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Webinar abstract – draft 1

**Title:**

Food for thought: Cognitive behavioural therapy for the eating disorders

**Speaker:**

Glenn Waller, D.Phil

**Moderator:**

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**Abstract:**

This session will briefly review the evidence that cognitive behavioural therapy (CBT) should be the first choice of treatment for adults with eating disorders (and a viable alternate choice for some younger cases). It will contrast that evidence with the fact that few clinicians use CBT for eating disorders, and that many who do use it do not use all the necessary elements, and will consider why that is so.

Thereafter, the session will outline three key elements that are necessary to make evidence-based CBT work in routine clinical practice – therapeutic stance, the principles of CBT, and the necessary techniques. It will stress the need to centre what we do on recovery goals, and to address the central ‘broken cognition’ in eating disorders.

The session will end with a moderated Q&A session, where attendees’ questions will be addressed.

**Brief bio:**

Glenn Waller is Professor of Clinical Psychology at the University of Sheffield, UK. He has worked as a clinician and researcher in the field of eating disorders for over 25 years. He has published over 240 papers, twenty chapters and two books. His research and clinical work are focused on cognitive models of eating disorders and their treatment. He has a particular interest in the effectiveness of CBT – how the results of research trials can be matched by clinicians working in routine clinical settings. He has served on the board of the Academy for Eating Disorders, and is currently Past President. He co-chaired the 2012 ICED in Austin. He is Associate Editor of the International Journal of Eating Disorders, as well as serving on several other editorial boards. Finally, he is currently a member of the NICE guideline development group that is updating the NICE eating disorder guideline.