



## **Course: treating eating disorders and eating distress with compassion focused therapy**

**Address:** <https://asadis.net/en/course/compassion-focused-therapy-for-eating-disorders/>

**Duration:** 5h

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$200.00

### **Overview:**

The emotional and psychological complexity of eating disorders make these conditions particularly challenging to treat. They are frequently associated with profound feelings of shame, guilt, and self-criticism, which not only cause but also maintain the psychological distress of our clients.

But that's not all ; these feelings can also severely impact their recovery process by hindering positive affiliative emotions and complicating the therapeutic relationship.

To help you with these challenges, Dr. Goss has developed Compassion-Focused Therapy for Eating Disorders (CFT-E). In this in-depth workshop, you will explore the CFT-E model and its application in each phase to support your clients on their path to healing.

Dr. Goss will guide you through CFT-E, a structured approach designed to effectively support your clients in taking control of their disordered eating patterns and addressing the underlying behavioral and cognitive processes. You will gain valuable insights into specific techniques and key treatment tasks that can make a real difference in your clients' lives, from managing disordered thoughts, feelings, and behaviors to regulating emotions and boosting compassionate motivation. Dr. Goss will outline the fears, blocks, and resistances that clients often face during treatment. You will also have all the essential knowledge to grasp the complex biopsychosocial factors that contribute to the development and persistence of eating disorders.

This training will delve deeper into:

- The need for compassion in eating disorders/eating distress- Shame, guilt, self-criticism related to eating disorders/eating distress- Types of affect regulator systems in eating disorders/eating distress- The Three Circles and its relevance in eating disorders/eating distress- Applying to CFT in the treatment of eating disorder /eating distress treatment- A Compassionate model for understanding how Eating Disorders develop- An overview of the CFT-E model and introduction to CFT-E formulation- The use of CFT-E programs, including its application with carers, - The four distinct phases of CFT-E: psycho-education and motivational enhancement, developing compassion Skills, recovery, and maintenance- Treatment outcomes and recent developments in CFT-E

In this workshop, Dr. Goss will also examine how this transdiagnostic approach can address a wide range of eating disorder diagnoses and overeating linked to emotional distress. This training is more than just a lecture – it's an interactive experience enriched with role plays, case discussions, and reflections on integrating CFT-E into your clinical practice. You'll walk away with a therapeutic toolkit packed with proven strategies and compassionate techniques that can lead to lasting change for your clients. Don't miss out on this opportunity to transform your approach to treating eating disorders !

**Learning objectives:**

1. Understand the CFT-E model
2. Understand the role of shame, self-criticism and fear of compassion in the development and maintenance of psychological distress, and specifically eating disorders
3. Implement the CFT-E treatment model.

**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, Dr. Kenneth Goss**

Dr Ken Goss is a Consultant Clinical Psychologist with over 30 years of experience working with people with eating difficulties. He has published numerous academic papers and book chapters on the role of shame and compassion in eating disorders. He leads an ongoing research program exploring these issues and their relationship with therapeutic practice and outcomes. He was the Course Director of the Birmingham University Post Graduate Diploma training course in Compassion Focused Therapy (CFT). He has worked closely with Professor Paul Gilbert, the originator of Compassion Focused Therapy and pioneered the use of Compassion Focused Therapy for Eating Disorders (CFT-E). He is the author of the first book on CFT for disordered eating, "The Compassionate Mind-Guide to Ending Overeating" (New Harbinger Publications, 2011), currently under evaluation for its clinical efficacy as a guided self-help program.

## **Syllabus**

PowerPoint

Introduction

### Understanding Eating Disorders and Compassion

Need for Compassion in ED-Edis

Drop Outs and Treatment Failures

Eating Disorders & Shame Research

### Clinical Insights and Affect Regulation

Clinical Reflections 1

Types of Affect Regulator Systems in Eating Disorders

Clinical Reflections 2

Obesity Shame and Self Compassion

Clinical Reflections 3

Clinical Reflections 4

Some difficulties

Clinical Reflections 5

### The Satiety System and Reflections

Satiety system part 1

Satiety system part 2

Clinical Reflections 6

### Compassionate Models and Consequences

A Compassionate Model for Understanding How Eating Disorders Develop

Clinical Reflections 7

Unintended Consequences

Clinical Reflection 8

### The Compassion Focused Therapy for Eating Disorders (CFT-E)

The CFT-E Model

The CFT-E Program

Low Weight Obesity and CFT

### Advanced CFT-E2 Framework

CFT-E2 Model part 1

CFT-E2 Model part 2

CFT-E2 Developing Capacity

Stages of CFT-E2

CFT-E2 Psycho-education

### CFT-E2 Skills and Recovery

CFT-E2 Skills session 1 to 6

CFT-E2 Skills session 7 to 12

CFT-E2 Recovery

CFT-E2 Outcomes

Conclusion

## Bibliography