

CBT for Eating Disorders: Developing core skills for evidence-based treatment

Evidence-based cognitive-behaviour therapy (CBT-ED) is the therapy that is recommended most widely for eating disorders under the recent National Institute for Health and Care Excellence guidelines (NICE, 2017). It is the primary therapy for treating non-underweight adults, one of the recommended therapies for underweight adults, and applicable for some younger cases. However, CBT is routinely applied poorly with such cases, if at all. In part, this is because clinicians do not know the core techniques and how to apply them effectively: in part, it is because we avoid asking patients to undertake the hard work that is necessary.

This workshop will detail the evidence for CBT-ED, the structure of this therapy, and why we fail to apply it appropriately. The majority of the workshop will be dedicated to skills training. Participants will be shown a range of CBT-ED techniques in action, and will be encouraged to undertake those techniques in order to learn how to apply them appropriately. **The skills to be developed will include:**

- How to handle the first few sessions to encourage maximum short- and long-term benefits – particularly changing central cognitions, behaviours and emotions, and managing non-negotiables
- Exposure therapy related to changes in eating (and weight, where appropriate)
- Behavioural experiments used to change cognitions
- Cognitive restructuring to address different levels of cognitions
- Exposure therapy related to wider emotional concerns
- Body image treatment, based on identifying and targeting specific maintaining factors
- Ending therapy appropriately

Learning objectives By the end of the workshop, attendees should be able to:

1. Explain what evidence-based CBT-ED involves, and why
2. Engage patients in the hard work of CBT-ED
3. Select the techniques that individual patients need to address their individual eating problems
4. Apply core CBT-ED techniques, determine whether they are working, and respond accordingly

Glenn Waller is Professor of Clinical Psychology at the University of Sheffield, UK. His clinical and academic specialism is evidence-based CBT for eating disorders, with a particular emphasis on effective treatment in routine clinical settings. He has published over 260 peer-reviewed papers, 20 book chapters and two books in the field, and regularly presents workshops at national and international meetings. He is past president of the international Academy for Eating Disorders, is an Associate Editor of the International Journal of Eating Disorders, and is on the editorial board of Behaviour Research and Therapy. He was a member of the NICE Eating Disorders Guideline Development Group, responsible for the 2017 update to the eating disorders guideline.

This workshop is suitable for mental health professionals including clinical and counselling psychologists, counsellors, doctors, social workers, mental health nurses and CBT practitioners. This workshop will contribute 6 hours Continuing Professional Development

24th November 2017 09.30 - 4.30
The British Psychological Society
30-34 Tabernacle Street
London Finsbury
EC2A 4UE

Prices including lunch & refreshments
Until 24th Oct 2017 - £120 plus vat
From 25th Oct 2017 - £135 plus vat
For more information or to reserve a place visit :- www.stantonltd.co.uk
www.grayrock.co.uk