

Professor Glenn Waller

University of Sheffield

Wednesday, 8th November 2023

Online



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Evidence-Based Psychological Treatment

CBT for Body Image: Key skills in working with eating disorders

Introduction:

In the population as a whole, body image issues are common among women across the age range. They are also found among some men, though often with a different presentation. However, this session will address the skills needed to work with negative body image among individuals who experience it most severely – those with eating disorders and broader eating and body distress.

Body image is a critical topic when working with most individuals with eating disorders. Most patients, families and clinicians regard it as a vital target, which is very appropriate, as poor body image by the end of therapy is a strong predictor of relapse. However, it needs to be addressed at the right time in therapy, and using effective, evidence-based approaches. This workshop will detail the CBT skills that are needed to work with body image issues

Content

The workshop will address the sociocultural, cognitive-perceptual, behavioural, emotional and interpersonal factors that explain the development and maintenance of negative body image. It will lead to a focus on developing an individualised formulation of factors that maintain negative body image, linking them to targets for CBT interventions.

It will demonstrate the following skills:

- Formulating body image disturbance in the context of eating disorders, with particular attention to the role of safety behaviours
- Identifying individual maintaining factors (lack of understanding about the body; perceptual distortions; trauma; body shame; reassurance-seeking; mind-reading; body checking; body comparison; body avoidance)
- The use of key CBT skills to improve body image acceptance (psychoeducation; perceptual correction; surveys; imagery work; self-compassion work; behavioural experiments; exposure) and to maintain gains
- Reducing the impact of clinician characteristics that can limit therapy effectiveness (tolerance of anxiety; avoidance of using effective techniques with some groups; using techniques when the patient has not made the other necessary changes first)



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Learning objectives:

At the end of the training, you will be able to:

- understand and explain the origins and maintenance of body image disturbance in eating disorders
- formulate the maintenance of negative body image in a CBT model
- plan body image work in a way that is appropriate to the individual
- explain the role of specific evidence-based CBT interventions for specific maintaining behaviours

Training modalities

The workshop will be delivered online. It will be interactive, and participants are encouraged to discuss their own cases. The session will include both didactic teaching and video demonstration of clinical techniques.

Key references:

1. Waller, G., Cordery, H., Corstorphine, E., Hinrichsen, H., Lawson, R., Mountford, V., & Russell, K. (2007). *Cognitive-behavioral therapy for the eating disorders: A comprehensive treatment guide*. Cambridge, UK: Cambridge University Press. [Chapter 23]
2. Waller, G., Turner, H. M., Tatham, M., Mountford, V. A., & Wade, T. D. (2019). *Brief cognitive behavioural therapy for non-underweight patients: CBT-T for eating disorders*. Hove, UK: Routledge. [Chapter 9]

About the presenter:

Glenn Waller is Professor of Clinical Psychology at the University of Sheffield, UK. His clinical and academic specialism is evidence-based CBT for eating disorders, with a particular emphasis on effective treatment in routine clinical settings. He has published over 330 peer-reviewed papers, 20 book chapters and four books in the field, and regularly presents workshops at national and international meetings. He is past president of the international Academy for Eating Disorders, was an Associate Editor of the International Journal of Eating Disorders, and is on the editorial board of Behaviour Research and Therapy. He has also been chair of the BABCP Scientific Committee. He was a member of the NICE Eating Disorders Guideline Development Group, responsible for the 2017 update to the eating disorders guideline.

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All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are delivered online



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