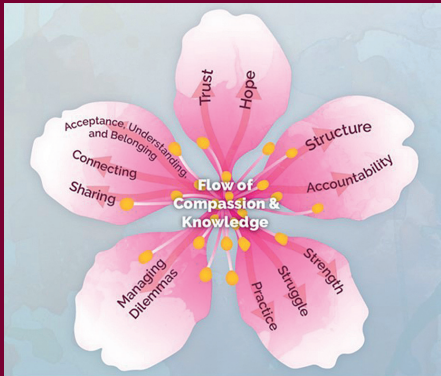




Feedback

A summary of past participants experiences of the CFT-E group.



An Analysis of Eating Disorders and their Treatment through Compassion Focused Therapy.

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Compassion Focused Therapy for Eating Disorders (CFT-E) Group





Introduction

The Compassion-Focused Therapy group for Eating Disorders (CFT-E) is a group that offers a comprehensive psychological therapy for individuals who can manage recovery from their eating disorder in the community.

The group is open to all individuals with an eating disorder diagnosis. The individuals who will benefit from this intervention tend to share many common problems including being worried about their size, shape, and weight. They are also likely to use food, dieting, activity, vomiting or weight loss drugs to manage difficult experiences, relationships, or painful thoughts, feelings and memories.

The group incorporates education for both service users and their family members; skill building and therapeutic elements. It aims to target both the biological factors and the underlying psychological processes which underpin and maintain an eating disorder. The group helps service users to develop the ability to treat themselves in a more compassionate way and fosters social connectedness. The group is particularly suitable for individuals who struggle with shame, guilt or self-criticism.

Who is this group for?

Adults most likely to benefit from attending this group are:

- Individuals experiencing an eating disorder (anorexia nervosa, bulimia nervosa, binge eating disorder, or an eating disorder not otherwise specified)
- Individuals who struggle with shame, guilt, or self-criticism
- Individuals who do not require supervision of their eating and who have expressed a desire to recover from their eating disorder and are able to take responsibility in relation to this.
- Individuals who have a BMI of 16.5kg/m² or above.
- Individuals who have access to a service (e.g. multidisciplinary team, GP) that will monitor their physical health (bloods, E.C.G. where applicable) throughout the duration of treatment
- Individuals experiencing additional mental health difficulties are welcome.

Group structure

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Psychoeducation	Skills Training	Therapeutic Intervention	Aftercare
- 1 day session for service users - Evening session for family and friends	- 2 full days and 4 half-days (8 sessions)	- 1 morning per week for 17 sessions	- 3 Aftercare sessions in the 2-3 months following Level 3
+ Individual review	+ Individual review	+ Individual review	+ Individual review

When and where?

The group takes place on Wednesdays in the Solarium Room in St Patrick's University Hospital.

Who runs the groups?

Groups are run by a team of two clinical psychologists and an assistant psychologist.

How are referrals made?

Any service user interested in attending the group can discuss it with their team who will refer them to one of the clinical psychologists who facilitates the group in order to assess whether the group is a good fit for their needs.

Referrals can be made to the group by outside agencies including general practitioners, consultant psychiatrists, psychologists, psychotherapists, nurses and other mental health professionals. New referrals are welcome at any time but will be wait-listed until the next cycle commences. Intakes occur once or twice per annum. Please do not hesitate to contact us:

Dr Clodagh Dowling
Principal Clinical Psychologist
Tel: 01 249 3683

Dr Elaine Crabtree
Clinical Psychologist
Tel: 01 249 3596