

CBT for Eating Disorders: Practical Skills

Updating your cognitive-behavioural therapy toolkit with methods that work

In this workshop Professor Glenn Waller will outline the principles and skills that underpin cognitive-behavioural therapy (CBT) for the eating disorders. Following consideration of the underlying principles of therapy for this clinical group (e.g., Socratic methods, working with risk, the core role of anxiety), the bulk of the session will focus on the specific techniques of: modifying eating, exposure with response prevention, cognitive restructuring, behavioural experiments, surveys and working with residual problems (self-esteem, body image, etc.). While the principles and methods outlined here are applicable across age groups and most settings, adaptations will be discussed for younger cases, implementation in in-patient settings, comorbid conditions, and so on.

Professor Glenn Waller, DPhil, is a Consultant Clinical Psychologist with Vincent Square Eating Disorders Service, CNWL NHS Foundation Trust, where he heads the psychological therapies team. He is also Visiting Professor of Psychology at King's College London. He has worked with the eating disorders for over 20 years, using a primarily cognitive-behavioural approach. He has published widely in the field, with over 200 peer-reviewed papers and 20 chapters on the subject. He is also lead author on two books on cognitive-behavioural approaches to the eating disorders. He teaches widely on the subject of the eating disorders, at both national and international levels. He is associate editor of the International Journal of Eating Disorders, and is on the editorial boards of a number of other journals, including Behaviour Research and Therapy. He is a member of the Board of the international Academy for Eating.

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

19th October 2013 - 09.30 – 16.30
The Uffculme Centre
Queensbridge Road
Moseley
Birmingham
B13 8QY

Prices including lunch & refreshments
Until 19th Sept 2013 - £110 plus vat
From 20th Sept 2013 - £120 plus vat
For more information or to reserve a place visit :- www.grayrock.co.uk
www.stantonltd.co.uk

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