

The Minnesota Psychological Association cosponsors Distinguished Scholar Lectures with Macalester College's Psychology Department

DISTINGUISHED SCHOLAR LECTURE

Wednesday, October 10, 2018

Why Diets Fail: The Myth of Willpower and Strategies for Being Healthy Without It

Traci Mann, Ph.D.

Registration: 5:00 – 5:30 p.m.
Program: 5:30 p.m. – 7:00 p.m.

Location: Macalester College
Olin-Rice Science Center, Room 350
62 Macalester Street, St. Paul, MN 55105

This presentation is designed for psychologists, other mental health professionals, and students and faculty. Intermediate Level: Assumes post-doctoral education status and general familiarity with topic.

About the Program:

This program qualifies for 1.5 continuing education credits.

A large percentage of Americans are dieting at any given time, but the evidence is clear that they do not lead to long-term weight loss. After describing that evidence, Dr. Mann will discuss physiological and psychological reasons why diets fail. The physiological reasons involve the metabolic, hormonal, and cognitive/intentional responses to calorie deprivation. Those changes make it difficult, but not impossible, to continue restricting one's calorie intake. The psychological frustration due to those difficulties further adds to the likelihood of diet failure. Dr. Mann will also discuss why weight regain after dieting is not due to dieters having uniquely poor willpower (because they don't), and will argue that willpower plays a much smaller role in weight and dieting than most people think. Dr. Mann will end by giving evidence-based strategies for improving health that do not require dieting or willpower. Those strategies aim to keep individuals from encountering situations that would require willpower.

Participants will be able to:

1. Describe the evidence on long-term effects of dieting.
2. Identify three reasons (psychological or physiological) why diets fail to lead to long-term weight loss.
3. Recommend three strategies for health improvement that do not require dieting or willpower.

About the Presenters:

Traci Mann, Ph.D., is Professor of Psychology at the University of Minnesota. She received her Ph.D. in psychology in 1995 from Stanford University, spent ten years on the faculty at UCLA, then moved to Minnesota and started the Health and Eating Lab. Her research has been funded by NIH, NASA, and USDA, and she just completed her term as president of the Social, Personality, and Health Network. Her book, *Secrets from the Eating Lab: The Science of Weight Loss, the Myth of Willpower, and Why You Should Never Diet Again*, was published in 2015 by HarperCollins.

Participants must attend full session to receive Continuing Education credit.

About Distinguished Scholar Lectures:

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

FEES: Admission is free to all members of the community; a small fee will be assessed for those who wish to receive a continuing education certificate (\$20 for professionals or \$5 for full-time students).

CONFIRMATION/CANCELLATION: Registrations are confirmed by receipt of forms on a first-come, first-served basis. You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

REFUND POLICY: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.



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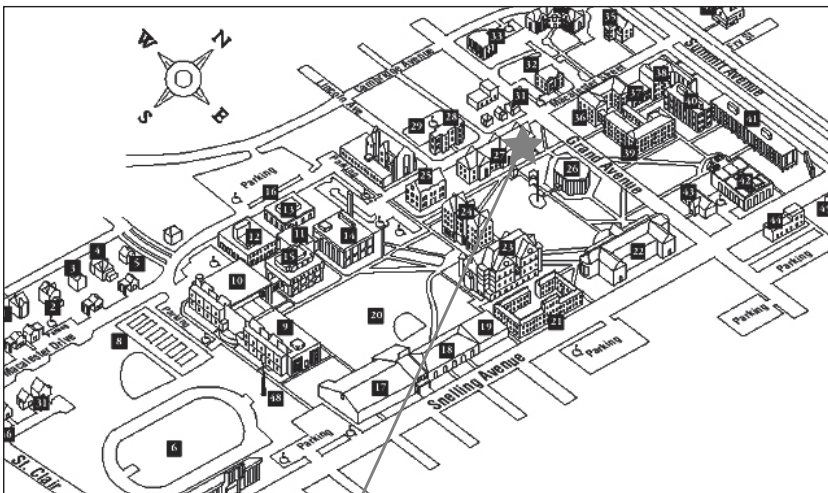
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