

Developing CBT Skills for Working with Young People with Eating Disorders

A three half-day workshop

When:

Dates: Tuesday 16th, Wednesday 17th & Thursday 18th May 2023

Time: 9:30am - 1:00pm each day

Where:

Online via video-conferencing

Programme Facilitators:

Dr Juliet Rosewall

Principal Clinical Psychologist

Dr Natalie Pretorius

Principal Clinical Psychologist

Background:

Our service is nationally and internationally renowned for the development of psychological treatments for eating disorders. Research conducted in our team has led to the recognition that Family Therapy is usually indicated as a treatment of choice for young people with Anorexia and Bulimia. However, for a significant minority of young people and their families, Family Therapy for Eating Disorders may be unacceptable, contraindicated or ineffective. Guidelines (National Institute for Health and Care Excellence, 2017) suggest that Cognitive Behavioural Therapy (CBT) for Eating Disorders should be considered in those cases.

Eating Disorders in young people are associated with high levels of co-existing problems including perfectionism, body image problems and OCD. It is increasingly recognised that these difficulties are often most appropriately addressed within the specialist Child and Adolescent Eating Disorders Service. CBT is a treatment commonly offered for co-existing problems but it is important that the particular needs of children recovering from eating disorders are carefully incorporated.

What the Programme Offers:

- To provide guidance on when to consider CBT with young people experiencing Eating Disorders, and how to adapt CBT to their needs
- To offer practical approaches, combining didactic presentation and opportunities to practice skills
- To provide guidance about CBT methods and skills in particular reference to restrictive eating and binge-purge eating disorder behaviour patterns
- To assist with use of motivational approaches for young people
- To provide guidance and skills for using CBT for co-existing problems with a focus on perfectionism, body image and anxiety

Key Outcome:

- At the end of the training participants will have an overview of various ways CBT principles and models can be applied to young people experiencing an eating disorder
- Participants will feel more familiar with and confident in using CBT techniques and have had opportunities to practice these, through role play, and the use of worksheets and hand-outs.

We normally encourage the attendance of more than one professional from each team. Our trainings are very popular and we recommend early booking to guarantee a place and thus avoid disappointment.





Cost:

Three half-days on-line training: £320 per person – including online discount and materials
Teams who attend with 3 or more colleagues will receive an additional 15% discount per person.

Who can Apply:

The facilitators will assume that professionals attending will have a basic understanding of Cognitive Behavioural Therapy (CBT). The workshop will be most useful to people with some experience of using the CBT model in clinical practice. Implementation of the skills covered in the training would be supported by CBT-specific supervision

Attending the Training:

This training will take place over video-conferencing. Links to the training sessions and all accompanying resources will be emailed to participants following sign-up. To attend the video-conference, participants will require a reliable Wi-Fi connection and access to Zoom.

*For enquiries or to apply please contact
the training administrator:*

Email: MCCAEDtraining@slam.nhs.uk

Training Manager:

Stamatoula Voulgari,
Principal Systemic Family Psychotherapist

