



CBT-T ED THERAPY

What is CBT-T For Non-Underweight Eating Disorders Therapy?

CBT-T is a brief, structured, 10-session approach to CBT-ED, which is suitable for all eating disorder clients and patients who are not severely underweight (including bulimia nervosa, atypical anorexia nervosa, and binge eating disorder).

CBT-T (the T stands for 'ten') has been under development and testing since 2013 and is regarded as an evidence-based treatment and therapy for non-underweight eating disorders and disordered eating. It is an effective form of treatment that helps adults and young adults to overcome their eating disorder and disordered eating more quickly

Treatment and therapy last for 10 sessions and therapy follows an evidence-based and structured protocol based on evidence and clinical trials. Appointments are generally weekly; however, fortnightly appointments can also be accommodated. Please discuss frequency of appointments directly with your therapist.

CBT-T has the following principles:

- Includes clinical techniques that work
- Does not include approaches that are ineffective or unproven
- Addresses central cognitive features and relapse risk factors
- Focuses on achieving early behavioural change
- Monitors progress and responds to any 'stuckness'

We offer CBT-T as a block of 10 sessions. If you decide you require more psychotherapy and counselling after completing the CBT-T treatment, please let us know and we can arrange that. When booking CBT-T, you are booking the full CBT-T treatment lasting 10 sessions. Payment is required, in full, upon booking CBT-T treatment and therapy.

[Source: CBT-T Group and BPS]