*2-Day workshop given by dr. Susan Simpson*

*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