



Scuole di Specializzazione  
in Psicoterapia Cognitiva

# "Schema Therapy for Eating Disorders" 1-Day Online Workshop (03<sup>rd</sup> July, 2020)

Dr. Susan Simpson



Clinical Psychologist, Accredited Schema Therapy Trainer

Workshop Date: **03<sup>rd</sup> July, 2020** - Time (CEST): **10 a.m. – 5 p.m.**

## PROGRAM

### 10 am – 11.30 am Introduction

- Gaps in Eating Disorder evidence base
- Comorbidity and complexity in Eating Disorders
- Aetiology & pathways to complex EDs
- Rationale for Schema Therapy for Eating Disorders
- Preliminary evidence of Schema Therapy for Eating Disorders
- Introducing the new eating disorder sub-modes

### 11.30 am – 11.45 am Coffee and tea break

### 11.45 am – 1.00 pm

- Quick review of the basics of schema mode model as applied to eating disorders (& OCD/comorbidity) – with case examples
- **Group Exercises:**
  - 1/ spot the modes (fishbowl)
  - 2/ Spotting and drawing your Overcontroller mode (pairs)
  - 3/ Developing a mode map for conceptualizing Eating Disorders

### 1.00 pm – 2.00 pm Lunchbreak



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**2.00 pm – 3.30 pm**

- Schema assessment & education
- Change work
- Goals for Schema Mode work
- **Group Exercises: Imagery Rescripting** to address childhood unmet needs (directly or indirectly linked to eating disorder)

**3.30 pm – 3.45 pm Break**

**3.45 pm – 5.00 pm**

- **Chairwork with** with Overcontroller mode (or other Eating Disorder Coping Modes)
- Questions & opportunity to discuss cases (case supervision)

### *Literature for the workshop*

- \* Simpson, S. & Smith, E. (2019). *Schema Therapy for Eating Disorders*. Routledge.
- \* Simpson, S. Schema Therapy for Eating Disorders: A case study illustration of the mode approach. (2012) In M. van Vreeswijk, J. Broersen & M. Nadort (Eds.) (2012). *The Wiley-Blackwell Handbook of Schema Therapy: Theory, Research and Practice, Part III Chapter 1*. (pp. 145-171). Wiley:Chichester, UK.
- \* Calvert, F., Smith, E., Brockman, R., & Simpson, S. (2018). Group schema therapy for eating disorders: study protocol. *Journal of Eating Disorders* 6, 1-7.
- \* Simpson et al. (2018) Factorial Structure and Preliminary Validation of the Schema Mode Inventory for Eating Disorders (SMI-ED). *Front. Psychol.* doi: 10.3389/fpsyg.2018.00600.