

# **“Schema Therapy for Eating Disorders”**

## **2-Day Workshop**



**Date- June 2<sup>nd</sup>, 3<sup>rd</sup>, 2017**  
**Venue- Edinburgh/Lothians**  
**Trainer- Susan Simpson,**  
**Advanced Schema Therapy**  
**Trainer, Clinical Psychologist.**  
**CPD- 12 hours of active CPD**



Schema Therapy Scotland is pleased to introduce a 2-day workshop on Schema Therapy for eating disorders. This workshop will provide therapists with an opportunity to learn powerful techniques for working with this difficult to treat population. Anyone interested in knowing how to implement schema therapy using mode work, would benefit from this workshop. This advanced therapy workshop aims will train participants in implementing techniques for working with entrenched early maladaptive schemas (including core beliefs) with individuals with eating disorders. You will also have an opportunity to learn some ways of adapting schema therapy for eating disorders in a group context. The workshop will provide participants with practical experience and guidance in the use of imagery, chair work and other techniques for change. Videos and live demonstrations will be used to illustrate experiential change techniques. Training will specifically include working with vulnerable [child] modes, limited reparenting skills, bypassing avoidant or overcompensatory coping modes, and fighting punitive (self-critical) or guilt inducing thinking patterns that drive eating disorder behaviours. Participants will receive handouts that they can use in their clinical work.

### **About the presenter:**

Dr Susan Simpson is a Clinical Psychologist who works with patients with severe and complex eating disorders in an inpatient eating disorders ward with NHS Lothian. Susan has 20 years of experience using Schema Therapy with complex eating disorders. She has published several book chapters and journal articles on schema therapy, with a particular focus on the eating disorder population. In addition, she has presented at national and international eating disorders conferences and has provided several workshops on Schema Therapy for Eating Disorders across Australia. A full list of her publications can be found at [https://www.researchgate.net/profile/Susan\\_Simpson/publications](https://www.researchgate.net/profile/Susan_Simpson/publications)

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