THE ROLE OF SELF-COMPASSION IN EATING DISORDERS TREATMENT
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Compassion-Focused therapy (CFT) is recognised as a transdiagnostic treatment approach that aims to build self-compassion and reduce shame-based thinking styles (Gilbert, 2014). In the field of eating disorders, it has been shown that feelings of shame and self-criticism, along with fears of being self-compassionate may contribute to the ongoing psychopathology experienced by those with an eating disorder (Kelly, Vimalakanthana & Carter, 2014). In contrast, targeting shame and self-criticism by increasing self-compassion improve outcomes in treatment of eating disorders (Steindl et al, 2017) and also in body-image experiences (Braun, Park & Gorin, 2016). More recently, it has been suggested that targeting self-compassion barriers early in treatment may be helpful in facilitating overall recovery from eating disorders (Geller et al, 2022).

This 90-minute workshop will focus on practical applications of Compassion-Focused Therapy (CFT) in the treatment of eating disorders. Attendees will be presented with some of the background research showing current trends in this area of eating disorders treatment along with practical exercises that can be utilised in therapeutic settings. Attendees will also be encouraged to participate directly in related role-play exercises and to share their own experiences of engaging in this type of workshop.

References:


