

# Cognitive Behavioural Therapy – Enhanced (CBT-E): 2-day Training Workshop for Eating Disorder Specialists

## Workshop Details

### Date

Friday February 2<sup>nd</sup> and  
Saturday, February 3<sup>rd</sup>, 2018

### Presenter

Dr. Anthea Fursland  
Clinical Psychologist

### Location

Brisbane

### Cost

\$499.00 per person

**The training will involve didactic, interactive and experiential practise opportunities.**

**Prior knowledge of eating disorders and basic CBT principles is assumed.**

## Register

For more information or to register, please refer to the 'events' page on our website

Alternatively, contact our administration team on the details below.

## Workshop Overview

This workshop provides a comprehensive introduction to Enhanced CBT (CBT-E), the leading empirically supported outpatient psychological treatment of eating disorders. The workshop draws on Dr Fursland's clinical and research experience in providing CBT-E treatment for clients with eating disorders.

## Participants will gain:

- A comprehensive understanding of Enhanced Cognitive Behaviour Therapy (CBT-E).
- Familiarity with CBT-E strategies and interventions through the stages of treatment.
- An appreciation 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.

## Dr. Anthea Fursland



**Dr. Anthea Fursland** is a Consultant Clinical Psychologist and Acting Director of both the Centre for Clinical Interventions (CCI) and the Western Australia Eating Disorders Outreach and Consultation Service (WAEDOCS). She has co-authored several peer-reviewed papers and created a web-based self-help resource on eating disorders that is widely used by both clients and practitioners. Anthea is the Past President of the Australia and New Zealand Academy for Eating Disorders (ANZAED), on the Steering Committee of the National Eating Disorders Collaboration (NEDC) and is a Fellow of the international Academy of Eating Disorders (AED).