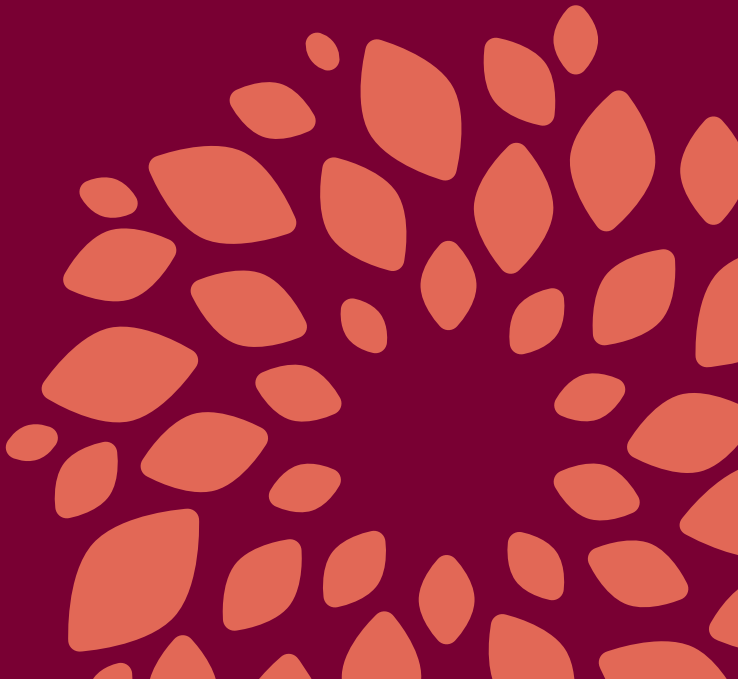




**Compassion Focused  
Therapy for Eating  
Disorders (CFT-E)  
Online Group**



## Introduction

The Compassion-Focused Therapy group for Eating Disorders (CFT-E) is a group which 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 experience some 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/m<sup>2</sup> 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

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

## When and where?

The group takes place online via Microsoft Teams., on Wednesdays, with the next cycle due to begin in March.

## 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 to assess whether the group is a good fit for their needs.

Referrals can also 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**  
Director of Psychology  
Tel: 01 249 3683

**Dr Fionnuala McEnergy**  
Clinical Psychologist  
Tel: 01 249 3509

**Ciara Hudson**  
Assistant Psychologist  
Tel: 01 249 3315

## Feedback

Feedback from past participants about their experiences of the CFT-E group.



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

Georgina Mullen, PhD Clinical Psychology Thesis 2017, School of Psychology, UCD and Department of Psychology, St Patrick's Mental Health Services.

### **Experiences of compassion focused therapy in eating disorder recovery: A qualitative model.**

Mullen G, Dowling C, Doyle J, O'Reilly G. Experiences of compassion focused therapy in eating disorder recovery: A qualitative model. *Couns Psychother Res.* 2019;00:1–15. <https://doi.org/10.1002/capr.12283>

### **St Patrick's Mental Health Services**

James' Street, Dublin 8, Ireland.

t: +353 1 249 3200. f: +353 1 679 8865.

e: [info@stpatmail.com](mailto:info@stpatmail.com)

[www.stpatricks.ie](http://www.stpatricks.ie)