

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

Presented by Sharon Nicola & Dr Samara Wilson CEED Senior Clinicians

2 FULL DAYS – FACE TO FACE
AUGUST 17 & 18: 9AM – 4PM AEST

This two day workshop 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 trans-diagnostic approach of CBT-E can be used with the 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: HEC Room | Royal Melbourne Hospital – Royal Park Campus | 34-54 Poplar Rd | Parkville Vic
Materials and links will be emailed to participants prior to the training commencing.

When: Delivered over **two full days face to face:**
- Part 1: Thursday 17 August, 2023 9am – 4pm (AEST)
- Part 2: Friday 18 August, 2023 9am – 4pm (AEST)

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

Registrations: <https://www.trybooking.com/CHJZW>
Registrations close COB 11 August 2023, unless sold out earlier
Book Early: Places are limited to strictly 35 trainees

Certificate requirements: Attendance & participation both full days of training & completion of training evaluation