

Rated 'Outstanding' by CQC

**Newbridge House
Masterclass series – N° 12**

Tuesday 8th October, 2019

Gerard J. Butcher MSc.,

**New cognitive tools
in the treatment of
eating disorders: a
focus on emotional
regulation**

This Masterclass will focus on two emerging therapies – Integrative Cognitive-Affective Therapy (ICAT) and Compassion-Focussed Therapy (CFT) with an emphasis on their potential for addressing negative emotional states within the treatment of eating disorders.

Negative emotional states such as self-criticism, shame, and guilt present many challenges in eating disorders and must be addressed by treatment. This Masterclass will focus on two emerging therapies – Integrative Cognitive-Affective Therapy (ICAT) and Compassion-Focussed Therapy (CFT) with an emphasis on their potential for addressing negative emotional states within the treatment of eating disorders.

Date: Tuesday 8th October, 2019

Location: New Hall Hotel, Walmley Rd, Sutton Coldfield, West Midlands B76 1QX
(sat nav postcode: B76 1PH)

Time: 9.30am for coffee and registration, sessions run 10am–3.30pm.

Suitable for: all senior eating disorders professionals

Cost: Attendance is free but by **invitation only**

Our trainer



Gerard J. Butcher MSc.,

Gerard is Assistant Professor at the Department of Psychiatry, Trinity College Dublin and supervisor on the Foundation, Higher Diploma and Masters level training courses in Cognitive Behavioural Psychotherapy and works in private practice as a Cognitive Behavioural Psychotherapist in Dublin city centre.

Gerard gained his qualifications in Cognitive-Behavioural Psychotherapy at Prof Isaac Marks' Psychological Treatment Unit at Bethlem Royal and Maudsley Hospitals in London and holds a Master of Science degree from the University of Surrey. Gerard has worked in clinical practice as a therapist for many years, previously on the staff of St. Patrick's Mental Health Services, and St. John of God Hospital, Dublin.

In addition, he contributes as a lecturer to the Higher Diploma in Psychotherapy at University College Dublin and has also developed and taught an eating disorders training course at the University of Ulster, Jordanstown, Northern Ireland. Gerard has research publications in areas such as Obsessive-Compulsive Disorder and Eating Disorders and has been a contributor to academic textbooks in the field of Eating Disorders, Sexual Dysfunction, and psychotherapy.

He is also on the Steering Committee of the European Council on Eating Disorders (ECED) and organises national and international conferences on eating disorders.

Programme

Morning Session:

The Development of Integrative Cognitive-Affective Therapy (ICAT) as a viable treatment for eating disorders.

Food avoidance, the binge/purge cycle and other related behaviours stem from negative emotions. The development of Integrative Cognitive-Affective Therapy (ICAT) is a structured, short-term psychological treatment aimed primarily for those with bulimia nervosa. It attempts to help individuals address more effectively their experience of negative emotional states and improve the regulation of emotional origins of bulimic behaviour.

Session 1

The research background that has led to the development of Integrative Cognitive-Affective Therapy (ICAT) for bulimia nervosa, including an understanding of emotional dysregulation and its role in the development and maintenance of eating disorders.

Session 2

An overview of the four treatment phases of ICAT, targeting specific goals and objectives in therapy with practical suggestions for its use in both anorexia nervosa and bulimia nervosa. A brief, comparative review of CBT-E with ICAT will also be presented.

Afternoon Session:

The role Compassion-Focused Therapy (CFT) can play in treating eating disorders.

Emotion regulation is often experienced through self-compassion - a positive and caring attitude toward the self, even when experiencing some sense of personal failure. Those with high levels of self-compassion generally experience high levels of emotional well-being. In contrast, self-criticism, shame and self-disparaging statements are common features of those presenting with eating disorders and a lack of self-compassion is all too obvious. An increased experience of external shame and body image dissatisfaction also predicts a drive for thinness through decreased self-compassion.

Session 3

Self-criticism and its role in the development and maintenance of eating disorders.

How to assess and respond to self-criticism.

The context for compassion and why we all need it in our lives.

Session 4

Practical applications of Compassion Focused Therapy in the treatment of eating disorders.

References

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 3. Ferreira C, Pinto-Gouveia J, and Duarte C. (2013) Self-compassion in the face of shame and body image dissatisfaction: implications for eating disorders. *Eating Behavior. 14*(2):207-10.
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Apply for a place

Attendance is free but **by invitation only**. To apply for a place on this Masterclass, please email Amanda Deakin with your name, job title, contact telephone number and the service where you work: mandy.deakin@newbridge-health.org.uk. Our Masterclasses are always over-subscribed: we will consider all applications and ensure there is a balance of professionals from different types of services and regions.

Masterclass location

The training takes place at the New Hall Hotel, Walmley Rd, Sutton Coldfield, West Midlands B76 1QX. See the hotel website for detailed directions from a range of different locations:

www.handpickedhotels.co.uk/newhall

Newbridge House

Newbridge House is located in a residential area of Sutton Coldfield in the West Midlands. We provide inpatient care for young people aged eight to 18 with severe anorexia and a range of outpatient therapies for adults and children. Newbridge House was purpose designed in 2008 to create a welcoming environment for young people. Newbridge House has twice received consecutive outstanding ratings from the CQC.

We are part of Schoen Clinic hospital group, a family owned network of hospitals renowned for quality and outcome measurement.

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