## 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")

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