

HELPING CLIENTS OVERCOME BULIMIA, BINGE EATING & SUBCLINICAL DISORDERED EATING: *SKILLS-BASED TRAINING FOR PROFESSIONALS IN COGNITIVE BEHAVIOURAL GUIDED SELF-HELP (CBT-GSH)*

Presented by CEED Clinicians

FRIDAY 22 MARCH 2019, 9.00AM-4.30PM

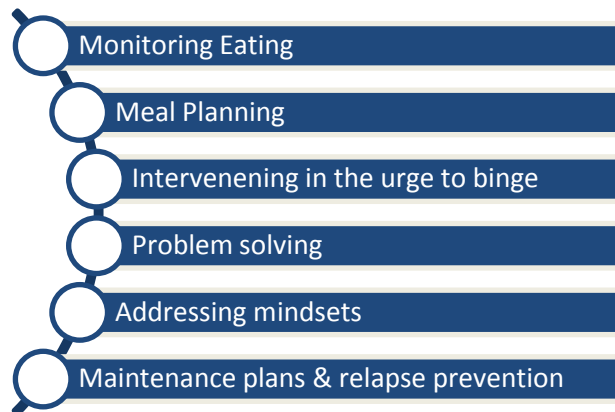


THE VICTORIAN
CENTRE OF
EXCELLENCE IN
EATING
DISORDERS

CBT Guided Self Help is a highly structured yet client driven and collaborative therapy using evidence-based cognitive behavioural techniques to overcome Bulimia Nervosa (BN), Binge Eating problems (BED) and subclinical disordered eating. The model provides clinicians and clients with a time-limited, six step, cumulative framework for helping clients move to recovery.

OBJECTIVES/TARGET AUDIENCE

This interactive workshop will provide clinicians with an overview of eating disorders, key cognitive behavioural treatment concepts, and practical skill development in evidence-based guided self-help strategies including:



Target Audience: Health professionals working with people experiencing body image concerns and eating disorders. Priority will be given to Victorian public mental health clinicians.

VENUE & BOOKING

Venue:	Hospital Education Centre (HEC) Royal Melbourne Hospital - Royal Park Campus 34-54 Poplar Road, PARKVILLE, 3052, VIC	
Cost:	Clinicians employed in Victorian public mental health services:	\$95.00
	Other health professionals:	\$230.00
	Morning tea, lunch, and afternoon tea will be provided.	
Registrations:	https://www.trybooking.com/BAABO . Registrations close 15 March 2019.	

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PLEASE NOTE: Your registered place will be confirmed via email at close of registration date.