

TREATMENT MODEL TRAINING WORKSHOP: CBT-E: COGNITIVE BEHAVIOUR THERAPY FOR EATING DISORDERS

Presented by CEED Clinicians Tanya Gilmartin & Annette Honigman

4 HALF DAY MODULES - LIVE ONLINE

THURSDAYS & FRIDAYS: 8:30AM-12:30PM

26 & 27 NOVEMBER - AND - 3 & 4 DECEMBER, 2020



THE VICTORIAN
CENTRE OF
EXCELLENCE IN
EATING
DISORDERS

This series of four, 4-hour workshop modules provides a comprehensive introduction to Enhanced CBT (CBT-E), the latest version of the leading empirically supported, outpatient psychological treatment for eating disorders. The workshop draws on the work of Prof Christopher Fairburn, Director of the Centre for Research on Eating Disorders at Oxford University (CREDO), internationally recognised researcher and author, and Dr Anthea Fursland, researcher & principal psychologist of the Eating Disorders Program at the Centre for Clinical Investigations WA (CCI).

OBJECTIVES/TARGET AUDIENCE

Participants will gain:

- A comprehensive introduction & overview of Enhanced Cognitive Behaviour Therapy (CBT-E)
- Understanding of the importance of client engagement, early behaviour change & addressing obstacles to change
- Understanding of how the transdiagnostic approach of CBT-E can be used with the full range of eating disorders seen in clinical practice
- Demonstrations of behavioural & cognitive interventions used in CBT-E to address:
 - Modification of behaviours & beliefs associated with over-evaluation of control of weight, shape & eating (eg food & physical activity related safety & avoidance behaviours; body checking / avoidance)
 - weight regain in underweight individuals

The training provides didactic, interactive & experiential practise opportunities. Prior knowledge of understanding and assessment of eating disorders, and basic CBT principles is assumed.

Target Audience: Health professionals working with people experiencing eating disorders. Registrations from Victorian public mental health services clinicians will be prioritised.

TRAINING PREREQUISITE

The CBT-E training forms part of the advanced treatment training component of the CEED comprehensive eating disorders training. Prior completion of Modules 1, 2 & 3 of the *Inside Out Institute's Eating Disorders Essentials Training* is a prerequisite for the CBT-E training day.

Please contact CEED to register: ceed@mh.org.au

Please note: ED Essentials online training consists of approx. 17 hrs of Professional Development. Please allow time to register and complete the training prior to CBT-E workshop.

VENUE & BOOKING

Venue: Online Via Zoom. Materials and links will be emailed to participants prior to the training commencing

Cost: Clinicians employed in Victorian public mental health services: \$150.00
Other health professionals: \$420.00

CEED is currently offering training at a discounted rate for the remainder of 2020 as part of our COVID-19 Response.

Registrations: <https://www.trybooking.com/BLILP>
Registrations close C.O.B. Friday 20 November, 2020
Book Early: Places are limited to strictly 25 trainees