

# Live Interactive Webinar

## Top Tips for Treating Clients with Eating Disorders using CBT

Presented by Professor Glenn Waller

Join live on the day, or access the recording at any time for 30 days.

*Eating disorders are often regarded as hard to treat, but clinical experience and research demonstrate that we can be far more effective than we might assume. This webinar will draw on evidence regarding the effectiveness of CBT for Eating Disorders (CBT-ED) and clinical experience of the competences and meta-competences needed to deliver this therapy. It will provide tips for clinicians regarding how to use CBT-ED when working with adults, adolescents and children with a range of eating disorders. Advice will include topics such as: how to structure therapy; the importance of pushing for early change; motivational issues; the most effective ways to address body image; and how to use exposure therapy effectively. The presenter will also detail his favourite specific techniques, which experience has shown to be the ones that are most impact-laden and memorable for the patient.*

**Professor Glenn Waller** is internationally acclaimed for his clinical work and research in the field of Eating Disorders.

You will have **access to the full recording and materials/resources for 30 days. This gives you the flexibility to join for all or part of the day or to watch the recording as many times as you like, whenever fits with your commitments.**

**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 320 peer-reviewed papers, 20 book chapters and four books in the field, and regularly presents workshops at national and international meetings. He is past president of the international Academy for Eating Disorders, and is on the editorial boards of several journals (e.g., International Journal of Eating Disorders; Behaviour Research and Therapy). He was a member of the NICE Eating Disorders Guideline Development Group, responsible for the 2017 update of the eating disorders guideline.

This live interactive webinar is suitable for health professionals including clinical and counselling psychologists, doctors, counsellors, social workers, mental health nurses and dietitians, as well as those working in third sector, educational and coaching settings. It will be of interest to practitioners of CBT. It will contribute 1.5 hours of Continuous Professional Development (CPD).

15<sup>th</sup> March 2022, 12.00 – 1.30 pm

Join live on the day and/or watch the recording at any time until 17<sup>th</sup> April

Price £30+VAT

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