



2-Day Workshop Cognitive Behavioural Therapy for Eating Disorders

Facilitated by Dr. Jamie C. Farquhar, Clinical Psychologist
September 12 & 13, 2019 | Charlottetown, PEI

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 August 15, 2019

Online registration: www.coastalpsych.ca/workshops

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 also 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 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/nutrition. Familiarity with psychotherapy is recommended. 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 comorbidities and concerns. 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 is now co-director of Coastal Psychology in Halifax, NS. 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:	Regular Rate:	\$495
	Early Bird Rate:	\$395 (Payment must be received by August 15, 2019):
	Student Rate:	\$250 (Proof of enrollment required)

Hours:	Thursday, September 12, 2019: 9AM to 4PM
	Friday, September 13, 2019: 9AM to 4PM
	Totaling 12 hours of professional training

Location: The Rodd Royalty, 14 Capital Drive, Charlottetown, PEI

Complete the online registration form: www.coastalpsych.ca/workshops