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| 12th & 13th February 2024  Cognitive Behavioural Therapy-Enhanced (CBT-E) for Eating Disorders  Cúnamh is hosting Sam Clark-Stone for a two-day training programme in CBT-E.  Sam is a Mental Health Nurse and has led and developed the Gloucestershire open access, all age community eating disorders service since 1996. He developed a home treatment service for young people and a day treatment program for people aged 16+. The service also pioneered implementation of the Body Project primary prevention intervention. Sam was actively involved in setting up the British Eating Disorders Society (BEDS) and has been Chair of the Trustees since it became a charity in 2018. He is also a Co-Chair of the Adolescent Eating Disorders Research Consortium and a member of the Beat Clinical Advisory Group.  Sam regularly trains new members of his own team in CBT-E and provides weekly supervision. Sam has trained numerous teams across the country and has agreed to bring his program, in person to Ireland for the first time.  **Itinerary**  **9:00 Day 1 Registration**  9:30 Introductions  9:45 Why use evidence-based treatments?  Do we practise evidence-based treatments and if not why?  The current status of CBT-E    **11.00 Break**  11.30 Overview of focused CBT-E for normal weight adults and adolescents.  Stage 1.  Setting therapy up  Engaging the patient and formulation:  Establishing monitoring and regular eating, guided reading, disrupting binge eating, involving significant others.  **13.00 Lunch**  13.30 Stage 2 Reviewing progress and Barriers to change.  **15.00 Break**  15.30 Stage 3 (continues into day 2)    Expanding the formulation to address self-evaluation.  Tackling dieting behaviours.  Addressing body image  Addressing feeling fat  Problem solving  Addressing mood intolerance  Historical review and Mind sets  **16.30 Finish**  **9.30 Day 2 start - Continuation** of stage 3  **11.00 Break**  11.30 Stage 4  Maintaining changes in the future  Relapse prevention.  **13.00 Lunch**  13.30 Addressing low weight.  **15.00 Break**  15.30 Completion of low weight protocol  Discussion. | |  | | --- | | CBT-E is the leading evidence-based treatment for eating disorders. \_\_\_\_ Certificate upon completion of Programme \_\_\_\_ Limited Places Available \_\_\_\_ BOOKING IS ESSENTIAL \_\_\_\_ Programme Cost £220 | | **To Register**  **Please email your name to**  [**Elaine@cunamh.org**](mailto:Elaine@cunamh.org) **+**   1. **State the number of places required.** 2. **Your Organisation Name** 3. **Any Dietary Requirements** | |