

CBTE- Adolescents Masterclass

WHEN Thursday, August 29th 2024
10:00 AM – 5:00 PM

WHERE Online

COST \$451 (\$400 + GST + TryBooking Processing Fee)

Psychologist and BodyMatters Director Sarah McMahon presents a one day workshop on Enhanced Cognitive Behaviour Therapy (CBT-E) for Adolescents. CBT-E offers a promising new evidence-based treatment framework for adolescents recovering from eating disorders. This workshop delves into the theoretical underpinnings of CBT-E for adolescents, helping participants understand when this treatment is indicated or contraindicated. It will highlight the key differences between the adult and adolescent versions of CBT-E, as well as between MFBT and CBT-E, ensuring that participants can effectively deliver the model. This includes formulating cases, implementing core tenets, understanding the treatment sequence, accessing clinical tools, and providing psychoeducation tailored to the client's clinical presentation. Participants will also learn to measure treatment adherence outcomes using standardised measures such as monitoring weight and eating disorder behaviour. This one-day workshop is designed to enhance an adolescent's agency and autonomy, build engagement, and apply the treatment transdiagnostically, with an emphasis on involving family members as part of the support framework. Pre requisite: Completed 2 day training in CBT-E



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