Programma

09:00-10:30: Introduction

10:30-11:00: Coffee break

11:00-12:30: Workshop round 1

12:30-13:45: Lunch break

13:45-15:00: Workshop round 2

15:00-15:30: Coffee break

15:30-16:45: Workshop round 3

16:45: Drinks and informal get-together

Introduction: update on research and general CBT-E principles

Morning session: Starting treatment and behavior change with emphasis on any problems concerning monitoring, in session weighing, weight regain and agreeing goals with patients with BED and overweight /obesity

First afternoon session: Stage three interventions, using broad CBT-E and any particular problems/issues (if people have particular issues they would like to discuss I would be glad to include)

Second afternoon session: Ending treatment/when to end/ maintenance plans etc. Comorbid conditions. Case discussions