



Eating Disorder Treatment at CCI

Cognitive Behaviour Therapy (CBT)

CCI offers evidence-based, Cognitive Behavioural Therapy (CBT) for eating disorders. The focus of CBT is on the 'here and now'. It involves working to change the behaviours and thoughts (cognitions) that keep your eating disorder going. Research shows that if you are able to actively engage in and complete CBT, there is a good chance you will fully recover from your eating disorder.

Style of Treatment

Overcoming an eating disorder may feel a bit like running a marathon - it requires effort, practice, and a willingness to keep going even when a part of you wants to give up; and you are the only one that can 'run the race'. You will be asked to complete tasks between sessions, such as monitoring your eating patterns, thoughts and feelings or practising new skills until they become more familiar.

You will be working towards recovery with a clinician specializing in eating disorders treatment. Your clinician will be there to listen and support you and will provide you with new information. They will help you to learn to identify behaviours, thoughts, and feelings that keep disordered eating going and will introduce new strategies to overcome these difficulties. Your clinician will also support you in exposing yourself to things you find frightening and will ask you to do things in a way that may initially feel uncomfortable or anxiety provoking; although challenging, this is a normal part of the process of changing thinking and behaviour.

Goals of Treatment

Your clinician will help you work out individual goals that are consistent with achieving recovery from an eating disorder, and will work out a treatment plan aimed at helping you achieve these goals.

Treatment Non-negotiables

Due to the serious medical and psychiatric problems associated with eating disorders, some aspects of treatment are non-negotiable, including:

- 1) Weighing—you will be weighed at the start of each session and your clinician will review the number on the scales with you;
- 2) Recording eating patterns and associated thoughts and feelings in "real-time" each day;
- 3) Attending sessions regularly;
- 4) Actively making changes towards normalising eating and weight and facing your fears;

- 5) Attending regular appointments with your GP or medical practitioner to monitor your physical health during treatment;
- 6) If your health deteriorates, your BMI drops below 16, or treatment is not progressing in an outpatient setting, you may need to be admitted to hospital. Your treatment will be put on hold if this occurs.

Structure of Treatment

Sessions are initially twice-weekly (for ~ 4 weeks) and then weekly for the rest of treatment. The whole course of treatment may last up between 20—40 sessions across 6—12 months, depending on your symptoms. It is important to complete the full course of treatment in order to get the full benefit.

Early phase of treatment

The focus is on understanding factors that keep your eating disorder going and early behaviour change, such as developing more regular eating patterns and reducing disordered behaviours. You will be weighed at each session and you will start recording eating patterns and thoughts and feelings.

Early review

Research shows that early treatment response is the best predictor of achieving full recovery at the end of CBT. Treatment will be **reviewed** after 6-8 sessions to ensure you are off to a good start. Any hurdles can be identified, addressed, and problem solved. Treatment will be continued if we are able to address these ensure and ensure appropriate engagement in the therapy.

Middle phase of treatment

Now is the time to "take the plunge" into recovery. You will continue to make behavioural changes (reintroduce feared foods, eat out with friends etc.), while also challenging the thoughts, beliefs, and fears that maintain your eating disorder and body image concerns. You may work with your clinician on other issues such as perfectionism, low-esteem, or managing your moods.

Ending phase of treatment

The focus is on maintaining changes and relapse prevention. CBT is time limited and seeks to teach you to be your own therapist by the time you are finished. Your therapist will discuss the option of follow-up sessions with you in order to help you stay 'on track' in the year following your treatment.

