



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.



Approved by the British Psychological Society
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



Dr Jeremy Alford Phd

Jeremy is a psychologist, clinical hypnotherapist & biofeedback specialist with longstanding experience working in multicultural settings in Europe, the Middle East & Southeast Asia. He worked with many people who have struggled with many difficult life experiences & conditions which they have been able to overcome, with the help of evidence-based therapies. He adopts an integrative cognitive behavioural therapy approach to his practice and does incorporate mindfulness as an intrinsic part of his therapy. Jeremy is also a clinical hypnotherapist & a neurofeedback/biofeedback specialist. Jeremy is the founder of a non-profit organization -the Middle East Eating Disorders Association, to raise awareness & support those struggling with eating disorders in the region as well as train professionals. MEEDA is a partner chapter of the Academy of Eating Disorders for the Middle East.



Emma Hendricks MSc

Emma Hendricks DipION, BANT, CNHC, is a Health Psychologist, Nutritional Therapist & Behaviour Change Practitioner specialising in eating behaviour. She has a private practice in Kent & works as a consultant in nutrition & lecturer. Her focus is to bridge the gap between nutritional practice and the science of behaviour change



Kate Delmar-Morgan

Kate is a Registered Nutritional Therapist (rCNHC, fBANT) & nutrition consultant with a 1st class BSc (Hons) in Health Sciences & Nutritional Therapy in 2006 at the University of Westminster. She is a fellow member of the British Association of Nutritional Therapy & Lifestyle Medicine (BANT) & is a member of their Professional Practice Panel as well as a BANT trained practitioner supervisor. She lectures widely on nutrition & has worked in private practice, helping individuals improve their health through nutrition & lifestyle. She delivers workshops & CPD events & currently also holds the position of Training Clinic Supervisor at the Institute for Optimum Nutrition where she has worked for over 10 years in various lecturing and corporate roles & as Head of Clinics.



Deanne Jade MBPSS

Deanne, a psychologist is the Principal and Founder of NCFED and has developed the Master Practitioner Programme. She is a Fellow of the Royal Society of Medicine, a consultant and supervisor within the NHS, and has many professional affiliations in the field of eating disorders and obesity including an All-Party Parliamentary Obesity Group and she contributes to Nice Guidance Processes for eating disorders, obesity and bariatric surgery. Formerly the lead trainer, Deanne now works largely as advisor to ensure that the content of these courses is always completely up to date.

TRAINING PHILOSOPHY

The NCFED Master Practitioner Programme teaches evidence-based strategies to work safely and effectively with people with eating and weight concerns. We believe that no single style of therapy is “up to the job” for all patients and for each therapy moment. You will learn effective and up to date strategies that are contained in, but not confined to the teachings of Mantra and CBT-E, Attachment approaches, Motivational therapy and much more. The learning acknowledges the special needs of LGBTQ+ & BIPOC clients and the neurodivergent. For obesity work, our approach is stigma informed and compassionate.

We believe also that therapists working in this field benefit from having worked on their own relationship with food and their body image. So, the experiential work that is done on this training will be helpful and often transforming.

DATES AND TIMES

VISIT OUR WEBSITE

www.eating-disorders.org.uk/professional-training

ONGOING CPD WITH NCFED

We offer additional courses to boost your eating disorder CPD.

Socratic Questions for Eating Disorders & Obesity. 2 days

With Professor Paul Grantham

Working with Eating Disorders & Arfid. 1 Day

With Jenny Phaure

Gender Issues in Eating Disorder Treatment. 2 days

With Anastassis Spiliadis

Bariatric Surgery. 2 Days

With Bernie Wright, Lisa Smith & others

T1DE (Type 1 Diabetes & insulin abuse). 1 Day

With Bernie Wright, Lisa Smith & others

Food & Mood. 1 Day

With Jenny Tomei

