

## TRANSDIAGNOSTIC CBT FOR EATING DISORDERS (2 DAY WORKSHOP)

Booking link : <https://unifiedcbt.com/workshops/>

Website: <https://unifiedcbt.com/>

Contact: Dr Sanjay Rao Email: [info@unifiedcbt.com](mailto:info@unifiedcbt.com) Phone: 1-888-691-6111

### MEET YOUR TRAINER

#### Dr Jenna Whitney

PHD CLINICAL PSYCHOLOGIST, CLINICAL LEAD IN  
PSYCHOLOGICAL THERAPIES, NOVA SCOTIA HEALTH AUTHORITY

Dr Jenna Whitney is a Provincial Clinical Practice Lead in Psychological Therapies in the Nova Scotia Health Authorities. She completed her training in Clinical psychology from the Institute of Psychiatry, London, UK and PhD in eating disorders under Professor Janet Treasure.

Dr Whitney has provided training and supervision in eating disorder in both UK and Canada. She is trained in CBT, DBT and CAT and manages clients with complex eating disorders. She has published her work in International journals and currently has a role to train and supervise therapists across the province of Nova Scotia.



### COURSE DETAILS

#### DATE

Monday April 6, 2020 -  
Tuesday April 7, 2020

#### TIME

9:00 am-4:00 pm(ET)

#### VENUE

Webinar

#### BOOKING LINK

<https://unifiedcbt.com/workshops/>

#### FEES

Early Bird Fee: \$449 (ends Feb. 24th, 2020)  
Student Fee: \$425  
Full Fee: \$495

#### COURSE DESCRIPTION



This course will provide the theoretical underpinnings and practical application of transdiagnostic CBT for eating disorders with adults. CBT is the treatment with the best evidence-base for adults with Bulimia Nervosa and Binge Eating Disorder. It is also one of the treatments with the most empirical support for adults with Anorexia Nervosa. This course will provide guidance around the assessment and diagnosing of adults with eating disorders and information around the evidence-base for the treatment of eating disorders. The bulk of the information will be around the application of CBT for eating disorders, including, but not limited to, provision of psycho-education, liaising with medical health professionals around physical risk, patient formulation / maintenance cycles, the use of food diaries and in-session

weighing in treatment, behavioural experiments and exposure, body image work, working with common presenting difficulties and co-morbidities, common pitfalls clinicians make when working with people with eating disorders, and relapse prevention. Information will be provided didactically and there will also be opportunities for learning via working with vignettes, role plays and group work.