



The Queensland Eating Disorder Service (QuEDS) present:

# Dr Anthea Fursland

## Cognitive Behaviour Therapy Enhanced (CBTe)

**SESSION 1: GOLD COAST | 30 & 31 March 2020 | 8:30am–4pm**

Gold Coast Education Centre, Gold Coast University Hospital, Southport, Gold Coast

**SESSION 2: BRISBANE | 2 & 3 April 2020 | 8:30am–4pm**

Royal Brisbane and Women's Hospital Education Centre, Herston, Brisbane

NOTE: Attendance on both dates of the chosen session is required.



Dr Anthea Fursland is a Consultant Clinical Psychologist who has worked in the eating disorders field for 39 years, previously in the UK and the US. She is the Director of WAEDOCs and past Director of the Centre for Clinical Interventions (CCI). She and Dr Sue Byrne introduced CBT-E to Australia in 2005, and since then, Dr Fursland has provided training and ongoing consultation to clinicians in WA, QLD, NSW, VIC, TAS and SA. She has co-authored several peer-reviewed papers and created a web-based self-help resource: <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating>

### What is CBT-e?

Developed in the UK by Christopher Fairburn, out of his CBT for Bulimia Nervosa. From his transdiagnostic theory, which states that all eating disorders share similar core psychopathology, he enhanced his original treatment and made it transdiagnostic. It is applicable to all eating disorders and research suggests it is helpful for all eating disorders.

### THIS COLLABORATIVE WORKSHOP WILL INCLUDE INFORMATION ON:

- An overview of the issues relevant to treating people with eating disorders
- Theoretical background and research base of CBT-e
- A comprehensive introduction to Enhanced Cognitive Behaviour Therapy (CBT-e)
- An understanding of how the transdiagnostic approach of CBT-E can be used with the full range of eating disorders seen in clinical practice
- Demonstrations of behavioural and cognitive interventions used in CBT-e
- Opportunities to practice skills

The training will involve didactic, interactive and experiential practice opportunities. Prior knowledge of understanding eating disorders and basic CBT principles is assumed.

QuEDS are very excited to present these workshops at a **reduced registration fee** of only \$300 for this 2 day training.

This course will be catered. Places are strictly limited; please book early.

Ongoing group/individual consultation will be available and is encouraged.

More information on how to access this will be provided in the course materials.

**Phone:** 07 3114 0809 **Email:** [QuEDSeducation@health.qld.gov.au](mailto:QuEDSeducation@health.qld.gov.au)

**SESSION 1: GOLD COAST** [www.metronorth.health.qld.gov.au/events/cbt-gc](http://www.metronorth.health.qld.gov.au/events/cbt-gc)

**SESSION 2: BRISBANE** [www.metronorth.health.qld.gov.au/events/cbt-bne](http://www.metronorth.health.qld.gov.au/events/cbt-bne)