

SYEDA

SOUTH YORKSHIRE EATING DISORDERS ASSOCIATION

A brief introduction to CBT-T, and what to expect in your therapy sessions

“I can't emphasise how helpful I have found the CBT therapy. It has helped improve my relationship with food as well as myself, especially with regards to how I feel about my body. I would definitely recommend the service because it helps re-frame and challenge your thoughts and beliefs in a way which means once you have finished the program, you can be your own therapist!”



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-T, which might help you to overcome the eating disorder that is currently having such a detrimental effect on your life.

What is CBT-T?

CBT-T is an evidence-based structured 10 session Cognitive Behavioural Therapy (CBT-T; the 'T' stands for 'ten sessions') programme for both adults and adolescents. The therapy is aimed at people who are at a near healthy weight, or above, and are experiencing an eating disorder such as bulimia nervosa, atypical anorexia nervosa, binge-eating disorder, and others.

CBT-T is a time limited therapy which consists of 10 sessions plus two follow up sessions. The aim of CBT-T is to develop a healthy and sustainable relationship with food and your body. 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.

Therapy is offered both 1:1 (online or face to face) and in a group setting (online). Sessions take place 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-T?

CBT-T is split up into five different phases:

1. Early dietary change
2. Behavioural experiments relating to food to help challenge your thoughts and feelings
3. Addressing emotional triggers that drive eating behaviours
4. Body image work
5. Relapse prevention

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

The full CBT-T model is 10 sessions long. Initially, clients are offered **4 sessions** and then a review takes place. 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 a further 6 sessions. Follow-up sessions are given 1 and 3 months, following completing the CBT-T programme. 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.
- 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.
- The emphasis is on changing your relationship with food and your body and therefore it is important that you are **not** actively trying to lose weight over the 10 week period (i.e. 'dieting' or restricting). Therefore if you would like to lose weight we ask that you put this goal aside for the duration of the sessions.
- You need to be committed, open and willing to make changes. This will include adopting a pattern of regular eating within the first 4 sessions; 3 meals and 2 to 3 planned snacks per day.
- You will need to keep yourself safe.

If you would like to find out more about CBT-T please contact us at 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/>

Clients' Experience of CBT-T

“Since starting the sessions I have felt more confident in myself and what I can achieve.”

“I feel that being part of this service (alongside taking part in other positive activities) has completely helped me change my mind set about who I am, and how I see food. Having a safe space to talk through issues and challenge some of my perceptions about my eating habits and self image has been invaluable to me. The biggest way I have been helped is by having a break in my life from constant diet/food obsessions.”

“The therapists were very supportive and individualised the programme, setting personal and achievable goals at the beginning and throughout the time I was here.”



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