

“If Not Dieting, Then What?” - Dr Rick Kausman

12.30 - 2.00pm, Wednesday 1 July 2009

Venue: Lecture Theatre, School of Primary Health Care,
Building 1, 270 Ferntree Gully Road, Notting Hill 3168



Speaker: Dr Rick Kausman

Dr Rick Kausman is a medical doctor who is recognised as the Australian pioneer of the person-centred approach to healthy weight management.

Rick has been the Chairperson of Body Image and Health Inc. for 3 years, and a board member for 12; he has been an Executive Council member of the Australasian Society for the Study of Obesity for 9 years; and has been an advisor on many Government committees. He is a Fellow of the Australian College of Psychological Medicine, and a Lifelong Fellow of the Obesity Prevention and Treatment Society.

Rick has had a number of articles published in peer reviewed journals and has written two books, ‘If Not Dieting, Then What?’ which won the Australian Food Writers Award for best nutrition writing, and ‘Calm Eating’. Both books have been released internationally. He is also the creator of the healthy eating, healthy weight management web site www.ifnotdieting.com

Rick has written and is currently running regular 2-day post graduate training for all health professionals on the person-centred approach to healthy weight management. (The training is accredited by the Royal Australian College of General Practice and the Australian College of Rural and Remote Medicine).

Light refreshments will be provided. Registration is free.

This activity has been approved for RACGP Category 2 points.
Total points: 4

Seminar numbers are limited to 100 participants

To register your attendance:

Email: anna.chapman@med.monash.edu.au

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RSVP: Monday 22 June 2009

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