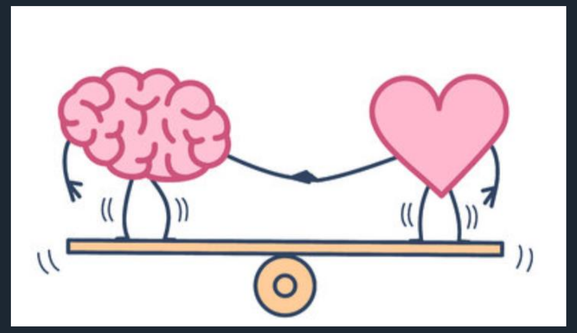
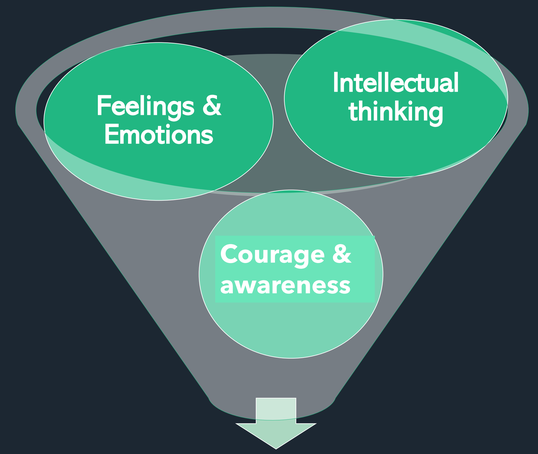
Supporting Health care professionals working with children and young people living with obesity
The role of reflective practice

Walton-Betancourth S, Barnett S, Cestaro V, Larham J, Saunders T, Szabova A, Willis L and Ong K



- Living with obesity can appear as an existential challenge.
- Health professionals may experience ambivalent feelings combined with a sense of powerlessness when confronted with obese patients' existential concerns.
- Reflection empowers professionals to confront the impact of addressing patients' fundamental health & wellbeing needs

- Bi-monthly time protected group discussion sessions
- Facilitated by clinical psychologist & family therapist
- One presenter
- One case
- Emphasis on thoughts and emotional aspects
- 5 sessions (November 2022 - June 2023)



Involving team members who may not be on the front line

Sharing what we are doing well

Sharing what patients are doing well

Better in-depth communication

RESILIENT CARING TEAM