

This series of four, 4-hour workshop modules provides a comprehensive introduction to Enhanced Cognitive Behaviour Therapy (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 *Inside Out Institute's Eating Disorders 'The Essentials' Training* is a prerequisite for the CBT-E training. NB: *'The Essentials'* consists of approx. 15hrs of Professional Development. Click [HERE](#) to register.

VENUE & BOOKING

Venue: Online Via Zoom
Logging on through individual computers with camera and microphone is preferable.
Materials and links will be emailed to participants prior to the training commencing

When: Delivered over **four, half-day live online** modules:
- Part 1: 8:30am – 12:30pm, Thurs 20 & Fri 21 October 2022 (AEST)
- Part 2: 8:30am – 12:30pm, Thurs 27 & Fri 28 October 2022 (AEST)

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

Registrations: <https://www.trybooking.com/CCISN>
Registrations close COB 15 November 2022, unless sold out earlier
Book Early: Places are limited to strictly 35 trainees

Certificate requirements: Attendance & participation in **all four** online modules & completion of training evaluation