

30<sup>th</sup> September &  
1<sup>st</sup> October  
2019  
Oxford

# Introduction to CBT-E Clinical Workshop

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## CBT-E

CBT-E is the abbreviation for “enhanced cognitive behaviour therapy” and it refers to a “transdiagnostic” psychological treatment for eating disorders. It is an individualised treatment with four stages. CBT-E is a NICE recommended treatment for all forms of eating disorders in adults (anorexia nervosa, bulimia nervosa and binge eating disorder). NICE recommends CBT-E for young people where family-based approaches are not appropriate.

## A Two-Day Training Workshop for Clinicians

This workshop is primarily intended for those who have relatively limited experience of CBT-E and would like an introduction to using CBT-E. It will also be suitable for practitioners who would like a refresher course. The workshop will focus on CBT-E for use with adult outpatients but other versions will also be discussed. It will include clinical demonstrations and practical exercises. Both presenters have extensive experience of CBT-E and are trained CBT-E research trial therapists.

## Programme

- CBT-E and its current status
- Stage 1: Starting Well
- Stage 2: Taking Stock
- Stage 3: Body Image, Dietary Restraint, Events and Moods
- Stage 4: Ending Well
- Underweight Patients
- Guided Self-Help for Binge Eating
- CBT-E Resources and Further Training

## Practicalities

Cost: £250. Includes lunch and refreshments.

Venue: Richard Doll Building, University of Oxford, Oxford OX3 7LF

***Please book early to avoid disappointment as spaces are limited.***

To book your place go to:

<https://www.oxforduniversitystores.co.uk/conferences-and-events/department-of-psychiatry/events/introduction-to-cbte-clinical-workshop>

For further details email: [cbte.enquiries@gmail.com](mailto:cbte.enquiries@gmail.com)