Food for thought!
Cognitive behavioural therapy for eating disorders: principles and skills

In this one-day workshop, Professor Waller will address the key skills needed for effective cognitive-behavioural treatment of the eating disorders in everyday clinical settings. He will draw on evidence and clinical experience to outline how to understand and treat the range of eating disorders using CBT. This approach is driven by the needs of the individual patient, rather than being protocol-based, but that means that we have to be careful to attend to the principles of CBT.

The workshop will open by addressing what we need to target in order to enhance the patient's chances of recovery, and how we can shape therapy accordingly. It will then address the evidence base regarding CBT's effectiveness, and why we do not always achieve the best possible outcomes. Next, it will consider what is needed for a CBT formulation (including a stress on the role of anxiety), and how that relates to treatment and the underlying principles. It will then address the core CBT skills that are needed to help patients recover, including risk management, monitoring, dietary change, cognitive restructuring, exposure, surveys and behavioural experiments. Case material will be used throughout to illustrate the skills needed. There will be particular attention to effective treatment of body image disturbance, and how to manage therapeutic endings.

Objectives

- Define recovery from the eating disorders in a way that drives therapy
- Understand the evidence regarding the impact of CBT for eating disorders
- Understand why we do not always deliver effective CBT (and what to do to get better)
- Formulate eating problems in a way that includes all elements of the 'hot cross bun'
- Awareness of the core skills needed to address different aspects of the eating disorders

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Sequence therapy to address the various needs of the patient in a way that is driven by an individualised formulation, principles of CBT, and a knowledge of the skill base

About the presenter

Glenn Waller is a clinician and researcher who has worked with patients with eating disorders for over 25 years. He has published widely in the field, with over 240 peer-reviewed publications, 20 book chapters and two books. He is the lead author on a widely-used CBT treatment guide, and has published papers on the effectiveness of CBT for the eating disorders. He is President of the international Academy for Eating Disorders (2014-2015), and a member of the Eating Disorders Research Society. He is an Associate Editor of the International Journal of Eating Disorders, and on the Editorial Board of Behaviour Research and Therapy. He has taught widely on the delivery of effective CBT for the eating disorders, both in the UK and internationally.

Recommended reading


For further information contact the Charlie Waller Institute: cwi@reading.ac.uk
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Cost of 1 day workshop: £130 including lunch