

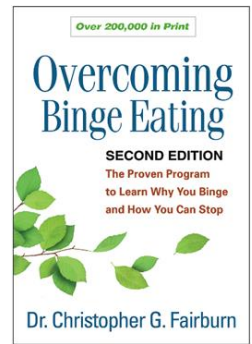
Interventions for Eating Disorders

Guided self help

This is a first line evidence-based intervention for a presentation of Binge Eating Disorder or Bulimia Nervosa.

As part of engaging in the treatment you will be asked to read the 'Overcoming Binge Eating' book by Christopher Fairburn.

The book is designed as a self-help programme. When necessary, it can be used in a guided self-help format. The latter involves you following the programme supported by regular sessions with your therapist. The programme consists of 8- 12 sessions which will be no longer than 30 minutes. You will have a review after 4 sessions and at regular intervals after that.



It is not a weight loss programme. The programme aims to help you gain control of your eating

The programme requires active engagement from you. It will help you to change your behaviours if you are motivated to do so.

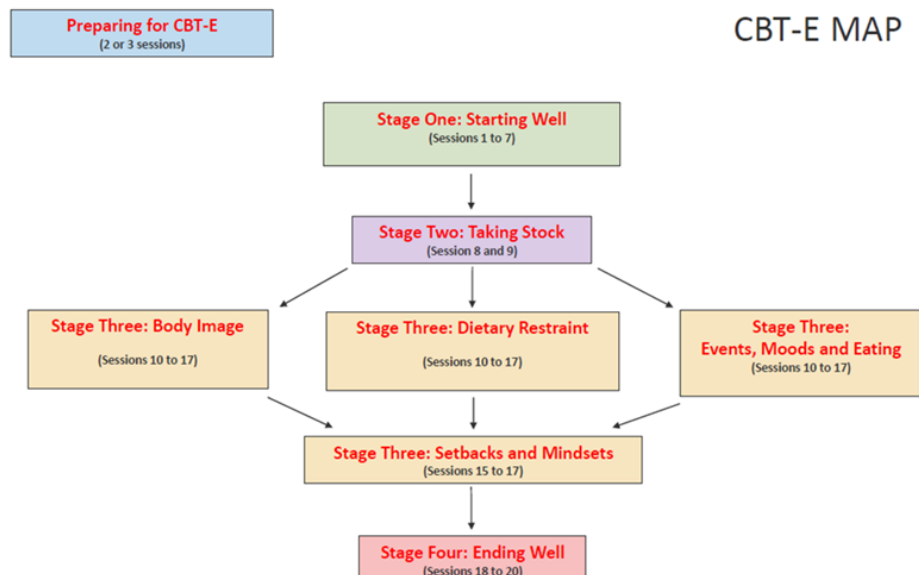
CBT-E

CBT-E stands for Cognitive Behavioural Therapy- Enhanced. CBT-E is an evidence- based intervention developed as a treatment for adults with eating disorders including anorexia nervosa, bulimia nervosa, and binge eating disorder.

CBT-E therapy is time limited (meaning it works through a process with a definite end after a certain number of sessions). Individuals are usually offered up to 20 therapy sessions. Often sessions are twice weekly for the first four weeks, after which the remaining sessions will be weekly. Session length is often a therapeutic hour (50-60 minutes). The therapy is collaborative which means that it needs active participation to be beneficial. You will have a review after the first 7 sessions and at regular intervals after that.

As part of engaging in the treatment you will be asked to read the 'Overcoming Binge Eating' book by Christopher Fairburn. As part of the weight restoration programme, you will be weighed each week in session. Depending on your treatment plan you may also meet with a dietician who can give you advice on what food to include in your diet.

CBT-E is divided into 4 stages.



Schema Therapy for Eating Disorders

When clinically indicated Schema Therapy for Eating Disorders may be offered.

Schema therapy (ST) is an integrative therapy that brings together elements from cognitive behavioural therapy, attachment, object relations theory, Gestalt and experiential therapies. A schema therapist helps clients to gain a better understanding of their pervasive dysfunctional patterns, organising those patterns, and presenting them in an extensive and structured manner.

Schema Therapy for Eating Disorders has been specifically adapted for individuals presenting with eating disorders such as Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder. The therapy specifically focuses on how dysfunctional patterns impact on eating behaviours, how the patterns developed, how they evolved, and how they play out in the present and thus understand your eating disorder better.

This therapy may consist of up to 20-24 sessions; session length is often a therapeutic hour (50-60 minutes).