

CBT-E Workshop

WHEN Starts: Thursday, August 8th 2024 at 10:00 AM
Ends: Thursday, August 15th 2024 at 5:00 PM

WHERE Online

COST \$891 (\$800 + GST + TryBooking Processing Fee)

This online, two day, interactive training provides participants with a solid understanding of Enhanced Cognitive Behavioural Therapy (CBT-E) and practical skills to implement it with clients. CBT-E is a transdiagnostic approach to treating eating disorders, considered to be a gold standard, front line treatment for adults. It is a manualised and structured intervention that is simultaneously highly personalized and targets the factors that maintain a person's eating disorder. The efficacy of CBT-E is supported by the fact that It is one of the modal training recognised by the Australian Eating Disorder Credentialing program and also one of the therapies that can be delivered for medicare subsidized treatment under the Eating Disorder Treatment Plan . The training will provide a comprehensive introduction to the model including detail on implementing each of the four stages of CBT-E and the application of these to the full range of eating disorders seen in clinical practice. Please note: a basic understanding of Eating Disorders and CBT are prerequisites for training. This workshop is credentialed for NEDC.



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