(Group-)Schema Therapy for Eating Disorders

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January 31 and February 1, 2019

(2-day, 12 hours workshop)

The Schema Therapy (ST) Mode model is well suited to the eating disordered population, particularly those with complex problems, rigid personality traits & interpersonal difficulties. Schema Therapy (ST) is an integrative therapeutic approach aimed at treating those with entrenched interpersonal, self-identity and characterological difficulties. One of the focal guiding strategies in ST is the development of a formulation & treatment plan which links early origins & underlying functions of eating disorders with current symptoms. This model addresses change not only at an intellectual/cognitive level, but also incorporates techniques that lead to emotional & behavioural change. ST techniques specifically target the rigid belief systems & high levels of avoidance characteristic of both characterological disorders & complex eating disorders that frequently interfere with progress in traditional treatments.

This workshop will describe:

- Key features of the Schema Therapy Model & rationale for application with eating disorders

- Strategies for change, with an emphasis on deeper level change with core beliefs/schemas

- Preliminary evidence for the Schema Therapy model with eating disorders

- An opportunity to practice using powerful methods of addressing the 'Anorexic Voice'

- Case study examples to enable participants to consider how they could apply schema change techniques with complex eating disorder clients.

- Opportunity to think about how you could apply schema change techniques with your own complex eating disorder clients.

Program

Day 1:

10.00 – 11.30 Introduction

- Gaps in Eating Disorder evidence base

- Comorbidity and complexity in Eating Disorders

- Rationale for Schema Therapy for Eating Disorders

- Preliminary evidence of Schema Therapy for Eating Disorders

11.30 – 11.45 Coffee and tea break

11.45 – 13.00

- Quick review of the basics of schema mode therapy & how it can be applied to eating disorders – with case example

- Group Exercise: Developing a mode map for conceptualizing Eating Disorders

13.00 – 14.00 Lunchbreak

14.00 – 15.30

- Schema assessment & education

15.30 – 15.45 Break

15.45 – 18.00

- Group Exercise (Cognitive): Develop a schema/mode flashcard for Eating Disorders

- Group Exercise (Experiential): Imagery Rescripting with childhood experiences directly/indirectly linked to development of Eating Disorders

Day 2:

09.00 – 12.30 (with a coffee and tea break between 11.30 and 11.45)

- Group Exercise: Experiential: Chair work

* + Fighting the Inner Critic
  + Bypassing the Overcontroller mode (therapist plays Vulnerable Child)
  + Bypassing the Overcontroller mode (therapist plays Devil’s Advocate)

12.30 – 13.30 Lunch break

13.30 – 14.45

- Group Exercise: Imagery Rescripting

* + Bypassing the Overcontroller Mode
  + Future-focused imagery

14.45 – 15.00 Break

15.00 – 16.00

- Common pitfalls and issues

- Questions & opportunity to discuss cases

Mandatory literature (total number of pages: 50)

\* Simpson, S. Schema Therapy for Eating Disorders: A case study illustration of the mode approach. (2012) In M. van Vreeswijk, J. Broersen & M. Nadort (Eds.) (2012). The Wiley-Blackwell Handbook of Schema Therapy: Theory, Research and Practice, Part III Chapter 1. (pp. 145-171). Wiley:Chichester, UK.  
\* Calvert, F., Smith, E., Brockman, R., & Simpson, S. (2018). Group schema therapy for eating disorders: study protocol. *Journal of Eating Disorders 6, 1-7.*\* Simpson et al. (2018) Factorial Structure and Preliminary Validation of the Schema Mode Inventory for Eating Disorders (SMI-ED).*Front. Psychol*. doi: 10.3389/fpsyg.2018.00600.