

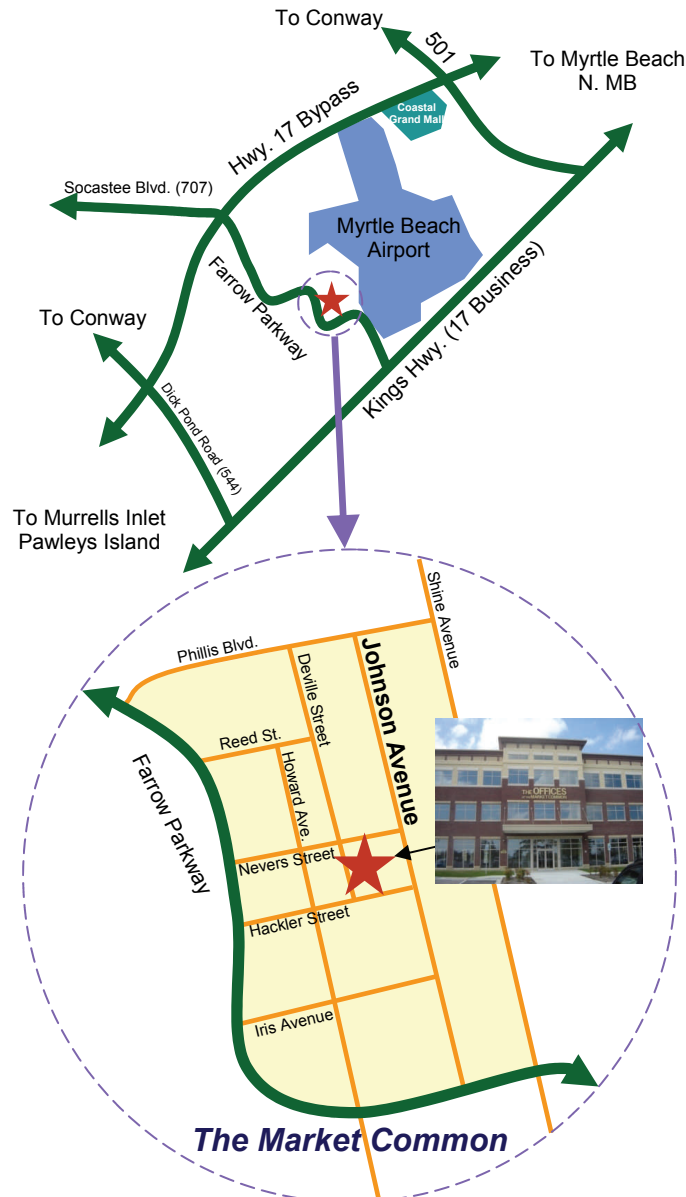
## What happens in the evaluation?

Before you meet with Dr. Grant for the evaluation, You will be asked to *completely* fill out a *New Patient Assessment Packet*. You will need to bring that completed packet with you to the scheduled psychological evaluation appointment. When you arrive you will spend about 50 minutes answering questions, on paper, about how you have been feeling lately. When you have finished these forms, Dr. Grant will take you back to his office where you will both sit and talk for about an hour. He will ask you a lot of questions about yourself and will be taking notes while you talk. He will also ask for your knowledge about the surgery, your expectations for it, your understanding of your responsibilities for diet, exercise, your understanding about the liquid only diet for the first 1- 4 weeks after surgery, etc. After you have met together, Dr. Grant will compile a report summarizing all the information you have given him and will send that to your surgeon.

## How much does it cost?

\$ 300. You will be asked to pay for the evaluation at the beginning so that, with that out of the way, you and Dr. Grant can focus on the evaluation. By the date of your evaluation Dr. Grant may be accepting your insurance but if he is not yet set up with your insurer you will need to pay for it entirely with cash, debit card, personal check (made out to Coastal Center for Cognitive Therapy), VISA, MasterCard, or Discover. If you pay for the evaluation, Dr. Grant will be happy to give you a zero balance bill showing that you have paid for the evaluation. You can send that bill to your insurer and they will reimburse you directly at the percentage described in your policy. Because he may be considered "out of network" for your insurer, the amount reimbursed may be different than for providers "in network". You may check with your insurer to find out.

**Where is Dr. Grant's office located?**  
**The OFFICES at The Market Common**  
1101 Johnson Avenue, Ste. 200, Myrtle Beach, SC



Park anywhere you like and come to the front door of the building (the one facing Johnson Ave.) and take the elevator to the 2nd floor. Turn right out of the elevator and go down the hall to the right. Come into Suite 200 and take a seat in the waiting area.

[www.coastalcognitive.com](http://www.coastalcognitive.com)



## Coastal Center for Cognitive Therapy, PA

## Pre-Bariatric Surgery Psychological Evaluation



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## Why do I need a Psychological Evaluation? Do you think I am crazy?

Not at all.

But let me ask you this: would you invest \$12,000 to \$25,000 AND extensive amounts of your time and your effort in something you were not sure would work for you? If you are wise, you would not. You would want to be much more certain that your investment was sound, wouldn't you? That just makes good sense.

The same is true for the bariatric (weight loss) surgery you are considering. Depending on where you live in the USA, the above dollar amounts are what gastric banding systems cost to install. However, even those figures don't include all the effort you will have to put into changing your long-standing eating habits, increasing exercise and activity, saying "no" to food and drink temptations that would only undo the investments you have made, post-surgery visits to your doctor, participation in support groups, etc.

Think about it! It is a BIG investment of your time and money and effort!

Is losing excess weight worth it? Yes.

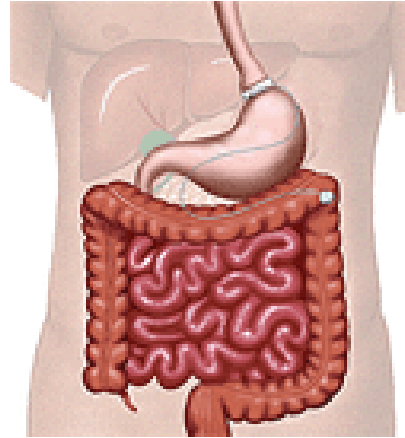
Is it something that you want to make sure is right for you and that you are right for it?

Yes.

That is why you are being asked to have a psychological evaluation—not because you are crazy but because it **would** be crazy not to make sure this surgery and the life changes it will require are right *for you*. It is just the wise thing to do before you make this life-changing investment.

## Isn't the surgery all I have to do? Then I just sit back and get thin, right?

The surgery is only **Step #1**. In fact, the gastric banding system is really only a **tool** to help you lose weight. It cannot do it on its own. It simply provides **you** the *opportunity* to change the behaviors that made you overweight in the first place. **You** are responsible for the changes! So, let's talk about them.



**Step #2** (after the surgery) is adopting life-long changes in your **diet** and **nutrition**. The gastric band helps you eat less and feel full in two ways: first by reducing the capacity of your stomach, and second, by increasing the time it takes food to get through the digestive system. When you eat, however, you must mostly choose healthy, low-calorie foods. Changing long-standing poor eating habits requires a great deal of *motivation*. Because motivation is a psychological issue, your motivation for these changes will be assessed in this psychological evaluation.

**Step #3** is **exercise**. You will work with your surgeon to determine the best exercises for you but one thing is certain...any exercise is going to require **your** commitment to actually

do it on a *regular basis*. Increased physical activity and exercise will not only help you lose weight, it will improve your mood (emotional state). Mood management is very important in ongoing weight management. Your *mood*, level of *commitment*, *expectations*, and overall *psychological stability* will also be assessed in this evaluation. Why? Because you are going to need strong levels of all of these characteristics for weight loss success.

**Step #4** is **ongoing monitoring** and **support**. Your surgeon is not just the doctor who installs the gastric banding system, he is your *partner* in your weight loss plan and will need to monitor your progress, make adjustments to your gastric band if necessary, and provide you with follow-up care. If there is a support group available he will want you to actively participate in it. Your *willingness* to do all this will also be assessed in this evaluation. Are you beginning to see why this psychological evaluation is so important?

**So this psychological evaluation is to help us all make sure I am really ready for all this?**

That's it! It is all about making sure the three-way partnership between the tool (the gastric band), your surgeon, and you are all a good fit.

The gastric band will do its part and your surgeon and his team will do their part. You are being asked to have this evaluation to make sure you are truly *willing*, *able*, and *ready* to do **your** part: making the tough daily decisions to follow through with diet, nutrition, exercise, monitoring, and support—the most important keys to your success.