



2-Day Workshop Cognitive Behavioural Therapy for Eating Disorders

Facilitated by Dr. Jamie C. Farquhar, Clinical Psychologist
April 25 & 26, 2019 | Halifax, NS

Learn How To:

- Identify behavioural patterns associated with specific eating disorder diagnoses
- Recognize the core psychopathology of eating disorders
- Apply treatment components, step-by-step
- Identify and address the maintaining mechanisms of eating disorders
- Troubleshoot common challenges when treating eating disorders

Early Bird Rate available until February 28, 2019
Complete the online registration form: www.jamiefarquhar.ca/register

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Workshop Description:

Cognitive Behavioural Therapy (CBT) is an empirically-supported treatment for eating disorders. In this 2-day skills-focused and interactive workshop, participants will receive a thorough overview of CBT for eating disorders in adult populations. Participants will learn how to identify and differentiate the clinical presentation of specific eating disorder diagnoses (e.g., anorexia nervosa, bulimia nervosa, binge eating disorder). Core psychopathology will be discussed along with cognitive behavioural theory. Participants will learn, step-by-step, how to engage clients in self-monitoring, establish regular eating habits, and interrupt behavioural eating disorder symptoms (e.g., binge eating, induced vomiting, laxative abuse). Participants will learn how to identify and address various maintaining mechanisms, including: over-evaluation of weight and shape; over-evaluation of control over eating; and eating in response to outside events and changes in mood. Strategies to identify and address common comorbidities will also be discussed alongside how to navigate common obstacles in treatment.

This workshop is appropriate for healthcare students and providers from all disciplines including: psychology, medicine, nursing, social work, counselling, occupational therapy, and dietetics. Familiarity with CBT is an asset, but not a requirement.

Facilitator Profile:

Dr. Jamie C. Farquhar is a registered clinical psychologist who specializes in the delivery of evidence-based treatments, such as Cognitive Behavioural Therapy (CBT) and Dialectical Behaviour Therapy (DBT), to help individuals experiencing eating disorders and related concerns and co-morbidities. He received his Ph.D. in Clinical Psychology from Concordia University (Montreal) and completed his clinical residency at the Centre for Addictions and Mental Health (Toronto).

A former team member of the Eating Disorder Program of the Toronto General Hospital, Dr. Farquhar now operates a private practice in Halifax, Nova Scotia. He has co-authored research papers on the topics of eating disorders, body image, and life regrets. He enjoys providing trainings and supervision to healthcare students and professionals.

Rates: Early Bird Rate (Payment received by February 28, 2019): \$395
 Regular Rate (Payment received after March 1, 2019): \$495
 Student Rate (Proof of enrolment required): \$250

Hours: Thursday, April 25, 2019: 9AM to 4PM
 Friday, April 26, 2019: 9AM to 3PM
 Totalling 11 hours of professional training

Location: Halifax Professional Centre, 5991 Spring Garden Rd, Suite 603, Halifax, NS

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