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:
Eating disorders and eating distress are particularly challenging to treat. They are frequently associated with high levels of shame, self-criticism and fear of compassion, which contribute to the development and maintenance of psychological distress. These same processes can make therapy itself feel threatening, which helps explain why drop-outs and treatment failures are common.

Dr. Kenneth Goss, Consultant Clinical Psychologist, pioneered Compassion Focused Therapy for Eating Disorders (CFT-E), a transdiagnostic approach rooted in Compassion Focused Therapy that retains key elements of eating disorder treatment such as structured eating, meal planning and therapeutic weighing. In this on-demand online training, made up of pre-recorded video lessons organised into chapters, he presents the CFT-E model, the research that supports it, and how to implement it in practice, including its more recent development, CFT-E2.

You will learn how to help clients understand their eating disorder as an understandable "safety strategy", how the threat, drive and soothing systems (the "Three Circles") operate in eating disorders, and why biological starvation and the hunger–satiety system must be addressed during treatment. Dr. Goss also describes the fears of and blocks to compassion that clients often face during recovery, and how these can be worked with.

This training covers:

• The need for compassion in eating disorders/eating distress, and why drop-outs and treatment failures are

common
• Research on shame, self-criticism, self-compassion and fear of compassion in eating disorders, eating distress and obesity
• The "eating disorder voice" and its links with self-criticism
• Affect regulation systems (the "Three Circles") in eating disorders, including the role of pride
• Set point theory, the hunger–satiety system and the effects of biological starvation
• A compassionate model for understanding how eating disorders develop, including their intended and unintended consequences
• The CFT-E model, CFT-E formulation and the CFT-E group program
• Applications of CFT with low-weight clients, obesity, binge eating and carers
• The CFT-E2 model: core assumptions, foci of change, developing capacity for safeness and compassion, and the stages of therapy
• The phases of the CFT-E2 program: psycho-education, skills, recovery and maintenance
• Outcome research on CFT-E and CFT-E2, including an inpatient randomized controlled trial comparing CFT-E with CBT

Throughout the lessons, clinical reflection exercises invite you to apply the material to your own clients and to consider how CFT-E could be integrated into your clinical practice, at your own pace.

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 Ken Goss, psychologist, 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

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*