

## **Cognitive Behaviour Therapy – Enhanced (CBT-E)**

Cognitive Behaviour Therapy – Enhanced, or CBT-E, is the leading evidence-based treatment for adults with an eating disorder. Data indicate that about two-thirds of people who complete treatment make an excellent response. There is no reason why you should not be in this group if you throw yourself into treatment and give it priority.

The treatment is a one-to-one talking-type of treatment that primarily focuses on what is keeping the eating problem going. It is therefore mainly concerned with the present and future. It addresses the origins of the problem as needed.

The treatment will be tailored to your specific eating problem and your needs. You and your therapist will need to become experts on your eating problem and what's keeping it going.

Treatment involves 2 initial assessment sessions, then twice weekly sessions to establish a healthy regular eating pattern (usually over approximately 1 month), then weekly sessions focussing on underlying causes and other issues that affect your eating (usually over 10 weeks), and then 3 fortnightly sessions to make sure you transition out of treatment smoothly and the eating disorder doesn't come back.

You and your therapist will be working together as a team to help you overcome your eating problem. Together, you'll work out specific tasks (or "next steps") for you to undertake between each session. These tasks are very important and will need to be given priority. It's what you do between sessions that will govern to a large extent how much you benefit from treatment.

Treatment will be hard work but will be worth it. The more you put in, the more you'll get out.