



## **The Centre for Research on Eating Disorders at Oxford (CREDO)**

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## **WEB-CENTRED TRAINING IN ENHANCED CBT (CBT-E) FOR EATING DISORDERS**

### **Introduction**

We have developed a detailed, clinically-rich, website for training therapists to deliver enhanced transdiagnostic CBT for eating disorders (CBT-E).

### **The Training Website**

The CBT-E training website is designed to help therapists implement CBT-E well. It is largely video-based and is in three sections, The Introduction, The Course and The Library. The Introduction is a brief account of the nature and style of CBT-E. The Course is a detailed and lengthy practical description of how to implement the treatment. As its name implies, it is linear in its organisation and additive in nature. It is therefore important to work through The Course in the order in which the material is presented. In contrast, and as its name implies, The Library is a repository of training material that can be accessed at any time. Please read the further details given below in the Appendix so that you know what this contains. The website is designed to be viewed on a wide range of equipment (tablets, laptops, and desktop computers) but not on phones.

The website has been developed by the Centre for Research on Eating Disorders at Oxford (<https://www.psych.ox.ac.uk/research/credo>) and its development has been funded by The Wellcome Trust. The online training programme in CBT-E is available to any eligible NHS and HSE therapist who wants to receive training at no cost. Access to the training is funded by Health Education England and Health Service Executive. If you are requesting access and do not meet the criteria above, we will provide access at a (not-for-profit) charge to support our costs. The cost is £250 and will provide you with full access to all material. If you would like to receive access please complete the registration form [here](#) and we will be in touch shortly. Please be patient as we are dealing with a large number of queries.

### **The Training**

“Web-centred training” is a new way of training therapists to deliver a psychological treatment. It centres on the use of a comprehensive and very practical therapist training

website. The Course is designed to be completed over a period of between two and six months. Two months is the minimum amount of time that it would take to work through the Course in an accelerated mode. More typically the Course can be completed over a period of around six months (24 weeks) which is the time needed to treat of a suitable patient (client). We recommend that you complete the main Course first. After you have completed the Course we recommend that you then move to using the Library as needed, which contains supplementary training modules (i.e. CBT with Younger Patients; CBT and Underweight Patients; Broad CBT-E; Clinical Perfectionism; Core Low Self-Esteem; Interpersonal Difficulties). The supplementary modules include important topics not covered by the main Course such as working with underweight patients.

Web-centred training is best undertaken while simultaneously treating one or two training cases. While CBT-E can be used with the great majority of people with an eating disorder, it is best to learn the treatment by applying to cases that meet the following criteria:

- i. Safe to manage as outpatients
- ii. Aged 16 or over
- iii. Have an eating disorder as their primary diagnosis
- iv. Have a BMI greater than 18.5

**It is important to note that during web-centred training clinical responsibility for the patient's management remains unchanged (i.e. it remains with the therapist and whatever current local arrangements that exist).**

### **Who the Training Is Suitable For**

CREDO do not specify particular professional qualifications needed to train in CBT-E, but certain background knowledge and experience are desirable. First, the therapist should be well informed about psychopathology in general and about eating disorder psychopathology in particular, and he/she should have experience working with patients with eating disorders. Second, therapists should also be aware of the medical complications of eating disorders and be able to manage them appropriately. Third, therapists should be happy to implement a short-term, psychopathology-focused, treatment and, preferably, should have some experience working this way. Fourthly, we would like professionals to consider their own mental health needs when participating in this training. Taking part in this training could be triggering for professionals currently experiencing their own difficulties with eating or body image. If this could be a cause for concern please discuss this with your supervisor.

Further, to be suitable to complete this web-centred training, you must meet the following criteria:

Essential:

- Have received (formal or informal) training in the delivery of short-term psychological treatments
- Currently work with patients/clients who have eating disorders or I will soon start working with this client group

Recommended, but optional:

- Be able to recruit one or more suitable training cases prior to starting the training, and be able to treat them while following the web-centred training programme
- Be able to devote the time needed to complete the course (11 to 15 hours online over 2-6 months) plus the time needed to treat one or more training cases

**Please note that any clinicians undertaking training are responsible for:**

- 1) Adhering to appropriate regulatory requirements for those who deliver psychological therapy. Note that these may vary across countries and clinical services and we cannot advise on these.**
- 2) Ensuring that they are knowledgeable about managing the risks associated with working with patients with eating disorders and that they have appropriate supervision and management in place.**

It remains the responsibility of the therapist to ensure that these criteria are met before applying for web-based training.

Please be aware that the requirements for training in CBT-E may differ from the requirements you may need to meet in order to practice CBT-E in your country and clinical service. There are several factors to consider for the practice of CBT-E other than the ones we have listed for this training including: regulatory requirements and professional licensing for your country/clinical service in order to practice psychological therapy; suitability of CBT-E for your patients/service; achieving and maintaining competence in implementing CBT-E and quality control of your practice.

### **Certificate of Completion and Accreditation**

We are able to offer a certificate of completion when you have completed the main Course (note that we will check your seat time so only do this once you have completed all modules of the main course).

For NHS and HSE therapists the certificate is free of charge, on request, via [cbte.training@gmail.com](mailto:cbte.training@gmail.com). For other therapists, we charge a small admin charge of £25. Please click [here](#) to purchase.

Unfortunately, we do not offer formal accreditation in CBT-E. We are able to offer a certificate of completion, which indicates you have spent around 10 hours completing the main training course. You may be able to use this as part of your continuing professional development but we cannot provide further guidance on this.

**Please be patient in hearing back from us as we receive a high volume of requests for access to the training materials.**

The CBT-E training website is largely video-based and is in three sections, The Introduction, The Course and The Library.

**The Introduction** – This provides a brief overview of CBT-E. It lasts about 40 minutes. It needs to be viewed first.

**The Course** - The goal of the Course is to help therapists implement CBT-E (20-session version). The four stages in CBT-E are described in turn with each one being the subject of one or more training "modules". [A module is a tutorial devoted to a specific topic (e.g., Self-monitoring; Body checking; Dealing with setbacks; etc).] Most of the modules last between 20 and 30 minutes and comprise a video-based description of the topic concerned accompanied by clinical illustrations, learning exercises and handouts in the form of downloadable PDFs. The total length of The Course is about 10 hours.

**The Library** – This is a resource to be dipped into at will. It contains the following material:

- i. All the material in The Course
- ii. Additional "supplementary CBT-E" treatment modules (i.e. CBT with Younger Patients; CBT and Underweight Patients; Broad CBT-E; Clinical Perfectionism; Core Low Self-Esteem; Interpersonal Difficulties). These modules are additional to the Course and designed to be used as needed.
- iii. A large number of acted therapist-patient clinical demonstrations. These are longer than those embedded within The Course.
- iv. A detailed Index to facilitate searching

**Note, the main Course can be accessed in two ways.** Either through navigating the modules linearly in the order they appear in the Library or sequentially through the Treatment Map. See below.

# The Library

## Content

### Modules

- ▶ CBT-E Overview
- ▶ Stage One: Starting Well
- ▶ Stage Two: Taking Stock
- ▶ Stage Three: Body Image
- ▶ Stage Three: Dietary Restraint
- ▶ Stage Three: Events, Moods and Eating
- ▶ Stage Three: Setbacks and Mindsets
- ▶ Stage Four: Ending Well



## CBT-E Treatment Map

**CBT-E Overview**

Preface  
Introduction to CBT-E

**Stage One: Starting Well**

Stage One and the Initial Session ✓  
Creating the Formulation ✓  
Self-Monitoring ✓  
Weight, Weight Concern, and Psychoeducation ✓  
Regular Eating ✓

**Stage Two: Taking Stock**

Taking Stock and Planning Ahead  
An Overview of Stage Three

**Stage Three: Body Image**

Over-Evaluation of Shape and Weight ✓  
Developing Other Domains ✓  
Body Checking ✓  
Body Avoidance  
Comparison-Making  
Feeling Fat

**Stage Three: Dietary Restraint**

Dietary Restraint

**Stage Three: Events, Moods and Eating**

Events, Moods and Eating

**Stage Three: Setbacks and Mindsets**

Dealing with Setbacks

**Stage Four: Ending Well**

Ending Well