

CBT for Eating Disorders

Tragically, some eating disorders have a very high mortality rate. And yet there are usually good ways of treating them.

A 3-day course for 6-15 people (2-day version also available).

Executive Summary:

Eating Disorders pose a tremendous threat to an individual's physical and mental well-being and are usually a source of great concern to friends, family and professionals alike. This course looks at the full range of eating disorder presentations, and recognises that many individuals present in ways that don't perfectly fit any of the diagnostic categories. The course addresses the complex causes of an individual's eating disorder alongside a cognitive behavioural understanding and techniques for maximising the chances of a successful intervention.

The aims of the course:

The course aims to communicate the following:

- The nature and course of eating disorders.
- Assessment and formulation, also with reference to risk assessment and management.
- Psychological treatment methods, with especial reference to the NICE guidelines.

The course covers:

- Eating Disorder categorisations (and how well - or badly - individuals fit into the categories*).
- NICE guidelines for treatment.
- The first session; the therapeutic alliance, trust, empathy, and assessment.
- Risk assessment and management: some eating disorders have a very high morbidity rate, so risk assessment needs to be thorough.
- Assessment: motivation and insight; dietary and nutritional issues; core psychopathology of the Eating Disorder; co-morbid psychiatric illness; social and familial factors; cognitive factors.
- The especial importance of multi-disciplinary working in this area.
- Constructing and communicating a CBT formulation of the case.

- Standard session planning and agreeing homework tasks.
- Diary keeping for monitoring food intake, regular eating and associated thoughts, feelings or other relevant factors.
- Friends and family ask “What should we try to get her to eat?” and they are entitled to a proper answer, so we have an information sheet on this.
- Responding to unhelpful behaviours and problem solving.
- Psychoeducation – information to discuss with patients.
- Functional analysis and exploring potential mechanisms maintaining an eating disorder.*
- Supporting a person’s motivation through treatment.*
- Applying other helpful CBT strategies to improve the lives of people with eating disorders.*
- Managing as an effective clinician: working with eating disorders is demanding, so how do we deal with our own anxiety and emotional responses?
- Finishing work: concluding therapy successfully; follow up and relapse prevention.

*On the 3-day version only.

Delegates' Feedback

Average presentation rating: **97%**



Average relevance rating: **96%**



Written Feedback:

“The best course I have been on throughout my career. It will certainly improve my day to day practice. Thank you so much, it was really well delivered.”

To discuss or place an order call **0116 241 8331** or email office@apt.ac

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

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