

FAMILY MATTERS

FAMILY SUPPORT FOR BARIATRIC PATIENTS AND THEIR FAMILIES



“People who get to be more than 100 pounds overweight don’t get that way just because they like food. Food becomes something else. It’s what you comfort yourself with.”

—Bariatric patient

Family matters. Being overweight is due partly to genetics and changes in hormones that signal hunger and fullness. However it is also affected by how we spend our time together, what we eat, how we interact with one another as a family and the role food plays within that family. The more involved family members are with a patient’s weight loss journey, the better the chances are for successfully losing weight and keeping it off after bariatric surgery. Family members who understand and support necessary lifestyle changes make a big difference for the patient.

Scheduling Family Matters free family sessions at Shawnee Mission Health (SMH) is an effective strategy for patients and their families to deal with the emotional issues that may accompany weight loss surgery and affect whole families.

Family Matters treatment approach uses reasoning skills to help patients and their families learn to better handle emotions like guilt, shame, helplessness, anxiety, anger, disappointment, confusion and loneliness. Mental exercises teach participants how to identify, experience and learn from feelings instead of burying them in food-related behaviors. In a relaxed and supportive environment, patients and their families will gain the tools needed to improve family life, end unhealthy eating habits and develop new healthy ones.

Family Matters sessions are scheduled through our doctoral level therapist, Kathi Jo Williams, and are confidential. Weight loss surgery patients may attend with a spouse or significant other, and with age-appropriate children, or alone.

Come learn how to:

- Comfort yourself without using food
- Handle unbearable emotions from your past
- Identify and address disappointments by life, other people and yourself
- Let go of guilt and move on
- Only carry your own shame and not someone else's
- Know whether you are hungry for food or are feeling stressed
- Train yourself not to overeat even when you're upset
- Plan for happiness and not expect it to just happen.

Dates: Beginning April 1, 2016

Time: To be arranged

Location: SMH-Prairie Star
23401 Prairie Star Parkway
Lenexa, KS 66227

Cost: Free

Registration and Information

Call 913-677-6319 for free registration or to learn more about the Family Matters support sessions for bariatric patients and their families.

About Kathi Jo Williams, BCCC, MFC, MCOM, BCOM

Kathi Jo Williams is completing a doctorate degree in professional counseling with directed studies in medical family therapy at the Midwestern Baptist Theological Seminary in Kansas City. Williams has earned a master's degree in the field of marriage and family therapy from North American Baptist Seminary in Sioux Falls, South Dakota and is certified in medical family therapy by the University of Rochester School of Medicine in Rochester, New York. She is a fellow to the Bariatric Surgery Program at SMH-Prairie Star, where she focuses on providing family therapy and group support to bariatric patients and their families. Williams has worked as a chaplain for more than 10 years and is board certified by the Clinical Pastoral Supervision and Psychotherapy Association.



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