



National Centre for Eating Disorders

MASTER PRACTITIONER PROGRAMME

Treatment Skills for Eating Disorders and Obesity

The NCFED offers a complete, unique training programme with three distinct modules, teaching the theory and state-of-the-art practical skills for eating disorders and obesity. Each one of the Modules listed below are courses which can be taken on their own to enhance your CPD and broaden your knowledge and wisdom. You can however achieve Master Practitioner status by doing all three courses plus a given assignment which follows each course. The courses are suitable for psychologists, counsellors, coaches, doctors, nurses and all other mental health professionals.

EXPANDING YOUR HORIZONS

Module 1:

Practitioner Skills for Eating Disorders
8 days (split) Diploma Course
London. For latest dates see booking form

A practical and intensive course which embraces a range of evidence based psychological therapies for all eating disorders and offering a range of learning formats. A high experiential content enables delegates to examine and improve their own relationship with food.



Approved by the British Psychological Society Learning Centre for the purposes of Continuing Professional Development

Module 2:

Essential Obesity: Psychological Approaches
3 days Certificated course
London. For latest dates see booking form

A stand-alone course which complements the eating disorder training by teaching holistic skills for working with obesity in adults.

Module 3:

Nutritional Interventions for Eating Disorders **2 days Certificated course**
London. For latest dates see booking form

A course for counsellors and clinicians who do not have nutritional qualifications but who wish to understand how to use basic nutritional approaches as part of their therapeutic approach.

AWARDS

MODULE 1	DIPLOMA
MODULE 1 plus 2 OR 3	ADVANCED DIPLOMA
MODULE 1, 2 and 3	MASTER PRACTITIONER

MODULE 1 PRACTITIONER SKILLS FOR EATING DISORDERS 8 days (split)

This course teaches practical treatment skills for anorexia nervosa, bulimia nervosa, binge eating and atypical forms of these disorders. After this course you should expect to be competent in working with these disorders, designing comprehensive and effective treatment plans and achieving excellent rapport with people who require your help. Completion of an optional assignment leads to the award of Diploma. You may choose to submit a treatment plan for a client case or a self reflection study based on what you have learned. Full feedback is given.

Hunger and Appetite

- Normal, abnormal and disordered eating
- Physiology and psychology of hunger
- Psychology of dieting
- Meanings of food
- Food addictions (e.g. chocolate)
- Food and mood

Aetiology and Description

- Predisposing and precipitating factors
- Definitions, descriptions and evolution of each disorder
- Physical and emotional consequences
- Functional value of eating distress
- PERPETUATING FACTORS

Assessment and Engagement

- Eating and weight lifelines
- Eating Disorder Scales
- Therapist qualities and communication needs
- Diagnosis: all eating disorders and subtypes
- Working with co-morbidity e.g. depression, self harm
- Exceptional cases
- Case conceptualisation / formulation
- Ready, willing and able, client positions
- Useful starting positions for obese binge eaters, bulimia and anorexia

Anorexia Nervosa

- Phases of therapy for anorexia nervosa
- Assessment for anorexia
- Targets for therapy in anorexia
- Motivational interventions
- Useful therapies (eg family work) and application

Nutritional and Psycho-educational Interventions

- Legitimising hunger
- Fostering stability via behaviour change
- What the client needs to know (and when)

Treatment Development

- Phases of therapy for bulimia and binge eating
- Team building and maintaining rapport
- Behavioural interventions
- Resource building for ongoing therapy
- Crisis management

Emotional Eating

- Trauma, attachment and the emotional brain
- The function, origin and significance of emotional eating
- Emotional triggers, depression, anxiety, anger, guilt, shame, loneliness
- Managing guilt and shame
- Emotional resilience and boundary setting

Cognitive Interventions

- Thoughts, feelings and behaviour; the relationship
- Attitude traps of anorexia
- Attitude traps of overeating disorders
- Core beliefs and schema level representation
- Cognitive restructuring
- Adjusting values

Body Image

- Origin of body distress and consequences
- Behavioural and cognitive presentation
- Gender differences
- Useful interventions
- Transference and counter transference issues

Utilisation

- Medication in therapy
- Homework tools for change
- Obesity versus eating disorder therapy
- An introduction to obesity practitioner interventions
- Designing care plans
- Prevention
- Lapse prevention skills for practitioners
- Fostering happiness

Experiential Work

This course has changed lives. Delegates will participate in a number of experiential exercises which will help them to gain a deep understanding of their relationship with food. In some cases there will be significant discoveries which may at the very least be personally useful and, in some cases may transform lifelong patterns of eating and weight control.

MODULE 2 ESSENTIAL OBESITY – PSYCHOLOGICAL APPROACHES 3 days

This practical course with pre-course home study teaches specific skills for managing obesity in adults by addressing the practical problems and also the deeper psychological factors which cause or perpetuate weight problems. Completion of an optional assignment based on your analysis of a client case leads to Certification in Obesity. A brief overview of content follows:

Practitioner Knowledge and Roles

- Causes, effects and myths
- The mechanics of weight gain and loss
- Physiological and medical issues e.g. PCOS
- Psychological aspects as cause and effect
- Treatments - diets, therapy options, exercise, VLCDs, pharmacology, surgical approaches, what works
- Maintaining factors, a model for treatment
- The meanings and functions of food
- The night eating syndrome

Motivation and Commitment – Ready Willing & Able

- Tools for assessment
- Assessing resources
- Reasons for change
- Working with ambivalence - useful tests and exercises
- Engagement and goal setting
- Practitioner roles, boundaries and responsibilities
- Motivational approaches

Nutritional Change

- Hunger and appetite in obesity
- Food “addictions”
- Pacing and shaping unhelpful patterns
- Essential nutritional knowledge
- Personalising nutritional needs
- Superfoods

Lifestyle, Relationships and Activity

- Resourcing for change
- Teaching problem solving skills
- Stimulus control and other behavioural interventions
- Relationship issues, sabotage and collusion
- Activity physiology and wisdom
- Lifestyle and programmed activity
- Fitting behaviour to client needs, beliefs and values

Cognitive Interventions - Attitude Change

- Attitude traps of obesity
- Tools for changing thoughts, beliefs and values
- Body image interventions
- Dealing with excuses, resistance and rebellion
- Relapse prevention strategies

Pathology

- Emotional and comfort eating
- Binge eating and bulimia in obesity
- Managing cravings and urges – impulse control
- Co-morbidity, trauma, affective disorder

Utilisation

- Weight loss versus maintenance – skills and challenges
- Personalising care plans
- Dealing with plateau
- Obesity treatment pathways
- NICE findings 2006

Experiential Work

This course is taught mostly “from the front” with audience participation throughout, plus group activity and video.

WHAT PEOPLE HAVE SAID ABOUT THIS COURSE

“I thought I knew a lot about eating problems. I didn’t know I would find so much more to be able to learn and DO”

“Thanks again for a super inspiring course. I am looking forward to finding a way to completely change my career and use all the information you have imparted in my new life”.

“Your generosity in sharing a lifetime of knowledge and expertise is breathtaking”



MODULE 3 NUTRITIONAL INTERVENTIONS FOR EATING DISORDERS 2 days

This practical course teaches clinicians and professionals who encounter eating distress in their work to use basic nutritional strategies as part of the management of these conditions. Although the training will not entitle you to practise as a Nutritional Therapist or nutrition professional, the programme is designed to help you apply the knowledge and skills you will learn safely and effectively. Completion of an optional assignment based on your analysis of a case study leads to a Certification award. No previous knowledge of nutrition is required.

Introduction and Overview

- Aims and objectives of the programme
- Definitions
- The rationale for, and role of, nutritional interventions in the management of eating disorders and eating distress
- How nutritional approaches can inform your practice and enhance your therapeutic work

Nutrition Basics

- Macro and micronutrients
- Categories, requirements and sources
- Functions and use in the body
- Key concepts in nutrition

Biochemical Imbalances

How common biochemical imbalances may affect physiological and emotional state and precipitate or perpetuate eating distress.

The course considers the relevance of:

- Nutritional deficiencies
- Neurotransmitter imbalance
- Blood sugar and hormone balance
- Food allergies, intolerances and 'addictions'
- Digestion and metabolism

Correcting Biochemical Imbalances with Nutrition

- The role of macro and micronutrients in managing eating distress
- Nutrition education and dietary choices
- Meal planning and portion size
- Overview of popular dietary approaches
- Common myths about food, diet & weight control

Lifestyle Factors

- Influence of lifestyle factors (e.g. stress and exercise) on physiological and emotional state
- Managing lifestyle issues through nutrition

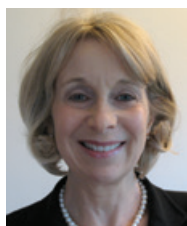
Putting Theory into Practice

- Incorporating nutritional approaches into practice
- First steps including client engagement
- Motivational issues and moving the client on
- Managing issues and difficulties particular to eating distress
- Working with comorbid / coexistent conditions
- Issues of safety and good practice

Experiential Work

The range of learning formats offered in this programme should help you increase your understanding of your own relationship with food and demonstrate how you might apply the information and techniques to yourself.

COURSE TUTORS



Deanne Jade

Deanne, a psychologist, is Principal and Founder of NCFED. Acknowledged as a leading expert in the treatment of eating disorders and obesity, she is a Fellow of the Royal Society of Medicine and has membership of many professional organisations including the European Health Psychology Society, the National Obesity Forum and an All Party Parliamentary Group for Obesity. She has assisted the NICE guidance development process for eating disorders, for obesity and bariatric surgery. Deanne, who represents the BPS on media matters, features frequently in the press and broadcast media. She is respected both for her knowledge and for her ability to deliver complex ideas in a style that is easy to absorb.



Jane Nodder

Jane has an MSc (with distinction) in Nutritional Medicine from the University of Surrey. She has many years' experience in the training and education of nutrition practitioners having worked as a Senior Lecturer and Clinic Supervisor at the University of Westminster, London. She is MSc Course Director at the Northern College of Acupuncture in York and also delivers nutrition workshops and training for a range of professional groups. Jane was a member of the NICE Guideline Development Group for Eating Disorders from 2002-2004. Jane has worked with NCFED for many years, and has an open encouraging style, making learning about nutrition as practical, accessible and informative as possible.



Guest Tutor Professor Julia Buckroyd

MA (St Andrews); MA (McMaster); PhD (Cambridge) Dip. Counselling (Birkbeck) Member Guild of Psychotherapists; Registered UKCP therapist. Julia, a Professor of Counselling is world famous for her expertise in eating disorders and obesity. Her main interests are the development of interventions for eating disorders / obesity based on an understanding of the psychological factors in their genesis and maintenance; plus, professional dance training from a psychological / developmental perspective. Main publications: 2000 'The Student Dancer', 2004 A multi group study in integrative group therapy for obese women. 2005 Establishment of Obesity & Eating Disorders Research Unit. 2007 'Therapeutic Groups for Obese Women: a group leader's handbook using research undertaken since 1999. Published 2007 'Psychological Approaches to Eating Disorders and Obesity', a product of conferences she has organised at Uni. of Herts.

