

# SYEDA

SOUTH YORKSHIRE EATING DISORDERS ASSOCIATION

## **A brief introduction to CBT-AN-20, and what to expect in your therapy sessions**



## **Welcome to SYEDA**

Well done for taking the brave step of deciding to deal with your eating disorder.

This leaflet tells you about a therapy called CBT-AN-20, which might help you to overcome the eating disorder that is currently having such a detrimental effect on your life and health.

## **What is CBT-AN-20?**

CBT-AN-20 is a structured Cognitive Behavioural Therapy programme. The therapy is aimed at people who are below a healthy weight, or who have lost a significant amount of weight, and are experiencing an eating disorder such as anorexia nervosa or atypical anorexia nervosa.

CBT-AN-20 is a time limited therapy which is 20 sessions long plus three follow up sessions. The aim is to develop a healthy, sustainable relationship with food, your body, and your weight. In your sessions, emphasis is placed on the here-and-now looking at the current presenting problems. You and the clinician will also explore factors that contribute to the maintenance of the eating disorder.

This therapy is offered on a 1:1 basis, and can be delivered online or face-to-face, although we reserve the right to ask you to come in once per month to be weighed. Sessions are offered within office hours (9-5pm). Should this time be difficult to fit in with commitments such as work, school/college etc., SYEDA can write a 'letter of support to attend therapy'.

## What is the structure of CBT-AN-20?

This therapy is split up into five different phases:

1. Early dietary change and exposure for weight regain
2. Behavioural experiments: new foods and weight maintenance
3. Addressing emotional triggers that drive eating behaviours
4. Body image work
5. Ending and relapse prevention

The above components are applied flexibly depending on your needs. CBT-AN-20 is a very intense, active and engaging therapy and you will be required to engage in all aspects of the programme. Throughout the course you will be given lots of psychoeducation resources.

Although the full CBT-AN-20 model is 20 sessions long, initially clients are offered **6 sessions** followed by a review over 1 to 3 sessions. This is because early therapeutic change is the best predictor of how well you will do in therapy. If sufficient change has been achieved we then offer the rest of the 20 sessions. Follow-up sessions are given 1, 3, and 6 months after the last session of CBT-AN-20. Follow-up sessions provide the opportunity to practise maintaining the positive changes made through therapy, whilst still receiving support.

## **What will I be required to do?**

To benefit from the therapy it is important that:

- You agree to attend the sessions each week. If you are unable to attend please let us know 24 hours in advance. Please avoid booking holidays during the weeks of your therapy.
- You will need to complete the food diaries and homework set each week.
- You will also be asked to complete questionnaires weekly to help monitor your progress. If you are receiving remote sessions, a link will be emailed to the questionnaires.
- Your weight will be taken each week and you will be asked to not weigh yourself between sessions. If you are attending remote sessions and do not already have scales, you will need to buy/borrow a set of scales prior to commencing therapy.
- We expect to see you adopt a pattern of regular eating within the first 6 sessions; 3 meals and 2-3 planned snacks per day.
- You need to be committed, open and willing to make changes. You might need to gain weight in order to reach a healthy and sustainable weight.
- You will be required to keep yourself safe.

**If you would like to find out more about CBT-AN-20 please contact us at [info@syeda.org.uk](mailto:info@syeda.org.uk) or phone us on 0114 272 8822**

## Your therapist might recommend that you read or access some of these resources alongside your therapy, to support you in broader change:

- **Butler, G. (2016).** *Overcoming social anxiety and shyness: A self-help guide using cognitive behavioural techniques (2nd ed.)*. London, UK: Robinson.
- **Fennell, M. (2016).** *Overcoming low self-esteem: A self-help guide using cognitive behavioural techniques (2nd ed.)*. London, UK: Robinson.
- **Kennerley, H. (2016).** *Overcoming anxiety: A self-help guide using cognitive behavioural techniques (2nd ed.)*. London, UK: Robinson.
- **Shafran, R., Egan, S., & Wade, T. (2018).** *Overcoming perfectionism: A self-help guide using cognitive behavioural techniques (2nd ed.)*. London, UK: Robinson.
- **Young, J. E., & Klosko, J. S. (1993).** *Reinventing your life*. New York, NY: Plume Publishers.

### Self– help websites

- **BEAT** – There is lots of information and support available on the UK’s Eating Disorders Charity website at <https://www.beateatingdisorders.org.uk/>
- **The Centre for Clinical Interventions (CCI)** – A Clinical Psychology service providing free online resources and information at <https://www.cci.health.wa.gov.au/>



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