

All the benefits in half the time? How to deliver an evidence-based brief CBT for adults with non-underweight eating disorders – 31 mei 2018

Most cognitive-behavioural therapy (CBT) protocols for treatment of patients with non-underweight eating disorders suggest that CBT should take about 20 sessions. However, patients report that their CBT for most such disorders lasts for a mean of about 40 sessions. So should we be extending our CBT protocols, or should clinicians be aiming to deliver them more efficiently? Indeed, do we even need 20 sessions?

Glenn Waller will tell you everything about it at this teaching day on 31 may 2018.

Program

09.30 – 10.00 uur	Arrival and registration
10.00 – 10.30 uur	Evidence that brief, focused therapies work, including CBT-T
10.30 – 11.30 uur	Understanding the principles and therapeutic stance in CBT-T; using the protocol flexibly
11.30 – 11.45 uur	Coffee break
11.45 – 12.45 uur	Role play of Session 1
12.45 – 13.45 uur	Lunch break
13.45 – 15.15 uur	Key skills to deliver within CBT-T protocol, and when to deliver them - exposure, behavioural experiments, cognitive restructuring
15.15 – 15.30 uur	Coffee break
15.30 – 16.30 uur	Body image work, and how to choose them
16.30 – 17.00 uur	Relapse prevention and using follow-ups