Professor Carlos Grilo  
Yale School of Medicine  

15 & 16 April 2013  
Venue: Local to Reading  

Psychological approaches to eating disorders and obesity

This workshop is suitable for all those who work with patients with eating disorders, obesity, and broad eating/weight-related concerns

In this two-day workshop, Professor Grilo will provide an overview of psychological and behavioural approaches to the assessment and treatment of the full range of eating/weight concerns seen in clinical practice, including anorexia nervosa, bulimia nervosa, binge eating disorder, various forms of atypical eating disorders, and obesity (with and without disordered eating).

The emphasis of the workshop will be on evidence-based approaches to assessment and empirically-supported psychological and behavioural treatments for eating/weight disorders. Professor Grilo will focus primarily on assessment and treatment methods used and supported in randomized controlled trials (RCTs) across eating disorders. A brief overview of the relevant literature on pharmacotherapy, alone and in combination with psychological methods, will also be provided for context. Practical issues regarding engagement of patients and clinical challenges around non-responders will be covered. Given the world-wide increases in the prevalence of obesity, including among those with certain forms of

For further information contact the Charlie Waller Institute:  
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Cost of 2 day workshop:  
£250 including lunch
eating disorders, the workshop will also cover behavioural approaches to obesity. Important issues and emerging research regarding weight-related stigma and bias relevant to clinical practitioners and treatment-delivery will also be covered.

About the presenter

Carlos M. Grilo, Ph.D. is Professor of Psychiatry and Director of the Program for Obesity, Weight, and Eating Research (POWER) at the Yale School of Medicine. Dr. Grilo is also Professor of Psychology at Yale University and affiliated faculty at the Rudd Center for Food Policy and Obesity. His primary research focus is on eating disorders and obesity and his specific areas of expertise include multi-method assessment and longitudinal studies, randomized controlled comparative treatment trials, and studies of predictors and moderators of outcomes. Dr. Grilo has been the recipient of numerous research grants and has served as Principal Investigator on eight grants from the National Institutes of Health including two K24 Mid-Career Investigator Awards in Eating and Weight Disorders. Dr. Grilo currently serves on the editorial boards of six professional journals and is the incoming Associate Editor for the Journal of Consulting and Clinical Psychology. Dr. Grilo has published over 310 peer-reviewed articles in scientific journals, authored one book (Eating and Weight Disorders), and co-edited one book (Treatment of Eating Disorders).

Recommended Reading

