around healthy eating and physical activity habits, the focus of this program is placed largely on the psychological and behavioural mediators of these health behaviours. Patients will walk through, and learn about, the various 'check points' on the journey of behaviour change so that they might feel more empowered to self-manage their lifestyle and health behaviours into the future.

Multiple behaviour change strategies are taught, including (but not limited to) standard behavioural therapy (SBT) such as self-monitoring and stimulus control, strategies that address permission thoughts and development of restraint thoughts (CBT), as well as newer generation approaches such as mindfulness, acceptance and commitment to values. (ACT)

Communication styles that emphasize asking for permission, listening, the use of empathy, validating people's lived experience, allowing each person space to be *not ready*, and avoiding 'teaching and

telling', are examples of how interactions will be modeled in group settings to ensure patients feel understood and empowered.

The majority of each session will be interactive, with <50% of each session consisting of didactic, educational material. Participants should expect periods of self-monitoring of nutrition and/or weighing and/or physical activity. Small homework assignments are utilized as conversation starters for following sessions, and to facilitate learning of behavioural skills. Discussion of each individual's health values, health behaviour goals, and current health behaviours is encouraged (comfort and time allowing).

### Weight Goals vs Value Based Goals

Given that obesity is largely determined through biology, environment, and other factors that are out of an individual's control, there is no endorsement of an 'ideal weight' or specific weight loss goal. Instead, goals of therapy are the most intensive and sustainable lifestyle behaviours an individual can achieve, with their resulting weight being termed 'best weight' rather than ideal weight.

### How Much/ What will I Eat? Will I feel restricted?

The amount of food and what types of food you consume will be individualized *by you*, this is part of the process. All pillars of obesity treatment are designed to operate on the aspects of your brain and biology that underly appetite, metabolism and eating behaviour – all obesity treatments are discussed and offered to assist in managing appetite and lifestyle behaviour.

Changing and maintaining health behaviours is hard – this program will continually emphasize this fact, rather than telling you 'it is easy'. Accepting and normalizing the scientific realities of weight reduction is an essential step toward addressing and coping with those realities. So, yes, it will feel hard at times, but the aim is for it to feel 'doable', and 'worth it'. You will be offered evidence informed approaches to assist you.

### About Dr. Oughtred, ND, CBE, DCOM

Dr. Ryan Oughtred is a licensed Naturopathic Doctor in BC. Specific to weight management, he is a Certified Obesity Educator (CBE) through Obesity Canada, and also has a Diploma in Counseling for Obesity Management (DCOM), also offered through Obesity Canada.

### Cost

Group Program Fee (1 year)	\$390	
Initial visit fee (Required)	\$185	(Usually covered by extended insurance)
Return visit fees	\$50-120	(Also applicable for extended health care)

\*Financial support may be available to you, please inquire.

### Sign Up/ Questions

Please contact Dr. Oughtred by email at [ryan@doctoroughtred.com](mailto:ryan@doctoroughtred.com)

More information can be found at [doctoroughtred.com/weight-loss-program](http://doctoroughtred.com/weight-loss-program)