



*Scuole di  
Specializzazione in  
Psicoterapia Cognitiva*

1-DAY ONLINE WORKSHOP | JULY 3, 2020

# Schema Therapy for Eating Disorders

**DR. SUSAN SIMPSON**

Clinical Psychologist, Accredited Schema  
Therapy Trainer

PARTICIPATION CERTIFICATE  
ISSUED BY ISST (INTERNATIONAL  
SCHEMA THERAPY INSTITUTE)

INFO: [WWW.CSPC.RO](http://WWW.CSPC.RO)



**Workshop Date: July 3, 2020**

**Time (CEST): 10 a.m. – 5 p.m.**

**Registrations: Register online at [cspc.ro](https://cspc.ro)  
or write an email to [info@cspc.ro](mailto:info@cspc.ro)**

**Registration FEE for emerging countries: € 80.00**

**Are you looking for new powerful methods to work with eating disorders? Do you want to improve your skills in the use of chair work to challenge self-critical and self-defeating patterns of thinking and behaviour? Are you seeking new skills and methods for working with strong coping and inner-critic modes? Do you find high levels of complexity and comorbidity interfere with treatment outcomes for eating disorders? *Recent evidence (including one RCT) indicates that Schema Therapy is effective for bulimic disorders, & holds promise for a wide range of eating disorders. It also has high quality evidence for several typical comorbid conditions.***

**The workshop will offer you methods to cope with these challenging situations and will include:**

- **Methods to formulate complex eating disorder thoughts, behaviours, urges, & comorbid disorders using schema 'modes'**
- **Methods in using imagery & chair-work to set limits on self-defeating 'inner critic' modes**
- **Ways to use imagery & chair-work to bypass strong coping modes**
- **Ways of working with those who are reluctant to participate in experiential work & to connect with emotions.**

### **About the presenter:**



Dr Susan Simpson is a Clinical Psychologist who works with patients with severe and complex eating disorders in an inpatient eating disorders unit in Scotland. Susan has 20 years of experience using Schema Therapy with complex eating disorders.

She is co-author/editor for the forthcoming clinician's guide "Schema Therapy for Eating Disorders", which was published by Routledge in 2019. She has published several book chapters and journal articles on schema therapy, with a particular focus on the eating disorder population.

She is currently part of a research group investigating the effectiveness of group schema therapy for eating disorders. In addition, she has provided training and workshops at national and international eating disorders conferences across Europe and Australia. A full list of her publications can be found at: [https://www.researchgate.net/profile/Susan\\_Simpson](https://www.researchgate.net/profile/Susan_Simpson)