Course: a comprehensive guide to treating eating disorders with cbt

Address: https://asadis.net/en/course/a-comprehensive-guide-to-treating-eating-disorders-with-cbt/

Duration: 4h

Type of course: Continuing education

Location: Online course

Individual price: $144.00

Overview:
Eating disorders extend far beyond food; they are coping mechanisms rooted in deeper emotional or psychological challenges. In psychotherapy, the goal is not merely to eliminate disordered eating behaviors, but to understand and address the reasons behind them. To help clinicians provide the best possible care, Jenna Jones—a psychotherapist specializing in eating disorder treatment—has created an immersive, hands-on workshop. This training equips participants with specialized assessment tools and therapeutic strategies for effectively supporting individuals with eating disorders.

In this workshop, you'll learn to integrate eating-disorder-specific approaches at every stage of intervention, from initial screening and evaluation to the implementation of tailored interventions in practice. Participants will gain a thorough understanding of the various types of eating disorders, their distinct clinical presentations, and the nuanced strategies required to address them. Through detailed, evidence-based instruction, attendees will explore the intricate relationship between disordered eating symptoms, emotions, food, body image, thought processes, and interpersonal relationships. The workshop also emphasizes relevant terminology and clinical language, helping clinicians communicate more effectively and compassionately with this population.

Central to the workshop is the application of Cognitive Behavioral Therapy (CBT) for clinical interventions. You will also be introduced to complementary therapeutic modalities—including Dialectical Behavior Therapy (DBT), Motivational Interviewing, Acceptance and Commitment Therapy (ACT), Mindful Self-Compassion Theory, Shame Resilience Theory, and Family Systems Theory—and learn how these additional approaches can enhance the effectiveness of CBT, particularly in addressing the complex emotional, cognitive, and

relational dynamics often present in individuals with eating disorders.

Learning objectives:

1. Develop a comprehensive understanding of the symptoms associated with eating disorders
2. Conduct thorough and effective evaluations of individuals presenting with eating disorders
3. Apply targeted, evidence-based interventions to address the specific symptoms of eating disorders

Learning material:

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

Audience: This training is intended for mental health professionals.

The expert

Jenna Jones is a social worker and psychotherapist. In 2016, she graduated from McGill University with a Master's Degree in Social Work, and has been involved in the field of eating disorders ever since. To date, she has worked with well over 1000 eating disorder clients. As a clinician, she has experience in psychiatric hospitals, inpatient units, day programs and outpatient programs.

She has provided individual therapy, couples therapy as well as family therapy, and has led a wide range of eating disorder groups. She also had the pleasure to supervise and train eating disorder interns. She is absolutely passionate about eating disorder recovery therapy.

Syllabus

PowerPoint
Introduction
Defining and Understanding Eating Disorder
Eating Disorder Definitions
Case Scenario
Eating Disorders- Little to Do with Eating
Goal of Eating Disorder Recovery
Physical Safety and Language Used
Evaluation
Stages of Change
Food
Establishing the Link Between Eating Disorder and Emotions
Regulate the Emotions
How to Work with Functional and Dysfunctional Emotions
Emotions
The Set Point Theory and Cognitive Restriction
The Symptom Checklist
Meal Plan
Food Journal, Goals, and Sample Sessions

Body Image

Let's Talk About Weight

BMI and Weighing Exercises

Body Image Language

Body Image Exercises Part I

Body Image Exercises Part II

Thoughts

Cognitive Distortions

CBT Thought Record Worksheet

The Critical Voice

Self-Compassion

Perfectionism

Different Ways of Thinking

Relationships

The Impact of Society on Body Image

Cultural Expectations

Shame and Unwanted Traits

Authentic Self vs Cultural Expectations

Can I Be Average

Family System Stressors and Relationships Contracts

Conclusion

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*