

Aide Memoir for Gastric Band Therapy

Session 1 - 90 minutes

- 0 - 5 Welcome and initial chat.
- 5 - 45 Pre Therapy counselling session using questionnaire.
- 45 - 55 Initial induction and return. Scripts A and B .
- 55 - 58 Check all is well.
- 58 - 65 Second Induction. Script C.
- 65 - 75 Making Choices Script 1.
- 75 - 85 Benefits Therapy. Script 2. (plus Contingency Scripts.)
- 85 - 90 Confirm next session and collect fee.

Session 2 - 90 minutes

- 0 - 5 Welcome and initial chat.
- 5 - 30 Short discussion using second questionnaire.
- 30 - 35 Eating Habits Script 3 .
- 35 - 45 Stomach Shrinking Script 4.
- 45 - 50 Aversion Therapy Script 5.
- 50 - 60 Short Break. Discuss Chart and Table Tennis Ball
- 60 - 70 Return to Hypnosis and The Chart Script 6.
- 70 - 80 Parts Therapy Script 7 (plus Contingency Scripts) and return.
- 80 - 90 Final discussion. Confirm next session and collect fee.

Session 3 - 90 minutes

- 0 - 5 Welcome and initial chat.
- 5 - 15 Discussion using first part of third questionnaire and describe what happens.
- 15 - 25 Surgery Preliminary Script 8.
- 25 - 35 Short discussion using second part of third questionnaire. Talk about soft foods.
- 35 - 50 Main Gastric Band Operation Script 9.
- 50 - 80 Contingency Scripts if required.
- 80 - 85 Post-op discussion about next few days.
- 85 - 90 Collect Fee.