

Relapse Prevention Program

WestView Primary Care Network
Obesity Clinic



Welcome

Welcome to the WestView Primary Care Network's Relapse Prevention program. The WestView PCN takes pride in our mental health program's trauma informed approach to obesity. We believe that a multi-disciplinary approach is most aligned with research on the treatment of obesity. Together, our physical and mental health teams will guide you towards appropriate mental health programming and when needed, community connections.

Meet our Psychologist

Vanessa Foley is a Registered Psychologist and owner of Alycol Counselling Services. Vanessa has been working with the Westview PCN for 4 years and has demonstrated a passion for working with those who are struggling with maintaining a healthy weight. Vanessa advocates for a trauma-informed approach and is dedicated to providing mental health supports to our patients when they need it most. Vanessa takes an active and directive approach to therapy and is steadfast in her belief that change can happen for all humans. Vanessa looks forward to meeting each of you and welcoming you to the Westview PCN team.

Frequently Asked Questions

How long must I be in the program prior to attending the relapse prevention (RP) program?

There is no waiting period to attend the relapse prevention programs. However, I encourage clients to attend their first mental health intake prior to registering for relapse prevention to ensure the topics are appropriate to your particular situation.

What if I don't want to attend the mental health component of the program?

Ethical standards from the College of Alberta Psychologists require informed consent for services. As such, you cannot be required to attend programming. However, it is strongly encouraged and is often linked to better long-term outcomes.

What if I don't want to attend in-person or I am uncomfortable attending virtually?

Right now, we are taking all precautions with the COVID-19 situation. As such, all programming will be facilitated virtually using the zoom healthcare compliant platform. It is understandable that this situation is not ideal for everyone and that we have to make personal decisions that are aligned with our own best health interests. I encourage you to explore your concerns with your health providers.

What if I already have a psychologist or counsellor in the community should I attend RP?

Our mental health programming is developed to assess, inform and when necessary connect you to community mental health providers. If you have a community provider, we encourage you to continue with your work as our services serve best as an adjunct to community therapy and personal growth.

What if I am nervous about mental health services?

This is a common concern, and many people feel this way prior to our mental health programs. However, please know that you may participate as little or as much as you would like, this is your journey. We are here to answer any questions you may have to help alleviate any of these worries. Remember, you are not alone in this journey, we are here to help.

Relapse Prevention Program 2020-2021

Neuroscience and Emotional Eating

Your brain is the engine to your entire being and your food is the fuel. Embark on a journey of understanding the link between your body's engine and gasoline. Imagine what could happen if you understood why food matters and how it can alter your mood?

This program is suitable for all patients in the clinic.

Meaningful Changes and Stacking Habits

Nothing stays the same, nothing is the same as yesterday! Yes, this is true. It is scary and it is true. However, let's use the idea of change to our advantage. Come explore the concept of stacking small habits and creating great changes, what do you have to lose?

This program is suitable for all patients in the clinic.

Fear Walls and Secondary Gains

The wall between who we are and who we want to be is filled with fear. Come examine your wall and learn how your life could improve if fear was not holding you back?

This program is suitable for patients who have attended other relapse prevention programs. It is not suitable for newer patients (first 3 months in program).

Healing our Past: Recovery of Inner Child

"I've got you" are the most powerful words we can speak to our inner selves. Join us for an introduction to your inner child and an examination of what he/she needs to feel safe, wanted, and fulfilled.

This program is suitable for patients who have attended other relapse prevention programs. It is not suitable for newer patients (first 3 months in program).

CBT Refresher

It's one thing to learn a new skill, it's another thing to use them. Come with your questions, successes, and struggles and let's practice CBT. It's always better the second time around!

This program is suitable for patients who have attended a CBT program at the PCN within the last 2 years.

Beating the Blues: Winter Preparation

It's easy to feel down when the sun sets early and rises late. Imagine if you had a plan to beat those winter blues, what could be different? Join us on a journey to make a plan together and beat those seasonal patterns of depression.

This program is suitable for all patients in the clinic.

Combating Loneliness: Connecting for Survival

Connection and survival are synonymous for human beings. In today's world our connection has been tested and loneliness has become all too common. Let's conquer this problem together and make an action plan to incite our human connection.

This program is suitable for all patients in the clinic.

Emotional Eating Toolbox

Obesity. Disordered Eating. Binging. Most these terms explain the same maladaptive behavior, emotional eating. What would it be like if you could instill a personal alarm whenever you were eating for feelings and not fuel? Join us to discuss what this alarm may look like and how to integrate it into your world.

This program is suitable for all patients in the clinic.

Trauma Informed Approach to Obesity.

New guidelines for the treatment of obesity are aligned with a trauma informed approach in conjunction with medical intervention. Learn how to define trauma, what it means, and how it may be impacting your relationship with food.

This program is suitable for all patients that have completed a one-on-one appointment with the psychologist.

Resiliency and Obesity.

You're here today because you chose to live despite some likely challenging events in your world. You have an inner strength that surpasses the parts of you that struggle. What could happen if you could learn to recognize your resiliency factors and discover how to harness them in your everyday life?

This program is suitable for patients who have completed the Trauma Informed Approach to Obesity program.

Individual Wellness Plans

You are more than the sum of your parts, you are an individual that wants to love, laugh, and live. Developing a plan to target the important aspects of your world can lead to a more whole and well version of yourself. Join us in using a wellness wheel to focus in on your strengths and struggles and to plan for your most well and whole you.

This program is suitable for all patients in the clinic.

Holiday Action Plan

Where to go? What to eat? Who to sit with? Stating needs, setting boundaries, and reinforcing personal expectations, oh my! Imagine having a plan to make all of these decisions and behaviours just a little easier. Join us and let's work together.

This program is suitable for all patients in the clinic.

Westview PCN Relapse Prevention 2021-2022

April 2021	May 2021	June 2021	July 2021
Neuroscience and Emotional Eating	Meaningful Changes and Stacking Habits	Fear Walls and Secondary Gains	Healing our Past: Recovery of Inner Child
April 15, 2021	May 12, 2021	June 10, 2021	July 8, 2020
6:00 pm – 7:30 pm	6:00 pm – 7:30 pm	6:00 pm – 7:30 pm	6:00 pm – 7:30 pm
August 2021	September 2021	October 2021	November 2021
CBT Refresher	Beating the Blues: Winter Preparation	Combating Loneliness: Connecting for Survival	Emotional Eating Toolbox
TBD	September 30, 2021	October 28, 2021	November 25, 2021
6:00 pm – 7:30 pm	6:00 pm – 7:30 pm	6:00 pm – 7:30 pm	6:00 pm – 7:30 pm
December 2021	January 2022	February 2022	March 2022
Holiday Action Plan	Trauma Informed Approach to Obesity.	Resiliency and Obesity.	Individual Wellness Plans
December 23, 2021	January 20, 2022	February 17, 2022	March 20, 2022
6:00 pm – 7:30 pm	6:00 pm – 7:30 pm	6:00 pm – 7:30 pm	6:00 pm – 7:30 pm