

Master Practitioner Programme: Treatment for Eating Disorders & Obesity

Venue: On-Line via Zoom Dates below for 2021

Life-Therapies offers a complete, unique training programme with three distinct modules, teaching the theory and state-of-the-art practical skills for eating disorders and obesity. Each one of the Modules listed below are courses which can be taken on their own to enhance your CPD and broaden your knowledge and wisdom. You can however achieve Master Practitioner status by doing all three courses plus a given assignment which follows each course. The courses are suitable for psychologists, counsellors, coaches, doctors, nurses and all other mental health professionals.



EXPANDING YOUR HORIZONS

Module 1

Practitioner Skills for Eating Disorders 8 days (split) Diploma Course. (9 days On-line)

A practical and intensive course which embraces a range of evidence based psychological therapies for all eating disorders and offering a range of learning formats. A high experiential content enables delegates to examine and improve their own relationship with food.

Dates 2021 on-line

- 4-6 March, 18-20 March & 8-10 April 2021

Dates Dublin 2020

- 29 Oct-1 Nov & 26-29 Nov 2020

Module 2

Essential Obesity: Psychological Approaches 3 days Certificated course.

A stand-alone course which complements the eating disorder training by teaching holistic skills for working with obesity in adults.

Dates Belfast 2021 on-line

- 5 - 7 August 2021

Module 3

Nutritional Interventions for Eating Disorders 2 days Certificated course

A course for counsellors and clinicians who do not have nutritional qualifications but who wish to understand how to use basic nutritional approaches as part of their therapeutic approach.

Dates 2021 on-line

- 25 - 26 November 2021

MODULE 1 - PRACTITIONER SKILLS FOR EATING DISORDERS (8 days split)

This course teaches practical treatment skills for anorexia nervosa, bulimia nervosa, binge eating and atypical forms of these disorders. After this course you should expect to be competent in working with these disorders, designing comprehensive and effective treatment plans and achieving excellent rapport with people who require your help. Completion of an optional assignment leads to the award of Diploma. You may choose to submit a treatment plan for a client case or a self reflection study based on what you have learned. Full feedback is given.

Hunger and Appetite

- Normal, abnormal and disordered eating
- Physiology and psychology of hunger
- Psychology of dieting
- Meanings of food
- Food addictions (e.g. chocolate)
- Food and mood

Aetiology and Description

- Predisposing and precipitating factors
- Definitions, descriptions and evolution of each disorder
- Physical and emotional consequences
- Functional value of eating distress
- PERPETUATING FACTORS

Assessment and Engagement

- Eating and weight lifelines
- Eating Disorder Scales
- Therapist qualities and communication needs
- Diagnosis: all eating disorders and subtypes
- Working with co-morbidity e.g. depression, self harm
- Exceptional cases
- Case conceptualisation / formulation
- Ready, willing and able, client positions
- Useful starting positions for obese binge eaters, bulimia and anorexia

Anorexia Nervosa

- Phases of therapy for anorexia nervosa
- Assessment for anorexia
- Targets for therapy in anorexia
- Motivational interventions
- Useful therapies (eg family work) and application

Nutritional and Psycho-educational Interventions

- Legitimising hunger
- Fostering stability via behaviour change
- What the client needs to know (and when)

Experiential Work

This course has changed lives. Delegates will participate in a number of experiential exercises which will help them to gain a deep understanding of their relationship with food. In some cases there will be significant discoveries which may at the very least be personally useful and, in some cases may transform lifelong patterns of eating and weight control.

Treatment Development

- Phases of therapy for bulimia and binge eating
- Team building and maintaining rapport
- Behavioural interventions
- Resource building for ongoing therapy
- Crisis management

Emotional Eating

- Trauma, attachment and the emotional brain
- The function, origin and significance of emotional eating
- Emotional triggers, depression, anxiety, anger, guilt, shame, loneliness
- Managing guilt and shame
- Emotional resilience and boundary setting

Cognitive Interventions

- Thoughts, feelings and behaviour; the relationship
- Attitude traps of anorexia
- Attitude traps of overeating disorders
- Core beliefs and schema level representation
- Cognitive restructuring
- Adjusting values

Body Image

- Origin of body distress and consequences
- Behavioural and cognitive presentation
- Gender differences
- Useful interventions
- Transference and counter transference issues

Utilisation

- Medication in therapy
- Homework tools for change
- Obesity versus eating disorder therapy
- An introduction to obesity practitioner interventions
- Designing care plans

Prevention

- Lapse prevention skills for practitioners
- Fostering happiness

MODULE 2 - ESSENTIAL OBESITY – PSYCHOLOGICAL APPROACHES (3 days)

This course is also stand alone. It teaches specific skills for managing obesity in adults by addressing the practical problems and also the deeper psychological factors which cause or perpetuate weight problems. Completion of an optional assignment based on your analysis of a client case leads to Certification in Obesity. A brief overview of content follows:

Practitioner Knowledge and Roles

- Causes, effects and myths
- The mechanics of weight gain and loss
- Physiological and medical issues e.g. PCOS
- Psychological aspects as cause and effect
- Treatments - diets, therapy options, exercise, VLCDs, pharmacology, surgical approaches, what works
- Maintaining factors, a model for treatment
- The meanings and functions of food
- The night eating syndrome

Motivation and Commitment – Ready Willing & Able

- Tools for assessment
- Assessing resources
- Reasons for change
- Working with ambivalence - useful tests and exercises
- Engagement and goal setting
- Practitioner roles, boundaries and responsibilities
- Motivational approaches

Nutritional Change

- Hunger and appetite in obesity
- Food “addictions”
- Pacing and shaping unhelpful patterns
- Essential nutritional knowledge
- Personalising nutritional needs
- Superfoods

Experiential Work

This course is taught mostly “from the front” with audience participation throughout, plus group activity and video.

What people say about this course

I thought I knew a lot about eating problems. I didn't know I would find so much more to be able to learn and DO”

“ Thanks again for a super inspiring course. I am looking forward to finding a way to completely change my career and use all the information you have imparted in my new life”.

“ Your generosity in sharing a lifetime of knowledge and expertise is breathtaking”

Lifestyle, Relationships and Activity

- Resourcing for change
- Teaching problem solving skills
- Stimulus control and other behavioural interventions
- Relationship issues, sabotage and collusion
- Activity physiology and wisdom
- Lifestyle and programmed activity
- Fitting behaviour to client needs, beliefs and values

Cognitive Interventions - Attitude Change

- Attitude traps of obesity
- Tools for changing thoughts, beliefs and values
- Body image interventions
- Dealing with excuses, resistance and rebellion
- Relapse prevention strategies

Pathology

- Emotional and comfort eating
- Binge eating and bulimia in obesity
- Managing cravings and urges – impulse control
- Co-morbidity, trauma, affective disorder

Utilisation

- Weight loss versus maintenance – skills and challenges
- Personalising care plans
- Dealing with plateau
- Obesity treatment pathways
- NICE findings 2006

MODULE 3 NUTRITIONAL INTERVENTIONS FOR EATING DISORDERS (2 days)

This practical course teaches clinicians and professionals who encounter eating distress in their work to use basic nutritional strategies as part of the management of these conditions. Although the training will not entitle you to practice as a Nutritional Therapist or nutrition professional, the programme is designed to help you apply the knowledge and skills you will learn safely and effectively. Completion of an optional assignment based on your analysis of a case study leads to a Certification award. No previous knowledge of nutrition is required.

Introduction and Overview

- Aims and objectives of the programme
- Definitions
- The rationale for, and role of, nutritional interventions in the management of eating disorders and eating distress
- How nutritional approaches can inform your practice and enhance your therapeutic work

Nutrition Basics

- Macro and micronutrients
- Categories, requirements and sources
- Functions and use in the body
- Key concepts in nutrition

Biochemical Imbalances

How common biochemical imbalances may affect physiological and emotional state and precipitate or perpetuate eating distress.

The course considers the relevance of:

- Nutritional deficiencies
- Neurotransmitter imbalance
- Blood sugar and hormone balance
- Food allergies, intolerances and 'addictions'
- Digestion and metabolism

Experiential Work

The range of learning formats offered in this programme should help you increase your understanding of your own relationship with food and demonstrate how you might apply the information and techniques to yourself.

Correcting Biochemical Imbalances with Nutrition

- The role of macro and micronutrients in managing eating distress
- Nutrition education and dietary choices
- Meal planning and portion size
- Overview of popular dietary approaches
- Common myths about food, diet & weight control

Lifestyle Factors

- Influence of lifestyle factors (e.g. stress and exercise) on physiological and emotional state
- Managing lifestyle issues through nutrition

Putting Theory into Practice

- Incorporating nutritional approaches into practice
- First steps including client engagement
- Motivational issues and moving the client on
- Managing issues and difficulties particular to eating distress
- Working with comorbid / coexistent conditions
- Issues of safety and good practice

COURSE TUTORS

Bridin McKenna



Bridin is the founder and lead therapist of Northern Ireland's first clinic treating eating disorders and obesity using evidence based psychological treatment models.

After qualifying as a psychotherapist Bridin has further trained at The National Centre for Eating Disorders and Obesity in London and is an affiliate member of their professional network.

Bridin is an Associate Trainer for The National for Eating Disorders in London and an Associate trainer for BEAT Eating Disorder Charity delivering eating disorder training to professionals and organisations throughout Northern and Southern Ireland. She is a

GoE approved Emotional Freedom Techniques Master Practitioner, trainer and facilitator.

Bridin is accredited by the UKCP as a neurolinguistic psychotherapist and holds professional memberships with www.ukcp.com www.awakenschool.co.uk and www.anlp.org

Jane Nodder



Jane has a Masters Degree in Nutritional Medicine and originally trained at the Institute of Optimum Nutrition. She has worked closely with the NCFED for a number of years as Nutrition Supervisor and Trainer.

Jane has a nutrition practice in London, lectures in Nutrition and acts as a Clinical Supervisor for the BSc Nutritional Therapy degree course at the University of Westminster. Jane also runs nutrition workshops, seminars & trainings both in the UK and in France.

Jane was also a member of the NICE Guideline Development Group for Eating Disorders 2004. She has an open encouraging style and seeks to make nutrition learning as practical and informative as possible.

FORTHCOMING DATES / INVESTMENT

MODULE 1 - Practitioner Skills for Eating Disorders

Trainers: Bridin McKenna
Dates: **Dublin** 29 Oct - 1 Nov & 26-29 Nov 2020 | **Belfast** 22-25 Apr & 27-30 May 2021
Duration: 8 Day Course
Location: Dublin (venue to be confirmed) | Belfast Life Therapies Clinic
Investment: £1475

MODULE 2 - Essential Obesity: Psychological Approaches

Trainers: Bridin McKenna
Dates: Belfast 11-13 Sept 2020 | Belfast 27-29 Aug 2021 3 Day Course
Duration: Life Therapies Clinic, Belfast
Location: £550
Investment:

MODULE 3 - Nutritional Interventions For Eating Disorders

Trainers: Jane Nodder
Dates: 30-31 March 2020
Duration: 2 Day Course
Location: Life Therapies Clinic , Belfast
Investment: £550

Book all 3 courses together and pay £2225 (Saving £350)

Course Booking

To book this course now call us on 07706705814 or book online.

[Book Online Now](#)

More Details

For further information email us at info@life-therapies.com or call us on 07706 705814.