

# CBT for Eating Disorders

A Workshop with Caroline Vermes and Joanne Blezard – 8<sup>th</sup> September 2016

## Programme

09:00 – 09:30	Registration, networking
09:30 – 11:00	Introductions Intro to transdiagnostic treatment for eating disorders Stages and core element. Interactive demonstration of formulation.
11:00– 11:15	Break
11:15 – 12:15	Interactive demonstration of client and therapist developing self-monitoring and regular eating
12:15 – 13:00	Lunch
13:10 – 14:20	Interactive demonstration of collaborative weighing Addressing mood and event-related changes in eating
14:30 – 14:45	Break
14:45 – 15:30	Addressing over-evaluation of weight and shape
15:30 – 15:55	Should CBT be modified? When and how?
15:55 – 16:00	Review of day JL/GM

Workshop materials can be downloaded from the Mindsite website. The URL is: <http://mindsite.co.uk/cbt-eating-disorders-workshop-stockport-8th-sept-2016-2/>

A reminder of the URL will be sent at 12:00 on the day of the event.