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## Obesity childhood family treatment in a practical clinical setting using a systemic solution-focused brief therapy model (SFBT)

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In 2014, more than 41 million children under the age of 5 years were globally estimated being overweight or obese. Overweight is considered to be a global epidemic and marked increase in childhood obesity is alarming. Preventing the development of obesity in children is there for a worldwide health priority. Healthcare professional's lack of sufficient knowledge, negative conceptions of families with obesity problems, parent's lack of locus of control and professional-parent relationship at risk leads to the subject of childhood obesity often avoided. The odds for a child to become obese as an adult increases about threefold if one of the parents is obese and rise tenfold with two obese parents. Without a clear goal, it becomes impossible to work successfully with the organization and method development. In a systemic process in which different professions and fields of knowledge interact it can become very helpful for obese children and their families. Attitude, respect for individual's needs, integrity and influence are very important in any change of life style. It is not enough to use care measures recommended of scientific studies because they also must be useful in practical clinical settings and for the obese patients. There are many barriers in implementation of treatment models and skills in clinical work and prevention of childhood obesity. Here, the author will present some ideas/case studies that might be useful.

### Biography

Ywonne Peterson is a Family Therapist and holds a Master's degree in Social Work. She has worked as a Consulting Supervisor and Trainer of professionals who are working with childhood obesity using an SFBT-model. She was a Supervisor at Childhood Obesity Unit, Malmo University Hospital from 2000-2004. She has given many lectures on Childhood Obesity in various institutes.

### Notes: