Symposium 3
Compassion Focused Therapy for Eating Problems

Dr Ken Goss, Dr Stan Steindl & Dr Kari Anne Vrabel

**Bio:** Dr Ken Goss, (D. Clin. Psy), is a Consultant Clinical Psychologist and Head of Coventry Eating Disorders Service in the UK. Ken has over 20 years’ experience of working with people with eating difficulties. He has published a number of academic papers and book chapters on the role of shame and compassion in eating disorders. He leads an on-going research programme exploring these issues and their relationship with therapeutic practice and outcomes. Ken is currently working with Birmingham University (UK) to develop a Post Graduate Diploma training course in CFT. Ken is a regular speaker at national and international conferences, and teaches on several Clinical Psychology Training Courses. He has worked closely with Professor Paul Gilbert (OBE), the originator of Compassion Focused Therapy, for over 20 years. Ken has pioneered the use of Compassion Focused Therapy for Eating Disorders (CFT-E). This treatment program has recently been the subject of an 8 year audit of outcome, which indicated it is an effective treatment for addressing eating disorder symptoms, reducing shame and self-criticism, and developing self-compassion. He currently trains and supervises several NHS specialist eating disorder services in CFT-E.

**Bio:** Dr Steindl is Director of Psychology Consultants Pty Ltd. He has been a registered psychologist and practicing clinical psychologist since 1993, and works full-time in private practice. He has completed a PhD examining the relationship between posttraumatic stress disorder (PTSD) and alcohol dependence among people suffering from combat-related trauma. Dr Steindl is also Clinical Consultant and Adjunct Associate Professor at The School of Psychology, The University of Queensland.

**Bio:** Dr Vrabel is a Clinical Psychologist working in Norway. She has a specific interest in working with people with an eating disorder. She has published several papers looking at the impact of inpatient eating disorder treatment and variables impacting on the outcome of eating disorder treatment. She is the lead researcher on the first Randomised Controlled Trial for Compassion Focused Therapy for Eating Disorders in an inpatient setting.
Abstracts:

Compassion Focused Therapy for Eating Disorders: Overview and Treatment Outcomes for a group based treatment program.

CFT-E expands upon the original model of CFT, to incorporate biopsychosocial factors that have been identified as aetiological and maintaining factors in eating disorders, including shame and pride. It also includes specific techniques, adapted from standard CFT, to help clients address eating disordered thoughts, feelings, and behaviours and help them normalize their eating and weight.

CFT-E was initially developed as a group treatment approach for outpatients with an eating disorder. It has subsequently been adapted for use with people with disordered eating, Binge Eating Disorder and for use as an individual therapy as well as in inpatient settings.

This presentation will provide a brief outline of this approach, outline the latest version of the outpatient treatment program (CFT-E2) and presents process and outcome data for CFT-E2 for people with Anorexia Nervosa, Bulimia Nervosa, and Eating Disorders Not Otherwise Specified.

“Radiance”: Self-compassion for eating and weight concerns: A preliminary report

"Radiance” is a compassion-focused therapy (CFT)-based group program for people in the general community with eating and weight concerns. This presentation will include a description of the “Radiance” program development, psychometric measures, and session by session content, including discussion regarding the meditation and imagery practices included. Preliminary outcome data for the first 20 participants will be presented, including intake, post-intervention and one-month follow-up assessment of eating behaviours, self-criticism, self-compassion, and depression, anxiety and stress.
Comparing Compassion-Focused Therapy and Cognitive-Behavioural Therapy in the Treatment of Eating Disorders with and without Childhood Trauma – a randomized controlled trial

Dr Vrabel will outline the first randomised control trial comparing Compassion Focused Therapy for Eating Disorder’s (CFT-E). This RCT explores the comparative efficacy of Cognitive Behaviour Therapy with CFT-E in an inpatient eating disorders treatment service at Modum Bad Hospital in Norway. Dr Vrabel will outline the CT_E inpatient protocol, present preliminary outcome data, and reflections on the experience of delivering CFT-E in an inpatient setting.