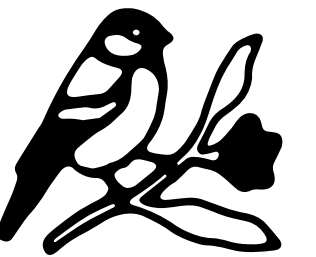


So, you've decided to do it.
We'll support you through it.

BARIATRIC COUNSELLING

Bariatric surgery is a life-changing journey that affects bodies, emotions, relationships, habits, and daily routines. If you are starting this journey, Counselling can help prepare you for surgery and support long-term success afterward. This handbook provides a simple overview of bariatric counselling, what to expect, and how to prepare mentally and emotionally for the process.

www.perchtherapy.co.uk



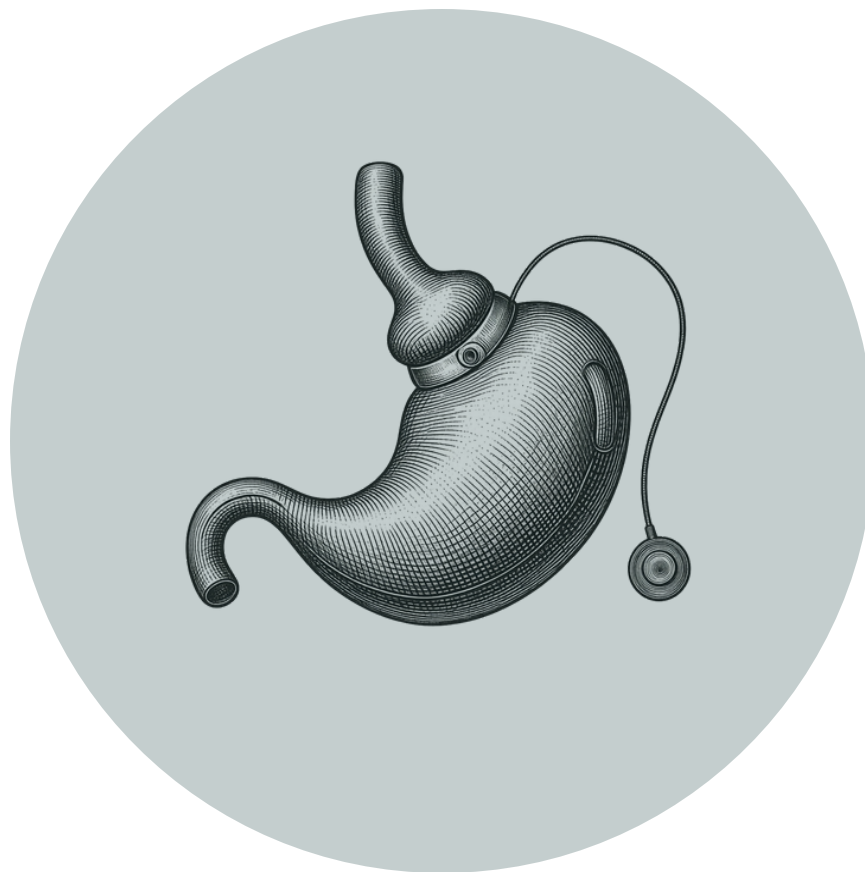
PERCH

**THERAPY &
MEDIATION**

01

WHAT IS BARIATRIC SURGERY?

Bariatric surgery includes procedures designed to help with significant weight loss by changing how the digestive system works. Common procedures include:



The **Gastric Band** is one of the least invasive bariatric procedures. An adjustable band is placed around the upper part of the stomach to create a small pouch, slowing the passage of food and helping people feel full more quickly.

www.perchtherapy.co.uk



The **Gastric Sleeve** is a procedure in which a large portion of the stomach is removed, leaving a narrow, banana-shaped sleeve (as seen in this image). The smaller stomach holds less food, helping people feel full sooner and eat smaller portions.



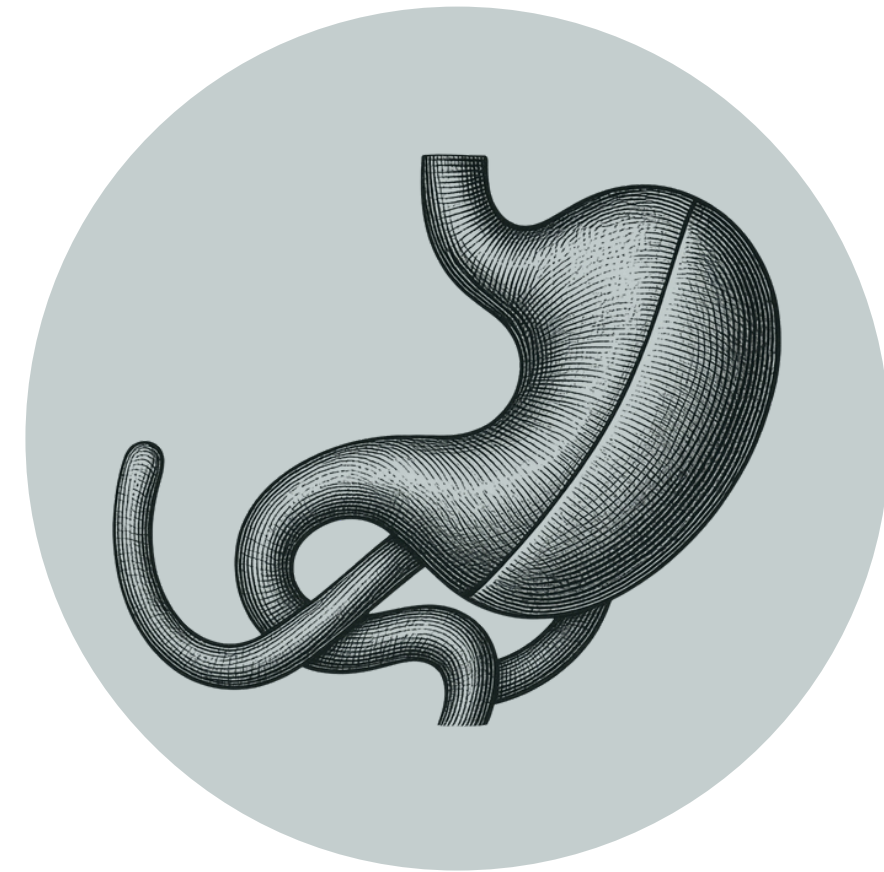
WHAT IS BARIATRIC SURGERY?

Surgery is a tool to help you get where you want to be. Long-term success is upheld by lifestyle changes, emotional wellbeing, nutrition, physical activity, which can be addressed in bariatric counselling.



The **Gastric Bypass** involves creating a small stomach pouch and rerouting part of the small intestine. This helps reduce food intake and alters how calories and nutrients are absorbed. It may be recommended for individuals with a higher BMI or obesity-related health conditions.

www.perchtherapy.co.uk



The **Duodenal Switch** is one of the most complex bariatric procedures and combines a gastric sleeve with a significant rerouting of the small intestine. This means patients not only eat less food, but also absorb fewer calories and nutrients. It may be recommended for individuals with a BMI over 50 or those with severe obesity-related health conditions.



Are you considering pre and post-operation psychological support?



WHY COUNSELLING?

www.perchtherapy.co.uk

You may have sought surgery after years of:

- Dieting and weight cycling
- Emotional eating
- Body image struggles
- Anxiety or depression
- Trauma or stress
- Low self-esteem
- Social stigma related to weight

Counselling provides a safe and supportive environment to:

- Explore and manage eating patterns
- Develop healthier coping strategies
- Build realistic expectations
- Improve confidence and self-care
- Strengthen motivation and resilience
- Prepare for life after surgery

EXPLORING YOUR HEALTH

Using a whole-person approach to explore the physical, emotional, and social factors affecting health and eating behaviours. All of these help to maintain overall wellbeing.



Biological

Physical health, genetics, hormones, appetite regulation, nutrition, and the body's functioning.

Psychological

Thoughts, emotions, behaviours, coping mechanisms, self-esteem, trauma, and mental wellbeing.

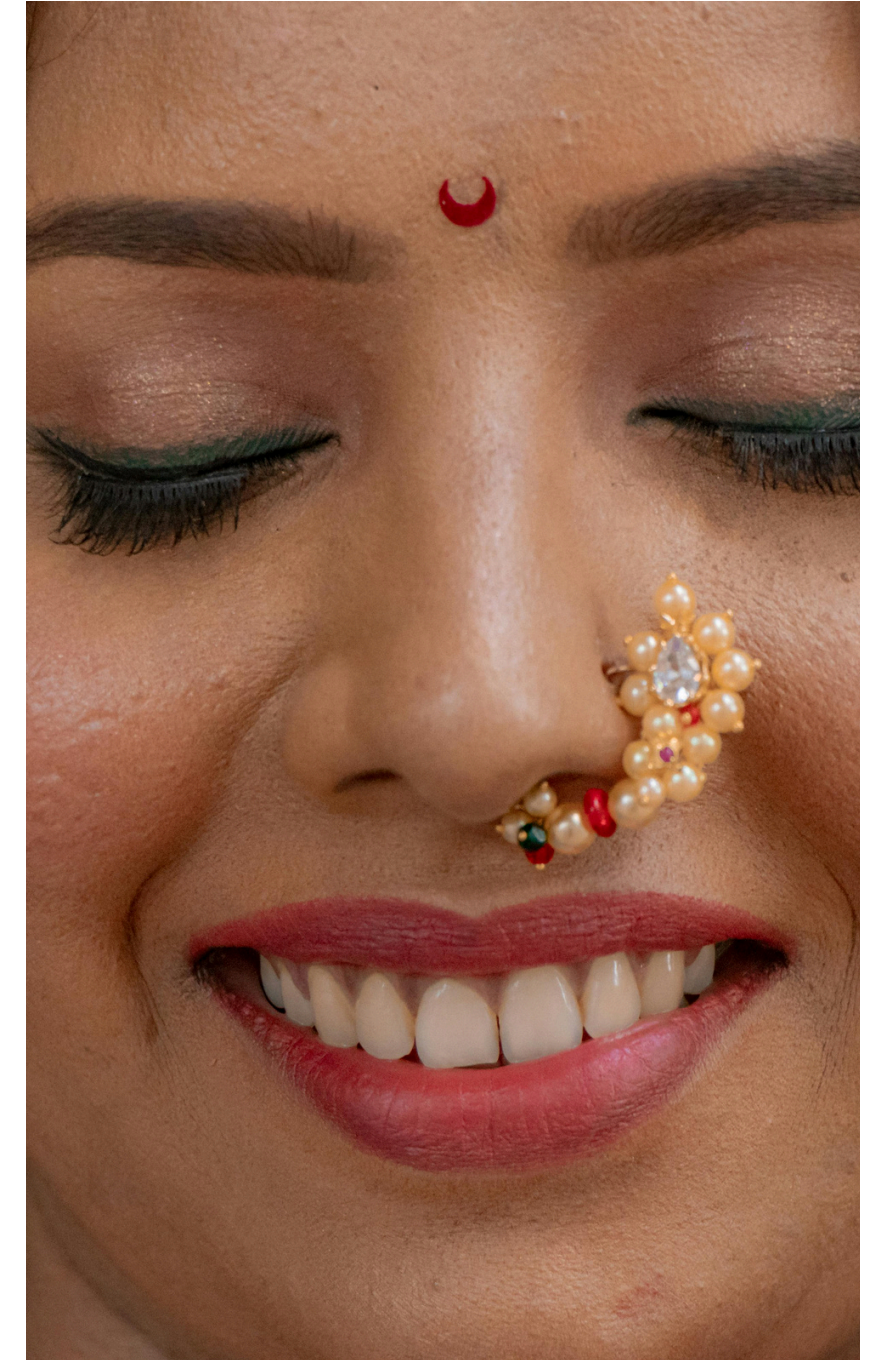
Social

Relationships, family dynamics, culture, support systems, environment, and social influences on eating.



EMOTIONAL CHANGES AFTER SURGERY

It is completely normal to experience a range of emotions throughout your journey. There may be changes to your relationship with food, relationships and other aspects of life which can impact your sense of identity. We welcome the full spectrum of your feelings from grief to joy to be discussed openly in a safe space with a professional.



WRAP- AROUND SUPPORT

Aside from your equally important community and/or family, here are some professionals who are here to support you after surgery.



Medical Professionals

Monitor physical health, manage treatment, ensure safety, and support surgical recovery.

Dietitians

Provide nutritional guidance, meal planning, supplementation advice, and healthy eating support.

Counsellors

Support emotional wellbeing, behaviour change, coping strategies, and long-term lifestyle adjustment.

TIPS FOR LONG-TERM SUCCESS



Attend

follow-up appointments and continue counselling if needed.

Celebrate

non-scale-related victories, too.
Focus on health rather than perfection.

Build

consistent routines, this includes staying physically active as well as the practices of patience and self-kindness.

Disclaimer

This handbook is intended for educational purposes only and does not replace medical or psychological advice from qualified healthcare professionals. Individuals should always consult their surgical team, doctor, dietitian, or mental health professional regarding personal treatment decisions.



CLOSING REFLECTION

www.perchtherapy.co.uk

Bariatric surgery is not just about weight loss. It is about improving health, wellbeing, and quality of life.

Counselling supports the emotional and psychological side of the journey. It can help individuals better understand themselves, develop healthier habits, and create sustainable change.

Progress is rarely perfect. Setbacks may happen, but support, self-awareness, and persistence can make meaningful differences maintained over time.

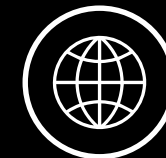
PERCH THERAPY

Specialists Counseling & Psychotherapy Service.
Areas of support include:

- Eating Difficulties
- Sexual Difficulties
- Relational Difficulties



07878023749



www.perchtherapy.co.uk



info@perchtherapy.co.uk



Online