

Therapist Self-rated CBT-E Components Checklist for Adults

Session the component was covered:	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	+	
Stage 1																							
*Assessment (including measures EDE-Q, CIA)																							
*Describe treatment																							
*Jointly create formulation (including reviewing/ updating throughout treatment)																							
*Introduce/review self-monitoring																							
*Collaborative weekly weighing (including education)																							
*Regular eating (positive features) including hunger/ fullness																							
*Education about eating disorders (guided reading)																							
Alternative Activities																							
Urge surfing																							
Address other features (style of eating, purging, exercise...)																							
Motivation to change																							
Involving significant others/ joint session																							
Stage 2																							
*Review of progress (including measures)																							
*Planning Stage 3																							
Stage 3																							
*Over-evaluation pie chart																							
Body image: Extended formulation																							
Body image: Expanding marginalised domains																							
Body image: Body checking and avoidance																							
Body image: Feeling fat																							
Dietary Rules: Explore, identify and address																							
Proactive problem solving																							
Analysis of eating disorder behaviours (binge analysis, vomiting analysis etc.)																							
Mood tolerance/modulation																							
Over evaluation of control over eating																							
Historical review/exploring origins of over-evaluation																							
*Manipulating mindsets (including dealing with setbacks)																							
Stage 4																							
*Review of progress (including measures)																							
*Stopping self-monitoring and handing over weekly weighing																							
*Discussing ending/concerns																							
*Maintenance of change (short term plan)																							
*Relapse prevention (long term plan)																							
Underweight features/Undereating/Ambivalence																							
Motivation to change (may also use with ambivalent non u/w)																							
Education about starvation features																							
Weight regain																							
Weight maintenance																							
OTHER																							

*Essential components for use with all patients (the remaining components are optional and used "as needed")