

Cognitive Behaviour Therapy for Eating Disorders 24th- 25th August 2017 - Leicester

We are a multidisciplinary team of 16 staff who specialise in the assessment and treatment of young people with eating disorders (such as anorexia nervosa and bulimia nervosa). The NICE guidelines for eating disorders were updated earlier this year and we wanted to ensure we could adhere to the revised guidelines and to ensure we are skilled in offering a range of evidence based therapeutic approaches to young people and their carers. As a relatively large group of staff we have found it very difficult to afford to access a local training event any much value team-based learning which we feel helps to embed change and learning much more effectively.

We successfully applied for team-based training to enhance our understanding in CBT-E (an evidence-based treatment for young people with eating disorders). The two-day training was facilitated by Sam Clarke-stone who has worked alongside Professor Chris Fairburn (who developed CBT-E) and has considerable experience of applying this therapy with adults and young people. The training was attended by 16 staff who all work directly with young people with eating disorders. The training outlined the evidence base of cbt-e and an outline of standard and extended versions. Sam drew on his wealth of clinical experience to demonstrate the approach in very accessible and engaging ways.

The feedback received indicated that all had found the training extremely valuable and felt confident to implement this therapy in their work. The staff have all since made plans to ensure this training is embedded within pathways and supervision (including peer CBT-E supervision). This will ensure they retain the knowledge and skills gained from this invaluable training opportunity.

We would highly recommend this training to eating disorder teams and suggest that learning as a team created a very rich and stimulating learning environment. Our sincere thanks to FPSA in supporting this invaluable opportunity.