



# 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  
9 days (split) Diploma Course**

**Via Zoom.** 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.



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Learning Centre for the purposes of Continuing  
Professional Development

### Module 2:

**Essential Obesity: Psychological  
Approaches**

**4 days Certificated course**

**Via Zoom.** 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**

**Via Zoom.** 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 9 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 4 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 Jade MBPsS, a psychologist, is Principal & Founder of NCFED. Acknowledged as a leading expert in the treatment of eating disorders & obesity & Master Trainer, she is a Fellow of the Royal Society of Medicine & has membership of many professional organisations including the European Health Psychology Society, the Ass'n for the Study of Obesity & an All-Party Parliamentary Group for Obesity. She has assisted the NICE guidance development process for eating disorders, for obesity & bariatric surgery.



### Jane Nodder

Jane Nodder, MSc (distinction) in Nutritional Medicine, has many years' experience in the training & education of nutrition practitioners having worked as a Senior Lecturer & Clinic Supervisor at the University of Westminster, London. She is MSc. Course Director at the Northern College of Acupuncture in York & delivers nutrition workshops & training for professional groups. Jane was a member of the NICE Guideline Development Group for Eating Disorders, 2002-2004



### Guest Tutor Professor Julia Buckroyd

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 & obesity. She has specialist interest in professional dance training from a psychological / developmental perspective. & is author of several books & many publications.



### Emma Hendricks

Emma Hendricks DipION, BANT, CNHC, MSc Health Psychology; founder of The Eating Clinic, is a Nutritional Therapist & Behaviour Change Practitioner, now completing a Doctorate in Health Psychology specialising in eating behaviour. She has a private practice in Kent & works as a consultant in nutrition, & guest lecturer. Her focus is to bridge the gap between nutritional practice & the science of behaviour change.

