

Cognitive Behavior Therapy Indonesia

CBT for Eating Disorders: Application in bulimia & anorexia nervosa, and binge eating disorder. 9 sessions.

- 1) Range of eating disorder across age groups. Etiology dan assessment of eating disorders across age.
- 2) Family/caregiver for eating disorders in adolescent, adult and children. Nutrition management for eating disorders.
- 3) Medical treatment, emergency situation, and clinical manifestation across age. Range of psychological therapies in eating disorders; case study
- 4) Overview the Cognitive Model, Research, and Dysfunctional Cognitions
- 5) Initiating Treatment, and Structuring Sessions, Accountability Assessment, Treatment Considerations
- 6) Coping with psychological Issues : Feeling Overwhelmed, discouraged, deprived, disappointed, apathetic, low self esteem, rigidity, body image.
- 7) Coping with Hunger, Cravings, and Emotional Eating
- 8) The Long Haul, Maintenance, Reluctant Dieters and Real Life Compromises-