



## Class 3: Reflections Worksheet

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1. When counseling clients who are afraid of weight gain, have you considered how those fears impact all facets of their health?

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2. What HAES® informed therapist could you refer clients to? Here is a link to the ASDAH "[Find a HAES® Expert](#)" page if you are in need.

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3. In Course 3, the author suggested having clients try medication for a short time. Pause and consider the underlying intention of this suggestion. Was it to help the client feel better? Or was it to simply follow the protocol and get them on a medication? In what ways can you ensure the change to medications in alignment with the patient's values?

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4. If the treatment plan is rooted in your values—and not the patient's values--is that patient-centered? What would it be like to arrive at appointments without an agenda, letting the client's values/lived experience lead?

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5. Have you ever told a client their medication won't make them gain weight or make them fat?
- What is the intention behind the comment?
  - How could it be rooted in fat phobia?
  - What are your own beliefs around weight gain/people in larger bodies?
  - What would be different for you to sit with the client's fears of gaining weight, rather than trying to "fix" them?
6. If you are a provider with "thin privilege" what are the ways you can acknowledge the privilege(s) your body holds, especially when talking with clients?
- Curious what thin privilege is? Here is a [great article](#) talking about what it means and why we need to talk about it.
7. For those who have white privilege, have you ever considered how your white privilege impacts the power dynamic in the room when a client identifies as Black, Indigenous, or person of color?
- It's important to acknowledge that BMI and fatphobia have racist roots. If you are interested in getting a deeper understanding of the intersection of race and weight stigma, here are a few resources to get you started.
    - [The Bizarre and Racist History of the BMI by Your Fat Friend](#)
    - Food Psych Podcast #208: [Media, Wellness-Diet Culture, and the Power of Language with Maxine Ali, Linguist and Body Image Researcher](#)
    - Food Psych Podcast #196: [Diet Culture's Racist Roots with Sabrina Strings, Sociologist and Author of Fearing the Black Body](#)