

# Queensland Eating Disorder Service

present:

## **Evidence-based eating disorder treatment model training: Cognitive Behaviour Therapy Enhanced (CBT-E)**

**Delivered online via Microsoft Teams over three sessions**

*(Please note, attendance at all three sessions is required)*

**26<sup>th</sup> & 27<sup>th</sup> November 8:30am – 12:00pm**

**4<sup>th</sup> December 8:30am – 4:00pm**

This workshop will provide a comprehensive introduction to Enhanced Cognitive Behaviour Therapy (CBT-E) for eating disorders and will provide a mix of clinical education, skills development, and practice experience as well as the opportunity for professional networking. Throughout the training didactic, interactive, and experiential learning approaches will be used alongside illustrative clinical material including lived experience videos and demonstration of key interventions as well the utilisation of participants own clinical experiences. Prior knowledge of eating disorders and CBT principles is assumed with pre-reading material recommended to enhance outcomes.

### **What you'll learn:**

- ✓ The eating disorder mindset, diagnostic criteria, and the rationale for a CBT approach
- ✓ Identify cultural assumptions, personal and societal biases that may influence ED treatment
- ✓ Communication skills that facilitate the therapeutic relationship and enhance motivation
- ✓ The effects of starvation and the importance of establishing treatment non-negotiables
- ✓ How to facilitate the support and involvement of family/supports in treatment
- ✓ Options for when cognitive behaviour therapy would not be indicated or appropriate
- ✓ The stages of the cognitive behavioural approach and core procedures used in CBT
- ✓ How to review progress and when a higher level of care would be indicated for patient safety
- ✓ Key strategies to ensure engagement and retention as well as behaviour change including
- ✓ Assessment and psychometrics
- ✓ Collaborative formulation
- ✓ Self monitoring
- ✓ Meal planning
- ✓ Problem solving
- ✓ Intervening in urge to go off the plan/binge/restrict/compensate
- ✓ Eliminating food rules, dietary restraint, and over control of eating
- ✓ Examining the relationship between events, moods and eating
- ✓ Modifying body image/weight/shape concerns and changing the ED mindset
- ✓ Maintaining change, relapse prevention, and ending well in cognitive behaviour therapy

**Please apply via the link below:**

**[Application Link](#)**