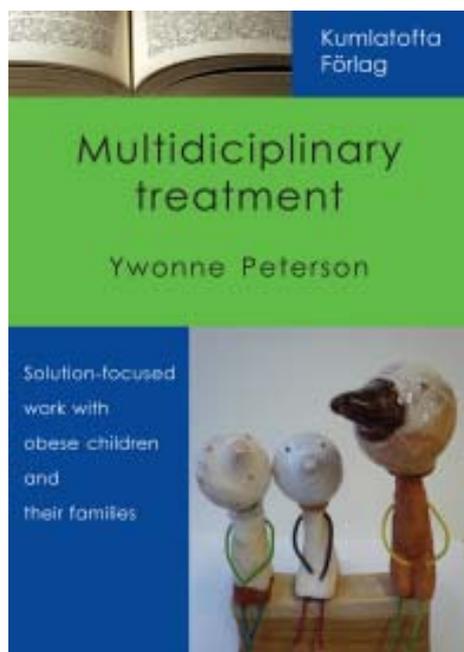


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Multidisciplinary treatment

Solution-focused work with obese children and their families

This book presents practical interviewing skills and guidelines for goal setting in professional work with obese children and their families. It will help professionals to recognize the difference between problem-solving and solution-building interview questions when it comes to treatment of children with obesity health problems.

Childhood obesity is an increasing problem in most developed countries. Although the doctor, nurse, dietician or the psychologists are experts in their fields it can be difficult to involve the family, teenager or child if they do not understand or feel included in the treatment.

In order to incorporate lifestyle interventions it can be very helpful to use the context of a conversation that gives the child and his/her family a feeling of being involved in the treatment and give them a feeling of control over their own lives.



Ywonne Peterson, Sweden is a family therapist and holds a master in social work. She has been trained in SFBT (Solution-Focused-Brief therapy) at NIK (Norddeutsches Institut für Kurzzeittherapie) in Bremen 1992-97 by the originator of SFBT: Steve de Shazer and Insoo Kim Berg, Milwaukee, USA. Ywonne Peterson has been active for many years as a consulting supervisor and trainer of professionals who are working or going to work with childhood obesity using a solution-focused model. Her main interest is to integrate clinical and practical aspects of treatment, lifestyle changes and interview questions how to best help children with obesity health problems.

- Supervisor/trainer/team member 2001-2004 at Childhood Obesity UMAS, 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 Paediatric Obesity Conference) 2004
- Lecture in 7th Update on obesity, Brussels 2010. New insights on treatment: How to make unmotivated obese families motivated.
- Lecture in BIT's 1st World Congress of Endocrinology and Metabolism. Clinical studies/professional practice and treatment prevention of obesity. Xiamen, China. 2011
- Article "Family therapy treatment: working with obese children and their families with small steps and realistic goals" ACTA Paediatrica 2005; 94 (suppl 448):42-44
- Peterson, Ywonne. Våga mig hit och Våga mig dit, Vad inte alla vet om bemötande och behandling av överviktiga barn och deras familjer. ISBN: 978-91-85621-00-2, Kumlatofta Förlag, Sweden.

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