

CBT for Eating Disorders: Practical Skills

Updating your cognitive-behavioural therapy toolkit with methods that work

In this workshop Professor Glenn Waller will outline the principles and skills that underpin cognitive-behavioural therapy (CBT) for the eating disorders. Following consideration of the underlying principles of therapy for this clinical group (e.g., Socratic methods, working with risk, the core role of anxiety), the bulk of the session will focus on the specific techniques of: modifying eating, exposure with response prevention, cognitive restructuring, behavioural experiments, surveys and working with residual problems (self-esteem, body image, etc.). While the principles and methods outlined here are applicable across age groups and most settings, adaptations will be discussed for younger cases, implementation in in-patient settings, comorbid conditions, and so on.

Glenn Waller, D.Phil., is Professor of Clinical Psychology at the University of Sheffield. He has worked with the eating disorders for over 25 years, using a primarily cognitive-behavioural approach. He has published widely in the field, with over 240 peer-reviewed papers and 20 chapters on the subject. He is also lead author on two books on cognitive-behavioural approaches to the eating disorders. He teaches widely on the subject of the eating disorders and CBT, at both national and international levels. He is an Associate Editor of the International Journal of Eating Disorders, and is on the editorial boards of a number of other journals, including Behaviour Research and Therapy. He is currently President of the international Academy for Eating Disorders, and is a member of the international Eating Disorders Research Society.

This workshop is suitable for mental health professionals including clinical and counselling psychologists, counsellors, social workers, mental health nurses and CBT practitioners. This workshop will contribute 6 hours Continuing Professional Development

16th January 2015 - 09.30 – 16.30

The British Psychological Society
30-34 Tabernacle Street
London Finsbury
EC2A 4UE

Prices including lunch & refreshments

Until 16th Dec 2014 - £120 plus vat

From 17th Dec 2014 - £135 plus vat

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