

In this focused 90-minute workshop tailored for clinicians and specialists in the field of eating disorders, attendees will delve into the pivotal role of Schema Therapy in both the assessment and intervention of these conditions. Recent research underscores the potential of schema therapy as an efficacious treatment modality for eating disorders, emphasizing its holistic approach that targets the root emotional and cognitive triggers.

Schema therapy not only aids individuals with eating disorders in healing from past traumas but also fosters the development of adaptive coping mechanisms and nurtures a rejuvenated sense of self-worth. By identifying and addressing maladaptive schemas, participants can unearth the deep-seated cognitive and behavioral patterns that frequently fuel these disorders.

Through presentations, case discussions, and brief role-play exercises, the workshop ensures a hands-on learning experience. Attendees will be equipped with actionable insights for immediate integration into their therapeutic practice.