

NORTH EAST AND CUMBRIA BRANCH

CBT for Binge Eating

Presented by Professor Glenn Waller

Thursday 27th June 2019

Times: 9.45am to 4.15pm

Venue: Royal Station Hotel, Neville St, Newcastle upon Tyne NE1 5DH

About the workshop

Binge-eating and overeating are very common phenomena, both in the field of eating disorders and beyond. They have high social and medical costs, reducing quality of life substantially. Successful treatment requires understanding and addressing the antecedents, triggers and maintaining factors. Cognitive-behavioural therapy has a positive record of addressing these phenomena. However, stigma and shame issues mean that many cases go untreated.

This workshop will address the evidence regarding the prevalence of binge-eating and overeating, and the wider cognitive, social and emotional benefits for the patient of reducing these behaviours. The evidence for different approaches will be considered, including the importance of working with dietary intake and body image.

The workshop will then address the core CBT skills that you need to reduce levels of bingeing and overeating. Using the Newton's Cradle model, we will formulate these behaviours, and outline methods to address them, using dietary change, environmental changes, exposure, imagery rescripting, and other behavioural and cognitive approaches. Case examples will be used throughout.

About the presenter

Glenn Waller is Professor of Clinical Psychology at the University of Sheffield, UK. His clinical and academic specialism is evidence-based CBT for eating disorders, with a particular emphasis on effective treatment in routine clinical settings.

He has published over 260 peer-reviewed papers, 20 book chapters and two books in the field, and regularly presents workshops at national and international meetings. He is Chair of the BABCP Scientific Committee. He is past president of the international Academy for Eating Disorders, an Associate Editor of the International Journal of Eating Disorders, and he is on the editorial board of Behaviour Research and Therapy. Glenn was a member of the NICE Eating Disorders Guideline Development Group, responsible for the 2017 update to the eating disorders guideline.

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Registration and General Information

Fees: BABCP Member: £55 Non-Member: £70

Lunch and refreshments are included. A CPD certificate for 6 hours will be issued.

Closing date for registration is midday Friday 21/06/19

For any event queries please contact BABCP on 0330 320 0851 or workshops@babcp.com

The booking form can be found on the website here - <https://www.babcp.com/Training/Events.aspx>

For venue enquiries please see website - <https://www.thecairncollection.co.uk/hotels/royal-station-hotel/>