Cognitive Behavioral Therapy for Eating Disorders (CBT-E)

28-29 August 2024

A Live, Interactive Webinar

Description:

In this 2-day foundational training, therapists will learn Enhanced Cognitive Behavior Therapy for Eating Disorders (CBT-E). CBT-E is the frontline treatment for the most common eating disorders across the lifespan. The workshop focusing on equipping therapists with the skills and knowledge to implement CBT-E confidently. Therapists will gain an understanding of the main CBT-E interventions and how to apply them effectively on an individualized basis with clients. Teaching methods will center on didactic sessions, reviewing live and recorded demonstrations, and in-workshop practice. (Bailey-Straebler et al., 2024; Barakat et al., 2023; Atwood et al., 2020)

Total CE Credits: 14.0
Total Contact Hours: 14.0

Learning Objectives:

Following the training, attendees will be able to:

1. Differentiate the main eating disorder diagnostic categories and how CBT-E's transdiagnostic approach is suitable for the most common presentations.
2. Explain the cognitive theory underpinning CBT-E, with understanding of the core psychopathology that maintains eating disorders.
3. Create personalized CBT-E case formulations.
4. Use self-monitoring records as a tool to modify eating disorder behaviors, emphasizing its role in promoting self-awareness and behavior change.
5. Explain the components of the CBT-E treatment intervention: regular eating, including strategies for implementing structured meal times and addressing challenges in adherence.
6. Appraise the impact of diet and exercise culture on the development and maintenance of an eating disorder, critically examining societal influences and stigma associated with body image ideals.
7. Apply CBT-E interventions to reduce body shape and weight checking behaviors and avoidance behaviors, using behavior modification and exposure-based techniques.
8. Create individualized CBT-E staying well plans for continued progress and relapse prevention, tailoring strategies to address specific risk factors and challenges unique to each client.
9. Modify CBT-E for use with military personnel, considering the impact of trauma, deployment experiences, and military culture on treatment.
10. Integrate considerations of context and cultural humility when providing CBT-E, recognizing the importance of cultural sensitivity, diversity, and inclusivity in therapeutic practice.

Target Audience: For behavioral health providers who treat military personnel, veterans, and their families.

Instructional Content Level: Intermediate

Agenda:

Day One

	Start	End
Introduction & Workshop Overview	8:30	9:00
Why CBT-E	9:00	9:30
Stage One Interventions: Self-monitoring	9:30	10:30
Break	10:30	10:45
Regular Eating & Weighing	10:45	11:45
Urge Tolerating & Alternative Activities & Feelings of Fullness	11:45	12:45
Lunch Break	12:45	13:45
Stage Two: Reviewing Progress	13:45	14:45
Break	14:45	15:00
Stage Three: Dieting and Diet-related Rules	15:00	16:00
Body Checking Part 1	16:00	17:00

Day Two

	Start	End
Review & Questions from Day 1	8:30	9:30
Body Checking Part 2	9:30	10:30
Break	10:30	10:45
Body Avoidance	10:45	11:45
Events, Emotions, and Eating	11:45	12:45
Lunch	12:45	13:45
Origins of the Overevaluation of Shape and Weight	13:45	14:45
Break	14:45	15:00
Stage four: Staying Well & Relapse prevention	15:00	16:00
Wrap up & Questions from Day 2	16:00	17:00

Continuing Education:

Course Completion Requirements: Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be

available for download within 30 days after all course requirements have been completed.

American Psychological Association Sponsor Approval:
The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

Association of Social Work Boards Approved Continuing Education Provider Approval:
The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2022 – May 19, 2025. Social workers completing this course receive 14.0 Live, Interactive Webinar continuing education credits.

New York State Education Department's State Board for Psychology Provider Approval:
The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0178).

New York State Education Department's State Board for Social Work Provider Approval:
The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

Inquiries regarding CE credits may be directed via email to Katie Medina at katie.medina.ctr@usuhs.edu.

Date: 28-29 August 2024

Time: 8:30 am – 5:00 pm Eastern

Registration Information: https://deploymentpsych.org/training

Registration Deadline: Registration will close one week prior to the start of the training or when capacity is met.

Cancellations/Questions: Please contact katie.medina.ctr@usuhs.edu if you have any questions or need to cancel your registration.

Registration Cost/Refunds: This training is free for those with a .mil email address and $45 for all others.

Required Materials: None

Location Information: On-line via Zoom

Instructional Format: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

System Requirements:

> **Zoom:**
> - Internet connection
> - Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
> - Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
> - Hardware: 1Ghz processor or higher

Special Accommodations: If you require special accommodations due to a disability, please contact Katie Medina at katie.medina.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.

Grievances: For any grievances or concerns with this training including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Ms. Amanda Stanley-Hulsey, via email at amanda.stanley-hulsey.ctr@usuhs.edu.

Instructor Biographies:

Suzanne Straebler, Ph.D. - For over a decade Suzanne worked as a Senior Research Clinician at the Centre for Eating Disorders at Oxford (CREDO) under Christopher Fairburn and Zafra Cooper. While there she helped to further develop CBT-E and investigate ways to improve access to CBT-E through investigating and increasing clinician training. In 2015 Suzanne completed her doctorate focused on this entitled: Towards Scalable Training: Narrowing the Research-Practice Gap in the Treatment of Eating Disorders.

Currently Suzanne serves as the Director of the Center for Eating Disorders Partial Hospital Program and Outpatient Specialty Clinic, Weill Cornell Medicine New York-Presbyterian Hospital. The main goal of her work is to provide and research day program treatment and intensive outpatient treatment centered on CBT-E. Suzanne has modelled the program based on the work of Riccardo Dalle Grave. In addition, she provides expert training and supervision in CBT-E and hosts an online peer support supervision group. Together with Rebecca Murphy, Suzanne founded and co-chairs the CBT for eating disorders special interest group for the Academy of Eating Disorders.

**There is no commercial support or conflict of interest to report for these presenters.