

EVERYTHING YOU NEED TO KNOW ABOUT CBT FOR EATING AND BODY IMAGE



ABSTRACT

Eating disorders are notoriously difficult to treat, because some eating disorders carry high medical and psychiatric risk. Because of this, many clinicians shy away from accepting into their practice someone presenting with an eating disorder. Yet eating disorders are highly prevalent and in general settings, most clinicians are treating people with an eating disorder – even if the patient is presenting with other problems.

This workshop will focus on managing some of the thorny elements in the assessment, early intervention and treatment of body image and eating disorders, so that participants will be better able and more confident to assess, refer out or manage people with body image and eating disorders.

TWO-DAY IN-PERSON WORKSHOP

Date: Monday 2nd & Tuesday 3rd Dec 2024

Time: 9.00 am - 4.30 pm

Location: Commodore Hotel - Christchurch

Presenter: Dr. Anthea Fursland

LEARNING OBJECTIVES

- Greater understanding of the prevalence of eating disorders
- Increased confidence to assess, identify and manage body image and eating disorders
- Increased knowledge of some different interventions for body image and eating disorders



**DR. ANTHEA
FURLAND**

With over 40 years' experience, in the UK, USA & Australia, Anthea was Director of CCI and WAEDOCS, co-authored a web-based self-help resource and published many peer-reviewed papers. She has trained and supervised clinicians throughout Australia in CBT-E. She currently offers psychological assessment, training, and consultation. Anthea serves on the Steering Committee of the National Eating Disorders Collaboration and is a member of the Australian Government Department of Health Eating Disorders Technical Advisory Group. She is Past President of the Australia and New Zealand Academy of Eating Disorders (ANZAED), a Fellow of the Academy for Eating Disorders (AED), recipient of the 2016 ANZAED Lifetime Achievement Award, and the 2019 AED Outstanding Clinician Award.