

# “Schema Therapy for Eating Disorders” Online Workshop (16+ hours of training) Dr. Susan Simpson



**Online Training Dates:** starts 31st Aug, 2020 – complete course in your own time, at your own pace

**Registrations:** <https://schematherapyaustraliaonline.teachable.com/p/schema-therapy-for-eating-disorders>

Schema Therapy Scotland is pleased to introduce the first 7-module online training course on *Schema Therapy for Eating Disorders with Complex Comorbidity*. This training will start on 31st August and can be completed at your own time and pace, with access to the material for 12 weeks from the course start date. A live zoom consultation meeting is also scheduled midway during the program.

The workshop will provide therapists with an opportunity to learn powerful techniques for working with these populations, including those with high complexity and comorbidity (e.g. OCD, rigid personality traits, PTSD). Anyone interested in knowing how to implement schema therapy using mode work, would benefit from this workshop. This workshop aims will train participants in implementing techniques for working with entrenched early maladaptive schemas (including core beliefs) with individuals with eating disorders and complex comorbidity. ***Recent evidence (including one RCT) indicates that Schema Therapy is effective for bulimic disorders, & holds promise for a wide range of eating disorders, especially those who do not respond to first-line approaches. It also has high quality evidence for several typical comorbid conditions.***

**The workshop will offer you methods to cope with these challenging situations and will include:**

- Methods to formulate complex eating disorder thoughts, behaviours, urges, & comorbid disorders using schema ‘modes’
- Imagery & chair-work to set limits on self-defeating ‘inner critic’ modes
- Recognise common modes in Eating Disorders including: *Flagellating &, Invincible Overcontroller, and Helpless Surrenderer modes*
- Imagery rescripting, empathic confrontation & chair-work to bypass strong coping modes, especially the ‘Overcontroller’ and ‘Detached Self-Soother’ modes
- Working with clients who are reluctant to participate in experiential work & to connect with emotions.
- Methods to access vulnerability & distress in eating disorders.
- Enhancing client’s Healthy Adult mode in treatment.
- The latest evidence-base for Schema Therapy with Eating Disorders & common comorbidities

## 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 unit in Scotland. Susan has 20 years of experience using Schema Therapy with complex eating disorders. She is co-author/editor for the forthcoming clinician’s guide “Schema Therapy for Eating Disorders”, which was published by Routledge in 2019. She has published several book chapters and journal articles on schema therapy, with a particular focus on the eating disorder population. She is currently part of a research group investigating the effectiveness of group schema therapy for eating disorders. In addition, she has provided training and workshops at national and international eating disorders conferences across Europe and 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)