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Weight Control Problems - Issues to be considered

- 1) Has concern been raised about this issue in the past, by a parent or physician?
- 2) Is there a family history of obesity or obesity-related medical problems?
- 3) Has the child suddenly gained or lost weight?
- 4) If this issue was raised before, what did the pediatrician recommend?
- 5) How well has each parent complied with the recommendation?
- 6) Have the psychological issues been addressed?
 - Has there been sudden weight gain since the divorce?
 - Is the child eating to soothe him or herself?
 - Are there other indications of depression or other behavioral problems?
 - Is the child concealing eating, or overeating when alone?
 - Is the problem being addressed as an independent issue, or only as part of the parental conflict?
 - Does the child have his/her own physician?
 - Is the child in therapy?
 - Is the child being targeted by peers?
 - Is the child individually motivated to make a change?
 - Has family counseling been attempted to improve coordination between parents?
- 7) What inquiries have the parents made, specifically, into covered treatment services or community resources? (Consider requiring written results of such research.) Ex. Kidshape, Teen Weight watchers, HMO groups, etc.
- 8) What alternatives are being considered for implementing the physician's recommendations? Have exercise options, other than peer-sensitive group activities, been considered?

- 9) Has patient and parent education occurred? Are the parents aware of the risk factors impacting the child? Can they articulate those risks? What are they willing to do about them?