

2 DAY IN-PERSON WORKSHOP:

Cognitive Behavioural Therapy – Enhanced (CBT-E) for Eating Disorders

WORKSHOP OVERVIEW:

Cognitive Behaviour Therapy - Enhanced (CBT-E) is recognised as the first-line treatment for adults with an eating disorder. Despite the obvious value in CBT-E for eating disorders, concerns about its limitations in addressing complex and/or comorbid presentations, its viability for private-practice settings, and its application to higher-weighted individuals have been ubiquitous. As such, this in person workshop aims to provide:

- An overview of the theoretical background of and evidence for CBT-E as well as its treatment principles, and protocols,
- An overview of the transdiagnostic formulation (with consideration of its use and limitation in complex/comorbid presentations) and its role in treatment planning,
- Considerations of therapist stance and effective client engagement (with specific consideration for ambivalence and/or low motivation in treatment),
- Consideration of its application to diverse populations (including higher-weighted individuals) and across different settings (specifically, private practice settings), and
- Demonstrations and skills practice of the main CBT-E interventions.

This face-to-face training will involve didactic, interactive/experiential practise opportunities, and case summaries/examples. Prior knowledge and understanding of eating disorders as well as training and experience in general CBT principles is assumed.

Limited places available. Register here: cfih.com.au/product/cbt-workshop-2023/



*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: \$550.00 (includes catering)

Date: Fridays August 4th & 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).

