

The Certificate of Advanced Clinical Training

In Child and Adolescent Obesity

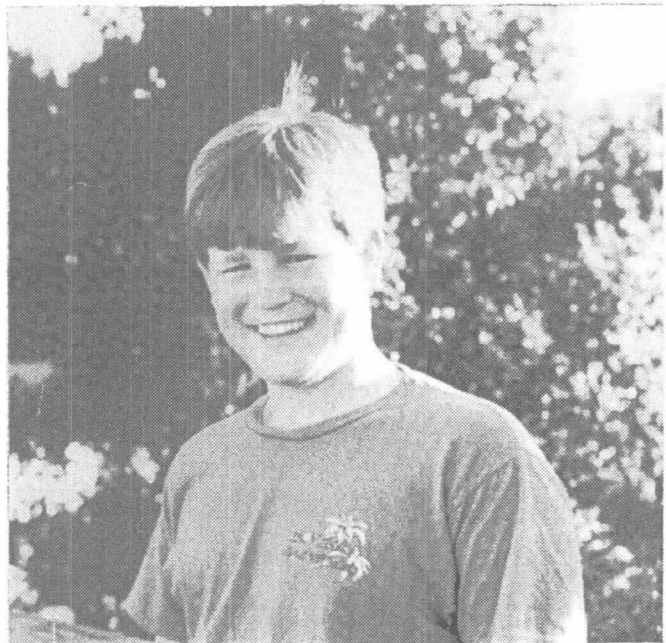


Course Syllabus and Self-Assessment

**Department of Family
and Community Medicine**

UCSF

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San Francisco**



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HOW TO USE: MY FOOD!

You are filling out food records, yes. But you are NOT on a diet. You are just eating in a reasonably healthy way. Right now, you will categorize your foods as FREE, LIGHT, HEAVY or JUNK to decrease the fat and sugar in your diet. In addition, you will track whether or not you ate regular meals, that is, breakfast, lunch and dinner. Eating regular meals has been associated with improved nutrition and weight loss. Later you will assess your diet for its protein, vitamin and mineral content and check that you eat when you are hungry and stop eating before you are full.

Here's how to use MY FOOD!: Every time you eat or drink, write down the time, the food or beverage, and the amount. At the end of the day, use your FOOD SUMMARY and check the group that best fits each food: F = FREE, L = LIGHT, H = HEAVY and J = JUNK.

For your diet to be about 30% or less fat and consistent with current health guidelines for healthy Americans older than two years of age, choose a variety of foods from the FREE FOODS and LIGHT FOODS. Most people find that they need to keep their HEAVY FOODS and JUNK FOODS to no more than a few per day in order to stay within the guidelines for fat.

If you or your child are emotional over-eaters or have a history of dieting, be sure that you get enough of the HEAVY and JUNK FOODS. Allowing you or your child to feel deprived will only stimulate overeating later on.

If you require more a precise calculation of your diet, check with the registered dietitian affiliated with your SHAPEDOWN program. However, we suggest that you avoid any overfocus on the diet. The game-playing and false security that comes with counting grams and calculating calories makes food more important, whereas our goal with SHAPEDOWN is to make food less important while making life more active and fulfilling.

Total each of the four categories of foods. Because serving sizes vary, adding up the number of times you ate each kind of food will not give you an accurate picture of your diet, but it will give you a rough idea of whether or not you are eating mainly FREE FOODS and LIGHT FOODS. In addition, determine whether or not you had breakfast, lunch and dinner, that is, regular meals.

If your goal is to lose weight and you don't, consider decreasing the amount of food you eat, eating fewer HEAVY FOODS and JUNK FOODS and/or exercising more. If your goal is to maintain weight, use these same guidelines, but eat enough so that your weight remains stable.

On the following pages are seven MY FOOD! records. If two parents are participating, use the food records in the back of this guide to make additional copies. There are three different food records that you will use in SHAPEDOWN. Check to be certain that you are copying the same food record that is used in each particular week's lesson.

FOOD SUMMARY				
FREE FOODS	artichokes asparagus bamboo shoots broccoli broth brussels sprouts cabbage carrots cauliflower celery cinnamon coffee cucumbers	dill pickles eggplant flavorings garlic green beans green onions greens herbs horseradish jicama lemons lettuce limes	mineral water mushrooms mustard onion powder onions peppers popcorn, plain radishes salad dressing, no oil sauerkraut soda, diet soda water sour pickles	soy sauce spices sprouts summer squash tabasco sauce tea tomatoes tomato juice vegetable juice vinegar water water chestnuts zucchini
LIGHT FOODS	apples applesauce, canned without sugar apricots bananas barley blackberries black-eyed peas beans, dried beans, refried biscuits bran bread bagel bulgar buttermilk cantaloupe	cereal, unsweetened cheese, reduced fat cherries chicken, light meat, no skin clear soups cottage cheese low-fat crackers, low-fat english muffins fish fruit, canned in water fruit, canned in juice grapefruit grapes	hamburger buns hominy grits lentils meat, lean red, all fat removes milk, non-fat milk, low fat (1%) nectarines oranges papaya peaches peas pineapple plums potatoes prunes raisins	rice rice cakes spaghetti, plain split peas strawberries sweet potatoes tangerines tortillas tuna, canned in water turkey, light meat, no skin vegetable soups watermelons winter squash yogurt, plain low-fat
HEAVY FOODS	almonds applesauce, sweetened avocado cereal, sweetened cheese chicken, fried chicken or turkey dark meat chicken or turkey with skin chili coconut corn bread	cottage cheese, creamed crackers, high-fat cream soups eggs fish, fried fish sticks french toast fries fruit, canned in syrup fruit rolls granola hash browns	macaroni & cheese macaroni salad meat, red milk, chocolate milk, ice milk, low-fat (2%) milk, whole muffins pancakes peanut butter peanuts pizza popcorn, buttered	potato salad pudding stuffing sunflower seeds taco shells tofu tuna, pack in oil turkey hot dogs vegetables in sauce waffles yogurt, flavored yogurt, low-fat frozen
JUNK FOODS	bacon beer butter candy candy cereal cakes chips chocolate chocolate topping cookies cream cheese cream sauce croissants	doughnuts fruit drinks granola candy bars gravy gum half and half honey hot dogs ice cream jam jello jelly	kool-aid lard liquor margarine marmalade mayonnaise oil olives pastries pies popsicles salad dressing salami	salt salt pork sausage shakes sherbet sodas, regular sour cream sugar sweet pickles syrup tartar sauce whipped cream wine