

Colloquium, co-sponsored by the Department of Psychology and the Obesity Research Center

Friday, November 13, 2:00 pm

University Center, Crest Room

Speaker: Gerard J. Musante, Ph.D., ABPP

Title: "It's not The Biggest Loser: Residential Weight Loss at Structure House"



Dr. Musante received his PhD in Clinical Psychology in 1971 from the University of Tennessee and is the founder and Director of Structure House (<http://www.structurehouse.com>), a residential weight loss clinic in Durham, NC.

Gerard J. Musante, Ph.D.

Founder, Structure House

Dr. Gerard J. Musante, founder of Structure House and author of *The Structure House Weight Loss Plan*

Renowned clinical psychologist, Gerard J. Musante, Ph.D. founded Structure House in 1977 and understands firsthand the struggle faced by overweight people. After spending his overweight adolescent years trying countless diets that never worked, he devoted his professional life to developing and teaching the principles of behavior modification for overweight people.

Today, his internationally respected weight control program, Structure House, has helped more than 30,000 people change their attitudes, perceptions and lifestyles with diet, exercise and education. Structure House is a residential center for weight control and lifestyle change in Durham, N.C.

Dr. Musante was the first person to adapt the principles of behavior modification to the eating habits of significantly overweight people and food abusers alike. Thousands of people have benefited from his methods and guidance at Structure House. Participants learn why they have been making negative food choices and move on to learn about taking personal responsibility for their food choices and habits to maintain a healthier lifestyle.

A respected leader in the field, Dr. Musante testified as an expert witness on obesity before the U.S. Senate Committee on the Judiciary in October 2003 in support of Sen. Mitch McConnell's Commonsense Consumption Act. He also serves on the N.C. Health and Wellness Trust Fund Commission's Study Committee for the Prevention and Treatment of Childhood Overweight/Obesity.

Dr. Musante is the author of *The Structure House Weight Loss Plan* (2007), named the #1 healthiest diet by *Health Magazine* http://www.dietsinreview.com/diet_column/01/americas-healthiest-10-diets

which utilized nutrition experts in selecting the top 10 diet books. Additionally, he has been quoted in publications such as the *New York Times*, the *Atlanta Journal-Constitution*, *Newsweek* and *People* magazine. Dr. Musante has appeared on national television shows, including a feature segment on CNN's Anderson Cooper 360, and with Morley Safer on the acclaimed CBS news program "60 Minutes" as well as "Donahue" and "Good Morning America." He wrote the introduction to James Coco's book, *If I Can, You Can*.

Dr. Musante's road to personal success – the loss of 50 pounds – and professional success began when he undertook the study of obesity as a psychologist at Duke University Medical Center. There he developed the techniques that not only enabled him to lose the weight, but to keep it off.

He says, "Once I realized that my relationship with food needed to change, and that food was for nutrition, not for comfort and support, I lost the weight and kept it off."

Dr. Musante received his professional training from New York University, the University of Tennessee, Duke University Medical Center and Temple University Medical School. He is a member of a number of professional organizations, including the American Psychological Association and the Association for the Advancement of Behavior Therapy. He has served on the editorial board of *Addictive Behavior*, and as a consultant to the National Board of Medical Examiners. He also continues to serve as a consulting professor in psychiatry and behavioral sciences for Duke University Medical Center and the Duke University School of Medicine.