

# Annual Congress POMSS2026

Capacity Building for Obesity Management  
Shaping obesity care in Pakistan- Be part of it!



FEBRUARY **12-14** 2026 NISHAT HOTEL LAHORE



## Workshop

### Obesity and Metabolic-Bariatric Surgery Behavioral Therapy

This workshop is to learn about the preparation and management of patients before and after metabolic-bariatric surgery by dietitians

**Friday 13-02-26 | 10:00AM - 13:00PM**

**Venue:** Hall D (Dastarkhwan hall), The Nishat Hotel, Johar Town, Lahore

10:00 - 10:05	Welcoming note	Dr. Tahir Yunus
10:05 - 10:10	Course overview and objectives	Ms. Mariam Tariq

#### D2W1S1 Session: Introduction to the Metabolic-Bariatric Surgery Psychologist Roles

Moderator:	Ms. Huda Farooq	
Chair:	Dr. Muhammad Irfan	
Co-chair	Ms. Tahira Khalid	
10:10 - 10:25	Pathophysiology of Obesity and psychology	Dr. Asim Khan
10:25 - 10:40	Types of Metabolic-Bariatric Surgeries and changes in the anatomy and physiology	Dr. Zia Ullah
10:40 - 10:55	The role of a psychologist in preparing metabolic-bariatric surgery patients	Ms. Verda Zahid
10:55 - 11:10	Postoperative counselling according to patient needs	Ms. Huda Farooq
11:10 - 11:30	Tea Break	

#### D2W1S2 Session: Managing Postoperative Challenges in Metabolic-Bariatric Surgery Patients

Moderator:	Ms. Maryam Tariq	
Chair:	Dr. Muhammad Irfan	
Co-chair	Ms. Scheherzade Saadat	
11:30 - 11:45	Motivational interviewing for lifestyle change	Ms Faiza Khalid
11:45 - 12:00	Stress management and Emotional Regulation	Mr. Zeeshan Ali
12:00 - 12:15	Pain, Shame & Emotional Eating	Ms. Scheherzade Saadat
12:15 - 12:30	Who Is Not Ready for Surgery? A Psychological Mayhem	Dr. Muhammad Irfan
12:30 - 12:45	Working with patients suffering from PTSD	Ms. Maryam Tariq
12:45 - 13:00	Closing, souvenirs and photos	

#### Audience:

Psychologists, Dietitians, Obesity Physicians

#### Learning Objectives:

- To understand the types of metabolic-bariatric surgeries and changes in anatomy/physiology
- To understand the role of a psychologist before and after metabolic-bariatric surgery
- To learn about the management of psychological problems patients may face after metabolic-bariatric surgery

#### WORKSHOP REGISTRATION FEES:

Registration Category	Before 05 <sup>th</sup> Feb, 2026	After 05 <sup>th</sup> Feb, 2026	Group discount for Pakistan Psychologists Society members: Group of 10 will be charged PKR 15,000/-
Delegate	PKR 3000	PKR 5000	
POMSS Psychologist Members	Complementary		

**Note:** Complementary Lunch after Friday prayers

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