

4th Global Summit on

Healthcare

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CRT as a clinical tool in the treatment of obesity

Objective: This symposium will introduce cognitive-remediation therapy (CRT-O) concepts for obesity and will provide an overview of required skills and techniques as applied to patients with obesity. In addition to didactic presentation, in-session exercises and role-playing will be used.

Benefits of attending: CRT-O is a light hearted therapy where cognitive exercises are delivered in a motivational fashion that encourages reflective thinking (metacognition). It is based on the neuroplasticity theory of the brain and participants will learn to address real-life obesity related behaviours in their patients in novel ways, based on empirical findings in neurocognition and eating disorders.

Biography

Jayanthi Raman is an experienced clinical psychologist from Sydney, Australia. Funded by a prestigious Fellowship from the NSW Institute of Psychiatry and a project grant from the Diabetes Australia Research Trust she has recently submitted her PhD thesis on the psychological and neuro-cognitive aspects of obesity. Her doctoral research has resulted in 2 original first-author publications so far in peer-reviewed journals. She has also contributed to a book chapter on cognitive remediation therapy in obesity. Further collaborations and joint publications are currently underway with international researchers based in UK and Scandinavia.

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