

BABCP COUPLES SPECIAL INTEREST GROUP (SIG) Couples Based Interventions for Treating Eating Disorders Presented by Melanie Fischer, Ph.D.

Date: Friday 8th February 2019

Times: 9.30am to 5.00pm (Registration from 9.00am)

Venue: Room K806 Keyworth Building, London South Bank University, 103 Borough Road, London SE1 0AA

About the workshop:

Cognitive-behavioural couple therapy (CBCT) is a highly efficacious approach for assisting couples experiencing relationship distress. In many instances, assisting these couples is complicated by one or both partners also experiencing individual psychological difficulties, for example, eating disorders (anorexia nervosa, bulimia nervosa, binge eating disorder) or sub-clinical disordered eating and/or body image concerns. In addition, even couples who are satisfied with their relationship may struggle with issues related to eating, weight, and body image, and benefit from couple-based interventions. This one-day workshop will focus on working with couples under these varying circumstances.

The workshop will first provide a general model for providing couple-based interventions for individual psychopathology. A brief overview of the primary features of the most prominent eating disorders and particular challenges for couples will be provided, followed by a focus on treating eating disorders in a couple-based context. Furthermore, because eating-related concerns that do not meet full criteria for an eating disorder diagnosis are common and challenging for couples, adaptations of the same intervention strategies for subclinical concerns will be discussed. Finally, in many practice settings it is not always practical for partners to attend all sessions; therefore, guidelines for involving partners in treatment on a more limited basis will be discussed. The workshops will include didactic material with videotaped demonstrations to demonstrate major intervention strategies.

Aims:

- (1) Understand the interplay between relationship discord and individual psychological disorders.
- (2) Understand three couple-based approaches to treating individual psychopathology.
- (3) Be able to identify unique challenges for couples associated with each type of eating disorder.
- (4) Gain familiarity with couple-based approaches for eating disorders and subclinical disordered eating.

Participants:

The event is for clinicians working with individuals working with eating disorders or couples in any setting (IAPT, Primary/Secondary Care, charities, private practice, etc.). An interest in working with couples is more important than experience. All levels of skill and experience are welcome to attend.

Presenter:

Melanie S. Fischer is a Research Associate at the Institute of Medical Psychology, University Hospital Heidelberg (Germany). She received her doctorate in clinical psychology from The University of North Carolina at Chapel Hill (USA). She has been actively involved in both research and clinical work with a focus on couple relationships, couples therapy, and couple-based interventions for psychopathology

(eating disorders, anxiety, depression) for the past 9 years. Her work has included the development and evaluation of couple-based interventions, as well as research on particular challenges couples experience related to psychopathology in terms of behavioural interaction patterns and emotion regulation. She has widely published on these topics, and her research on couples and psychopathology has received an award from the American Psychological Association. She has maintained active clinical work with couples and has extensive experience in treating eating disorders in a couple context. In addition to her research, she has been conducting supervision and workshops on couple therapy and couple-based interventions for psychopathology in the US, England, and Germany, and co-led the couple therapy training clinic at UNC-Chapel Hill for several years.

Registration Information:

BABCP Member: £90 Non-Member: £110 Student: £75*

**Evidence of student status to be provided on application*

Refreshments and lunch are included. A CPD certificate for 7 hours will be issued.

Once your completed registration form and payment have been received you will be emailed confirmation of your booking. If you choose the invoicing option, your place will only be booked and confirmed on receipt of payment.

Closing date for registrations is Friday 1 February 2019.