

1-DAY IN-PERSON WORKSHOP:

Cognitive Behavioural Therapy – Enhanced (CBT-E) Advanced Masterclass

WORKSHOP OVERVIEW:

The workshop will include experiential exercises, clinical case discussions, and trouble-shooting FAQs with the view of supporting practitioners to further develop their confidence and competence in the delivery of CBT-E. Through participating in the masterclass, participants will obtain the skills and confidence to:

- Adapt CBT-E to the real world (especially considering its applications to private practice settings),
- Engage highly ambivalent patients,
- Manage treatment priorities; extend the formulation; and make appropriate adaptations for complex and co-morbid presentations,
- Troubleshoot issues with formulating; in-session weighing; and real-time monitoring,
- Provide treatment to patients who are severely underweight,
- Adopt a weight-neutral, HAES framework while maintaining model fidelity,
- Implement the broad form of CBT-E, and
- Address slow-no progress in treatment.

Target Audience: This workshop is limited to CBT-E practitioners who already have knowledge of CBT-E and have experience in using It and are looking to further develop their skills and learn how to apply the treatment model to more complex presentations.

Limited places available. Register here: <https://cfih.com.au/product/cbte-advanced-masterclass/>



Approved Training

*This training is NEDC
approved and counts
toward Eating Disorder
Clinician Credentialing*



In person, face-to-face training
CFIH training room
**169 Kelvin Grove Rd, Kelvin Grove,
Brisbane**

Cost: \$300.00 (includes catering)

Date: Friday November 11th, 2023

Time: 9:00am to 5:00pm

For more information, contact kiera@cfih.com.au

PRESENTER BIO:

Dr Kiera Buchanan is registered as both a Clinical Psychologist and a Health Psychologist as well as an AHPRA-approved supervisor. Kiera is the Director of Centre for Integrative Health: Queensland's private treatment centre for eating disorders.

Kiera is an executive committee member of the Queensland Eating Disorder Advisory Group (EDAG) as well as a former executive member of the Australian & New Zealand Academy for Eating Disorders (ANZAED).

