

Health Humanities Lecture Series: Patient Agency



Deborah Lycett

Patient agency in the biopsychosocial-spiritual model of healthcare

The lecture is open to everyone, but registration is necessary!

[Register here](#)

February 24, 2022, 4 PM
Online / Aula Emma Vorlat, Agora Learning Centre
E. Van Evenstraat 4, 3000 Leuven

Abstract

Holistic, person-centered and evidence-based health and social care is what all practitioners strive to achieve, however it is still hard to determine how to do this effectively. The research around some aspects of holistic health, such as the integration of spirituality, is still in its infancy. Prof Lycett has pioneered work in applying the biopsychosocial-spiritual model of health within nutrition and dietary care. Her work in obesity shows that far from considering body weight can be solved simply by addressing physical energy balance, we need to also consider the psychological, spiritual and personal factors that drive eating. We need to take a compassionate and non-judgmental approach, considering that obesity for many is a chronic, relapsing, remitting condition, where our aim is to support and empower patients to cope; rather than view obesity as a lack of self-control and seek weight loss at all costs. Prof Lycett will describe the research which developed Taste & See: a church based program to develop a healthy relationship with food and report on several studies, from her team, that seek to embed spirituality in patient-led care for a wide variety of health and social care professionals.

Bio

Prof. Dr. Deborah Lycett RD PhD is the Director of the Centre for Intelligent Healthcare, lead for Behavior and Implementation Science, and holds a personal chair in Religious Health Interventions and Dietetic Practice with an international reputation for investigating the application of the biopsychosocial-spiritual model of health to improve the lives of those living with dietary and nutrition-related conditions. Professor Lycett sits on the Scientific Committee for the European Institute for Religion, Spirituality and Health. She is a Fellow of the Association of Higher Education and has 20 years of clinical experience as a dietitian having worked for many years in the NHS and also privately, running her own Nutrition and Dietetic Consultancy. She has a PhD in Behavioral Medicine.