Cognitive behavioural therapy for eating disorders (CBT-ED): Delivering evidence-based CBT-ED effectively and quickly

Introduction:

In 2017, the National Institute for Health and Care Excellence (NICE) concluded that evidence-based CBT for eating disorders (CBT-ED) is a key approach to use, across eating disorder diagnoses and across age groups. This two-day workshop will provide attendees with an overview of the principles and skills needed to work with this clinical group, using didactic teaching, case discussion and role-plays. It will be suitable for clinicians who have never worked with eating disorders, as well as for those who work with eating disorders but who have a sneaking suspicion that they might not be delivering CBT as well as they could.

Content

The two days will initially address the principles and skills that are needed to implement CBT-ED with adults and younger people with a range of eating disorders. Many of the techniques will be familiar to anyone who uses CBT for other disorders, but the implementation of those techniques will be geared to addressing the central cognitive and behavioural problems of those with eating disorders. Most importantly, there will be a stress on the importance of working with nutrition and behavioural change from the beginning, to facilitate cognitive and emotional change. The treatment approach will also include key evidence-based approaches to working with body image, and will address the structuring and planning of therapy. During the second day, attendees will be taught how to implement the same principles and techniques to treat non-underweight cases much more rapidly (10 sessions, rather than the more traditional 20) using CBT-T, a newly-developed and evidence-based brief version of CBT-ED (Waller et al., 2018). CBT-T has been developed for use in a range of settings, including IAPT.

Learning objectives:

Following the workshop, attendees will be capable of working to NICE (2017) guidelines, being able to:

- Explain and implement the principles behind effective CBT-ED
- Apply CBT-ED skills to a wide range of eating disorder cases
- Engage patients in early behavioural change
- Focus on monitoring and ensuring progress, as well as outcomes
- Address body image issues in a way that is tailored to the individual
- End therapy in an effective way
- Deliver a protocol-based brief therapy (CBT-T) that can deliver strong outcomes in half the time
Training modalities

The workshop will consist of a range of training modalities, including didactic teaching and experiential activities. This will include demonstrations of core techniques and tools, alongside role plays. Participants are encouraged to bring their own case material for discussion.

Key references:


About the presenter:

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 280 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 is co-chair of the BABCP Scientific Committee. He was a member of the NICE Eating Disorders Guideline Development Group, responsible for the 2017 update to the eating disorders guideline.

Cost of 2-day workshop: £250 including lunch
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All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are held local to Reading