



FAMILY DYNAMICS & MANAGING BODY WEIGHT

by Dr. Megan Pietrucha

Transformation Weight Control

Family dynamics around weight management can be fraught with communication and other problems. We have observed this for decades and see how destructive the problems can be. In this webinar, Dr. Pietrucha will cover the issues related to these problems. There will be time for discussion as well as questions.

Here's what you can expect:

- a. You will be taught effective communication skills using a Dialectical Behavior Framework for interpersonal effectiveness, a particular expertise of Dr. Pietrucha's. This will include discussion of common, ineffective, and hostile or passive communication within the family, or with spouses, partners, or with friends, concerning weight management and even body image issues.
- b. Our experience varies:
 - I. Some people sabotage their spouse or partner's weight loss efforts, we don't always know why, and so you will learn how this sort of behavior can be confronted and addressed in a non-threatening, yet helpful way.
 - II. Other people genuinely want to help their spouse or partner, but aren't sure what to say or do and need guidance on that. You will learn how, what, and when to communicate to others what will be most helpful. Examples such as:
 1. Letting others know that you appreciate their help and support, but you assure them that you are okay, and you promise to ask for help if or when you need it.

All the strategies you will learn are designed to help assuage your spouse or partner's concerns, implement effective and productive communication, and make living with someone who is working to lose weight a more productive and less stressful experience.

You can also look forward to:

- a) Role-playing as an experiential exercise.
- b) Resources for navigating difficult interpersonal situations during the holidays.
- c) A packet of information from the webinar will be provided for future reference.

FINALLY... this webinar will help you even if you live by yourself. Dr. Pietrucha will be teaching assertiveness skills for people who have difficulty communicating their needs. For example, do you have difficulty saying no, or asking for what you want? Has anyone ever offered you something to eat, and they were pushy, and though you didn't want the food, you didn't say no because you were afraid of feeling guilty or insulting the other person. If so, this webinar will provide you with the tools to take care of yourself!

About Dr. Pietrucha

Dr. Pietrucha is a licensed clinical and sports psychologist. She specializes in eating concerns, body image, college student and athlete mental health, mood disorders, life transitions, stress management, effective communication, and performance psychology. Dr. Pietrucha also provides assessment services, supervision, and clinical consultation. She completed her bachelor's in psychology from Illinois Wesleyan University and her master's and doctoral degrees in clinical psychology from the Illinois School of Professional Psychology at Argosy University.

